

WELLBEING
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The Arlington Connection

Encore Stage & Studio Executive
Director Sara Duke and Arlington
Arts Commissioner Wanda Baez.

'Theatre by Kids, Theatre for Kids'

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PHOTO BY AILEEN PANCAN

MAY 6-12, 2015

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



PHOTO BY LARRY MCCLEMONS

Student performers Malena Davis, Zoe Rocchio and Maggie Keane.



PHOTO BY AILEEN PANGAN

Encore participant speakers Thomas Boudreaux, Carla Astudillo and Paddy Clancy.



PHOTO BY AILEEN PANGAN

More than 135 guests attended Encore's Sunny Side Up Benefit Breakfast.

Celebrating 48 Years, Encore Looks Ahead

Encore Stage & Studio celebrated 48 years of "Theatre by Kids, Theatre for Kids" at its fifth annual Sunny Side Up Benefit Breakfast on April 22. The breakfast was held at the Washington Golf and Country Club in Arlington with more than 135 guests in attendance.

The breakfast began with a guest appearance of the White Rabbit (Maggie Keane). Ashby Rushing, a member of

Encore's board of directors, introduced the participant speakers, Carla Astudillo, Thomas Boudreaux, and Paddy Clancy. Astudillo said, "Encore's greatest asset, in my opinion, is the way that they genuinely and organically see something special in every single person who walks through their doors. They find what makes each student sparkle, and do everything they can to continue the growth of this spark."

The breakfast program included performances from Encore's "Cinderella" with Malena Davis and Zoe Rocchio, and a short scene from "Much Ado About Nothing" with Caleb Dunham, Kennedy Cawley, Henry Hubbard and Annie Wood.

Board President Jerry Gidner highlighted Encore's recently published five-year strategic plan. Last year, Encore entertained more than 14,500 children and their families, including the organization's


record-breaking attendance of 4,432 patrons at "The Little Mermaid" in January 2014. This year, Encore Stage & Studio continues to grow its programs with additional educational and production opportunities such as a new Shakespeare production and expanding their spring break and summer camp programs. Encore Stage & Studio honored Laury Sendek as the 2015 Celeste Groves Award recipient for outstanding volunteer.

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Chronic Protest

Advocacy group rallies in Arlington against medical guidelines on chronic Lyme disease.

BY VERNON MILES
THE CONNECTION

Ozlem Jones has had Lyme disease for 11 years, but was only diagnosed two years ago when she began suffering from extreme bouts of fatigue and various problems with her nervous system. In that time, Jones says she passed it onto all three of her children. Antibiotic treatment led to a Herxheimer reaction, which left her unable to move without assistance and caused her to occasionally lose her vision. Jones sarcastically calls it the disease jackpot.

If you drove on Wilson Boulevard between N. Nash Street and N. Fort Meyer Drive on April 30 or May 1, there's a good chance you may have seen Jones in her wheelchair on a sidewalk full of protesters dressed in neon green. Jones and dozens of others came to Arlington for a two-day protest against medical guidelines that say chronic Lyme disease is not a legitimate medical ailment.

The Mayday Project, an advocacy group arguing for medical recognition of chronic Lyme Disease, rallied in front of the Infectious Diseases Society of America (IDSA) headquarters in Arlington. The Mayday Project seeks changes in testing, medical guidelines, treatment access, physician training, and research funding.

According to Josh Cutler, a co-founder of The Mayday Project who contracted Lyme disease eight years ago, the protesters are demanding that IDSA guidelines accept that Lyme disease can persist after antibiotic treatment. Cutler accused doctors on the guidelines panel of conflicts of interest and accepting kickbacks from pharmaceutical companies.



Joe Murphy and Tiffany Sheets holding a protest banner.

IDSA released a statement on the protests, saying the organization is deeply sympathetic to the concerns of the Lyme disease community.

"At this time, IDSA is working together with the American Academy of Neurology (AAN) and the American College of Rheumatology (ACR) to develop new guidelines for Lyme disease," said the IDSA. "The organizations hosted a 45-day public comment period seeking input regarding what should be included in the guideline, which will be considered as the guideline process moves forward. The organizations are committed to developing evidence-based recommendations gathered from the most current

scientific research on the subject. Updated information on the status of the guideline will be provided on our website as it becomes available."

In the organization's statement, the IDSA said that until the guidelines change, it advises clinicians and patients to follow guidelines established in the 2006 "Clinical Assessment, Treatment, and Prevention of Lyme Disease, Human Granulocytic Anaplasmosis, and Babesiosis."

That document stated that there is "no convincing biological evidence for the existence of symptomatic chronic [Lyme disease] among patients after receipt of recommended treatment regimens for Lyme disease. Antibiotic therapy has not proven to be useful and is not recommended for patients with chronic (6 months) subjective symptoms after recommended treatment regimens for Lyme disease."

According to a report by The Center for Disease Control (CDC), there are approximately 30,000 new cases of Lyme disease reported each year. The CDC's guidelines for Post-Treatment Lyme Disease Syndrome say that symptoms of the disease may linger for up to six months after receiving antibiotic treatment, most likely from residual damage to muscles and the immune system. The CDC report also said that studies have not shown that patients who receive prolonged antibiotic treatment did not show improvement over those who received a placebo.

Some of the protesters adopted a more dramatic persona than others. Joe Murphy and Tiffany Sheets dressed up in black, white, and blue costumes, calling themselves Lyme Avenger and Lady Lyme.



Josh Cutler, Ozlem Jones, and Emily Yost at the Mayday rally.

SEE PROTEST, PAGE 10

School Board Candidates Seek Democratic Endorsement

School overcrowding is primary focus for both candidates.

BY VERNON MILES
THE CONNECTION

While School Board candidates don't run as Democrats or Republicans, earning the endorsement of a political party has created an unspoken primary. Two candidates, Reid Goldstein and Sharon Dorsey, have begun campaigning for the Democratic endorsement.

Both candidates have focused their campaigns on overcrowding in the schools, though the proposed solutions vary.

Goldstein said that the swelling student population means the schools will likely be forced to continue installing trailers at school sites.

"We need to take a flexible and multifaceted approach," said Goldstein. "We might be putting trailers on park land, in the short term."



Sharon Dorsey



Reid Goldstein

Goldstein said that he knows the solution is not ideal, and hopes great communication with the County Board can help bring more funding to solve the overcrowding issue. Goldstein said last year's November's elections were a signal that the County Board needs to re-shift its priorities towards the schools.

"People were saying 'You want to spend \$400 million on a streetcar, but my kid's in a trailer,'" said Goldstein.

As for communication with the County Board, Goldstein says he's a bureaucrat, and bureaucrats know how other bureaucrats work. Goldstein is a contractor at the Pentagon and president of the Columbia Pike Revitalization Board. He's worked with the County Board as a member of the Arlington County Citizen's Commission on Housing and the Affordable Housing Task Force. Goldstein was involved in every level of the education system as his children went through Arlington Public Schools and served as chair of the H-B Woodlawn Parent Advisory Committee.

Dorsey said overcrowding is her top concern as a School Board candidate.

"The community is working on short-term solutions, but it's important that we have long-term, sustainable facilities," said Dorsey. "Overcrowding isn't going away, even with a new elementary school. We really need to go with fluid, flexible, sustain-

School Board Caucus

The Arlington County Democratic Committee will hold its School Board Caucus on May 14 at the Drew Model School between 7 p.m. and 9 p.m., and on May 16 at Washington Lee High School between 11 a.m. and 7 p.m.

able facilities that can expand and contract as our population does. We need to revisit some ideas that came up previously... why wouldn't we start looking at multi-use buildings that are part elementary school, maybe part housing? Why wouldn't we consider combining some schools, maybe elementary and Thomas Jefferson Middle School. The biggest part of overcrowding is in the elementary school, but that's going to flow up. A connected school that's multi-tiered

SEE SCHOOL BOARD, PAGE 10

From Tree-Cutting to Edible Gardening

... and over 100
bee colonies.

BY SHIRLEY RUHE
THE CONNECTION

Estoy listo para cortar esta rama,” Eduardo Santos calls down the 60-foot maple tree in an Arlington backyard to Tom Hayes who is waiting on the ground. Santos has tied himself off with a white safety rope. He is ready to begin sawing the big limbs and Hayes will grab the large branches as they are cut and lowered.

This is the beginning of the busy season. Hayes is the owner of We Recycle Trees which he started about 10 years ago to serve the metropolitan area although, he said, “I have gone as far as Baltimore and Frederick.”

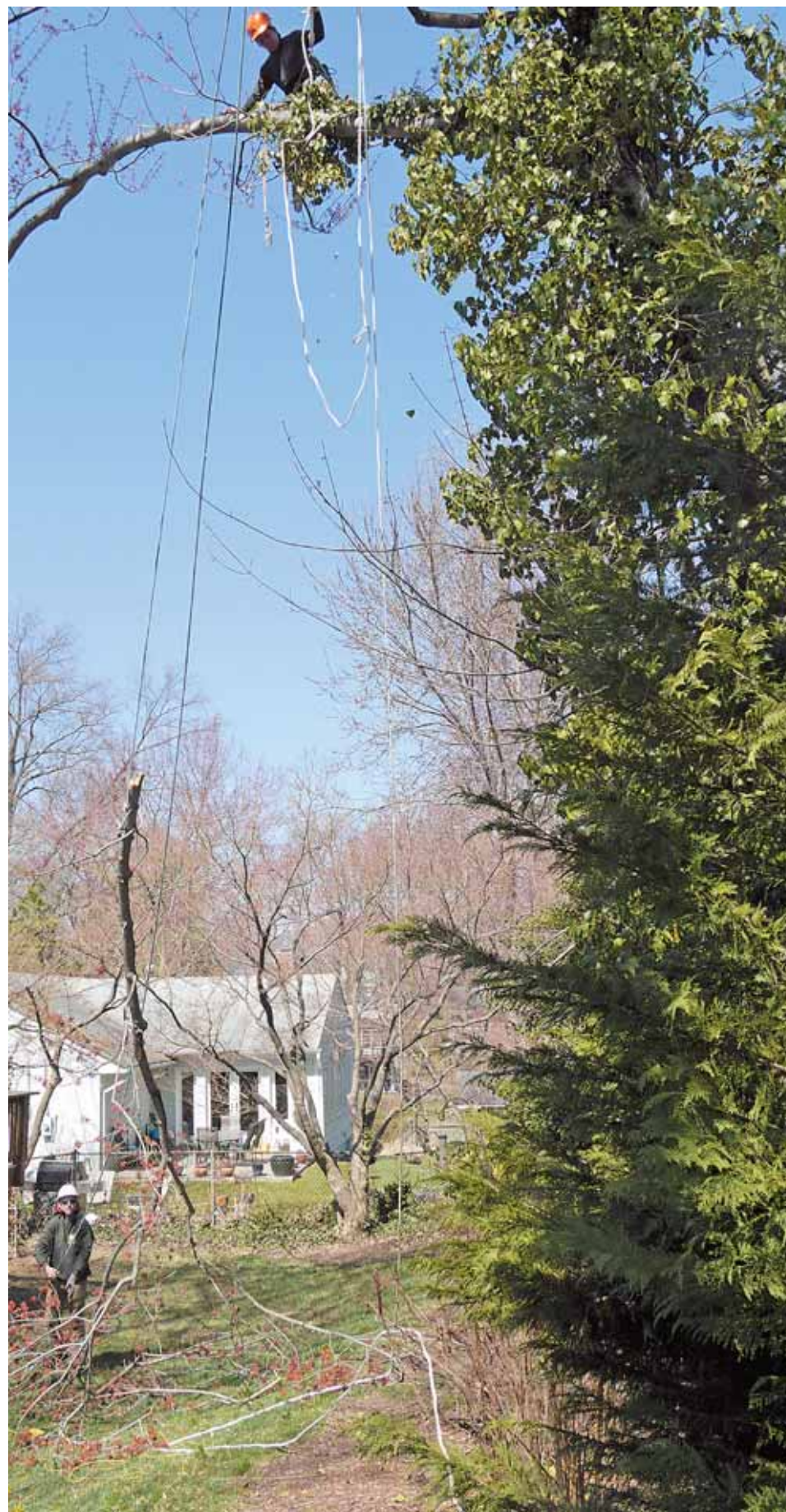
As soon as it warms up slightly, about the beginning of March, yard work begins, “It takes surprisingly little for people to get outside and discover they have a yard — just one 60-degree day.”

Although We Recycle Trees does mostly home landscaping and clean up work, last year Hayes’ company was hired by the Arlington Parks and Recreation to create the children’s play space in Long Branch Nature Center in Arlington. He reclaimed fallen trees to turn into benches, built a boulder pile for the youngsters to climb on, removed invasive plants, put in ornamental and edible plants and made a giant play space for children. In addition, he worked on erosion control for the dry bed to channel water out of the area when the creek is full. “And it’s a fun place for kids to flip rocks,” he said.

Hayes started his company as a landscaper but the tree work “grew out of everyone asking me to do tree work.” He has three full-time workers who are like family. “I have been down to El Salvador to visit their families and I know their parents,” he said.

His passion is edible gardening where the landscape includes a variety of edible plants like fruit trees, mushroom logs and berry bushes interwoven. “It’s all interrelated and part of a plan to keep things out of the landfill and that has become a popular concept,” he said.

But when you plant fruit trees, he added, “I realized you need pollinators and this led me to bees.” Hayes says this winter his workers built components for 75 new hives to sell. This kept his workers busy and therefore happy during the downtime months. In addition, Hayes has over 100 bee colonies of his own. Hayes harvests bees from the wild that have been able to survive and combines them with other wild colonies “to make a better bee, more parasite free.” Hayes says he has finally been able to sell some honey. “People forget that bees eat honey, too, and you have to get enough to keep them going before you can sell it.” He has branched out into giving lectures on



“Estoy listo para cortar esta rama.” Eduardo Santos calls down the trunk to alert Hayes that he is ready to tackle the big limb, and begins to lower it to the ground.

bees to local herb groups and garden clubs.”

In his own yard he has “everything, 15 kinds of Asian pears, 7-8 persimmons, apricots and peaches plus a lot of different highbush and lowbush blueberries.” He plants a little bit of this and a little bit of that so they don’t all come out at the same time.

But Hayes doesn’t have time to make homemade jam. “I take baskets of berries to my neighbor and they magically blend into jars for me.” In addition, Hayes has “every vegetable you could possibly imagine.” He says that the economy goes up and down but people are more inclined to plant edible

choices because they get to eat what they’ve planted. “I have a neat niche — you get something back, giving them more enthusiasm and helping kids understand. It’s more rewarding.”

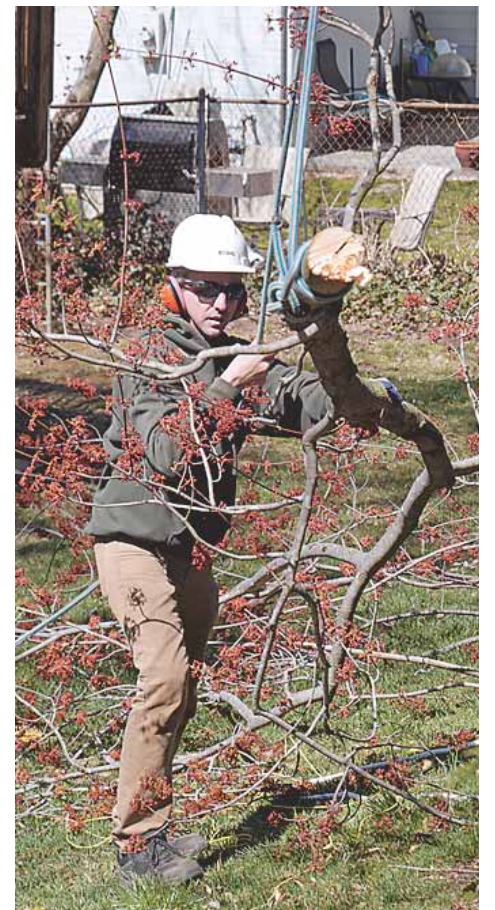
For instance, Hayes offers many different kinds of mushroom logs. Since they grow at different seasons, you can have fresh mushrooms for eight months of the year.

“Those shiitakes and oyster mushrooms are really great. All you have to do is take the mushroom log home and put it in the shade and forget about it,” and, he points out, “we are using the tree again. Very fun.”

Hayes points out one issue with edible gardening is all the critters, like squirrels and birds, eat their way through the yard, stripping out all of people’s hard earned work. He has developed a garden cube concept which is an 8-by-8-foot raised square completely enclosed with a chicken wire fence and a raised bed to protect the plants. He says this a fairly simple and affordable way to “defeat the critters.” In addition, when you have edible plants in one’s yard “you don’t blend into the boring landscape. It has a unique curb appeal to set your house apart from others in the neighborhood.”

Hayes is on call 24/7 for emergency tree work and remembers a 2:30 a.m. panicked call for tree work right after a hurricane. But his passion remains edible landscaping and, of course, his honeybees.

PHOTOS BY
SHIRLEY RUHE
THE CONNECTION



Tom Hayes stands at the bottom of the tree ready to catch the large limbs and pile them up for recycling.

News



PHOTO BY SHIRELY RUHE/THE CONNECTION

Serving

"You are always serving food; tonight I'm feeding you." Anna Kaminski, volunteer specialist and VISTA volunteer at A-SPAN, offers cheese puffs at Willow Restaurant to Gene and Jean Cross at the A-SPAN quarterly event to thank the volunteers for their support and enthusiasm in reaching out to the street homeless and newly housed. The Crosses have been serving food and encouraging networking from 8:30-noon at Central United Methodist Church in Arlington every Friday morning "forever," according to Gene Cross. Scott Miller, senior director of development, estimates there are 15,000 volunteer hours each year including preparing homeless bagged meals, providing shelter monitoring and overnight shifts, working at Opportunity House. In 2013 A-SPAN provided services to 1,011 homeless individuals. A-SPAN is one of three finalists for the Washington Post Award for Excellence in Non-Profit Management "and the only Virginia-based organization in the running," according to Miller. The award is for behind-the-scenes management and will be presented May 25.

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.

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/, or contact the Agency on Aging 703-228-1700, via TTY (703) 228-1788, or via e-mail ArlAAA@arlingtonva.us.

THROUGH NOVEMBER

Borrow Gardening Tools. Wednesdays: 5-7 p.m., Fridays: 3-5 p.m., Saturdays: 10 a.m.-12 p.m. at Arlington Central Library, 1015 North Quincy St. "The Shed" at Arlington Central Library is open and lending gardening tools to Arlington residents and property owners. Free. See library.arlingtonva.us for more.

FRIDAY/MAY 8

Healthy Aging Lecture Series. 11 a.m.-noon at 601 S. Carlin Springs Road, Arlington. "What's Up Down the Road?" Panel discussion on housing and care options as we age. Learn about community resources right here. Free. Call 703-558-6859 to RSVP.

County Board Primary Forum. 7-8:30 p.m. at Mount Olive Baptist Church, 1601 S 13th Road.

The African American Leadership Council of Arlington will hold a forum hosting all seven democratic primary candidates and the Republican candidate for the 8th Congressional District. Free. Register at www.bit.ly/aalca-primary-2015.

SATURDAY/MAY 9

"Warnings and Red Flags in Stock Analysis." 10:15 a.m.-2 p.m. at Arlington Central Library meeting room, 1015 N Quincy St. Free. Call 703-228-5590.

MONDAY/MAY 11

"Planting for Native Bees." 6:30 p.m. at Arlington Central Library, 1015 N Quincy St. Learn which plants will attract bees for pollination. Free. Contact sherrieb58@gmail.com for more.

Networking Seminar. 7-8:30 p.m. at 3140 N Washington Blvd., Suite 222. The Career Path Partners are hosting a four-part career development seminar dealing with career strategy. The third session will focus on networking and elevator pitches. Each session is \$20. Visit www.thecareerpathpartners.com.

WEDNESDAY/MAY 13

Dinner Meeting. 7 p.m. dinner, 8 p.m. program at Marymount University, Dining Room, Gerard Phelan Hall, 2807 North Glebe Road. Join a conversation on the overcrowding of schools in Arlington. \$30 for Arlington Committee of 100 members, \$32 for nonmembers. Visit www.arlingtoncommitteeof100.com.

SEE BULLETIN BOARD, PAGE 12

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OPINION

Hunger Is Widespread

Saturday, May 9, is the postal carriers food drive; put a sturdy bag with food donation next to your mailbox that morning.

There are families dealing with hunger in every county in the United States, including here in Northern Virginia.

In Fairfax, there are 67,190 people who are food insecure, (facing hunger at some point monthly) which is more than 6 percent of the population, according to a report by Feeding America.

In Arlington, 8.7 percent of the population is food insecure, 18,750 people. In Alexandria, 10.8 percent of the population faces hunger at least monthly, that's 15,540 people.

You can see the national data by county in an interactive map: map.feedingamerica.org/

ON SATURDAY, MAY 9, as they deliver mail,

postal carriers will collect donations of non-perishable food left by residents near their mail boxes. They will be joined by retired letter carriers, by family members and friends, and by volunteers to help collect and distribute the sacks of non-perishable food items that get left next to mailboxes that morning.

People are encouraged to leave a sturdy bag containing non-perishable foods such as canned soup; canned vegetables; canned meats and fish; pasta; peanut butter; rice or cereal next to their mailbox before the regular mail delivery on Saturday. Carriers will bring the food to local food banks, pantries and shelters.

The annual food drive is held in more than

10,000 cities and towns in all 50 states, the District of Columbia, Puerto Rico, the Virgin Islands and Guam. Last year almost 73 million pounds of food was collected in the one-day event for people in need throughout the United States.

CHILDREN ARE AFFECTED by hunger disproportionately, with nearly 30 percent of students in Fairfax County Public Schools poor enough to receive subsidized meals at school, which is an incredible 51,968 students. That percentage is more than 31 percent in Arlington with more than 7,700 students poor enough to get meal benefits. In Alexandria, 60 percent of students are poor enough to get meal benefits; that's almost 8,600 students.

Many of these students go hungry on weekends, during school closures for bad weather and in the summer. More on that soon.

In the meantime, leave a bag of food out by your mailbox on Saturday.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

LETTER TO THE EDITOR

Helping New Mothers

To the Editor:

Having a new baby ... the happiest time of a woman's life, right?

Not always.

Up to 1 in 5 new mothers will experience anxiety or depression, turning joy into sadness, worry, and confusion. Anxiety and depression are the most common complications of pregnancy and childbirth, and they affect the entire family. Mothers who are depressed are more likely to neglect health care advice, and children living with a depressed mother

have increased likelihood of experiencing behavioral, emotional, and cognitive delays.

Recognizing the seriousness of these illnesses, several medical governing bodies — including the American Academy of Pediatrics (AAP), American Academy of Family Physicians (AAFP), and the American Congress of Obstetricians and Gynecologists (ACOG) — have all addressed the issue.

Recently, ACOG recommended that clinicians screen new and expectant mothers for anxiety and depression. ACOG went even further, encouraging its members to begin medical treatment or to refer their patients, as needed. The

AAP recommends that pediatricians screen new mothers at well child visits, since the pediatrician will see the baby and mother at least seven times in the first year of baby's life. The AAFP has developed a toolkit that can be used to help implement screening and identify resources.

And just in time for Mother's Day, the Virginia General Assembly has declared May as Maternal Mental Health Month.

Fortunately, Virginia has a network of maternal-child health care providers, mental health professionals, and volunteers to assist new and expectant mothers experiencing anxiety and depression. Postpartum Support Virginia (PSVa), a non-profit organization, provides free peer-led support group throughout the state as well as referrals to mental health professionals who specialize in treating women with these illnesses. Learn more at www.postpartumva.org.

Celebrate Mother's Day in a special way this year. Ask a new mom how she is doing. And tell her about Postpartum Support Virginia, where she can find hope and help.

Adrienne Griffen

Founder and Executive Director
Postpartum Support Virginia
Arlington

Exhibit Spotlights Black History in Arlington

The Arlington Historical Society (AHS) and the Black Heritage Museum of Arlington (BHMA) inaugurated the first permanent museum exhibit on the black experience in Arlington County with a reception on Saturday, April 4 at the Arlington Historical Museum. Attendees included members of the Arlington County Board, School Board and history activists.

AHS President John Richardson and BHMA President Craig Syphax made welcoming remarks, followed by Museum Director Dr. Mark Benbow, who described the challenges of creating an exhibit when historically significant artifacts are in short supply. Benbow acknowledged the role of exhibit curator Dr. Kevin Strait of the

Smithsonian African-American Museum, who created the exhibit narrative and assembled its contents.

A special guest was Dr. Charlene Drew Jarvis, daughter of Dr. Charles Drew, one of Arlington's distinguished black residents, who established a system for blood storage and shipment that saved many American and Allied soldiers' lives during World War II. Drew was killed in an automobile accident in 1950. Jarvis is a key contributor of exhibit memorabilia of her father. The museum already is the holder of Drew's saxophone and eyeglasses.

The exhibit is open to the public at 1805 South Arlington Ridge Road, 1-4 p.m. Saturdays and Sundays.



PHOTO CONTRIBUTED

From left: Delores Taylor, Dr. Alfred Taylor, Flossie Parks, AHS President John Richardson and Dr. Charlene Drew Jarvis.

The
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Connection

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MOM AND ME



Happy Mother's Day

Great grandma Margaret Busch, who raised Laura Holman, who is now raising Tatiana Isabella here in Arlington. Four generations of the Arlingtonian women in our family.

— LAURA HOLMAN



PHOTOS CONTRIBUTED

Tatiana Isabella is at a local park with her mom, Laura Holman, who is a born-and-raised Arlingtonian and who enjoys raising Tatiana here in this urban oasis.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for May 11-16.

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

Senior trips: Tuesday, May 12, Seward Johnson Sculptor Tour, Hamilton, NJ, \$28; Thursday, May 14, Miss Minerva Tea, Culpeper, \$39; Friday, May 15, Dover Downs, Dover, Del., \$9; Saturday, May 16, Pennsylvania Dutch Farmer's Market, Annapolis, \$6. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Classical music appreciation, Monday, May 11, 1 p.m., Langston-Brown. Free. Register, 703-228-6300.

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.

Live guitar music, Tuesday, May 12, 6:30 p.m., Walter Reed. Free. Details, 703-228-0955.

History roundtable, Tuesday, May 12, 11:15 a.m., Lee. Free. Register, 703-228-0555.

What's new in Medicare, Tuesday, May 12, 10:15 a.m., Walter Reed. Free. Register, 703-228-0955.

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.

Cyber scams exposed, Wednesday, May 13, 6:30 p.m., Arlington Mill. Free. Register, 703-228-7369.

Retiring abroad, Wednesday, May 13, 6:30 p.m., Langston-Brown. Free. Register, 703-228-6300.

Duplicate bridge, ACBL sanctioned, Wednesdays, 10 a.m., Aurora Hills. \$5. Register, 703-228-5722.

Italian language group starting at Langston-Brown, Thursday, May 14, 2 p.m. Free. Register, 703-228-6300.

Living well in old age workshop, Thursday, May 14, 6:45 p.m., Langston-Brown. Free. Register, 703-228-4747.

Garden maintenance programs, Thursday, May 14, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

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ENTERTAINMENT

The No Rules Theatre Presents 'Sketch!'

Nothing is off limits in this madcap cabaret-style show at Signature Theater.

By STEVE HIBBARD
THE CONNECTION

The No Rules Show - Sketch! will be performed May 5-17 at Signature Theater in Arlington.

Nothing is out of bounds in this collection of original scenes and songs. Joshua Morgan hosts the nightly revelry, where the audience will laugh about everything from terrorism to Twitter to capitalism and kitty cats (and everything in between). The show features original material from D.C. favorite Rick Foucheux, Second City's Ashley Nicole Black, FunnyorDie's Michael Malarkey and NRTC founding Co-Artistic Director Brian Sutow.

"The No Rules Show" is a cabaret-style show that Sutow and Morgan created when they were co-founding artistic directors of the No Rules Theatre. This "sketch" version is a spin-off from the original and is a scripted comedy rather than a cabaret improv.

Morgan and Sutow had been working together for 10 years and the base of their work was in sketch and improv. They had created "The No Rules Show" a few years back and decided to produce it again but improve it, so they returned to their comedy roots.

"When looking at the theatre scene, it's clear that while there are opportunities for improv and sketch around the area, it wasn't necessarily being explored on a professional level with some of the best actors on the market," he said. "It seemed like a logical next step for us as a company."

Sutow said the writing team for the show is delightfully eclectic: "As a result, I think audiences will find that there's really something for everyone, as the show contains so many different voices and brands of comedy."

"I'm always fascinated by how sketches

tend to capture the zeitgeist in a certain way Even when a sketch is flat-out silly, it's still somehow topical and urgent in a way you don't often see in theater. The show is the complete opposite of heavy handed (it's relatively inane), but it touches on things like the Redskins, social media, gender dynamics, politics, celebrity culture ... and bad theater."

He added: "The cast is so fantastic. I was worried that I was going to have to come in and teach a bunch of comedy technique, or really help people craft each moment, but everyone was hilarious right from the first read," he said. "That's unusual. I don't think all theater actors/musical theater performers are as capable of jumping into the world of sketch comedy as this group has been."

Sutow said that Foucheux was the first person to generate material for them. "He had been a guest on 'The No Rules Show' a couple of years ago, and at the time he brought along a sketch he'd written that he and Joshua Morgan performed," he said. "It was smart, hilarious and really insightful. There's something very classic and — not surprising — very actable — about all of his material."

Black was a relatively new collaborator. "She has a long history of writing, performing and teaching sketch work at Second City in Chicago," Sutow said. "She brings a much-needed different viewpoint from my own (being both a woman and black), and she understands the mechanics of sketch comedy as well as anyone I've ever met."

Malarkey also has a long history working with the sketch/improv scene in Chicago. "He and I have been collaborating since high school, and he's someone I always love to turn to," he said. "Not only is he very musically gifted (he wrote original music for the show), but he also has this very sweet, innocent, slightly absurdist sense of humor that always surprises me."



CONTRIBUTED BY NICOLE ZICHETTO

Cast members Joe Mallon, Jamie Smithson and Richard Pelzman rehearse the opening number of "The No Rules Show - Sketch!"

Joe Mallon, one of the cast members, who sent Sutow a sketch one day out of the blue and said, "What do you think?"

"I was concerned, because most likely it was going to be bad But I laughed out loud reading it (which never happens). It's one of my favorite sketches in the show," Sutow said.

In the show, Angela Miller is playing a bride-to-be, a nervous news anchor, British royalty — Julie Andrews, and more. She said the characters are still changing as they become more specific every day. "What's so funny about all the characters in the show is that they are based in something real and familiar, and then taken to an extreme," she said. "But we know these characters and sometimes, maybe secretly, laugh at them in real life. Here we give you permission to laugh loudly and clearly at the ridiculousness."

Miller said this is the first time she's doing "Sketch!," so it's been tricky but fun. "We've got a great team of hilarious, smart writers who've made it easy to bring these cooky characters to life," she said. "But there's still a great challenge there in figuring out each little quirk or unique trait these totally original characters possess."

Richard Pelzman also plays a variety of

different characters, such as an office manager/boss, detective, pastor, pseudo-gangster, foreign movie actor, proud father, etc. "Each one needs to be clearly delineated," he said. "We use the character's ethnicity, attitude energy (or lack thereof), and often an accent or speech pattern for definition."

He said the scenes are short and quick, and a big part of the challenge is to make these people specific and recognizable in just a few lines of dialogue. "The writers create these hilarious or bizarre set pieces and we have to breathe life into the people immediately," he said. "It's fun, but very challenging and the chance to play so many different people in such quick succession is exciting and nerve-wracking."

He continued: "But I've never laughed so much during a rehearsal process and we're having far too much fun to think of it as work, which is, frankly, what it is. But fun work with wonderfully talented and intelligent colleagues."

Performances of "The No Rules Show - Sketch!" are Wednesday through Saturday at 8 p.m. and Sundays at 2 p.m. at Signature Theatre, 4200 Campbell Ave., Arlington. Visit www.norulestheatre.org.

CALENDAR

Email community announcements to arlington_connection@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

"Ecuador Magico." Through May 23. Various times at Gunston Theatre Two, 2700 S. Lang St. Teatro de la Luna presents "La Escoba," a comedy, "Mary Magdalene, the woman erased," a drama, the Juan Estrella Magic Show, and "Boleris," a tribute to musician Julio Jaramillo as part of their "Forever Theatre" season. Tickets start at \$15. Visit www.teatrodelaluna.org.
"RED." Through May 30, 10 a.m.-6

p.m. Monday-Friday, 10 a.m.-2 p.m. Saturday at Gallery Underground, 2100 Crystal City Drive. Watercolor artist Frank Eber will jury a show centered around the color red. Free. Visit www.galleryunderground.com.

May Members Show. Through May 30, 10 a.m.-6 p.m. Monday-Friday, 10 a.m.-2 p.m. Saturday at Gallery Underground, 2100 Crystal City Drive. The Main Gallery at Gallery Underground will become home to an exhibit of members' work including sculpture, glass, ceramics and more. Free. Visit www.galleryunderground.com.

"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.

"Current." Through June 28, 4-8 p.m. on Wednesday and Friday; 12-5 p.m. on Sunday at Artisphere's Artist in Residence Studio, 1101 Wilson Blvd. Sculptor and installation artist Brian Davis will have open studio hours. Free. Visit www.artisphere.com.
Spring SOLOS. Through June 28, 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 to the gallery is free. Visit www.arlingtonartscenter.org.
"Holoscenes/Quaternary Suite." Through June 28, Gallery hours at

Artisphere, 1101 Wilson Blvd. Media artists, design, director, write and artistic director of Early Morning Opera Lars Jan presents a performance, video, photographic and print comprised work. Free. Visit www.artisphere.com.

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 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 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. 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 or call 703-522-8340.

Open Mic Nite. 8 p.m.-12:30 a.m. www.connectionnewspapers.com

ENTERTAINMENT



Lead singer of cover band Burnt Sienna.

'Taste of Arlington' Returns To Downtown Ballston

The "Taste of" festival is returning to Arlington for its 28th year on Sunday, May 17. More than 50 area restaurants will gather in the downtown Ballston neighborhood and serve signature dishes. Local celebrities including Hon. Walter Tejada, radio personality Intern John, and "Girl Meets Food" blogger Jai Williams will judge in three categories: best appetizer, best entree, and best dessert. Attendees will also find live music, a BarkPark, and KidZone.

"Taste books," which include 10 tickets for food and drink, are \$35 in advance and \$40 on the day of the event. Admission to the VIP Tasting Pavilion, which includes unlimited beer, wine, champagne, and appetizers is \$100 in advance and \$110 at the event. Visit www.ballstonbid.com/taste.



PHOTOS COURTESY OF BALLSTON BID

"Taste" is expected to bring 40,000 people to Wilson Blvd.



2014 Ballston Restaurant Challenge Winners Javier Candon, Christiana Campos

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 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 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 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.

Crystal City Sparket. 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC's Eastern Market complete with arts, crafts, and other handmade goods. Free to attend. Visit www.crystalcity.org.

MAY 6-17

"Sketch!" Various times at the Signature Theatre, 4200 Campbell

Ave. The No Rules Sketch Show is a collection of original comedy scenes. The show is not recommended for children. Tickets are \$15-34. Visit www.norules theatre.org/shows/the-no-rules-show-sketch.

THURSDAY/MAY 7

Book Talk. 7 p.m. at One More Page Books, 2200 N Westmoreland St. "The Pornographer's Daughter" author Kristin Battista-Fraze will discuss her work. Free. Visit www.onemorepagebooks.com.

Reptile Survey Training. 7-9 p.m. at Long Branch Nature Center, 625 S Carlin Springs Road. Learn to identify native snakes, lizards and turtles. Free. Visit www.registration.arlingtonva.us.

FRIDAY/MAY 8

Book Talk. 4:30 at One More Page Books, 2200 N Westmoreland St. Author T.A. Barron will discuss and sign his books, "The Wisdom of Merlin," and "Atlantis in Peril." Free. Visit www.onemorepagebooks.com.

Junior Girl Scouts Legacy: Flowers. 4:30-5:30 p.m. at Long Branch Nature Center, 625 S Carlin Springs Road. Girl scouts are invited to learn about the inner workings of flowers. There is a \$5 fee. Visit www.registration.arlingtonva.us.

SATURDAY/MAY 9

Kenmore Spirit Day. 10 a.m.-3 p.m. at Kenmore Middle School, 200 S Carlin Springs Road. Teachers use PTA funds to put on a family-friendly events with traditional carnival games. Tickets are \$25. Visit www.squareup.com/market/kenmore-middle-school-pta.

Storytime for Children With Diabetes. 10:15-11:15 a.m. at Arlington Central Library, 1015 N Quincy St. Children may participate in diabetes-themed storytelling, songs, crafts and more. Free. Visit www.library.arlingtonva.us.

Bio-Blitz Survey. 1-3:30 p.m. Help search the park for amphibians and

reptiles. The meeting place will be revealed upon registration. Free. Visit www.registration.arlingtonva.us.

St. John's Annual Spring Tea. 1-3 p.m. at St. John's, 415 S Lexington St. Celebrate Mother's Day with a variety of teas, pastries, cakes, etc. Tickets are \$25 for adults, \$ for children 12 and under. Visit www.stjohnsarlingtonva.org.

"Echoes of Little Saigon." 1-3 p.m. at Clarendon Central Park, 3140 Wilson Blvd. Learn about Clarendon's Vietnamese heritage via walking tour. Free. Visit www.publicart.arlingtonva.us/events/echoes-of-little-saigon.

Book Talk. 6:30 p.m. at One More Page Books, 2200 N Westmoreland St. Kate Abbott's novel "Running Through the Wormhole" is set in Fairfax and Smith Mountain Lake. She will be on hand to discuss. Free. Visit www.onemorepagebooks.com.

"The Measure of all Things" Screening. 7 and 9 p.m. at Artisphere, 1101 Wilson Blvd. Find two screenings of this film which documents the filmmaker's fascination with Guinness Book of Records record-holders. Director Sam Green will narrate the movie live. Tickets are \$18. Visit www.artisphere.com.

Musical Gems of Mexico. 7:30 p.m. Rosslyn Spectrum Theatre at Artisphere, 1611 North Kent Street, Arlington. Celebrate Mother's Day with the music of composer Eduardo Angulo. Purchase tickets at 888-841-2787 or visit www.nationalchamberensemble.org.

SUNDAY/MAY 10

Mother's Day Hike. 9:30-11:30 a.m. at Gulf Branch Nature Center, 3608 Military Road. Celebrate Mother's Day with a 2.5 mile hike. Free. Visit www.registration.arlingtonva.us.

Notable Nature. 3-4 p.m. at Long Branch Nature Center, 625 S Carlin Springs Road. Make your own nature journal and then fill it during a series of hikes. Free. Visit www.registration.arlingtonva.us.

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Protest Spotlights Chronic Lyme Disease

FROM PAGE 3

Murphy, who travelled to Arlington from Florida for the protest, was bitten by a tick when he was at a petting zoo. Murphy caught what he describes as a particularly antibiotic resistant strain of Lyme disease.

Sheets said she's had Lyme disease her whole life, a condition that was passed to her and her brothers from their mother. Sheets says since being diagnosed she has been constantly taking antibiotics and herbal remedies, but it's done very little to help.

Alexandra Fleming is an Arlington resident whose daughter was diagnosed with Lyme disease when she was 19, but Fleming suspects her daughter had the disease long before then and it was not properly identified. Fleming said the disease has often been debilitating for her daughter, with fatigue and headaches keeping her out of sports and a diminished memory and concentration capacity hindering her school work.

"When you have a disease like cancer, you get all your treatment and your insurance is on board and the treatment is paid for, and that's indisputable," said Fleming. "With Lyme disease, if you see your tick and



Joe Murphy and Tiffany Sheets as the Lyme Avenger and Lady Lyme.

you present your symptoms, you'll get a few weeks of treatment, but after that you're on your own. Initially, when we found out she had it, the pediatrician said she'd only need a couple of weeks of antibiotics. She



Protesters outside IDSA headquarters.

was on antibiotics for two years, with little progress, and now she's on homeopathic therapy. These guidelines make it impossible for us to get treatment we need, for ourselves or our family members."

PHOTOS BY VERNON MILES/THE CONNECTION

BUSINESS NOTES

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

Members of the **Arlington Solar Co-op** have selected McLean-based installer EDGE Energy to install solar panels for the group. The co-op is working with VA SUN to help members better understand the process of going solar and to leverage their collective buying power to go solar together and get a discount off the installation price. Co-op membership is open to the public until May 31. Arlington Initiative to Rethink Energy, Arlingtonians for a Clean Environment and VA SUN are sponsoring the co-op.

SmithGroupJJR, an architecture, engineering

and planning firm, has promoted **David Varner**, AIA, LEED AP BD+C, as leader of its Workplace Practice.

In his new role, Varner leads the firm's national practice devoted to the design of workplace facilities, including corporate headquarters, campus development, workplace interiors, speculative office building, hospitality, retail and multi-family/high-rise residential buildings for both public and private sector clients.

His professional affiliations include the American Institute of Architects, Urban Land Institute (ULI), DC Building Industry Association and the U.S. Green Building Council.

Varner, a member of the SmithGroupJJR Board of Directors since 2011, joined the firm's Washington, D.C. office in 1984 as an architect, advancing

to the roles of project manager, principal and Workplace Studio leader. He is a graduate of Rice University with a Bachelor of Arts degree in architecture and art/art history, followed by a Bachelor of Architecture. A native of Houston, Texas, Varner lives in Arlington.

Brooke Schara, a top-producing Realtor, has been named managing broker of two RE/MAX Gateway locations, Arlington and Lorton.

Weichert, Realtors Sales Associate **Alexandra Holden** of the Arlington office was recognized for success during the month of October. A top producer, Holden led the region, which is comprised of offices throughout Fairfax, Loudoun, Fauquier and Delaware counties, in new home dollar volume.

AAUW Awards

Sara Anderson, (center right) president of the Arlington branch of the American Association of University Women, presented the organization's Elizabeth Campbell Awards for contributions to performing arts. Elisabeth Hudgins (center left), president of the Arlington Artists Alliance, was awarded the Elizabeth Campbell Award for the Advancement of the Arts in Arlington. William Podolski (left), director of choral activities at H-B Woodlawn Secondary School, and Thomas Mallan (second from right), fine arts teacher at H-B Woodlawn, were recognized for Excellence in the Arts in Arlington Public Middle/High Schools. Calista Garcia (second from left), an eighth grade student at A-B Woodlawn who wrote the music and lyrics for the school's adaptation of "Lizzy Strata," and Cecilia Cackley (third from left), artistic director for Wit's End Puppets, were recognized for Notable Achievement in the Arts. Micaela Pond (right), resource teacher for gifted and instructional lead teacher at Key Elementary School, was recognized as Arlington Educator of the Year.



PHOTO BY VERNON MILES/THE CONNECTION

School Board

FROM PAGE 3

as the population migrates, you can migrate classrooms back and forth."

Dorsey said her perspective as a former teacher helps her understand what overcrowding does to a classroom, and working with the Literacy Council of Northern Virginia has shown her the effects on students. Like Goldstein, Dorsey served in various Parent Teacher Organizations as her children grew through the school system, and Dorsey served as vice-president of the Waycroft-Woodlawn Civic Association.

Both candidates also stated that communication failures were the main reason the Thomas Jefferson Elementary School proposal fell apart. For Goldstein, this was primarily an issue with communicating the benefits of the project to the community.

"Collaboration is even more essential than ever before," said Goldstein. "The Jefferson site was APS-preferred site but APS did not do a good job of informing the public on why this would solve a set of challenges."

Goldstein said the Thomas Jefferson site was part of a chain of reliefs and student population shifts that APS wasn't able to properly explain.

For Dorsey, the communication was partially an issue between the schools and the community, but was mainly an issue between County Board and School Board members.

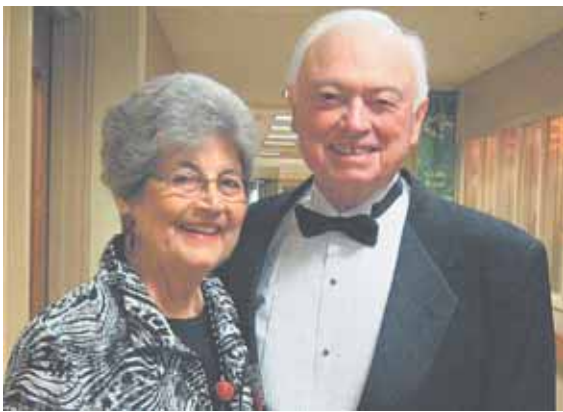
"As a community member, I have felt that the boards are working at cross purposes," said Dorsey. "The board members say everyone's getting along fine. but that's not the perception in the community."

We have to keep lines of communication open. If there really is no real issue between the two boards, which I find hard to believe, I do believe we need better communication to the community on the perception issue. There needs to be more transparency on how these boards operate. They say they publish everything on the website, but need to know where and how to access that."

Dorsey said she's already started this process as a candidate by reaching out to the County Board candidates about maintaining lines of communication and brainstorming overcrowding solutions.

Both candidates also acknowledged that, while redistricting in schools can be difficult on families, it's a vital short term tool for alleviating overcrowding in Arlington Schools.

The Arlington County Democratic Committee will hold its School Board Caucus on May 14 at the Drew Model School between 7 p.m. and 9 p.m., and on May 16 at Washington Lee High School between 11 a.m. and 7 p.m.



COURTESY OF GEORGE & PEGGY WHITE

George White, 80, stays socially connected by volunteering for the West Springfield police department. He and his wife, Betty, also 80, stay connected with friends.



PHOTO COURTESY OF BILL & BETTY KENEALY

Bill and Betty Kenealy stay connected by socializing regularly with their good friends and former next-door neighbors.

Healthy Relationships for Life

Researchers say meaningful friendships help preserve health

BY MARILYN CAMPBELL
THE CONNECTION

Bill and Betty Kenealy, of Springfield, make it a point to socialize regularly with their long-time friends, many of whom are other couples they met through work and through the activities of their five children. They've watched their children become adults, worked, retired and even survived cancer. Now they're living together in a retirement community in Springfield. Bill is 85 and Betty is 81.

"We enjoy meeting for dinner on a regular basis or playing cards or dominoes and Bingo," said Bill.

One of those couples is George and Peggy White, both 80. They met when Bill and George were stationed together in the military. Both couples speak fondly of the strength they get from their friendships.

"All of us have different stories and have different backgrounds," said Peggy White, 80. "It's been an interesting and rewarding."

Healthy friendships and strong social connections provide more than interest, say researchers.

They are vital to one's mental, physical and emotional wellbeing. A study by the National Institutes of Health show that people who are socially isolated are more likely to die of heart disease than those who have close relationships. While it might be more challenging to make friends as one ages, the benefits are worth the effort say researchers.

"Research shows that social connections are more important for health, longevity and cognitive functioning than any other variable," said Linda Guly, professor of psychology at Marymount University in Arlington. "Social support ... increased likelihood of getting proper health care, compliance with health treatments, diet, activity [and] mental health."

A HEALTHY SOCIAL NETWORK is credited with longevity. "Social support at all stages of the lifespan reduces people's stress levels, and this in turn promotes physical health," said Linda Cote-Reilly, Ph.D.,

associate professor of psychology at Marymount University. Seniors who have active social connections are better able to fight disease, they experience greater psychological well-being and reduced incidence of depression, Cote-Reilly said.

Social isolation can lead to depression and physical health issues.

"One of the things that research has shown is that social isolation is a killer," said Dominique S. Hubbard, professor of psychology who studies social exclusion and ostracism at Northern Virginia Community College. "One of the most fundamental things that we need is meaningful social connections and a sense of belonging."

In fact, researchers point to a variety of studies that link health and longevity with fulfilling relationships.

"There is this really amazing study done in Alameda County, Calif., that followed almost 5,000 residents for nine years, and found that the best predictor of mortality rates were people who indicated they had few meaningful relationships, meaning that people who answered they had many meaningful relationships were more likely to be alive than those with few," said Georgeana Stratton, Ph.D., (associate professor of psychology at Northern Virginia Community College in Sterling. "Even when they ... only look at people with cancer or heart disease, they still found that those with many meaningful relationships did better than those who answered few.

"Their social relationships were the best predictor of health and death, meaning it predicted better than other things they measured like smoking and stress," said Stratton.

Seniors are more susceptible to the harmful effects of a dearth of companions. "Isolation is potentially very damaging to all of us, but most especially to seniors," said Pamela Stewart, assistant dean of psychology, Northern Virginia Community College, Annandale campus. "Friendships keep us balanced and generally more positive. They help to keep us busy, can give us a focus and keep us more happily engaged in the world around us."

Retiring and relocating creates challenges when attempting to maintain existing friendships. "Unfortunately, for many the pool of friends becomes

"One of the most fundamental things that we need is meaningful social connections and a sense of belonging."

— **Dominique S. Hubbard, professor of psychology**



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Wakefield Boys' Soccer Faces Tough Early-Season Schedule

Warriors blanked by Langley in season opener.

BY JON ROETMAN
THE CONNECTION

The first two weeks of the season figure to test the mental and physical toughness of the Wakefield boys' soccer team. For various reasons, multiple talented athletes that Wakefield coaches figured to have on the field are unable to play. Along with a depleted roster, the Warriors scheduled four quality programs to start the year: perennial power Langley; 2014 6A North region semifinalist West Potomac; defending 5A state champion Broad Run; and 2014 6A state runner-up Washington-Lee.

"We scheduled murder's row for these first four games," Wakefield assistant coach Nick Chauvenet said.

The gauntlet started Monday, when Langley traveled to South Arlington. The Saxons took the lead when sophomore striker Jacob Labovitz scored in the 24th minute and Langley cruised to a 3-0 win.

"Reality is you've got to be able to play with a physicality," Chauvenet said, "and we can't right now."

Labovitz scored two goals for the Saxons, and sophomore Sam Golan added one.

"Coming in, we're very optimistic," said Langley head coach Bo Amato, whose team has hopes of competing for the 6A state championship. "... We're young, but we're good."

The Warriors, on the other hand, face a more challenging path while not at full



Wakefield senior defender Alejandro Quinones, left, will play collegiate soccer at Drexel.

strength. Wakefield reached the 5A Conference 13 championship game last season, but is missing key players this year. The Warriors

are hoping for the return of senior midfielder Omar Al-Dulaimi, who suffered a concussion during wrestling season, and senior midfielder Jordi Carcamo Moya, who is academically ineligible.

While Wakefield hopes to return to full strength, senior midfielder John Fuquene and senior defender Alejandro Quinones are leading those who are

able to play. Fuquene will play collegiate soccer at William & Mary, while Quinones will play at Drexel.

"I still feel confident we can have a very solid team this year. ... We just want to go further [than last year]. ... We want to win games in the regional [tournament]."

— Wakefield assistant boys' soccer coach Nick Chauvenet



Wakefield assistant coach Nick Chauvenet talks to a player during the Warriors' season opener against Langley on Monday.



Jayson Carbajal-Hernandez and the Wakefield boys' soccer team face a tough early-season schedule.

Next up for Wakefield is a road game against West Potomac at 7 p.m. on Friday, March 20.

"I still feel confident we can have a very

solid team this year," Chauvenet said. "... We just want to go further [than last year]. ... We want to win games in the regional [tournament]."

BULLETIN BOARD

FROM PAGE 5

THURSDAY/ MAY 14

Basic Garden Maintenance Program. 1-2:30 p.m. at Walter Reed Senior Center, 2909 S. 16th St. Arlington County Horticultural Extension Agent Kirsten Buhls, assisted by VCE Master Gardeners, will teach participants the basics of gardening including pruning, planting, fertilizing, soil testing and more. Free. Call 703-228-4403 to register.

School Board Caucus. 7-9 p.m. at Drew Model School, 3500 23rd St. S. The Arlington County Democratic Committee will host a forum for discussion. Visit www.arlingtondemocrats.org/calendar.

SATURDAY/MAY 16

Master Gardener Plant Sale. 9 a.m.-3 p.m.

at intersection of Braddock Road and Little River Turnpike, Alexandria. Master Gardeners of Northern Virginia will sell plants from their own gardens and the demonstration gardens they maintain in Arlington and Alexandria. Free to attend. Visit www.ext.vt.edu.

School Board Caucus. 11 a.m.-7 p.m. at Washington Lee High School, 1301 N. Stafford St. The Arlington County Democratic Committee will host a forum for discussion. Visit www.arlingtondemocrats.org/calendar.

Shabbat Yom Ha-Atzma'ut. Immediately after services at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. This Shabbat is around the time of Israel Independence Day. Explore Israel's soul through early Zionist, modern and contemporary Israeli poetry. Email admin@kolaminvrc.org for more.



Pedro Rojas Tapia and the Wakefield boys' soccer team lost to Langley 3-0 on Monday.

Landis-Santos Honored

For work in child abuse prevention.

SCAN of Northern Virginia honored five heroes on March 25 from across the region as "Allies in Prevention" for their work to prevent child abuse and neglect and support the growth of strong, nurturing families in our community. ABC7's Leon Harris, a SCAN honorary board member, presented the awards.

In Arlington, the honor was given to Jennifer Santos, a parent and youth workshop facilitator, program coordinator and mental health therapist for Arlington County. In that multi-faceted position she administers a grant from the Virginia Foundation for Healthy Families (which she won for the county) to help provide parenting classes and other programs for youth and families. She also coordinates the Strengthening Families parenting program in Arlington.

Her commitment to children goes beyond her work in Arlington. Santos also founded Career Definitions, a project which provides tools to help youth plan for future careers, stay connected with parents during the college application process and go on "Career Tours," opportunities for students to see jobs up close in the Washington, D.C., area.

The Allies in Prevention awards luncheon serves



SCAN Executive Director Sonia Quinonez, Jennifer Landis-Santos and ABC7's Leon Harris

PHOTO CONTRIBUTED

as a region-wide kick-off for National Child Abuse Prevention Month, which began April 1. SCAN's

Kids Need Connections campaign will continue throughout the month, with a focus on educating all adults about the critical importance of a child having multiple, positive connections with adults in their life.

If community members or businesses want to get involved, they can become "Pinwheel Partners," sharing resources or planting pinwheels to show their support for prevention. Contact SCAN of Northern Virginia at 703-820-9001 or www.scanva.org.

Healthy Relationships for Life

FROM PAGE 11

smaller as one ages," said Stewart. "We lose touch with our former work mates and a fair percentage of our friends may have moved away or passed away."

Those who are no longer in situations that offer natural opportunities for social interactions can still recreate a circle of friends.

"Seniors can replace those by adding new things," said Hubbard. "Consider joining a class or a bridge club. The key is to have consistent, positive interactions."

Donating one's time offers an opportunity for staying connected.

"Volunteering at a local school or animal shelter or even getting a part time job is a great way to meet people and stay engaged and current," said Joyce Schwartz, a geriatric social worker who lives in Potomac, Md. "Pursuing a hobby, working out a gym or attending lectures are good too, especially if they're free or discounted activities for seniors."

STILL, STAYING ENGAGED socially and developing new friendships can become increasingly challenging, as one gets older.

"Physical disabilities and illnesses can increase the

likelihood that a person is hospitalized or homebound in later adulthood, which can lead to social isolation and depression," said Cote-Reilly.

Also important, said Cote-Reilly, is distinguishing connections that offer positive social interaction from those that simply provide contact with another person.

"Social support means, 'Does this individual feel supported by those in his or her life?' It doesn't mean the number of friends or support persons one has," she said. "Older adults who have a lot of social interaction because they need assistance with activities of daily living ... do not experience these interactions as positive. People are helping them because they have lost the ability to do the tasks themselves."

While social media has made staying in touch with friends easier for some, there are dangers. "Unfortunately, there is a negative correlation between time spent on social networking sites and the internet in general and the time spent with friends," said Stratton. "Also, several studies indicate that more time on Internet predicts depression. So while in-person relationships are great buffers for stress and protect physical and mental health, online relationships may actually... hurt mental health and social connections."

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5/20/2015...A+ Camps & Schools, Proms, Summer Planning
Memorial Day is May 25

5/27/2015Summer Fun, Food, Arts & Entertainment

JUNE

6/3/2015Wellbeing

6/10/2015Father's Day Dining & Gifts

6/10/2015HomeLifeStyle

6/17/2015A+ Graduations & Summer Learning

6/17/2015Father's Day Dining & Gifts

Father's Day is June 21

6/24/2015Independence Day Preview

6/24/2015...Professional Profiles & Business in the Community

JULY

7/1/2015Wellbeing

7/8/2015HomeLifeStyle

7/15/2015A+ Camps & Schools

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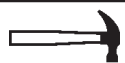
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21 Announcements

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LEGAL NOTICE
SeaWatch Plantation Owners Association, Inc. v.
Estate of Patricia A. Stewart, et al.

Civil Action No. 2015-CP-26-2266

Court of Common Pleas, Fifteenth Judicial Circuit, Horry
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TO: RICHARD ELAM

YOU ARE HEREBY SUMMONED to answer the Complaint in
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For your information, the Complaint was filed March 25, 2015
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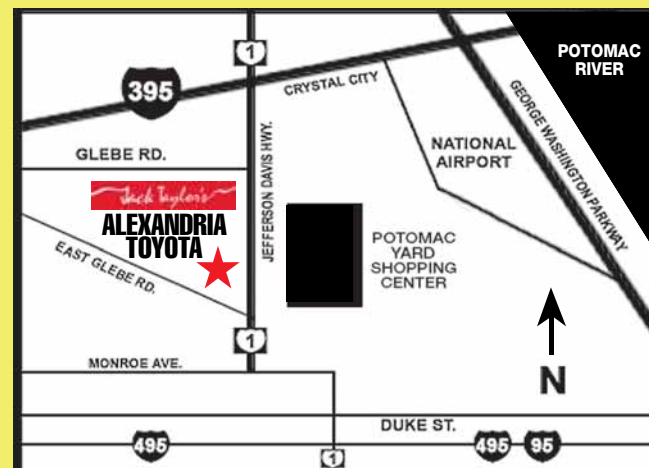
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TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

**TOYOTA GENUINE SERVICE
POTHOLE SPECIAL
4 WHEEL ALIGNMENT**

\$89⁹⁵

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.

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TAX AND SHOP SUPPLIES ADDITIONAL.

**TOYOTA GENUINE SERVICE
10% OFF
ANY FACTORY
RECOMMENDED
MAINTENANCE**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY OFFER
COUPON DATES: COUPON MUST BE PRESENTED AT TIME OF WRITE-UP
VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP
SUPPLIES ADDITIONAL.

**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. TCMC pads only.

MACHINE ROTORS AN ADDITIONAL \$199.95.

COUPON NOT VALID TO ALL VEHICLES PLEASE SEE SERVICE ADVISOR
FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON.
TOYOTA VEHICLES ONLY OFFER COUPON DATES: 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 & balance all 4 tires, inspect
brakes, inspect tires, & inspect suspension.

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ONLY OFFER COUPON DATES: COUPON MUST BE PRESENTED AT
TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

**TOYOTA GENUINE SERVICE
TRUE START
BATTERY SPECIAL**

\$139⁹⁵

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

Checks not apply to hybrid vehicles.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY
OFFER COUPON DATES: COUPON MUST BE PRESENTED AT TIME OF WRITE-UP
VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**TOYOTA GENUINE SERVICE
5K, 10K, 20K, 25K, 35K
MILE MINOR FACTORY
RECOMMENDED
MAINTENANCE SERVICE**

\$59⁹⁵

SYNTHETIC OIL ADDITIONAL \$10

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY
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VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**TOYOTA GENUINE SERVICE
DETAIL SPECIALS**

\$39⁹⁵
Wash & Vacuum
\$139⁹⁵
Hand wash, wax
& interior cleaning
\$295⁹⁵
Full premium detail

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY
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