

# The Arlington Connection

HomeLifeStyle

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Bikes for the World received a truck full of bikes donated during e-cycling. Here, Ellen Berty, left, who together with her husband Pete has volunteered with Bikes for the World since 2005 and Keith Oberg, right, stand next to a truck destined for Sierra Leone. The group has recycled over 120,000 bikes which serve as the main source of transportation for many in the countries where they are sent.

## Keeping Waste Out of Landfill

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## Helping Arlington Seniors Age in Place

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## Signature Theatre Presents 'Spunk'

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PHOTO BY EDEN BROWN/THE CONNECTION

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MAY 8-14, 2019

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# 'The Shop' Hosts Home Movie Restoration Talk

Makers Shop at Central Library.

BY EDEN BROWN  
THE CONNECTION

Adding to an extensive set of activities and experiences available through Arlington libraries, "The Shop," a free makerspace that comes equipped with wood working tools, 3D printers, sewing machines, things one has never heard of like "Makey Makey," the "Wacom Tablet and Pen," and "Silhouette Cameo 3," opened on April 23.

At its inaugural maker discussion on April 25 the Shop's Team Leader, Katelyn Attanasio, talked about how to restore home movies, whether they are the kind in metal tins found in a grandfather's basement or the kind a mother took on VHS tape. All of them are vulnerable, she said. Old 8 millimeter film can get moldy, twisted, warped, or rot. VHS tapes can lose their quality. Although digitizing them helps keep them in a form that is easier to preserve, at least for the time being, "you should

## DETAILS

### Upcoming Shop Classes at Central Library

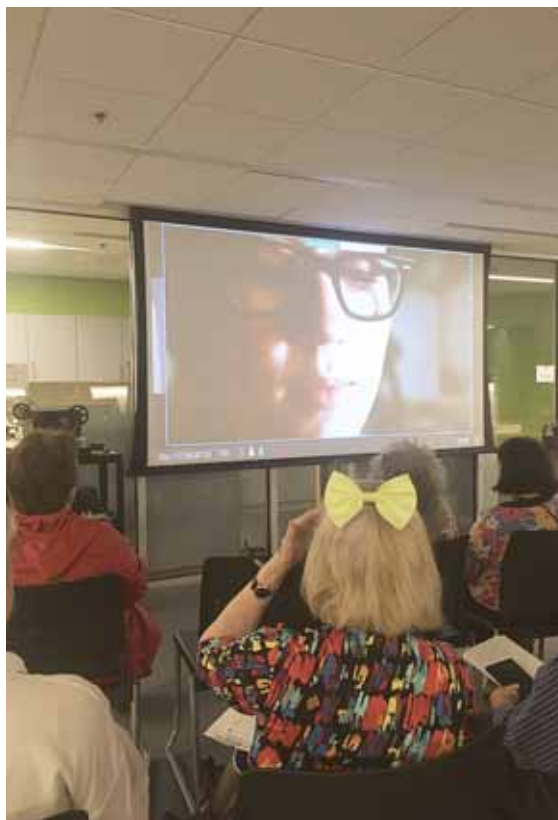
May 8 - Shop Class: Make It Wednesday  
May 13 - Shop Class: Make/Fix Anything  
May 15 - Shop Class: Make It Wednesday  
May 20 - Shop Class: Introduction to Sewing  
May 22 - Shop Class: Make It Wednesday

always hold onto the originals" she said.

Attanasio is prepared to help residents decide whether their old movies are salvageable, and she has the equipment to help do it if they want to digitize 8 and super 8. Attanasio has worked in a film lab and at the Library of Congress. She was the person the University of Maryland called when they realized they had old films in their basement that no one had seen, catalogued, or preserved.

Attanasio stressed during her hour-long presentation: Don't put your film through the projector if it looks warped or twisted, store

SEE MAKERS, PAGE 14



Katelyn Attanasio worked in a film lab restoring old film and did a documentary about it, shown at the lecture, in which she shows pictures of nearly destroyed film which was restored.



Katelyn Attanasio discusses types of old film and the disasters which could have befallen them. Here she goes through a list of the different sizes and types of film, from the basic 8 MM to the older 16mm, and whether they are on nitrate film or not.

PHOTOS BY EDEN BROWN/THE CONNECTION

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# Helping Arlington Seniors Age in Place

**Arlington Neighborhood Village celebrates fifth anniversary; honors volunteers.**

BY STEVE HIBBARD  
THE CONNECTION

**T**he Arlington Neighborhood Village (ANV), a volunteer-driven non-profit organization, celebrated its five-year anniversary with a volunteer recognition celebration last Friday, May 3, at the NRECA headquarters (National Rural Electric Cooperative Association) in Arlington.

The catered event was a way to thank its volunteers and featured opening remarks from John Vihstadt, master of ceremonies; comments from Christian Dorsey, chair of the Arlington County Board; thoughts from ANV Voices – John Richardson, George Ruppert, Pat Burke and Marissa Lorenzetti; and closing remarks from ANV President Donna Pastore.

Formed in 2014, the group serves about 220 senior members in the Arlington area with about 240 volunteers. To join, you have to be 55 years old, but most of the members are older than 70 and about two-thirds are women who are living alone after having lost a spouse.

According to Donna Pastore, ANV president of the Board of Directors: “Arlington Neighborhood Village opened its doors in 2014 after the founders spent two years engaged in a labor of love to create an organization in Arlington that was dedicated to helping se-



**The founders of the Arlington Neighborhood Village (in no particular order): Gail Kutner, Carol Paquette, Elaine Collins, Susan Jung, Andrea Pendleton, Ann Connell and Mary Beth Tschetter. Not pictured: Peter Olivere and Andrea Walker.**



**County Board Chair Christian Dorsey, right, with Arlington Village member Barbara Kahlow.**



**Member and volunteer Pat Burke**

niors age in place in their own homes for as long as they can.”

If you join ANV, you can receive free transportation services to doctor’s appointments, shopping assistance, rides to exercise classes or anything you want to attend, said Pastore. They have senior health and wellness classes, a Tai Chi class; Spanish conversation group; and social events such as a ‘Dine Around’ at a local restaurant once a month. In addition, there’s senior holiday events like the Thanksgiving Potluck and Holiday Party; and coming in June they will be hosting a summer picnic. All of the services are performed by volunteers and the ANV committees and its board are completely volunteer-run.

She continued: “As you grow older, sometimes you become socially isolated. And one of the main purposes of ANV is to help people remain engaged so they don’t become too lonely and they don’t become withdrawn because that defeats the purpose of them living in their own homes as they age in place.”

Added Wendy Zenker, executive director of ANV: “We help seniors to age in place. The simple way to put it is that for all of us there comes a time when you can’t live at home independently as you would have done for the past 70 years of your life. And you need help. You can’t drive as well as you used to; you can’t go up on a lad-

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## E-Cycling Keeps Waste Out of Landfill

**From fishbowls to giant staple guns.**

BY EDEN BROWN  
THE CONNECTION

**T**here was a lot of paint, poisons (pesticides), cooking oil, batteries, light bulbs, metal, ink, and car fluids getting dropped off by an endless stream of cars at the e-cycling event on Saturday, May 4.

Where was it all going to go? “The people taking this waste are vendors,” said Emmanuel Nocon, Household Hazardous Material coordinator for Arlington. “They take it, process it, and resell it.”

Brian Potter of MXI industries based in Abingdon, Va. said everything brought to the event is recycled or burned; none of it



**E-cycling day in Arlington attracts a large volume of material turned in by residents.**

PHOTO BY EDEN BROWN/THE CONNECTION

SEE KEEPING WASTE, PAGE 12

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ARLINGTON CONNECTION ♦ MAY 8-14, 2019 ♦ 3



# Creating Hospital Response Task Force

The Arlington County Fire and Police departments and the Virginia Hospital Center have created a Hospital Response Task Force designed to save lives in the event of a mass casualty incident such as a terrorist attack or active shooter situation in Arlington or the greater region, and to protect the hospital in the event of secondary threats.

This partnership was started after research of prior tragedies that have occurred elsewhere in

the United States and globally. In nearly all cases where events included a large number of victims, significant issues were documented at hospitals nearby the incident. Hospitals were overrun with victims who self-transported to the hospital, oftentimes with friends or ride-sharing services. The Hospital Response Task Force model in Arlington aims to provide immediate assistance to hospitals to prevent the surge of self-reporting victims

from reducing the hospital’s ability to save lives.

The plan is managed by the Arlington County High Threat Response Program and Virginia Hospital Center Emergency Management Committee. Both groups are working with regional law enforcement, fire and hospital partners in order to expand the program outside of Arlington. The plan will be fully integrated into Arlington County’s emergency response operations this month.

# ‘Safeguarding Your Future’

Arlington’s Office of Senior Adult Programs hosts its 42nd annual Senior Law Day which will focus on “Safeguarding Your Future.” The event will take place, Monday, May 13, 12:30 -3 p.m. at the Walter Reed Community Center, 2909 S. 16th Street.

Attorney Betsey Wildhack will welcome senior adults and give an overview of the subjects to be discussed. Del. Patrick Hope will deliver a legislative review of information pertinent to security issues. Other speakers are attorney Alison Mathey Lambeth who will discuss settling a

decendent’s estate; attorney Matthew Whitfield will focus on scams and attorney Gene D. Robinson III, financial and health care powers of attorney.

There is no admission fee and free parking is onsite.

For more information, contact Law Day Planning coordinator Jim Morris at jimorris@email.com or call 703-819-5631.

# Sentencing in Oxycodone Plot

A Maryland man was sentenced April 26 to five years in prison for his participation in a conspiracy to distribute oxycodone.

According to court documents, Daniel Webster Ray, Jr., 53, of Hughesville, participated in a conspiracy to distribute oxycodone through a scheme whereby one of his co-conspirators, a former medical assistant at doctor’s offices in Arlington and Alexandria, stole blank prescription pads and electronically generated fraudulent

prescriptions using a medical recordkeeping system.



Ray both filled prescriptions for his co-conspirator and bought prescriptions and/or already filled-prescriptions from the co-conspirator, in order to sell the oxycodone pills thereafter. Ray paid his co-conspirator \$1,000 per pre-filled bottle of oxycodone and \$800 for each blank prescription, in order to sell the pills for profit. During the conspiracy, Ray facilitated the distribution of at least 353 oxycodone prescriptions, totaling 42,360 pills of 30 milligram oxycodone.

# Battle of Badges Fundraiser Game

The public is invited to show support for Arlington’s finest and bravest during the second annual Battle of the Badges Fundraiser Basketball Game on Friday, May 17, 6 p.m. at Yorktown High School. The 2018 inaugural game came down to the wire with Arlington County Fire Department taking the win by 1 point. Both teams are ready to once again battle it out on the court, all in support of a good cause.

Officers with the Arlington County Police Department have teamed up with students from Yorktown High School and will go head-to-head against firefighters with the Arlington County Fire Department and students from Washington-Lee High School.

There is no entry fee for the Battle of the Badges Basketball Game. Donations will be accepted at the event to support both school’s Student Government Associations.

## Public Meetings

### Funding the Right Transportation Projects

You are invited to share comments on transportation projects that have been recommended for funding in the FY2020-2025 Six-Year Improvement Program (SYIP). Additionally, pursuant to §33.2-202, comments will be accepted for new projects valued in excess of \$25 million. Hearings held in Northern Virginia and Fredericksburg will also provide opportunity for input on the I-95 Corridor Improvement Plan. The Commonwealth Transportation Board (CTB) will consider your comments as it develops the FY2020-2025 Six-Year Improvement Program. The program allocates public funds to highway, road, bridge, rail, bicycle, pedestrian, and public transportation projects. All federally eligible projects in the SYIP will be included in the Statewide Transportation Improvement Program to document how Virginia will obligate its federal funds. Meeting materials will be available at <http://www.ctb.virginia.gov/planning/springmeetings/default.asp> beginning April 11, 2019.

**Public hearings begin at 4 p.m. in each of the locations except as noted below:**  
**A formal comment period will be held at these meetings.**

<b>Thursday, April 11, 2019</b> <b>Lynchburg District</b> Holiday Inn Lynchburg 601 Main St. Lynchburg, VA 24504	<b>Monday, April 15, 2019</b> <b>Hampton Roads District</b> Hampton Roads District Office Auditorium 7511 Burbage Drive Suffolk, VA 23435	<b>Monday, April 22, 2019</b> <b>Staunton District</b> Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486
<b>Tuesday, April 23, 2019</b> <b>Bristol District</b> Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210	<b>Thursday, April 25, 2019</b> <b>Richmond District</b> Richmond Marriott - Short Pump 4240 Dominion Boulevard Glen Allen, VA 23060	<b>Monday, May 6, 2019</b> <b>Culpeper District</b> Culpeper District Auditorium 1601 Orange Road Culpeper, VA 22701
<b>Tuesday, May 7, 2019</b> <b>Salem District</b> Holiday Inn Tanglewood 4468 Starkey Road Roanoke, VA 24018	<b>Thursday, May 9, 2019</b> <b>Fredericksburg District</b> James Monroe High School 2300 Washington Avenue Fredericksburg, VA 22401 <i>**meeting begins at 6 p.m.</i>	<b>Monday, May 13, 2019</b> <b>NOVA District</b> Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030 <i>**meeting begins at 6 p.m.</i>

\*The Northern Virginia District meeting will serve as the required joint public meeting with the Northern Virginia Transportation Authority, the Northern Virginia Transportation Commission, the Virginia Railway Express, and the CTB per § 33.2-214.3 of the Code of Virginia.

Beginning at 3 p.m. (except in Northern Virginia and Fredericksburg, which will begin at 5 p.m.), there will also be an open house with information and opportunities for public feedback on the statewide, multimodal transportation plan, known as VTrans. This open house will be the first of four for the new plan update and will cover the vision and goals for the plan as well as information on the required statewide multimodal Needs Assessment. More information can be found at [www.VTrans.org](http://www.VTrans.org) or via email at [comment@vtrans.org](mailto:comment@vtrans.org). There is no formal hearing for the VTrans open house.

You can also submit your comments via email or mail by May 27, 2019, to:

For roads and highways: [Six-YearProgram@VDOT.Virginia.gov](mailto:Six-YearProgram@VDOT.Virginia.gov), or Infrastructure Investment Director, Virginia Department of Transportation, 1401 East Broad Street, Richmond, VA 23219.

For rail and public transportation: [DRPTPR@drpt.virginia.gov](mailto:DRPTPR@drpt.virginia.gov), Public Information Office, Virginia Department of Rail and Public Transportation, 600 East Main Street, Suite 2102, Richmond, VA 23219.

*The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation’s Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation’s Title VI Compliance Officer at 804-786-4440 (TTY users call 711).*

## “FLOURISHING AFTER 55”

*“Flourishing After 55” from Arlington Office of Senior Adult Programs for May 19-25.*

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

**Senior trips:** Shirley Plantation, Charles City, Va., Monday, May 20, \$79 (includes lunch); Miss Minerva’s Tea Room Culpeper, Va., Tuesday, May 21, \$42; Rehoboth Beach, Del., Wednesday, May 22, \$35; Glenstone Museum, Potomac, Md., Friday, May 24, \$8. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

**NEW PROGRAMS**

**Ballroom Dance instruction,** Monday, May 20, 6:30 p.m., \$35/5 sessions, Walter Reed. Register, 703-228-0955.

**Nutrition brain boosters,** Monday, May 20, 6:30 p.m., Langston-Brown. Details, 703-228-6300.

**Intergenerational green thumbs,** Monday, May 20, 1 p.m., Walter Reed. Register, 703-228-0955.

**Pickleball for absolute beginners,** Mondays, 9 a.m., Arlington Mill. Details, 703-228-7369.

**How to plant a bucket garden,** Tuesday, May 21, 11 a.m., Langston-Brown. Register, 703-228-6300.

**Grilling tips, food safety,** Tuesday, May 21, 10 a.m., Walter Reed. Register, 703-228-0955.

**Rubber Stampers,** Tuesday, May 21, 11:30 a.m. – 3 p.m., Lee. Details, 703-228-0555.

**Aging services and resources,** Wednesday, May 22, 2 p.m., Aurora Hills. Register, 703-228-5722.

**Health directives,** two-part series, Wednesday, May22 and 29, 11 a.m., Langston-Brown. Register, 703-228-6300.

**What is the Cloud,** Wednesday, May 22, 7 p.m., Arlington Mill. Register, 703-228-7369.

**Women’s basketball skills clinic,** Wednesday, May 22, 6:30 p.m., \$24-\$32/4 sessions, Langston-Brown. Register, 703-228-6300.



# BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## NEW

**Operation Fire Safe.** Through Oct. 5, Arlington County firefighters will be going door to door offering home safety checks to include inspecting smoke and carbon monoxide (CO) alarms and giving relevant fire safety tips. For homes not protected by smoke alarms, firefighters will install working smoke alarms free of charge. Visit [www.arlingtonva.us](http://www.arlingtonva.us) for more.

## FRIDAY/MAY 10

**Peace Officers Memorial Day.** 8 a.m. at Arlington County Justice Center Plaza, 1425 North Courthouse Road. The Arlington County Police Department and the Arlington County Sheriff's Office will gather to honor and pay tribute to the memory of the seven law enforcement officers of Arlington County who gave their lives in service to our community.

## SATURDAY/MAY 11

**Stamp Out Hunger Food Drive.** Letter carriers will pick up donated food. Leave donations before your typical mail delivery time. All food stays in the local community. The top requested non-perishable food items are: cereal, pasta, pasta sauce or spaghetti sauce, rice, canned fruits and vegetables, canned meals (such as soups, chili and pasta), 100 percent juice, peanut butter, macaroni & cheese, canned protein (tuna, chicken and turkey), beans (canned or dry). You also can donate healthy, low-sodium, low-sugar items

such as beans, oatmeal and other whole grains, and canola or olive oil. Specific questions regarding the Food Drive should be directed to 202-662-2489.

**Family Caregiver Expo.** 10 a.m.-2 p.m. at Richard J. Ernst Community Cultural Center at Northern Virginia Community College, Annandale Campus. Capital Caring will host its first Caregiver Expo in partnership with AARP and Virginia Hospital Center. The expo is free and will feature information highlighting resources and support programs available to family caregivers, including home care services, financial and estate planning, elder law, and information sessions on such topics as Alzheimer's and Dementia, Preservation of Assets, and Caring for the Caregiver. Free health screenings will be offered as well as free massages. Contact Amy Shields at [ashields@capitalcaring.org](mailto:ashields@capitalcaring.org) or call 703-531-6095 for more.

## WEDNESDAY/MAY 15

**Learn About CBD Products.** 6:30-8:30 p.m. at Lyon Park Community Center, 414 N. Fillmore St. Preston's Pharmacy is the oldest independent pharmacy in Arlington. Their pharmacists are hosting a free CBD community education seminar to help educate the community about the benefits of CBD products, which are legal, non-psychoactive and available without a prescription. Visit [www.eventbrite.com/e/cbd-community-education-seminar-tickets-60276558810](http://www.eventbrite.com/e/cbd-community-education-seminar-tickets-60276558810) to register.



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However, for any day during that 12 month period that the daily account balance is less than the \$25,000 minimum, the Special Rate will not apply, and the interest rate will revert to the standard interest rate applicable to your Platinum Savings account. As of 02/15/2019, the standard interest rate and APY for a Platinum Savings account in AR, CT, DC, FL, GA, MD, MS, NC, NJ, NY, SC, TX and VA with an account balance of \$0.01 and above is 0.05% (0.05% APY). Each tier shown reflects the current minimum daily collected balance required to obtain the applicable APY. Interest is compounded daily and paid monthly. The amount of interest earned is based on the daily collected balances in the account. Upon the expiration of the 12 month promotional period, standard interest rates apply. Minimum to open a Platinum Savings account is \$25. A monthly service fee of \$12 applies in any month the account falls below a \$3,500 minimum daily balance. Fees may reduce earnings. Interest rates are variable and subject to change without notice. Wells Fargo may limit the amount you deposit to a Platinum Savings account to an aggregate of \$1 million. Offer not available to Private Banking or Wealth customers. 2. Annual Percentage Yield (APY) is effective for accounts opened between 03/25/2019 to 05/31/2019. The 11-month New Dollar CD special requires a minimum of \$25,000 brought to Wells Fargo from sources outside of Wells Fargo Bank, N.A., or its affiliates to earn the advertised APY. Public Funds and Wholesale accounts are not eligible for this offer. APY assumes interest remains on deposit until maturity. Interest is compounded daily. Payment of interest on CDs is based on term: For terms less than 12 months (365 days), interest may be paid monthly, quarterly, semi-annually, or at maturity (the end of the term). For terms of 12 months or more, interest may be paid monthly, quarterly, semi-annually, or annually. 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# OPINION

## Celebrating Mother's Day with Photos

Send in photos now or right after you take new Mother's Day photos; and more reasons to contact the Connection.

As usual every year at this time, The Connection calls for submissions to our Mother's Day photo gallery. Mother's Day is Sunday, May 12. This year we will continue to publish submissions through the May 22 edition. Photo submissions are due by Friday, May 17.

Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. We will not print your full address or contact information.

You can upload photos and information directly to [www.connectionnewspapers.com/mothersday/](http://www.connectionnewspapers.com/mothersday/) or email to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

This is a fine time for submissions for our annual Father's Day galleries. Online at [www.connectionnewspapers.com/fathersday/](http://www.connectionnewspapers.com/fathersday/)

Throughout the year, we ask for community submissions. Twice a year we ask you to tell us stories about your pets and how they have come into, touched and left your lives. The next Pet Connection is the last week in July.

### EDITORIAL

In late summer, we invite readers to share what they know about their community for neighbors and newcomers alike.

And wrapping up the year, we gather writing and art from local students to fill our holiday edition. Each year, through an enormous effort by area teachers and school staff we receive more material than is possible to publish for most of our 15 editions.

In addition, regular contributions to our entertainment calendars, community bulletin boards, school notes, and business notes help

us to share news in your community. We also always welcome photos and captions from community organizations (Scouts, sports teams, faith groups, school activities, etc.) and local businesses. Calendar items: [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/)

Meanwhile it's election season, you can submit a Letter to the Editor here: [www.connectionnewspapers.com/contact/letter/](http://www.connectionnewspapers.com/contact/letter/)

For a digital subscription to any or all of our papers:

[www.connectionnewspapers.com/subscribe/](http://www.connectionnewspapers.com/subscribe/)  
Submit Mother's Day photos online at [www.connectionnewspapers.com/mothersday/](http://www.connectionnewspapers.com/mothersday/)

Or email to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

— MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## Residents Love Native Plants

Local vendors explain how to plant and care for them.

BY EDEN BROWN  
THE CONNECTION

Nearly all the vendors at the Northern Alexandria Native Plant Sale agreed it was great, despite blustery winds that took down a tent or two. The sale was held on Saturday, April 27, from 9 a.m. to 2 p.m. at the Church of St. Clement in Alexandria. It is a fixture on local gardeners' calendars. One woman said she had rented a car in order to come to the sale. She wouldn't miss it. Several others claimed they were not going to take anything home with them: their gardens were full. They were seen leaving with little red wag-

ons ("plant taxis") trailing behind them ... full of plants. "It's addictive," said one.

The organizers (Scott Knudsen, a local expert, and his wife, Jennifer Pease) had arranged for live entertainment provided by local guitarist Jim Sheats; he would play soft jazzy/funky guitar to make shopping for native plants even more fun, they said.

This year the sale featured another of Catherine Zimmerman's films, "Urban & Suburban Meadows," inside the church. It is a step by step guide to establishing a meadow.

See: [www.NorthernAlexandriaNativePlantSale.org](http://www.NorthernAlexandriaNativePlantSale.org) or [www.facebook.com/NorthernAlexandriaNativePlantSale](http://www.facebook.com/NorthernAlexandriaNativePlantSale).



PHOTOS BY EDEN BROWN/THE CONNECTION

**Native plants are becoming more popular because they grow better in this state and thus keep away weeds and don't need as much care.**



**"Long Suffering Wife" of Native Plant sale organizer Scott Knudsen, Jennifer Pease.**



**A favorite sign at the native plant sale: "Switchgrass" has a fancy name that suggests much more excitement.**



**Who knew Jerusalem Artichoke was actually a flower you can grow in your garden, and native to Virginia?**

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# First Challenging Racism 5K Is Hometown Race

Residents of all ages came out to run.

BY EDEN BROWN  
THE CONNECTION

There weren't a lot of runners on Saturday, but it was a feel-good, hometown race. Held at the Bluemont Junction train stop, and featuring snacks by local favorites like Joe's Pizza and Detour Coffee, one of the race's supporters, the event also had a jazz band cranking

out tunes at the finish line, and a raffle for a basket of books from One More Page Books.

Prosperity Now and VADEMS Arlington were major supporters of the event, along with Etz Hayim Congregation, OAR, Encore Stage and Studio, and the Athlete Development Center of Falls Church, among others. It was a family affair, with children in strollers and backpacks, and several grandparents.



County Board member Eric Gutshall with his wife, Renee, who is a board member with Challenging Racism.



Carolyn Crumpler teaches ninth grade history at H-B Woodlawn and is interested in Challenging Racism from a teacher's perspective and curriculum designer.



Marty Swaim, Challenging Racism founder, stands with members of Prosperity Now and others to hand out prizes at the race's end.



School Board Chairman Reid Goldstein, with Ebony White, senior program manager, Racial Wealth Divide, as she was volunteering at the registration desk.

PHOTOS BY EDEN BROWN/THE CONNECTION



Del. Rip Sullivan greets Jenna Carroll, a recent graduate of William and Mary living in Arlington. Carroll placed second in the women's category. Sullivan had a 28:48 race time.

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# ENTERTAINMENT

## Signature Theatre Presents 'Spunk'

Musical of three short stories told in the key of the blues.

BY STEVE HIBBARD  
THE CONNECTION

Signature Theatre will present "Spunk" from now through June 23. Based on three short stories by Zora Neale Hurston and adapted by writer George C. Wolfe, the play sets the human ability to endure to the strums of a guitar in a musical fable. An unearthly Guitar Man and Blues Speak Woman interweave three tales of the early 20th century African American experience — from the determination of a resilient washerwoman, to the zoot suit struts of 1940s Harlem, to the bittersweet innocence of young married love. Three tales of survival are told in the key of the blues.

Ines Nassara is playing four different characters — one being Folk Woman, who is the female storyteller in the series of tales. "I play Delia in the first tale. She proves her resilience in a long-term abusive relationship. In this second tale, I play Girl. She gets cat-called by two men and by surprise sets them straight. For the final tale, I play Missie May. She's the wife to Joe Banks. They are in a happy committed relationship until un-



PHOTO CONTRIBUTED

"Spunk" will be featured at Signature Theatre from now through June 30.

suspected trouble arises. You watch them work through the damage in their marriage," she said.

She said some of her challenges were just about believing in herself. "Working with these stellar actors and (Director Timothy Douglas), I was feeling very insecure. Every day I listened to uplifting music (Lizzo) and prayed and re-

peated mantras to believe in myself. I wanted to enjoy coming to work so I could learn and grow and be a more specific and clear storyteller like my fellow castmates. I wanted to see what I already had or gained and I wanted and needed to believe that I have it within me already," she said.

"Everyone was always so wel-

coming and so supportive and patient and all the hard work paid off. This show is so much fun. I feel way more confident than day one. Timothy Douglas is so honest. So honest. And I thank him for his honesty. It only helps plant the fertile seed that is our version of 'Spunk.' I can't wait to see how the show continues to blossom

through June 23," she said.

As far as audience takeaways, she said the show is beautifully black. "I love it so much. Zora so perfectly crafts dialogue in such a poetic way that describes so fully and so simply the black experience. I hope people take away just how beautiful and vibrant and vivacious and resilient and powerful the black experience is. I especially hope they see the strength, courage and growth of black women — that Zora so perfectly sets up in each tale," she said.

Marty Austin Lamar also plays four roles in the play. "As it a compilation of three stories I play Man 2 in the first story (Sweat). I play Jelly in the second story (Story in Harlem Slang), and I play Boy and Clerk in third story (Gilded Six-Bits). While these characters are vastly different in their objective, visual presentation on stage and presence in the stories, Zora's creatively specific voice is proclaimed in each," he said.

He said the biggest challenge has been letting go and trusting. "This piece. The table work, the specificity of language, the commitment to decoding and defining any language foreign to the cast was instrumental to every element of the final production. This pro

SEE SPUNK, PAGE 10

## CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

### ONGOING

**Arlington Art Truck.** Through May 11, various locations. Packed with digital and traditional creative tools, the "Truck" is a curated mobile toolbox for five artists-in-residence throughout the season. For the start of the second Arlington Art Truck season, artist Rachel Schmidt transforms the inside of the Arlington Art Truck using discarded plastics from her everyday life wrapped in paper printed with original photography of Arlington's fauna by Drew Model and Discovery School students. Visit [arts.arlingtonva.us/arlington-art-truck/](http://arts.arlingtonva.us/arlington-art-truck/) for times and locations.

**Art Exhibit: The Binding Ties.** Through June 2, gallery hours in the Wyatt Resident Artists Gallery at Arlington Arts Center, 3550 Wilson Blvd. In The Binding Ties, Roxana Alger Geffen presents sculptures created in part with objects and materials drawn from her family, ordinary things found in her own attic or her grandmother's junk drawer. Visit [arlingtonartscenter.org](http://arlingtonartscenter.org) for more.

**Art Exhibit: Onwards and Upwards.** Through June 2, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Organized by instructor Faylinda Kodis, Onwards and Upwards presents work by H-B Woodlawn seniors who have made a commitment to the visual arts, concentrating on creating a portfolio throughout their time as high school

students. As they prepare for graduation and their school moves from its longtime location on Vacation Lane to a new building in Rosslyn, these five students reflect on the experience of moving on and consider the history, ideology, and accomplishments that shape both the school and their time as students. Visit [arlingtonartscenter.org](http://arlingtonartscenter.org) for more.

**Spring SOLOS.** Through June 7, gallery hours in the Main Galleries at Arlington Arts Center, 3550 Wilson Blvd. Artists Brian Barr, Emily Campbell, Noel Kasewitz, Greg Stewart, Greta Bergstresser, Jack Warner, and Ying Zhu will install solo-style exhibitions in AAC's seven main gallery spaces. The artists tackle timely environmental issues, draw on their own experiences of childhood, and create installations that shift viewers' perceptions of time, space, and history in work that encompasses sculpture, photography, installation, drawing, and painting. Visit [arlingtonartscenter.org](http://arlingtonartscenter.org) for more.

**Spunk.** Through June 26, in Signature's ARK Theatre, 4200 Campbell Ave. Guitar Man and Blues Speak Woman interweave three tales of the early 20th century African American experience, from the fierce determination of a resilient washerwoman, to the zoot suit struts of 1940s Harlem, to the bittersweet innocence of young married love. Specialty nights: discussion nights — May 29 and June 4; pride nights —

May 31 and June 7; and open captioning — June 2. Call 703-820-9771 or visit [www.SigTheatre.org](http://www.SigTheatre.org).

### FRIDAY-SATURDAY/MAY 10-11

**"Curtains."** Friday-Saturday, 8 p.m. at the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. The Arlington Players presents "Curtains." The Colonial Theatre is host to the opening night performance of a new cowboy musical, Robbin' Hood. When the leading lady mysteriously dies on stage, the entire cast and crew are suspects. Enter Lt. Frank Cioffi, a local detective who just happens to be a musical theatre fan. The May 4 performance will be ASL interpreted. \$15-\$25. Visit [www.thearlingtonplayers.org](http://www.thearlingtonplayers.org).

### SATURDAY/MAY 11

**International Migratory Bird Day Festival.** 9-11 a.m. at Lacey Woods Park, 1200 N. George Mason Drive. Tiny hummingbirds and fierce osprey are all migrating back from South America. Come learn about these and other fabulous fliers. There will be hands-on activities, games, crafts, bird walks, bird-friendly coffee and more. Free pairs of pocket binoculars for the first 25 families. Meet at Lacey Woods Park Picnic Shelter. Free. No registration required. Visit [parks.arlingtonva.us/events/international-migratory-bird-day-festival/](http://parks.arlingtonva.us/events/international-migratory-bird-day-festival/) or call 703-228-3403.

**Arlington Mill Farmer's Market.**



PHOTO BY CAUL BINGHAM

## Jane Franklin Dance Presents EyeSoar

EyeSoar highlights the landscapes near 3700 S Four Mile Run Drive, a somewhat non-gentrified neighborhood that spans across Nelson Street, the footbridge and Jennie Dean Park and curves around to South Oakland Street. Featuring Carly Miks, Kelsey Rohr, Amy Scaringe, Brynna Shank, Rebecca Weiss with Ken Hays and Richard Nyman. Saturday, May 11, 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. \$22-\$35. Visit [www.janefranklin.com/eyesoar](http://www.janefranklin.com/eyesoar) or call 703-933-1111.



# ENTERTAINMENT

Saturdays, through Nov. 23, 9 a.m.-1 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. The market features produce, meats, and dairy products from our region's top local vendors. Support local farmers and entrepreneurs. Come for opening day and meet special guests, the Arlington Art Truck, South Arlington Moms Club, Long Branch Nature Center, and more. Visit [columbia-pike.org/fm-arlington-mill](http://columbia-pike.org/fm-arlington-mill).

**Ask a Gardener.** 10-11 a.m. at the Organic Vegetable Garden, Potomac Overlook Regional Park, 2845 N. Marcey Road. Have questions regarding growing vegetables in Northern Virginia? Come to the Organic Vegetable Garden in Potomac Overlook Regional Park to talk all things vegetable with an Extension Master Gardener. Free. Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**Ranger Meetup Walk.** 10 a.m.-12:30 p.m. at the US Marine Corps War Memorial. Take a brisk walk with a Park Ranger and view some unique perspectives on the historic landscape of the George Washington Memorial Parkway. Covers three miles in 2 1/2 hours. Free. Call 703-235-1530 or visit [www.nps.gov/gwmp/planyourvisit/calendar.htm](http://www.nps.gov/gwmp/planyourvisit/calendar.htm)

**Rosslyn Blooms! Flower Festival.** 10 a.m.-5 p.m. at Rosslyn Central Plaza, 1800 N. Lynn St. The market will feature flowers from local growers in Virginia and Maryland, live music, a pop-up café on the plaza and a table of live plants dubbed "impossible to kill." Throughout the day, The Lemon Collective, a workshop space focused on creativity, curiosity, teaching and learning, will be hosting a series of hands-on, DIY activities. Fees to



**Brian Barr, Installation View, Fictionhearted, 2018**

## Spring SOLOS

Artists Brian Barr, Emily Campbell, Noel Kasewitz, Greg Stewart, Greta Bergstresser, Jack Warner, and Ying Zhu will install solo-style exhibitions in AAC's seven main gallery spaces. The artists tackle timely environmental issues, draw on their own experiences of childhood, and create installations that shift viewers' perceptions of time, space, and history in work that encompasses sculpture, photography, installation, drawing, and painting. Through June 7, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Visit [arlingtonartscenter.org](http://arlingtonartscenter.org) for more.

participate in the workshops range from \$20-\$30 and pre-registration is required. Visit [RosslynVA.org/blooms](http://RosslynVA.org/blooms)

for more.

**Wandering the West Pike Walking Tour.** 11 a.m.-12:30 p.m. Meet at Arlington Mill Plaza, S. Dinwiddie Street and Columbia Pike (beside the Arlington Mill Community Center). Join one of Arlington County's Public Artists-in-Residence, Graham Coreil-Allen, to explore and reimagine the public spaces of Columbia Pike's West End, (rain date Saturday, May 25). Graham's tours often fill quickly, so in order to keep the tour a manageable size, registration is encouraged. Free. RSVP at Eventbrite or [www.walkarlington.com/events/](http://www.walkarlington.com/events/)

**Patriotic Entertainment.** 1-3 p.m. on the Metro Level of the Fashion Centre at Pentagon City. Saturdays in May, families can listen to live music by local bands. May 11 features Moonstone Duo. Also, celebrate Military Family Day: families of active and retired servicemen and women are invited to a day of activities where children can get their faces painted, make patriotic crafts, visit balloon artists, meet Uncle Sam and more. Visit [simon.com/fashioncentreatpentagoncity](http://simon.com/fashioncentreatpentagoncity) for more.

**George Washington's Forest History Walk.** 1:30-3:30 p.m. at Ball-Sellers House, 5620 3rd St. South. Walk in the footsteps of George Washington on a guided walking tour with a local historian. Free to the public, all ages welcome. Wear good walking shoes, dress for the weather, and bring water. Visit [arlingtonhistoricalsociety.org](http://arlingtonhistoricalsociety.org) or call 703-892-4204.

**Argentine Festival 2019.** 4 p.m. at Kenmore Middle School Auditorium, 200 S. Carlin Springs Road. The 32nd Annual Argentine Festival is a colorful, fun, and food-filled celebration of Argentine culture. Along with musical performances, the festival will include vendors and craftsmen from traditional crafts, from jewelers to weavers. \$20. Visit [www.Festivalargentino.org](http://www.Festivalargentino.org) or call 703-212-5850.

**Jane Franklin Dance Presents EyeSoar.** 6:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run

Drive. EyeSoar highlights the landscapes near 3700 S Four Mile Run Drive, a somewhat non-gentrified neighborhood that spans across Nelson Street, the footbridge and Jennie Dean Park and curves around to South Oakland Street. Featuring Carly Miks, Kelsey Rohr, Amy Scaringe, Brynna Shank, Rebecca Weiss with Ken Hays and Richard Nyman. \$22-\$35. Visit [www.janefranklin.com/eyesoar](http://www.janefranklin.com/eyesoar) or call 703-933-1111.

### MONDAY/MAY 13

**Mosquitos and Ticks: Identification and Control.** 7-8:30 p.m. at Central Library, 1015 N. Quincy St. Extension Master Gardeners and Master Naturalists will teach participants to identify the mosquitoes and ticks that are common in this area, as well as learning about their life cycle, how they reproduce, and where they go in the winter. Free. Advance registration requested at [mgmv.org](http://mgmv.org). Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**The Arlington Choral.** 7:30-9 p.m. at First Presbyterian Church of Arlington, 601 North Vermont St. The Arlington Choral will be performing highlights from 2018-2019 in two final concert performances in May to benefit local community partners. Free, donations of nonperishable food encouraged. Call 703-933-2500 or visit [arlingtonchorale.org/](http://arlingtonchorale.org/) for more.

### TUESDAY/MAY 14

**Take Me To The River Celebration.** 6:30-8:30 p.m. at University of Virginia Darden School of Business, 1100 Wilson Boulevard, 31st floor Rooftop Deck. Celebrate on Arlington's newest rooftop deck and raise money for a healthy and clean Potomac River with food and drink and the company of friends. Funds raised through Take Me To The River 2019 will support local conservation to keep pollution out of the Potomac. \$150. Visit [potomac.org](http://potomac.org) for more.

### WEDNESDAY/MAY 15

**Spring Concert.** 7:30 p.m. in the Wakefield High School Black Box Theatre, 1325 S. Dinwiddie St. "Sing On!" is the theme of the Arlington Community Chorus Spring Concert. The chorus will perform a variety of classical, contemporary and world music including compositions by Joseph Haydn and Antonín Dvořák, African American spirituals, South African songs and more. Free and open to the public. Visit [www.apsva.us/arlington-community-learning](http://www.apsva.us/arlington-community-learning) or call 703-228-7200.

### MAY 15-JUNE 16

**Richard III.** At Synetic Theater, 1800 South Bell St. Paata Tsikurishvili's modern cyber-punk adaptation explores King Richard III's Machiavellian rise to power is a movement-driven and action-packed display of stunning physicality and powerful visuals. Starring Alex Mills as Richard III and Irina Tsikurishvili as Queen Elizabeth. Tickets start at \$35 at [www.synetictheater.org](http://www.synetictheater.org) or 866-811-4111.

### THURSDAY/MAY 16

**Horticulture Specialty Show.** 2-4 p.m. at Little Falls Presbyterian Church's Friendship Hall, 6025 Little Falls Road. Rock Spring Garden Club is hosting "Poetry in the Garden - There's a Flower That Shall Be Mine," a National Garden Club Horticulture Specialty Flower Show. The educational show will be open post-judging to view horticulture, photography and temporary garden exhibits. Free and open to the public. Email [rockspringgardenclub@gmail.com](mailto:rockspringgardenclub@gmail.com) for more.

**There's No Place Like Home.** 6-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd. The 2nd Annual "There's No Place Like Home" event is for Arlingtonians and their friends for sipping and nibbling and mingling. Meet Christian Dorsey and enjoy open bar and authentic local cuisine. \$30. Call 571-733-9626 or visit [apah.org/events/home/](http://apah.org/events/home/).

**Arlington Historical Society Annual Banquet.** 6:30 p.m. at Washington Golf and Country Club, 3017 N. Glebe Road. The Arlington Historical Society's annual banquet honors those who led the fight to desegregate Arlington Public Schools. Our keynote speaker is N.Y. Times best-selling author James McGrath Morris who best documented the fight lead by black and white Arlingtonians. \$65 for AHS members and \$75 for non-members. Visit [arlingtonhistoricalsociety.org](http://arlingtonhistoricalsociety.org) or call 703-892-4204.

**Author Event: Laure Eve and Sarah Nicole Lemon.** 7 p.m. at One More Page Books, 2200 North Westmoreland St. Young Adult authors Laure Eve (THE GRACES), with Sarah Nicole Lemon (DONE DIRT CHEAP) to share from their new books. In CURSES, Laure Eve's sequel to THE GRACES, Summer Grace tells her side of the story. This riveting sequel is saturated with magic, the destructive cost of power, and the nature of forgiveness. When 17-year-old Rilla is busted for partying in VALLEY GIRLS, a mere 24 hours into arriving in Yosemite National Park to live with her park ranger sister, it's a come-to-Jesus moment. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) or call 703-300-9746.

### FRIDAY/MAY 17

**Bike to Work Day 2019.** Pit stop times vary, all over the region. Join more than 20,000 area commuters



## Arlington Historical Society Annual Banquet

The Arlington Historical Society's annual banquet honors those who led the fight to desegregate Arlington Public Schools. Our keynote speaker is N.Y. Times best-selling author James McGrath Morris who best documented the fight lead by black and white Arlingtonians. Thursday, May 16, 6:30 p.m. at Washington Golf and Country Club, 3017 N. Glebe Road. \$65 for AHS members and \$75 for non-members. Visit [arlingtonhistoricalsociety.org](http://arlingtonhistoricalsociety.org) or call 703-892-4204.



# ENTERTAINMENT

for a free celebration of bicycling as a fun, healthy and environmentally-friendly way to get to work. There are 115 Bike to Work Day pit stops to choose from. The first 20,000 to register and attend will receive a free Bike to Work Day T-shirt, enjoy refreshments and chances to win prizes. Visit [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org).

**Battle of the Badges.** 6 p.m. at Yorktown High School located, 5200 Yorktown Blvd. The public is invited to show support for Arlington's finest and bravest during the second annual Battle of the Badges Fundraiser Basketball Game. Officers with the Arlington County Police Department have teamed up with students from Yorktown High School and will go head-to-head against firefighters with the Arlington County Fire Department and students from Washington-Lee High School. Free, donations will be accepted at the event to support both school's Student Government Associations. Visit [newsroom.arlingtonva.us/release/public-invited-to-second-annual-battle-of-the-badges-fundraiser-basketball-game/](http://newsroom.arlingtonva.us/release/public-invited-to-second-annual-battle-of-the-badges-fundraiser-basketball-game/) for more.

**Bowen McCauley at the Kennedy Center.** 7:30 p.m. at John F. Kennedy Center for the Performing Arts. Bowen McCauley Dance Company (BMDC) returns to the John F. Kennedy Center for the Performing Arts Terrace Theater with a premiere, *Exuberant Fanfare*, from Artistic Director and Choreographer, Lucy Bowen McCauley, set to Igor Stravinsky's *Suite Italienne* from his ballet *Pulcinella* and played live by Arlington's National Chamber Ensemble. \$40-\$50. Get tickets at 202-467-4600 or [www.kennedy-center.org/calendar/event/RTXBN](http://www.kennedy-center.org/calendar/event/RTXBN).

## SATURDAY/MAY 18

**JK Community Farm's Plantathon.** 8 a.m.-6 p.m. at JK Community Farm, 35516 Paxson Road, Purcellville. To help kick off the growing season, the JK Community Farm is seeking teams of volunteers to participate in its first annual Plantathon. Volunteers will sow 9,000 vegetable on seven acres of land to help support the work of the farm, a nonprofit started by JK Moving Services to alleviate hunger in the community. The farm donates the food to nonprofit partners, including Food for Others and Arlington Food Assistance Center. \$25 individual/ \$200 team of 10. Call 703-881-6548 or visit [jkcommunityfarm.org/event/plantathon/](http://jkcommunityfarm.org/event/plantathon/).

**Ranger Meetup Walk.** 10 a.m.-12:30 p.m. at the US Marine Corps War Memorial. Take a brisk walk with a Park Ranger and view some unique perspectives on the historic landscape of the George Washington Memorial Parkway. Covers three miles in 2 1/2 hours. Free. Call 703-235-1530 or visit [www.nps.gov/gwmp/planyourvisit/calendar.htm](http://www.nps.gov/gwmp/planyourvisit/calendar.htm)



## JK Community Farm's Plantathon

To help kick off the growing season, the JK Community Farm is seeking teams of volunteers to participate in its first annual Plantathon. Volunteers will sow 9,000 vegetable on seven acres of land to help support the work of the farm, a nonprofit started by JK Moving Services to alleviate hunger in the community. The farm donates the food to nonprofit partners, including Food for Others and Arlington Food Assistance Center. Saturday, May 18, 8 a.m.-6 p.m. at JK Community Farm, 35516 Paxson Road, Purcellville. \$25 individual/ \$200 team of 10. Call 703-881-6548 or visit [jkcommunityfarm.org/event/plantathon/](http://jkcommunityfarm.org/event/plantathon/).

**ACF Home Tour.** 11 a.m.-3 p.m. at Arlington Ridge. Join the 3rd Annual Arlington Community Foundation Home Tour presented by Washington Fine Properties. Tour elegant homes in the beautiful Arlington Ridge neighborhood and support the local Community Foundation. Tickets online at \$35, \$40 at the door. Call 703-243-4785 or visit [arlcfc.org/hometour](http://arlcfc.org/hometour).

**Quarterfest Crawl.** Noon-6 p.m. Attendees are invited to travel the neighborhood while sampling food at a variety of venues. The crawl requires a wristband to participate. Purchasing a Quarterfest Crawl wristband will include the ability to sample free food at different locations in Ballston, plus a chance to win a prize for turning in a completed Crawl map. Two free drink tickets to use at the Quarterfest Street Pub on Wilson Blvd. Visit [www.quarterfestballston.org/quarterfest-crawl](http://www.quarterfestballston.org/quarterfest-crawl) for more.

**Patriotic Entertainment.** 1-3 p.m. on the Metro Level of the Fashion Centre at Pentagon City. Saturdays in May, families can listen to live music by local bands. May 18 features Ryan Forrester Band Trio. Visit [simon.com/fashioncentreatpentagoncity](http://simon.com/fashioncentreatpentagoncity) for more.

**Book Launch: Tif Marcelo.** 3 p.m. at One More Page Books, 2200 North

Westmoreland St. Celebrate the launch of Tif Marcelo's new book, "The Key To Happily Ever After," a charming romantic comedy about three sisters who are struggling to keep the family wedding planning business afloat—all the while trying to write their own happily-ever-afters in the process. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) or call 703-300-9746.

## SATURDAY-SUNDAY/MAY 18-19

**Quarterfest.** Noon-6 p.m. The first annual Quarterfest presented by Dittmar is a family-friendly, two-day festival with a free concert, restaurant crawl and street pub. Gather friends and family over a weekend in Ballston to sip and savor a great time. Proceeds from Quarterfest will benefit BallstonGives. Purchase tickets at [www.quarterfestballston.org/tickets](http://www.quarterfestballston.org/tickets). Sign up to volunteer and learn more about Quarterfest at [www.quarterfestballston.org](http://www.quarterfestballston.org).

## MONDAY/MAY 20

**"Standoff: How America Became Ungovernable."** 3-4:30 p.m. at Arlington County Central Library, 1015 N. Quincy St. Encore Learning presents a lecture by Bill Schneider,

"Standoff: How America Became Ungovernable." CNN's former senior political analyst will describe how Americans vote and why their votes sometimes seem to make no practical sense. Schneider will discuss the political future in the context of his deep understanding of political history. The public is invited. The program is sponsored jointly by Encore Learning and the Arlington Public Library. Call Encore Learning at 703-228-2144.

**Author Event: Liv Constantine.** 7 p.m. at One More Page Books, 2200 North Westmoreland St. Liv Constantine, the internationally bestselling author of "The Last Mrs. Parrish" follows that success with "The Last Time I Saw You," a novel filled with shocking twists about the aftermath of a brutal high-society murder. Liv Constantine is the pen name of sisters Lynne Constantine and Valerie Constantine. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) or call 703-300-9746.

**The Arlington Chorale.** 7:30 p.m. at Westover Baptist Church, 1125 Patrick Henry Drive. The Arlington Chorale will be performing highlights from 2018-2019 in two final concert performances in May to benefit local community partners. Free, donations will support Westover's ministry. Call 703-933-2500 or visit

[arlingtonchorale.org/](http://arlingtonchorale.org/) for more.

## TUESDAY/MAY 21

**Container Gardening for Food, Fun and Beauty.** 7-8:30 p.m. at Westover Library, 1644 N. McKinley Road. Learn to grow edible and ornamental plants in containers on a porch, deck, balcony or patio. This workshop will cover soil, containers, maintenance and selection of suitable plants. This class is offered by Extension Master Gardeners. Free. Advance registration requested at [mgnv.org](http://mgnv.org). Questions? Call 703-228-6414 or email [mgaralex@gmail.com](mailto:mgaralex@gmail.com).

## Master Gardener Training

**Information Night.** 7-8:30 p.m. at Fairlington Community Center, 3308 South Stafford St. Learn about becoming an Extension Master Gardener and what the requirements of the volunteer training program include. Meet the Extension Agent and Program Coordinator, as well as many of dedicated volunteers. Free. Call 703-228-6414 or email [mgaralex@gmail.com](mailto:mgaralex@gmail.com).

**EcoAction Author Night.** 7:30-9:30 p.m. at Josephine's Italian Kitchen, 2501 Columbia Pike, Arlington. Come meet local authors and hear readings from their works as we enjoy food and beverages from Josephine's Italian Kitchen. This event is free. Food and drink will be available for purchase. For registration or more information, visit [www.ecoactionarlington.org](http://www.ecoactionarlington.org).

## WEDNESDAY/MAY 22

**Best Business Awards.** 5:30-8:30 p.m. at Key Bridge Marriott Hotel, 1401 Lee Highway. The Arlington Chamber of Commerce will hold the 33rd Annual Best Business Awards, where this year's award winners will be announced and the Hall of Fame inductees will be recognized before an audience of more than 200 of the area's leading professionals. Register online by Friday, May 17 by 5 p.m. \$125-\$150. Visit [www.arlingtonchamber.org](http://www.arlingtonchamber.org).

**Author Panel.** 7 p.m. at One More Page Books, 2200 North Westmoreland St. Join for the line-up of history, mystery and black comedy when author and columnist Bethanne Patrick ("The Books That Changed My Life") moderates a panel of OMP favorites Louis Bayard, Angie Kim and Ed Aymer. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) or call 703-300-9746.

## SATURDAY/MAY 25

**Patriotic Entertainment.** 1-3 p.m. on the Metro Level of the Fashion Centre at Pentagon City. Saturdays in May, families can listen to live music by local bands. May 25 features Kenny Holmes Trio. Visit [simon.com/fashioncentreatpentagoncity](http://simon.com/fashioncentreatpentagoncity) for more.

# Three Short Stories Told in the Key of the Blues

FROM PAGE 8

cess has been so masterfully, patiently, and creatively led by Director Timothy Douglas. His faith in my ability to do very challenging work has been a blessing. Trusting the work and the necessity of ease necessary to convey the artful pen of Zora Neal Hurston has been a wel-

comed challenge," he said.

He said it's his hope that audiences will celebrate a literary giant that this nation lost all too soon. "Zora Neal Hurston was a heroine of truth. She invites audiences into the most intimate, painful, heroic, and meaningful aspects of 'colored, negro, black' life. Sister Zora exquisitely details the truth of a specific time in the history of this na-

tion that is often forgotten and silenced. Sister Zora 'gits to the git, with some pain, and some spit, and some spunk.' I am grateful to share time and space with such an amazing company of artists. God is amazing," he said.

Signature Theatre will present "Spunk" through June 23. Show times are Tuesdays through Saturdays at 7:30 and 8 p.m.; Sat-

urdays at 2 and 8 p.m.; Sundays at 2 and 7 p.m. Tickets are \$40 to \$89. Specialty Nights are Discussion Nights on May 29 and June 4; Pride Night on May 31 and June 7; and Open Captioning on June 2, at 2 p.m. The venue is located at 4200 Campbell Ave., Arlington. Call the box office at 703-820-9771 or visit [www.sigtheatre.org](http://www.sigtheatre.org).



# Designs to Welcome Spring

Textiles and florals usher in a new season

BY MARILYN CAMPBELL

From pastel colors to floral accents, it's the time of year to celebrate the emergence of spring. Local designers offer spring decorating ideas that embody the season.

"Spring is the perfect time to freshen up your house by swapping out heavy, darker winter fabrics on linens and pillows with crisp and light patterns and designs," said Ann O'Shields of the Nest Egg in Fairfax. "Throw pillows are one of the easiest ways to instantly refresh a space. Greens and yellows are quintessential colors of spring and are popular currently in interior design. Whether you prefer florals or geometrics, there's a variety of options in fabric design for pillows."

When decorating the master bedroom in a Potomac, Md. home recently, designer Cameron Manning finished off the design with a cheery area rug. "The right rug can pull a room together and make a powerful statement," she said. "The client's favorite season was spring and she wanted a bedroom that was light and cheerful. For this master bedroom, I chose a vintage rug in a pale orange shade."

Manning also recommends using paint to breathe fresh, spring air into a winter-worn space. "Painting a room with an off-white shade infused with subtle undertones of yellow, pink or pale blue can really lighten and brighten it. If you don't want to paint and entire room, consider painting just the door frame."

From peonies and daffodils to lilacs and tulips, designer Connie Hall of Hall Designs says that moving spring blooms out of the garden and into a fresh floral arrangement is a sure-fire way to usher out winter.

"Nothing says spring like a bouquet of fresh spring flowers," she said. "A large bouquet can really become the focal point of a room. Sometimes they're all you really need to show that spring has arrived."

Blossoms and branches from one's backyard can create visual interest and O'Shields suggests magnolia stems, cherry blossom stems and forsythia.

"Preserved floral arrangements are also an excellent choice and will last for years," she added. "Hydrangea flowers are a lovely, full option often used in preserved florals."

Lush greenery can be used for more than decorating a garden. "If you have a green thumb, consider adding in some plants in ceramic pots to add color



PHOTO BY THE NEST EGG

**Whether fresh or preserved, local designers advise welcoming spring with a seasonal floral arrangement.**



PHOTO BY THE NEST EGG

**Adding throw pillows in spring colors like green and yellow to an interior space is one of the easiest ways to drive out the winter doldrums.**

and texture," said O'Shields.

Among the popular plants that O'Shields suggests fiddle figs. "[They] can also add height to your space," she said. "More foolproof plants include Pachira aquatic, also known as a money tree, succulents and rubber tree plants. They're all easy to care for and add a freshness to your space."

Those who don't have a green thumb shouldn't be afraid to fake it. "There are so many realistic options for artificial greenery available, said O'Shields. "Artificial branches can be almost identical to the real thing."

"Spring is the perfect time to

freshen up your house by swapping out heavy, darker winter fabrics on linens and pillows with crisp and light patterns and designs."

— Ann O'Shields, The Nest Egg, Fairfax

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## Inspiring Talks on Christian Science Healing

### Demystifying Spiritual Healing

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Sunday, May 19, 2:00 pm  
at Fourth Church of Christ, Scientist  
5510 16th St., NW, Washington, DC

Beth Packer, C.S. says, "A knowledge of our inseparable relationship to God brings practical healing solutions."

Beth is an international speaker, a practitioner of Christian Science healing, and a member of the Christian Science Board of Lectureship.



These talks are sponsored by Christian Science churches: Arlington, VA; Alexandria, VA; and Fourth Church, Wash., DC.

## NEWS



Orlando Roca (left) and Anthony Nuriddin stand next to the metal objects dropped off on Saturday. What was the weirdest thing handed in? "This motorcycle, for one," said Nuriddin, "and this giant staple gun," he said, demonstrating the staple gun's ability to spit out, rapidfire, large staples.



Justin Corwin, an Arlington County employee, holds out the new "registration" pad being used this year to record what ZIP codes are bringing items for recycling.

## Keeping Waste Out of Landfill

FROM PAGE 3  
ends up in the landfill. Latex paint, for instance, is reprocessed, batteries are recycled, paints that can't be recycled are used in cement kiln fuel. Reprocessing paint involves separating the paint by color, filtering out any solids, mixing with new paint and adding any pigment to get a desired color. It is then sold as recycled-content paint.

In 2001, MXI built a Materials Recovery Facility (MRF) which enabled the company to provide services for universal and industrial waste disposal management and reuse exempt hazardous waste. The MRF has a Distilled Spirits Plant onsite, enabling MXI to recycle and reclaim fuel grade ethanol from recycling containing alcohol. It started its Household Hazardous Waste program the same year.

"Bikes for the World" is always the most enthusiastic of the recyclers: they take bikes for countries that need them for basic transportation. They had filled a truck donated by Buck and Associates Real Estate, a local firm, which would now take the bikes to the next shipper where they would be headed for Sierra Leone.

For the next e-cycling event see: <https://recycling.arlingtonva.us/household-hazmat/e-care/>



Brian Potter of MXI Environmental Services, located in Abingdon, Va., left, oversaw much of the e-cycling, because his company recycles the hazardous household waste. He is standing with Emmanuel Nocon, Arlington County's Hazardous Household Waste coordinator (right).

PHOTOS BY EDEN BROWN/THE CONNECTION

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At the "walk up" table, for people who arrived on foot or bike, a pile of miscellaneous e-cycling items were being sorted for sending down the line. What was the strangest item the walk-up table got on Saturday? "This huge fish bowl," said Justin Corwin.



The walk-up, drop off table, for people who don't drive to the event.





Gwendolyn Sutton and Cathy Turner of Virginia Hospital Center at the Arlington Neighborhood Village five-year anniversary celebration May 3.

Arlington Neighborhood Villages executive director Wendy Zenker, left, with Synergy Homecare sponsor Mitch Opalski, volunteer Kathy Stokes, ANV president Donna Pastore and ANV board member Tim Burns gather at the ANV five-year anniversary and volunteer recognition celebration May 3 at the National Rural Electric Cooperative Association.



PHOTOS BY JANET BARNETT/THE CONNECTION

## Arlington Neighborhood Village Celebrates 5th Anniversary

FROM PAGE 3

der to change a light bulb; you can't get boxes out of the attic; and maybe you need a few home repairs done." She continued: "Well, we have 200 volunteers who are ready to come to your house to take you on rides; to take care of you so you can stay in

your home as long as possible. And our volunteers love what they do; they're passionate and committed to help seniors stay in place." Arlington native and volunteer Pat Burke said she "got to meet these wonderful, interesting people" when she started driving them around in 2017. That wasn't

enough so she started helping on the IT Committee and she now goes into the office every Thursday to lend her support. "I just love it; I don't know what I would do without Neighborhood Village," she said. Arlington Neighborhood Village is located at 2666 Military Road, Arlington, VA 22207.

Call 703-509-8057. To join, visit [www.arlnvil.org](http://www.arlnvil.org). Sign up to become a volunteer and initiate the process of joining as a member. Once you sign up as a member, they will send someone to interview you in your home. They have volunteer training and all volunteers are vetted.

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**News**

**Makers Shop at Central Library**

FROM PAGE 2

all your media upright, not on its side, always keep originals, and seek advice. She pointed out that putting them on disks isn't always the answer, and even the trusty USB drive may not always be the best choice given that some manufacturers are not installing USB drives on their new computers. Attanasio is happy to talk about what's good to send out to commercial digitizing firms as well.

The "Shop" is one of the results of the recent renovation, and part of a trend to keep libraries relevant. The motto of the shop, managed by Patricia West and led by Attanasio, is "where people and ideas connect." The Shop is open to beginning and advanced makers. It has classes, one on one tutoring and open lab time. The hours for the time being are Monday through Thursday, 2-6 p.m., Friday closed, and Saturday 1-5 p.m.

For a list of the equipment at the "Shop," see: <https://library.arlingtonva.us/explore/formakers-and-crafters/the-shop/the-shop-technology-and-equipment/>.



PHOTO BY EDEN BROWN/THE CONNECTION

To illustrate the beauty of old family films and the importance they have in people's lives, Katelyn Attanasio showed clips of her own family's history, including grandparents and parents from 50 years ago. She noted that there is something about a home movie that is particularly poignant, pointing out that in her movies she could see a favorite family member, who during her lifetime had always been in a wheelchair, walking.

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## PEOPLE



PHOTOS BY TOM MANNING/THE CONNECTION  
**Christine Fischer, 339, of Arlington**  
during the bike ride.

## Local Residents Compete in Westfields Triathlon

The sixth annual Westfields Triathlon took place on April 28 at the Cub Run RECenter in Chantilly. The event was hosted by the Westfields Business Owners Association and put on by Revolution3 Triathlon. The sprint distances included a 250 yard pool swim, a 12 mile bike ride, and a 3.1 mile run. There were also two shorter “Splash & Dash” swimming and running distances for children. This year’s race beneficiaries are Girls on the Run of Northern Virginia, Second Story Youth Services and Safe Shelter, and 911 Promise Run.



**Tessy Sproul, 242, of Arlington**  
sprints to the finish line.



**Echo Sneckenberg, 247, of Arlington**  
raises her arms as she approaches the finish line.

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## The Weak Before



By KENNETH B. LOURIE

Hardly am I Robert Johnson, but every time I'm about to be “CT-scanned,” I feel like I'm at a crossroads.

And though I've never made a deal with the devil for good scan results (at least results with which I can live), I have to admit to making a momentary prayer of sorts when I see an email from my oncologist. An email that, given its arrival in my inbox, five days or so after my scan, is generally the one containing the results of the previous week's scan.

So, I take a deep breath and then exhale as I prepare to click until I see his words. More often than not, almost every time, in fact, his words: “CT scan looked good,” as an example, have been encouraging. Although, as with many things, past results don't guarantee future performance – or a reasonable facsimile thereof.

Each good scan result (stable, shrinkage) does not portend another good result in the future. The results, both good or bad quite frankly, are kind of a limited offer. If it's good, it means your treatment is likely quo. If it's bad, it probably means things your treatment is about to change.

Whatever treatment protocol you start or stop or continue is only good, bad or indifferent until your next scan (when the rubber hits the road, so to speak). Which for me, according to my current bi-weekly immunotherapy infusion schedule, is every two months. So next week, the hammer comes down or rather the slide (the thing you lay on) comes out of the CT scanner and in and out I go.

Typically (meaning during my previous 10 years of chemotherapy), I have been mostly symptom free – other than the symptoms/side effects of the treatment itself, not from the underlying cancer cause. I have rarely felt anything and I certainly haven't/didn't/couldn't see anything.

It's/I'm different now.

Now I can see and feel something, that something, located under my Adam's apple is what precipitated the change from chemotherapy/alimta to my current immunotherapy/opdivo. The tumors in my lungs (mediastinum), which is where this whole mess began, remain stable. However, the appearance of the “Adam's apple” tumor changed my reason for living.

And my new life, or rather my new cancer life, has been tightened/shortened up. Now my infusions are every two weeks, instead of the most recent seven-week intervals (with alimta) and my CT scans which had occurred every 12 weeks are now only eight weeks apart.

All of which means I am constantly in the throws of some kind of cancer anxiety (“labbing,” infusing, scanning, meeting with my oncologist).

Not that after 10 years, I am unaccustomed to this sort of “cancer-centricity,” it's more that its crushing regularity is a constant reminder of my mortality.

And not that I'm “woeing” is me, hardly. I'm lucky to be alive. You all know I know that.

It's more the recurrence of “scanxiety” (not my word, although I thought it was when I first used it), the anxiety one feels waiting for the life and death scan results, especially so if the results come more frequently than previously. And believe me, that extra month is well worth not having to wait.

So the news of my possible negative (not good) scan results hopefully will be exaggerated, along with my demise. And in that exaggeration perhaps I can find some solace and humor.

‘Solace’ in that it turns out: what's all the fuss? Humor, in that “It's better to look good than to feel good, and you know you are, darlings,” as when Billy Crystal invoked his inner Fernando Lamas in his famous bit from his 1985 year on Saturday Night Live! In summary, it's nothing until it's something, and even if it's something, it might not be anything.

This sort of confusing mental gymnastics is what occurs before, during and after these diagnostic scans. And until you hear back from your oncologist, you really don't know whether you're coming or going, or whether it's too little, too late.

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



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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 5/31/19.

*Jack Taylor's*  
**ALEXANDRIA  
TOYOTA**



**SAFETY FIRST ALWAYS!**  
**Have Your Vehicle Checked  
for Open Campaigns/Recalls**  
**Recall Hotline:**  
**703-684-0710**

**ToyotaCare  
Customers**  
Don't Forget Your **FREE** Service.  
5,000 • 10,000 • 15,000 • 20,000 • 25,000  
**Now Available** Mile Services  
Call your ASM for details  
**ToyotaCare Plus \$329<sup>00</sup>**  
Covers up to 4 years/45,000 miles

3750 Jefferson Davis Hwy • Alexandria, VA 22305

**OIL & FILTER CHANGE**

**\$24<sup>95</sup>**

NON-SYNTHETIC

**\$34<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.

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**ALIGNMENT SPECIAL**

**\$69<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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**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 ADDITIONAL**

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**SIGHT LINE  
WIPER BLADES**

**BUY 1  
GET 1 FREE**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 5/31/19.

**CABIN AIR FILTER**

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

**INCLUDES:** Replace dirty HEPA cabin air filter.  
**Bring back that new car smell!**

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**VARIABLE DISCOUNT**

**\$15.00 OFF** when you spend \$100.00 - \$199.99

**\$30.00 OFF** when you spend \$200.00 - \$299.99

**\$45.00 OFF** when you spend \$300.00 - \$399.99

**\$50.00 OFF** when you spend \$400.00 or more

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**TRUESTART™ BATTERIES**

**SPECIAL  
OFFER**

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

**INCLUDES BATTERY INSTALLATION**

**Includes:** 84 month warranty, 24 month free replacement,  
24 month free roadside assistance.  
Does not apply to hybrid batteries.

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 5/31/19.

**CLEAN AIR A/C INSPECTION  
& VENTILATION SPECIAL**

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

**Includes:** Replace cabin air filter, and Toyota Evaporator Service  
using anti-bacterial foam cleanser and odor eliminator.  
**Bring back that new car smell!**

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 5/31/19.



**ALEXANDRIA TOYOTA**

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**SERVICE & PARTS DEPT HOURS:** Monday - Friday, 7:00am to 7:00pm • Saturday, 8:00am to 5:00pm

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