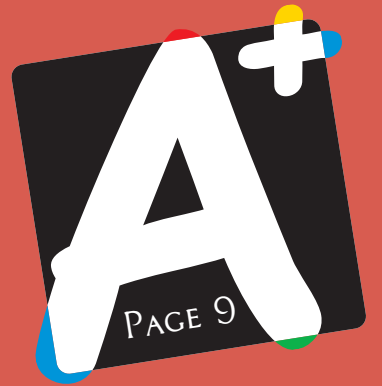




# The Arlington Connection



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Batalá - Afro-Brazilian Percussion Band performs at the end of the annual World Language celebration at the Arlington Career Center on March 8.



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MARCH 15-21, 2017

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If you are caring for someone with dementia, then you already know that it significantly affects your life, too. The continual journey of adapting to ongoing changes in your loved one's personality and abilities is stressful, frustrating and overwhelming.

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- Draw boundaries that enable you to honor your loved one and, at the same time, preserve your well-being.
- Identify resources for support.
- Discover important ways to care for yourself so you can stay strong, courageous and committed.



**Susan Perry** is the Vice President of Client Services at Care Options, a Lifematters Company. She is a Licensed Clinical Social Worker in Virginia with 25 years of experience in acute care, long-term care, rehabilitation, home care and hospice care settings. Susan has served as a member of the Geriatric Consultation Team at Inova Fairfax Hospital. She has a Bachelor of Social Work from the University of Pittsburgh and a Master of Social Work from Virginia Commonwealth University.



**Diane Vance** is the Program Manager for the Alzheimer's Association National Capital Area Chapter. She has been immersed in dementia care professionally and as a caregiver for many years. Diane served as the Director of Dementia Care Services in Assisted Living and Director of an Adult Medical Day Program for elderly individuals with cognitive impairments. As a passionate advocate for those with dementia and their families, she has provided invaluable support to many.

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PHOTO BY EDEN BROWN

Dr. Kristi Murphy (left), assistant superintendent of human resources for APS, and APS Superintendent Dr. Pat Murphy address an information session for parents and community members at Yorktown High School.

## Recruiting for New Principal

### Search begins for new Yorktown High School principal.

BY EDEN BROWN  
THE CONNECTION

Arlington Public Schools Superintendent Patrick Murphy and Dr. Kristi Murphy, assistant superintendent of human resources for Arlington Public Schools, met with parents at Yorktown High School to review the selection process, on the evening of March 8. Dr. Ray Pasi, who has been principal at Yorktown for 20 years, announced his retirement on Feb. 16.

About 20 parents were told APS is looking to have parents on the selection panel for the new principal, and that a survey asking parents for input on the attributes of the principal needed at Yorktown was go-

ing to be important to the selection process.

Both Murphys noted this is not the only vacant principal position in the area: T.C. Williams High and Thomas Jefferson High School for Science and Technology will have open principal positions. The superintendent noted, however, that each school is different and would attract from different applicant pools.

Parents asked if there would be a probationary period for the new principal (yes), and how principals are evaluated (the superintendent meets with each principal three times a year). The superintendent said he was looking for someone with previous high school experience, although that could come in the form of an assistant principal, a teacher, or a middle school principal. The important thing for a high school principal, he said, is credibility.

To serve on the panel, contact the local PTA office for Yorktown, and for the survey, see [survey.k12insight.com/survey.asp](http://survey.k12insight.com/survey.asp).

## Restoring Felons' Rights

Gov. Terry McAuliffe addressed the Offender Aid and Restoration (OAR) annual Second Chance breakfast on March 1. The audience applauded as he described his efforts in 2016 to restore voting rights to 206,000 Virginia felons who had completed their sentences.

Although his executive order was overturned by the Virginia Supreme Court, he reminded the audience he has so far restored the rights of 151,000 individuals on a case-by-case basis, as the court required.

The OAR event drew more than 500 people to the Crystal Gateway Marriott to hear how the organization works and hear first person stories of people it has helped. OAR provides reentry services for men and women returning from incarceration, both pre- and post-release, and manages the community service function for the Arlington and Falls Church courts.



PHOTO BY CLAUDIA SCOTT

Gov. Terry McAuliffe



## Empowering World Language Day showcases students' language skills.

BY EDEN BROWN  
THE CONNECTION

**K**elly Doffing said she chose to learn Arabic for a really silly reason: she didn't like soy sauce. Chinese and Japanese were out of the question. But as a result, she got a scholarship to college, got to spend a year in Egypt, spent six months in Morocco, and when she got out of college, Arabic helped her get a job.

Arabic turned out to be the right choice because it opened up a whole new world for her. She made new friends, learned how to play an instrument, learned martial arts,

and travelled extensively.

Doffing said people who speak a foreign language earn on average \$67,000 more per year than those who don't, and she also pointed out that there are 12,000 jobs a week listed on job websites for applicants with a foreign language.

The World Language annual celebration at the Arlington Career Center on March 8, showed off skills in Chinese, Spanish, Arabic, French, Latin, and American Sign Language, and reminded the roughly 100 people in attendance that language learning is useful ... but also fun.



Bolivian folk dance group — Ruphay.



APS Supervisor Elizabeth Harrington and Simon Contreras dance Traditional Spanish dance.



Catherine Baron student of Chinese from Washington and Lee High School sings the Chinese "Kangding Qingge" — love song of Kangding.



Thomas Jefferson Middle School Chorus sing an African song.

Batalá - Afro-Brazilian Percussion Band perform at the end of the celebration. "Our group is about the empowerment of women, that's why we make so much noise," said the conductor of the group, which plays on five different drums and fuses samba with reggae.

PHOTOS BY EDEN BROWN/THE CONNECTION



# Stop Bullying Federal Workers

BY U.S. REP. DON BEYER (D-8) AND  
U.S. REP. GERRY CONNOLLY (D-11)

**R**epublicans hold control of all three branches of government, and therefore have a responsibility to lead the civil service that employs millions of Americans, and every American relies upon for myriad services. The overwhelming majority of federal workers are hardworking people who devote themselves to public service. They secure borders, keep food safe, advance scientific and medical research, deliver our mail, and provide care to many of us, including our veterans.

Republican leaders have repaid this service with repeated attacks.

In 2013, they shut down the government as a political stunt, and came hours away from doing it again in 2015 at the Department of Homeland Security. They enacted the Budget Control Act, which ultimately led to Sequestration, cutting the budget of every federal agency with the surgical precision of a meat-ax.

But since Republicans acquired total control over government, their treatment of federal workers has been beyond the pale.

On the first day of the new Congress, House Republicans passed a rules package over our loud objections containing a reinstatement of the Holman Rule, which would potentially allow Congress to engage in political retribution against federal workers by reducing any given employee's salary to \$1. Only three Republicans opposed the measure on the floor, none from Virginia or Maryland.

The Holman Rule was especially troubling in light of the new administration's so-called "enemies list" of employees who had worked



Beyer



Connolly

on specific policy areas for the Obama Administration, such as climate policy.

As one of his first actions, President Trump announced a hiring freeze for federal workers. This is terrible policy and a mindless approach to management that dodges hard decisions.

The Government Accountability Office studied past hiring freezes and found them "not effective." The government is more likely to rely on overtime and contract work, which often costs taxpayers more. Meanwhile, tens of thousands of Americans have total uncertainty in their professional lives. Agencies are unable to make efficient, long term plans, driving up costs and hurting morale. Over time, Americans trying to manage social security benefits, travel in airports, or secure healthcare will see the impact of this freeze when benefits are not mailed or airport security lines move much more slowly.

Two other classes of citizen are hit particularly hard: people with disabilities and veterans.

In 2015, due to Obama Administration initiatives, 19 percent of the federal government's new hires were people with disabilities. The federal government has hired

109,000 people with disabilities in the past five years.

Veterans stand to be among those hardest hit by the hiring freeze. The Veterans Administration is one of the largest federal employers, but is also significantly understaffed. Delivering the care promised to those who served in the armed forces depends on having effective staff to deliver that care.

Over 30 percent of the civilian federal workforce is made up of veterans, a number which has grown consistently as agencies prioritized hiring vets. Many of the positions held vacant by the hiring freeze would have gone to vets, and the progress we have made on veteran unemployment will be halted.

Contrary to this administration's claims, the federal workforce is dwindling as a share of the population. And 85 percent of federal workers are located outside the beltway. It is also aging, and over a third of the current feds will be eligible for retirement by September. Federal workers have been treated as a piggy bank by Congress for years now, their pay raises delayed or denied, they've been furloughed and had their benefits cut. Now their morale is hit by politicians who make them a political punching bag. A bill just proposed in Congress would make all federal workers "at-will" employees, exposing them to political retribution and punishment by a hostile administration without recourse.

The federal workforce is not, as Mr. Trump has said, a "swamp." It is a group of committed Americans who serve us, and they deserve better from Congress. The Republican Party has total control over the levers of government. Will any of its leaders have the decency or the courage to fight for the civil service which serves us all?

## How To Package 20,000 Meals in 4 Hours

BY SHIRELY RUHE  
THE CONNECTION

**A** loud gong reverberates throughout the room at Clarendon United Methodist Church (CUMC). Jo Gavier, who works for Stop Hunger Now, announces that every time 1,000 meals have been completed he will ring the gong. A cheer goes up.

Seventy-five volunteers have gathered at CUMC on Filmore Street on March 11 to package 20,000 meals for Stop Hunger Now. The Rev. Tracy McNeil-Wines, senior pastor of CUMC, says a shift arrived early to unload the rice, bags, equipment, hair nets and gong provided by Stop Hunger Now. Two additional shifts from 10 a.m.- noon and from noon-2 p.m. would be rotating to assemble the meals.

The church is well organized with volunteers pouring, funnel-

ing, weighing and packaging meals. On one side of the room volunteers pour 50-pound bags of rice into buckets. Six-year-old Hayden Hershey says his job is to deliver the packages of "vegetable stuff to the table over there." His side of the room is funneling rice, soy, dried vegetables and other ingredients into each plastic bag in assembly-line fashion.

Hayden is there with his mom and dad working to "help people who don't have food." He delivers his plastic box of meal packages to the end of the table on the other side of the room that has just burst into happy birthday for Dorothy Grotos "who is 15 now." She says she is there with her mother and two sisters. She has volunteered once before and "I feel good after I have helped package food for people who need it."

SEE PACKAGING, PAGE 8



PHOTO BY SHIRELY RUHE/THE CONNECTION

WEIGHING AND VACUUM-SEALING 10,000 MEALS.

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NEWS DEPARTMENT:  
arlington@connectionnewspapers.com

Steven Mauren  
Editor

703-778-9415  
smauren@connectionnewspapers.com

Mike Salmon  
Assistant Editor

msalmon@connectionnewspapers.com

Vernon Miles  
Reporter

757-472-3435  
vmiles@connectionnewspapers.com

Eden Brown, Shirley Ruhe  
Contributing Writers  
arlington@connectionnewspapers.com

ADVERTISING:  
For advertising information  
sales@connectionnewspapers.com  
703-778-9431

Debbie Funk  
Display Advertising/National Sales  
703-778-9444  
debfunk@connectionnewspapers.com

Andrea Smith  
Classified & Employment Advertising  
703-778-9411  
asmith@connectionnewspapers.com

David Griffin  
Marketing Assistant  
703-778-9431  
dgriffin@connectionnewspapers.com

Editor & Publisher  
Mary Kimm  
mkimm@connectionnewspapers.com  
@MaryKimm

Executive Vice President  
Jerry Vernon  
703-549-0004  
jvernon@connectionnewspapers.com

Editor in Chief  
Steven Mauren  
Art/Design:  
Laurence Foong, John Heinly,  
Ali Khaligh  
Production Manager:  
Geovani Flores

Special Assistant to the Publisher  
Jeanne Theismann  
jtheismann@connectionnewspapers.com  
@TheismannMedia

CIRCULATION: 703-778-9427  
circulation@connectionnewspapers.com







PHOTOS BY SHIRLEY RUHE/THE CONNECTION

## Fire Department Fundraiser

Smiles light up when the heaping dish of steaming spaghetti is replaced on the buffet line at the Cherrydale Volunteer Fire Department fundraiser. The dinner was catered by Hungry Caterers and served by members of the volunteer fire department. If an emergency event takes place in the middle of the dinner? One of the volunteers explains there is a fully-staffed engine a half block away ready to respond.

No salad on Rita Castellano's plate at the Cherrydale Volunteer Fire Department fundraiser March 11. Spaghetti, bread and a cookie is perfect. This is the second year for her brother, Azadi, who has decided to skip the sauce. Evan Lacopo from Wyder Brothers Real Estate says he started this fundraiser three years ago and hopes to raise a couple thousand dollars for the volunteer fire department efforts.



Four tables of 24 each are filled with families, neighbors and guests as music from the local Cherrydale Jazz Ensemble floats between conversations at the fundraiser Saturday night. The Cherrydale Volunteer Fire Department was formed in 1898 with 10 leather buckets, a ladder and a group of volunteers, and the present Cherrydale Firehouse on Lee Highway was constructed in 1921.

## MARCH 25<sup>TH</sup>

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## ENTERTAINMENT

# Signature Stages 'Mrs. Miller Does Her Thing'

Story about a songstress whose off-key singing becomes a '60s pop phenomenon.

BY STEVE HIBBARD  
THE CONNECTION

Signature Theatre in Arlington is staging "Mrs. Miller Does Her Thing" from now through March 26. Based on the real life story of Elva Miller, this portrait offers Emmy and Tony Award winner Debra Monk the role as the warbling songstress whose off-key singing became an unlikely pop phenomenon in the 1960s. The play was written by Pulitzer Prize winner James Lapine who wrote "Sunday in the Park with George."

Artistic Director Eric Schaeffer said he always admired the work of Lapine. "His writing is witty, interesting and his characters are deep and relatable," he said. "In 2015, Signature named him as our annual recipient of the Sondheim Award, an honor we bestow in collaboration with Stephen Sondheim given on a yearly basis to an individual for his or her career contributions to interpreting, supporting, and collaborating on Stephen Sondheim's music works."

He said when Lapine received the award, they spoke about his upcoming projects and coming to Signature. He mentioned this

new piece based on the real-life story of a 1960s housewife named Mrs. Elva Miller, a 59-year old who became an unlikely pop star, singing hits like "Monday, Monday" and "These Boots Are Made for Walking" in a slightly warbly, off-key, operative voice.

He added: "I'm really thrilled that we agreed to bring the world premiere of this new piece, and after working on it and rehearsing, it will open almost exactly here two years later from when we first spoke about it."

The piece is very relatable, warm and funny, he said. "I think audiences will love a journey down memory lane with the music from the '60s throughout the show — it's going to be an enjoyable evening out."

He added: "At the same time, so many of the themes of the show are still very resonant in our culture today, so it's the best of both worlds — you will go away both humming the tunes and with something to think about."

Rebekah Brockman plays the role of Joelle Taylor, Mrs. Miller's niece. "Joelle's social and political views evolve with the time period. She is Mrs. Miller's eye into what is unfolding in the outside world," she said.



PHOTO BY CHRISTOPHER MUELLER

**Debra Monk stars in Signature Theatre's production of "Mrs. Miller Does Her Thing," from now through March 26.**

The play spans about two years and the characters develop new points of view, she said. "The challenge (and fun) is threading together those moments your character is off stage and filling them with back story," she said.

The play makes audiences laugh at the absurdity of this woman, and then pulls the rug from under them when the reality hits that she was an actual human being, she said. "I hope the audience will get a glimpse of the tumultuous time in which the play is

set by following Mrs. Miller's story," she said.

Corey Mach plays the role of Simon Bock, a good-natured young pianist who accompanies Mrs. Miller while she sings as a hobby. "Once he realizes Mrs. Miller has the potential to catapult him to fame, he gets sucked into that lifestyle and begins to see Mrs. Miller as an object. This leads to a downward spiral as he leaves his wholesome, moral life behind him for a life of fame, drugs, and acid rock," he said.

As far as challenges, he said: "The show spans about 18 months, and Simon really ends up in a completely different place than where he begins, so I think one of the biggest challenges for me was managing to create the arc of exactly how he changes, and tracking that throughout the show using James Lapine's brilliant writing."

Signature Theatre in Arlington is staging "Mrs. Miller Does Her Thing" from Feb. 28 to March 26. Discussion Nights are March 15 and 21. Tickets are \$40 to \$94. Showtimes are Tuesdays through Saturdays at 7:30 and 8 p.m.; Saturday and Sunday matinees at 2 p.m.; Sundays at 7 p.m. The venue is located at 4200 Campbell Avenue, Arlington, VA 22206. Visit the website at [www.sigtheatre.org](http://www.sigtheatre.org) or call the box office at 703-820-9771.

## CALENDAR

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website.

### ONGOING

**"Taming of the Shrew."** Through March 19, various times at the Synetic Theatre, Theater at Crystal City, 1800 South Bell St. Visit [synetictheater.org/](http://synetictheater.org/) for more.

### MARCH 16-25

**Evil Dead, The Musical.** 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. A tale of five college students who travel to a cabin in the woods and accidentally unleash an evil force. Call 703-228-1850.

### FRIDAY/MARCH 17

**The Art of Science Shows.** 6:30 p.m. and 7:30 p.m. at The David M. Brown Planetarium, 1426 N. Quincy St. screening of full-dome show, "The

Little Bear," followed by a selection of short full-dome art shows. 7:30 pm "The Little Bear," followed by full-dome show, "Exploding Universe." \$3 for children under 12 and Seniors and \$5 for adults and members. Visit [friendsoftheplanetarium.org/event](http://friendsoftheplanetarium.org/event).

**St. Patrick's Day Concert.** 7:30 p.m. in the Kenmore Middle School Black Box Theater, 200 S. Carlin Springs Road. Arlington Community Chorus, Directed by Mary-Hannah Klontz and accompanied by Diane Carsten-Pelak, will sing Irish favorites and a variety of popular, jazz and show tunes. Visit [www.apsva.us/adulted](http://www.apsva.us/adulted) or call 703-228-7200 for more.

### MARCH 17-18

**Local Documentaries.** Screenings at various times at Imagination Stage, 4908 Auburn Ave., Bethesda. Local filmmakers include Joe Dzikiewicz and Jaclyn O'Laughlin from Arlington and Alexandria with film "Encaustic,"

and Lauren Knapp of Alexandria, with "The Sandman." \$10. Visit [www.bethesda.org](http://www.bethesda.org) or call 301-215-6660 for more.

**Carly Aquilino Comedy.** 7:30 p.m., at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Aquilino has been on MTV's Girl Code and TV Land. Visit [ArlingtonDrafthouse.com](http://ArlingtonDrafthouse.com).

### SATURDAY/MARCH 18

**Signature in the Schools Play.** 11 a.m. at the Signature Theatre, 4200 Campbell Ave. A production of Silent Sentinels suffragette protests at the White House in 1917. Visit [www.sigtheatre.org](http://www.sigtheatre.org) or call 703-820-9771 for more.

**Spring Garden Kick-off.** 10 a.m.-1 p.m. at Arlington Central Library, 1050 N. Quincy St. Arlington Food Assistance Center's annual event gives new gardeners and old gardeners a chance to meet each other and share knowledge about gardening. Visit [afac.org/](http://afac.org/) for more.

**AGLA Brunch.** 11 a.m.-1 p.m. at Freddie's Beach Bar & Restaurant, 555 23rd St. S. No reservations necessary. Visit [agla.org/](http://agla.org/) for more.

**The Art of Science Shows.** 6:30 p.m. and 7:30 p.m. at The David M. Brown Planetarium, 1426 N. Quincy St. 6:30 p.m. screening of full-dome show, "The Little Bear," followed by a selection of short full-dome art shows. 7:30 p.m. Guest speaker, Phil Smith focusing on "Artists as Great Communicators of the Greatest Adventure." \$3 for children under 12 and seniors and \$5 for adults and members. Visit [friendsoftheplanetarium.org/event](http://friendsoftheplanetarium.org/event).

**St. Paddy's Day Party.** 2-8 p.m. at Quinn's on the Corner, 1776 Wilson Blvd. All-day St. Patrick's Day Party featuring Irish beers and whiskeys, fish and chips, and beer tubs on the patio. Visit [www.rosslynva.org/go/quinnson-the-corner](http://www.rosslynva.org/go/quinnson-the-corner) or call 703-640-3566 for more.

### SUNDAY/MARCH 19

**The Art of Science Shows.** 1:30 p.m. and 3 p.m. at The David M. Brown Planetarium, 1426 N. Quincy St. 1:30 p.m. Live concert by Jim Thorne and the MoonDiggers, singing songs from the album, "To Follow Apollo." 3 p.m. The Little Bear," followed by full-dome show, "The Magic Treehouse." \$3 for children under 12 and Seniors and \$5 for adults and members. Visit [friendsoftheplanetarium.org/event](http://friendsoftheplanetarium.org/event).

### MONDAY/MARCH 20

**Book Discussion.** 7:30-9 p.m. at the Bennett Park Art Atrium, 1601 Clarendon Blvd. Join County Board Member Libby Garvey for a book discussion on "For the Love of Cities." Visit [www.rosslynva.org](http://www.rosslynva.org) for more.

### TUESDAY/MARCH 21

**Marymount's 2017 Spy Film Festival.** 2-4 p.m., "The 39 Steps,"

Saturday, March 25  
9 a.m. - 4 p.m.

Sunday, March 26  
9 a.m. - 3 p.m.

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## CALENDAR

followed by a discussion with Dr. Marguerite Rippy; 6:30-8:30 p.m.; "The Man From U.N.C.L.E.," followed by a discussion with Dr. Brian Doyle at Marymount's Reinsch Auditorium, 2807 N. Glebe Road. Visit [www.marymount.edu/](http://www.marymount.edu/) or call 703-522-5600.

### WEDNESDAY/MARCH 22

**Pop-up Yoga Classes.** 5:45-6:30 p.m. at the Hyatt Centric, 1325 Wilson Blvd. The remodeled Hyatt Centric Arlington will be the site of free occasional weekday yoga classes to get a workout with a professional trainer. Visit [www.rosslynva.org](http://www.rosslynva.org).

**Meet the Author.** 7 p.m. at One More Page Books, 2200 N. Westmoreland St, Ste 101. Brad Parks will present and sign his first standalone thriller "Say Nothing." Visit [www.onemorepagebook.com](http://www.onemorepagebook.com) or call 703-300-9746 for more.

### THURSDAY/MARCH 23

**Heart+Pints Bazaar.** 5-9 p.m. at Pallette 22 4053 Campbell Ave. Advon Real Estate is hosting the 7th Annual gathering together local and free-trade artisans as well as makers and crafters for an evening to benefit the non-profit, the Arlington Food Assistance Center Visit [AdvonRE.com](http://AdvonRE.com) or call 703-663-7171 for more.

### FRIDAY/MARCH 24

**Marymount's 2017 Spy Film Festival.** 2-4 p.m., "The Secret Game" followed by a discussion with Dr. Mark Benbow; 4:30-6:30 p.m., "The Lives of Others;" 6:30-8:30 p.m., "Austin Powers." All shows at Marymount's Reinsch Auditorium, 2807 N. Glebe Road. Visit [www.marymount.edu/](http://www.marymount.edu/) or call 703-522-5600.

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This year, in addition to our stores in Alexandria (804 North Henry) and Arlington (1014 S. Glebe Road, at the intersection of Columbia Pike), we are opening a new shop in Northwest DC near the intersection of 9th and U. We're also evaluating a fourth store in the region for the Fall.

We continue to believe high quality products that help the community is good business. So instead of investing a ton in marketing, we give to local charities, schools, the military, and many other organizations.

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## News

# Packaging 20,000 Meals

FROM PAGE 6

Volunteers crowd both sides of the long table with one side for weighing the packages to between 389-394 grams and the other side of the table vacuum-sealing the packages. Another small helper is running back and forth transferring 4-5 completed packages to a table in the front of the room where 36 packages are loaded into a cardboard box ready to go. Music is playing in the background, and the group chants together "touching hands ... yah yah yah ... so good, so good." One more bag down the line.

Stop Hunger Now, a volunteer-based international

hunger relief organization, coordinates the distribution of food and other life-saving aid around the world. It organizes events around the country bringing the food and equipment, and the participating organization provides the space and raises the funding for the meals at 29 cents each.

According to Gavtier, the food will be stored in a warehouse in Ashburn until enough has accumulated for delivery to a place in the world most in need of food.

McNeil-Wines says this is the fourth year CUMC has participated in Stop Hunger Now and that the food packaged today will be sent to Haiti.

## BULLETIN BOARD

### SATURDAY/MARCH 11

**Roundtable Talk.** 1-3 p.m. at Arlington Mill Community Center • 909 South Dinwiddie St. Roundtable Talk: Tackling Arlington's Big Needs with Limited Space. Join members of the Joint Facilities Advisory Commission (JFAC) for a small interactive roundtable discussion about the unique opportunities that Arlington County has to acquire new land, and the tough questions that JFAC is tackling over the next six months. Registration is free and required. Due to limited space, participants are asked to register for only one roundtable to allow everyone interested in the opportunity to participate. Register at [www.evensi.us/roundtable-tackling-arlington-big-needs-with-limited-space/200481359](http://www.evensi.us/roundtable-tackling-arlington-big-needs-with-limited-space/200481359).

## GOP Lieutenant Governor Candidates To Debate in Arlington

The Republican Women of Northern Virginia will host a Republican Lieutenant Governor debate on Thursday, March 30, at 7 p.m. at the Army Navy Country Club, in Arlington. The three candidates, Del. Glenn Davis, Sen. Jill Vogel and Sen. Bryce Reeves, will participate in the debate. Co-moderator of the debate is Thomas McDevitt, chairman of The Washington Times.

Individual tickets are \$12. High school and college student tickets are \$6. RSVP at [www.cliftongop.com/onlinepayments](http://www.cliftongop.com/onlinepayments).

Davis represents the 84th House District, Virginia Beach. Vogel represents the 27th Senate District, Winchester and Frederick, Clarke and Fauquier counties as well as parts of Loudoun, Culpeper and Stafford counties. Reeves represents the 17th Senate District, Fredericksburg, Orange County, parts of Spotsylvania, Culpeper, Albemarle and Louisa counties.



## Transform 66 Inside the Beltway Eastbound Widening Project

### W&OD Trail Pedestrian and Bicycle Bridge Over U.S. Route 29

### Arlington County City of Falls Church

Public Planning Workshop  
**Wednesday, April 5, 2017, 6-8 p.m.**

Yorktown High School  
5200 Yorktown Boulevard, Arlington, VA 22207

The Virginia Department of Transportation (VDOT) will host a planning workshop to gather input from the public on bridge options and design details for the W&OD Trail Pedestrian and Bicycle Bridge over U.S. Route 29 (Lee Highway), which will be built as part of the Transform 66 Inside the Beltway Eastbound Widening Project.

**Stop by** between 6 p.m. and 8 p.m. to participate in the workshop and provide input. VDOT will hold a short presentation beginning at 6:30 p.m. followed by a public participation session.

**Provide written comments** at the workshop or submit them by **April 21, 2017** to Ms. Amanda Baxter, Special Projects Development Manager, VDOT Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. You may also e-mail comments to [Transform66@VDOT.Virginia.gov](mailto:Transform66@VDOT.Virginia.gov). Please reference "W&OD Trail Bridge" in the subject line.

For more information please visit [www.Transform66.org](http://www.Transform66.org).

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# Practice Makes Perfect

Local educators share strategies for getting children to practice music.

BY MARILYN CAMPBELL  
THE CONNECTION

**W**hen Linda Gulyn's son reached high school age and asked to quit his clarinet lessons, the Arlington mother of four declined his request. "My son Timmy is an excellent clarinet player. The philosophy I've established in my house is that music is part of your overall education like science or math, so you can't just quit," said Gulyn, saxophonist, former music teacher and professor of psychology at Marymount University.

During the month of March, which is designated as Music in our Schools Month, educators highlight the benefits of quality music education programs. Part of a music education is practice, encouraging that in children can be daunting for some parents.

For children who play a musical instrument, regular practice is not only a path toward proficiency, it helps establish discipline that is useful in other areas of one life's.

This habit, however, must be established purposefully says John Kilkenny, assistant professor of music at George Mason University. "Treat practice time like a part of

child's daily routine," he said. "They have to have a consistent time for practice. For example, they come home from school each day, have a snack and practice for 30 minutes."

One key to keeping children motivated to practice is setting goals, be they long-term or for the current practice session.

"Goal-oriented practice for younger kids, like a recital to work toward, for example is a good motivator," said Kilkenny. "The biggest thing is consistency, practicing at or near the same time every day just like everything else they do so that it becomes part of their routine."

For practice sessions to be effective, they must be organized and purposeful. This is another area where goal setting can be useful says, Ann McCoy, who teaches piano and violin in her Bethesda, Md. home. "Maybe a goal for a child who is working on a particularly dif-

ficult piece of music could be to spend their practice time perfecting three or four measures," she said. "Rather than focusing on practicing for a set amount of time, they could practice until the can play the three measures perfectly and then they're finished for the day. That is more effective than saying sitting for 30 minutes without accomplishing something specific."

Adding a light-hearted element to practice, which can be seen by some children as laborious, also encourages students to practice. "There should be some sense that playing the instrument is supposed to be fun and students should ... have some flexibility beyond a rigid experiences,"

said Kilkenny. "It shouldn't feel like it's a negative experience."

For parents who have trouble getting a child to start a practice session, McCoy recommends trying different times of the day.

"For example, I had one mother who had screaming matches with her children to get them to practice after they'd finished their homework in the evening," she said. "She changed their practice time to the mornings after breakfast, but before they left for school. That made a huge difference in their willingness to practice because they were rested and in a better mood."

Parents should be realistic about their child's temperament and musical talent said Gulyn.

"A child is only going to enjoy playing an instrument if they're good at it and parents have to be realistic about that," said Gulyn. "Music isn't easy for everyone."

Choosing a teacher who is a good fit for one's child can have an effect on their desire to practice. "Ask around for recommendations, but find a teacher who inspires their students," said Gulyn.

"It's important to make sure the teacher is somebody who is credentialed and has degrees in music and also that they're continuing to be engaged professionally as teachers and performers," added Kilkenny. "Usually in terms of choosing a teacher, parents and children should have an opportunity to try a sample private lesson."

**"Treat practice time like a part of a child's daily routine. They have a consistent time for practice."**

— John Kilkenny,  
George Mason University

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# Local Filmmakers at Bethesda Film Fest

Films include art of painting with wax, history of collard greens, and a doctor walking the line of his own morality.

BY STEVE HIBBARD  
THE CONNECTION

The fifth-annual Bethesda Film Fest will take place on Friday and Saturday, March 17-18, and will feature five short documentaries made by local filmmakers. The same five documentary films will be shown at each of three screenings, which feature filmmakers from Virginia, Maryland or Washington, D.C., and each screening is followed by a discussion with the filmmakers. They will be held at Imagination Stage, 4908 Auburn Ave., in downtown Bethesda. The cost is \$10.

The films, which are under 20 minutes each, include: "Charlie & Sam" by Ben Powell and Taylor Powell of Falls Church; "The Culture of Collards" by Vanina Harel of Washington, D.C., and Aditi Desai of Arlington; "Encaustic" by Joe Dzikiewicz of Alexandria and Jaclyn O'Laughlin of Arlington; "Frogman" by Tyler Trumbo of Richmond; and "The Sandman" by Lauren Knapp of Alexandria.

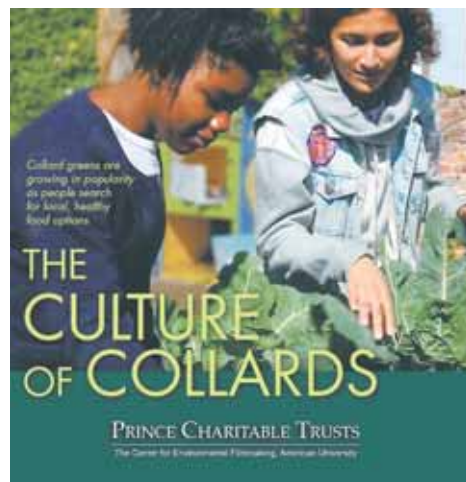
Filmmaker Jaclyn O'Laughlin of Arlington created the five-minute film, "Encaustic," with Joe Dzikiewicz of Alexandria about a small community of artists that practice the ancient art of encaustic painting, which is painting with melted wax. This art form dates back to the Egyptian times and had a resurgence in the 1950s with artist Jasper Johns.

"My filmmaking partner Joe and I competed in a timed competition through Docs In Progress in Silver Spring, Md., and we only had two days to make our documentary. It was challenging to find a subject matter for our film within a tight timeframe and individuals who would agree to be interviewed on such short notice," said O'Laughlin.

"The stars really aligned for us and we found some amazing encaustic artists who agreed to be filmed, and the subject matter was also visually appealing and really perfect for a five-minute film," she said.

Dzikiewicz added: "The big challenge in making this film was filming four interviews and B-roll or background shots on Friday and Saturday and then doing all the editing on Sunday."

Lauren Knapp of Alexandria made the 19-minute film, "The Sandman," which explores the issue of capital punishment from the perspective of medicine. She said at the center of the film is Dr. Carlo Musso, who has been helping the state of Georgia execute inmates by lethal injection since 2003, adding that the medical community strongly opposes the use of medicine for executions. Yet, she says, most states practicing lethal injection require a physician presence. In exchange, they offer a cloak of anonymity.



"The Culture of Collards" by Vanina Harel of Washington, D.C., and Aditi Desai of Arlington.



"Encaustic" by Jaclyn O'Laughlin of Arlington and Joe Dzikiewicz of Alexandria.

Her film explores Musso's own moral equivocation and justification for providing "end of life care" within the correctional environment, while personally opposing capital punishment.

"Because of the controversial nature of the job, most participating health care professionals remain anonymous," she said. "And so it was difficult to find the names of individuals participating — let alone someone interested in actually talking with me."

Vanina Harel of Washington, D.C., made the nine-minute film, "The Culture of Collards," with Aditi Desai of Arlington about collard greens, which were brought to the American South with the slave trade, and represent a critical aspect of African-American cultural history.

"This project was particularly interesting because it combined the topics of food security, sustainable farming, and culture. We also had three different locations and characters with different activities," she said. "The biggest challenge was to figure out how to intertwine the three in a successful way in such a short amount of time."

The hours of the Bethesda Film Fest are at 7 p.m. on Friday, March 17; and at 6 p.m. and 8 p.m. Saturday, March 18. It is produced by the Bethesda Arts & Entertainment District. For details, visit [www.bethesda.org](http://www.bethesda.org).

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21 Announcements

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### Obituary



**Novella Chism Bender, 97**, was called Home by her Savior on March 2, 2017. A memorial service will be held on Saturday, March 25, 2017 at 11:00AM at Mabel White Baptist Church, 1415 Bass Road, Macon, GA 31210. In lieu of flowers, donations may be made to Mabel White (for Nigerian mission work). Novella was predeceased by her husband, William Bender. She served for thirty-one years as missionary to Nigeria after ministering with her husband in the pastorate of Bon Air Baptist Church of Arlington. Her life of service was marked by her gifts of teaching, hospitality, and generosity. Novella is survived by her daughters, Marci Hutchinson (Stan) of Macon, GA, and Angie Smith (Jim) of Seattle, WA; son, Phil Bender (Mary) of Lexington; eleven grandchildren, twenty-one great grandchildren; and three siblings. Sign guest book on-line at [www.hartsmort.com](http://www.hartsmort.com). Hart's Mortuary at the Cupola (Macon, GA) has charge of arrangements.

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We Fix: Basements, Crawlspaces, Cracked/Settling Foundations, Bowing Walls

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**FREE ESTIMATES**

Serving you since 1972

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3

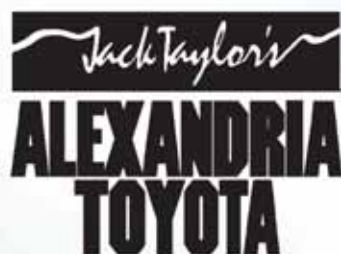
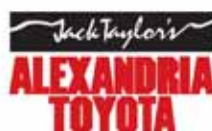
VIRGINIA

2017

# Special VIP Offer for your Toyota



3750 Jefferson Davis Hwy • Alexandria, VA 22305 • 703-684-0710 • [www.alexandriatoyota.com](http://www.alexandriatoyota.com)



3750 Jefferson Davis Hwy • Alexandria, VA 22305



**Service & Parts Dept. Hours:**  
Monday - Friday, 7:00am to 9:00pm  
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF.  
THAT'S EXACTLY WHY WE DON'T!**



**ToyotaCare  
Customers**

Don't Forget Your **FREE** Service.  
5,000 • 10,000 • 15,000 • 20,000 • 25,000  
Mile Services

Call your ASM for details

**ToyotaCare Plus \$299<sup>00</sup>**  
Covers up to 4 years/45,000 miles



## BASIC LUBE, OIL & FILTER CHANGE SERVICE

**\$29<sup>95</sup>**

NON-SYNTHETIC

**\$44<sup>95</sup>**

SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil\*, inspect windshield wipers, check tire condition, check battery(with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/17.

## SPRING DRIVING SPECIAL

**\$29<sup>95</sup>**

**Rotate & Balance 4 Wheels**

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## BRAKE SPECIAL

**\$79<sup>95</sup>**

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

Machine rotors an additional \$199.95.

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## CHECK ENGINE LIGHT DIAGNOSIS



**NO CHARGE**  
INITIAL DIAGNOSIS

WE WILL RETRIEVE VEHICLE CODES  
& GIVE YOU AN ESTIMATE OF REPAIR COSTS.

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## 4 WHEEL ALIGNMENT

**\$64<sup>95</sup>**

Your car's alignment suffers, and can cause uneven tire wear and steering problems.  
INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

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## BATTERY SPECIAL

**\$129<sup>95</sup>**



INCLUDES BATTERY INSTALLATION

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

Does not apply to hybrid batteries.

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**15% OFF  
ANY ONE REPAIR**

Maximum Discount \$200

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**ALEXANDRIA TOYOTA**

## BUY 3 TIRES AND GET THE 4TH FOR



**\$1**



SEE SERVICE ADVISOR FOR DETAILS.

**GOT TIRES?**

INCLUDES ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY INSPECTION.

**BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95**

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CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**