



The Arlington Connection

Running To Support
Arlington Thrive

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PHOTO BY VERNON MILES/THE CONNECTION

The Kenmore Renaissance

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Abi Burkholder in front of a mural she's painting on the wall of Kenmore Middle School.



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NEWS

Synergy Home Care Honored

The staff at Synergy Home Care in Arlington recently received the 2017 Best of Home Care – Provider of Choice Award from Home Care Pulse.

The Provider of Choice Award is granted to the top-ranking home care providers, based on client satisfaction scores gathered by Home Care Pulse, an independent satisfaction research firm for home care.

Synergy Home Care is an agency serving Northern Virginia and provides in-home care to those who wish to age in place. Qualified caregivers provide assistance with personal care and homemaker services such as cooking, shopping and transportation. Caregivers also can help those in assisted living communities who may need extra assistance.

To find out more about Synergy Home Care's commitment to excellence, visit www.synergyhomecare.com/agencies/va/arlington/va01/ or call 703-558-3435.



Alvin Encarguez, caregiver to William Bowry, Synergy Home Care Client.



From left: Maxwell Herrmann and Malina Nelson play violin with Billy Holtz on the viola and Jacob Levy on the cello.

Crescendo Performs at The Jefferson

As a part of the Arlington Philharmonic's "Music in Your Home" initiative, Crescendo, its youth chamber music program, presented a concert at The Jefferson senior retirement residence on Sunday afternoon, April 2. The initiative brings live classical music to seniors and others who may not be able to attend concerts in traditional venues.

The three quartets and one trio performed selections by Beethoven and Mendelssohn, for the standing room only audience. At the conclusion of the concert, all 15 musicians performed several selections by award-winning composer John Williams. Following the concert the musicians, their families, and the audience members mingled at a casual reception.

Artistic Director Elizabeth O'Hara Stahr

said, "They played very challenging repertoire and I was so pleased with how musically engaged each musician was." Chamber ensembles do not have a conductor, so the musicians need to pay attention to one another while reading their music at the same time. "I saw the musicians use movement, eye contact, and gestures to communicate with each other and it was very dynamic," O'Hara Stahr said.

The 15 musicians who make up Crescendo are in grades 7 through 12 and they attend 10 different middle and high schools in the area. Rehearsals, coached by professional Artists-In-Residence, include master classes with guest musicians and are held weekly. The next Crescendo concert will be held on Sunday, June 11 at 4 p.m. at the Rosslyn Spectrum Theater.

SCHOOL NOTES

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

Elliot Grace, of Arlington, was named to the dean's list at Bates College (Lewiston,

Maine) for the fall 2016 semester. Grace, the son of Mr. and Mrs. Bruce R. Grace of Arlington, is a 2013 graduate of H-B Woodlawn. He is majoring in psychology and philosophy at Bates.



French Horn: Nicholas Aparicio



Drum set: Michaela Donovan



Trombone: Colin Mashkuri

The Kenmore Renaissance

Art bursts out of classrooms and onto the school walls at Kenmore Middle School.

BY VERNON MILES
THE CONNECTION

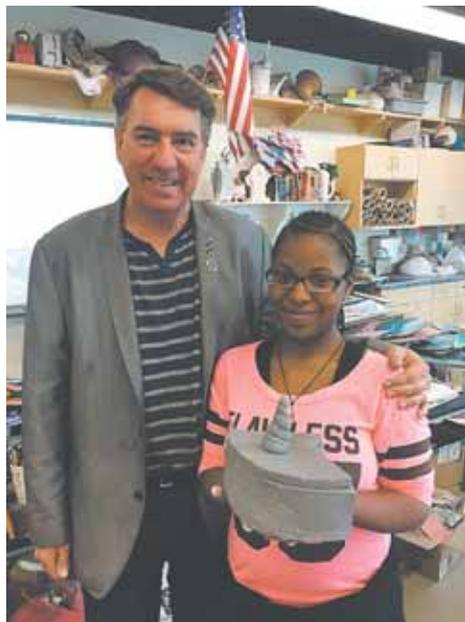
Wesley Esparza sees two sides to himself. One he paints as a wolf in bright colors. It's a side of himself with a good attitude, the side that's colorful and artistic. But the other side of the wolf he paints in much darker colors. He says it's a side of him that's proud and bad, but then corrects himself.

"It's not bad," Esparza said. "It's another side of me."

Esparza is one of the students at Kenmore Middle School at the heart of the school's artistic renaissance. Within Jeff Wilson's classroom, the walls are covered with projects in the works, with students inside and outside using paints and clays and found objects to put together artwork that helps them express themselves and relate to the world around them. But within the last year, this art has started to spill outside the confines of the classroom.

One of the largest and most visible projects coming out of Wilson's class was a 100-foot long mural depicting students playing band and orchestra instruments. It started with a practical maintenance concern: the narrow hallway outside the art and band classrooms needed painting. Wilson volunteered to take on a project that both solved the maintenance issue and could serve as a teaching opportunity for his students.

"This is not art in a vacuum," said Wilson.



Jeff Wilson (left) with Ayiana Hairston and a cookie jar she is designing.

"Sometimes things don't go like you expect, but if you have a good spirit it will all turn out well."

— Lauren Puttock, student at Kenmore Middle School

son. "This is a solution in the bigger picture. That's where art fits in."

The project was designed and painted by Wilson's 8th Grade class and took a semester to complete. Students worked in groups of

two or three on the projects. First the students would develop a silhouette portrait of their subject. The portrait would be scaled up into a life-size image to be stenciled onto the wall. Wilson said the project was also the culmination of a semester studying Josef Albers' color theory. Students



The band mural running along one wall at Kenmore Middle School.

had to select two colors that both reflected a mood they wanted to give their portrait and complemented the colors of the portrait on either side of theirs.

To Conor Hogan, jazz is purple. "I picked the trombone," said Hogan. "Right away, I wanted to do jazz. I knew I wanted purple for the project, it's a jazz color. When I think of jazz, I think of night."

Wilson's emphasis on color theory resonated with many of the students working on the project. Tony and Dalila Martinez worked on the bass clarinet together. Dalila Martinez said they picked navy blue and magenta because the girl who plays it said it had a very low sound, so they needed colors that were dark but bold.

While the project included every student in the class, students said that within their groups they discovered that they worked best if they could identify and utilize each student's strengths.

"I like drawing people, it's my favorite," said Lauren Puttock. "My partner didn't. So he did the pictures and the grid while I did the [human] details. Sometimes things don't go like you expect, but if you have a good spirit it will all turn out well."

For Wilson, it was also an exercise in trust and dedication. The mural was not only a collaboration with another department, but it was going to be a very visible expression of his students' talent to the rest of the school. It was a gamble, but Wilson said it paid off.

"Eighty percent wasn't going to work," said Wilson. "We had to have 100 percent success and no student was left out. That was miraculous. They really rose to the occasion. They understood there was a certain level of quality that was needed."

The students were uncertain at first, but

SEE KENMORE, PAGE 13

Running To Support Arlington Thrive

Training runs for Resolve to Run program.

BY EDEN BROWN
THE CONNECTION

Andrew Schneider's car is always the last one in the parking lot after everyone else has finished the Saturday training run. He's pretty much always last to arrive back at the starting point at the 3.5 mile marker on the W&OD trail. His running mates are mostly local women between the ages of 40 and 65. There are a few teenagers who fly through the training runs: everyone else hovers around an 11-minute mile. He eats their dust. Schneider's mile? More like an 18-minute mile.

But when he does arrive, Schneider still has a smile on his face. Each week, he responds to the question: "When was the last time you ran this many miles?"

"The last time I ran five miles was maybe 2008," he says. Each time the question is asked and the distance is longer, Schneider answers further back in history. Schneider was a swimmer at the College of William and Mary. Running wasn't his sport. Running to raise money for a local safety net, that's different.

His most recent comment on his "journey running for Arlington Thrive" this year was equally upbeat. Schneider was appointed executive director of Arlington Thrive in March 2016. Running the "Resolve to Run" race for the first time since then, Schneider says, "The thing that surprised me the most about training for a 10 miler was not the physical challenge, which is already something, but the mental changes that happen when you run. The thing is how much better I feel mentally and the residual impact that makes on the rest of my life."



Andrew Schneider coming in with a smile — 5 miler.



Andrew Schneider on the 9 miler training run. Still smiling.



PHOTOS BY EDEN BROWN/THE CONNECTION
Andrew Schneider's license plate.



Andrew Schneider's new running shoes on Day One of training.

Arlington Thrive's Resolve to Run program begins in January of each year and trains individuals to run the GW Parkway Classic 10 mile or 5K race in April. Runners are asked to raise funds for Arlington Thrive and their neighbors in need. For more than 40 years, Arlington Thrive has provided same-day emergency funds to Arlingtonians in crisis, so they can be secure in their jobs, health, and homes and thrive in a caring

community.

Arlington Thrive is coming up short on donations to the YouCaring.com sites runners have posted to garner support. It may be a function of people not wanting to get their name on yet another email list they have to eventually unsubscribe from. Or it may be a function of being too busy to take the time to support neighbors in need. Thrive has an answer to both: for those who can't bear more emails, it's easy enough, says Shandra Niswander, director of development, to put a check in the mail with Arlington Thrive on the payee line, providing the name of your favorite runner who is getting up early every Saturday to run, and sending it to Arlington Thrive, at PO Box 7429, Arlington, VA 22207. And for those who are too busy to write a check, as Schneider has shown: it's not when the last time you ran this far was or how fast you ran your mile, it's "When was the last time you gave up some time and money to help someone in need?" See <http://arlingtonthrive.org/donate/>.



Andrew Schneider on the first day of training for the GW Parkway Ten Miler.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Deadline is Thursday at noon, at least two weeks before event.

APRIL

Coffee for Campers. April is the Month of the Military Child, and to honor our nation's littlest heroes, the National Military Family Association is asking if you'll give up your coffee shop coffee and donate that extra \$5 a day to send a military kid to Operation Purple Camp. Visit www.militaryfamily.org/get-involved/donate/coffee-for-campers.html to learn more.

JOBS PORTAL

Hire Autism Now Open. The Organization for Autism Research (OAR) today announced the launch of its new employment initiative, Hire Autism, for its test run in Northern Virginia. Hire Autism is an online jobs portal that helps

individuals with autism of all capacities connect with businesses and employers willing to consider them as candidates for competitive employment. Visit HireAutism.org or www.researchautism.org for more.

WEDNESDAY/APRIL 19

Public Meeting. 5-7:30 p.m. at the Reed School gym/multipurpose room, 1644 N. McKinley Road. Discuss Washington Boulevard Enhancements. Visit bit.ly/2o68GGM.

Gardening Talks & Demonstrations.

7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master Gardeners of Northern Virginia will sponsor a series of talks and demonstrations about gardening. In addition to basic gardening techniques, topics will include wild edibles, pollinators, food preparation and preservation, and more. For a complete schedule, visit

www.afac.org/plot-against-hunger/pah-events/.

SATURDAY/APRIL 22

County Board Meeting. 8:30 a.m. at the County Board Room, 3rd floor, 2100 Clarendon Blvd. County Board Meetings are open to the public. Visit the County website for procedures for speaking at a Board Meeting. County Board Meetings are broadcast live on Comcast 25 and Verizon 40 and webstreamed on the County website. Visit countyboard.arlingtonva.us/meetings.

SATURDAY-SUNDAY/APRIL 22-23

Traffic Alert. Setup for 2017 Arlington Festival of the Arts will begin at 4 a.m. and the event will be open both days from 10 a.m.-6 p.m. Street parking in the area will be restricted. If a vehicle is towed from a public street, call 703-558-2222. The following roads will be closed from 4 a.m. on Saturday through 9 p.m. on

Sunday:

- ❖ Westbound Washington Blvd. will be closed from N. Garfield St. to Clarendon Blvd.
- ❖ N. Highland St. will be closed from Clarendon Blvd. to Washington Blvd.
- ❖ N.11th St. between N. Highland and N. Garfield Streets will be open to delivery traffic only.

SUNDAY/APRIL 23

Rise Against Hunger. 1-4 p.m. at Christ Crossman United Methodist Church, 384 N. Washington St., Falls Church. Christ Crossman will partner with Rise Against Hunger to assemble more than 30,000 meals to help create a world without hunger. Sign up to volunteer at events.stophungernow.org/ChristCrossman4/23. Email info@fallschurchfeedstheworld.org. Residential for more.

TUESDAY/APRIL 25

County Board Meeting. 3 p.m. and 6

p.m. at the County Board Room, 3rd floor, 2100 Clarendon Blvd. County Board Meetings are open to the public. Visit the County website for procedures for speaking at a Board Meeting. County Board Meetings are broadcast live on Comcast 25 and Verizon 40 and webstreamed on the County website. Visit countyboard.arlingtonva.us/meetings.

WEDNESDAY/APRIL 26

Gardening Talks & Demonstrations. 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master Gardeners of Northern Virginia will sponsor a series of talks and demonstrations about gardening. In addition to basic gardening techniques, topics will include wild edibles, pollinators, food preparation and preservation, and more. For a

SEE BULLETIN, PAGE 5

Help Halt Gerrymandering

Rip Sullivan speaks out against GOP manipulation of voter districts.

BY EDEN BROWN
THE CONNECTION

Del. Rip Sullivan (D-48) said “We are running a hundred different elections,” when he addressed the “We of Action Virginia” group on Monday, April 3 at the Lyon Park Community Center. He said the Democratic party is trying to think out of the box. “We have candidates in deep red parts of the state. We want to support them.”

Sullivan underlined the importance of the upcoming elections in November for local residents, even if their own delegate is likely to be elected. “If I had to rattle off all the bills Gov. Terry McAuliffe has had to veto this session, they would curl your hair,” he said. “If we weren’t there to veto these bills, you would see the impact right here. We will be the epicentre of the political universe this November.”

Sullivan said regardless of the outcome of the primary on June 13, determining whether Lt. Gov. Ralph Northam or Tom Perriello is the winner, Democrats will all need to kiss and make up so the party is unified in the gubernatorial race.

“Ed Gillespie is the Republican frontrunner, it is probably safe to say,” said Sullivan. “He is the architect of the gerrymandering strategy, the concept of arranging voter districts so the G.O.P. could essentially be ‘vote proof.’ This is our first chance to push back on that strategy.”

“In essence,” Sullivan said, “we are running a hundred different elections.” All 100 seats in Virginia’s General Assembly are on the ballot in November.

“In some parts of the state, it’s all about minimum wage and economic security. We are not running on Trump as single issue. We have to remind voters, who may not know, ‘What has Terry McAuliffe done for you.’”

“We are the eighth richest state in the union,” said Sullivan. “And yet we have Remote Access Medicine (RAM) clinics in this state where people show up and get all their teeth pulled.”

According to the Remote Access Medicine website, Virginia lies in the heart of the most economically distressed region of the United States. The organization’s yearly event in Wise, Va., sees thou-



PHOTO BY EDEN BROWN/THE CONNECTION

Del. Rip Sullivan addresses the We of Action Virginia meeting on April 3 at the Lyon Park Community Center.

sands of local citizens who rely on the no-cost clinic for all of their health care needs.

“It’s important for us to change access to health care. And the most important thing right now is for us to just show up, as politically engaged citizens who care about gerrymandering,” said Sullivan. He cited a New Yorker article which stated that all the calls to elected representatives since November 2016 had had an impact.

“Whoever is governor of Virginia in 2021 will be the governor when the the lines of districts are redrawn,” said Sullivan. “You know the technology is so good that a computer can change one input on the map, move the line across the street, and change the outcome of the election. We need to start fighting against this.”

Sullivan encouraged the group to engage, focus on the website Virginia 2021, tweet regularly, and also get on the vpap.org website to see what they can do to improve the chances of their candidates getting elected to the Virginia Assembly in November 2017. For more information, visit www.Virginia2021.org and www.vpap.org.

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 Meeting

Tuesday, May 2, 2017, 6-8 p.m.

Yorktown High School

5200 Yorktown Boulevard, Arlington, VA 22207

The Virginia Department of Transportation will host a follow-up public meeting to present a bridge option, based on input received during a planning workshop held on April 5, 2017, for the W&OD Trail Pedestrian and Bicycle Bridge over U.S. Route 29 (Lee Highway).

Stop by between 6 p.m. and 8 p.m. to learn more about the project and discuss your questions with VDOT staff. VDOT will hold a short presentation beginning at 6:30 p.m.

Provide written comments at the meeting or submit them by **May 18, 2017** to Ms. Amanda J. 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**. Please reference “W&OD Trail Bridge” in the subject line.

For more information please visit
www.Transform66.org.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT’s Civil Rights at 703-259-1775 or TTY/TDD 711.

State Project: 0066-96A-417, P101, R201, C501
Federal Project: NHPP-066-1(356) UPC: 108424

5TH ANNUAL

Arlington Festival of the Arts

April 22nd – 23rd Sat./Sun. 10am – 5pm

North Highland Street and Washington Boulevard
in the Clarendon district of Arlington, VA

Artfestival.com
A Howard Alan Event

Information: (703) 812-8881
or (561) 746-6615



OPINION

Mother's Day

The Connection is seeking submissions for its annual photo gallery.

Mother's Day is Sunday, May 14 this year and as usual every year at this time, The Connection calls for submissions to our Mother's Day photo gallery.

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

You can upload photos and information directly to www.connectionnewspapers.com/

[mothersday/](mailto:mothersday@connectionnewspapers.com) or email to editors@connectionnewspapers.com.

Immediately after we publish our Mother's Day photo galleries, we will begin to ask for submissions for our annual Father's Day galleries. Each year we seem to receive many more photos for Father's Day.

We've always been curious whether that is because it is the second of the set so readers are more aware or because mothers are more likely to send in images of the fathers in their life.

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.

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.

Hands-on Help for Low-Income Homeowners

BY FRANK DAVIES

Two years ago, Cheryl Fludd's old house in Arlington was badly in need of repairs. Pipes leaked, ceilings sagged, countertops were warped, and then her heating went out.

Fludd, in her 60s, could not afford all the work needed, and she was facing major surgery. Her daughter suggested she apply for help to the local affiliate of Rebuilding Together, the national organization that helps rehabilitate the homes of low-income homeowners.

Over several days, a small army of Rebuilding Together volunteers from St. Mary's Episcopal Church made dozens of repairs and even painted the entire house and added a screen door. Fludd is still stunned by the results.

"There was a multitude of things that needed to be done," she said. "They were so responsive and friendly. I was truly blessed. They did a wonderful job."

REBUILDING TOGETHER

Fludd's family goes back several generations in the neighborhood off Lee Highway known as Hall's Hill that was settled by freed slaves after the Civil War. Her grandfather once lived down the street. Now she and her daughter can stay in a home where her aunt once lived.

One goal of Rebuilding Together is to help people age in place — staying in their homes as long as possible. That's what most older people want, according to surveys by AARP, but it becomes harder for low-income residents to afford the modifications and repairs they need, including grab bars, better lighting, weather-stripping, and electrical and plumbing work.

"We are the caring neighbor next door," said Patti Klein, executive director of Rebuilding Together Arlington/Fairfax/Falls Church (RT-AFF). "Families shouldn't be forced to make tough decisions such as choosing food and medicine over home repairs. RT-AFF addresses this problem."

Since 1988, RT-AFF has worked on 2,071 projects, mobilizing 66,530 volunteers. Last year, 1,341 volunteers donated more than 12,000 hours working on 67 homes and non-profit residential facilities.

April is National Rebuilding Month, a call to service to create safer and healthier homes across the country, culminating in National Rebuilding Day on the last Saturday of April. The event's success is the result of a year of planning, evaluating and training. Nationwide, about 40,000 volunteers will work on 1,600 projects this month.

Behind those numbers are dedicated individuals such as Tony Poole of Arlington. For more than 10 years he has organized teams of volunteers from St. Peter's Episcopal Church. He develops a rapport with the homeowner to understand their needs, and begins collecting materials and tools, recruiting volunteers and planning the work days.

His reward is the look on a resident's face after 25 to 30 people have transformed a home over a weekend. "Last year we replaced an entire kitchen that had been in terrible condition," he said. "The homeowner was in her 70s, living alone, beaten down by the enormity of her situation. You could see the relief in her eyes — she had a new lease on life."

Volunteers often say they get as much from the experience as the homeowner, and Poole emphasized that volunteers do not have to be skilled in repairs. Elbow grease is always in demand, whether it's painting, turning screws or hauling debris. Rebuilding Together offers training and technical assistance too.

Homeowners looking for help can apply at any time of the year. Priority is given to the elderly, disabled and families with children.

RT-AFF works on homes year-round and always welcomes new volunteers. To become a

LETTER TO THE EDITOR

Protecting Children

The Most Reverend Michael F. Burbidge, Bishop of Arlington, released the following message:

With all people of good will, we mark April as National Child Abuse Prevention Month through prayer and efforts aimed at protecting the most precious gift, our children. Annually, nearly 700,000 children are neglected or abused in the United States. This is an evil that all of us — and in a particular way, the Church — must continually work to end.

On "Blue Monday," April 24, Catholics have the opportunity to join others by wearing blue



PHOTO CONTRIBUTED

Volunteers work on Cheryl Fludd's home.

volunteer, make a donation, or to apply for help, call Rebuilding Together Arlington/Fairfax/Falls Church at 703-528-1999 or send an email to info@rebuildingtogether-aff.org.

For more information, go to rebuildingtogether-aff.org.

Frank Davies is an editor for the AARP Bulletin. He worked as an editor and reporter for The Miami Herald for many years.

and demonstrating the primary importance of the families and communities, united in common effort to prevent the abuse of children.

On "Blue Sunday," April 30, all are invited to pray in a particular way for abused children and for those entrusted with their care. Together, may we be united in prayer and action as we continue to protect and safeguard all children from any form of neglect or abuse.

Learn more about the Diocese of Arlington's child protection efforts at <http://www.arlingtondiocese.org/child-protection/> and find further resources at the United States Conference of Catholic Bishops at www.usccb.org/

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Police Promote Spring Safety Awareness

On Friday, April 21, the Arlington County Police Department's Special Operations Section will be promoting the 2017 Spring Pedestrian & Bicyclist Safety Awareness Program in the Ballston area. Additionally, on Tuesday, May 2, they will be in the Columbia Pike corridor.

Officers will enforce traffic laws at the following locations as part of this program:

April 21 from 3 to 5 p.m. – Fairfax Drive and North Kenmore Street

May 2 from noon to 2 p.m. – Columbia

Pike and South Oakland Street

The program is part of the 2017 Street Smart Pedestrian, Driver, and Bicyclist Safety Campaign which will run from April 17 through May 14.

The program aims to change pedestrian, driver and bicyclist behavior while reducing the number of traffic related crashes and injuries.

To accomplish this, officers will ticket motorists, bicyclists and pedestrians who violate traffic laws.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs, for April 24-29.

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: Tour Tudor Place, Victorian Tea, D.C., Tuesday, April 25, \$52; Theater J, "Brighton Beach Memoirs," Wednesday, April 26, \$24;

Historic Garden Week, Richmond, Friday, April 28, \$63; lunch at Chasin' Tails restaurant, Falls Church, Saturday, April 29, \$38. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Estate planning, Monday, April 24, 1 p.m., Gunston. Register, 703-228-5722.

Explore many cultures, Monday, April 24 through Fri., April 28, 10 a.m. – 12:30 p.m., Walter Reed. Register, 703-228-0955.

Genealogy 101, Tuesday, April 25, 11:30

a.m., Lee. Register, 703-228-0555.

Normal aging vs. dementia, Tuesday, April 25, 11 a.m./, Langston-Brown. Free. Register, 703-228-6300.

Stroke prevention through heart healthy nutrition, Tuesday, April 25, 11 a.m., Arlington Mill. Register, 703-228-7369.

Making a plan to downsize, Wednesday, April 26, 6:30 p.m., Arlington Mill. Register, 703-228-7369.

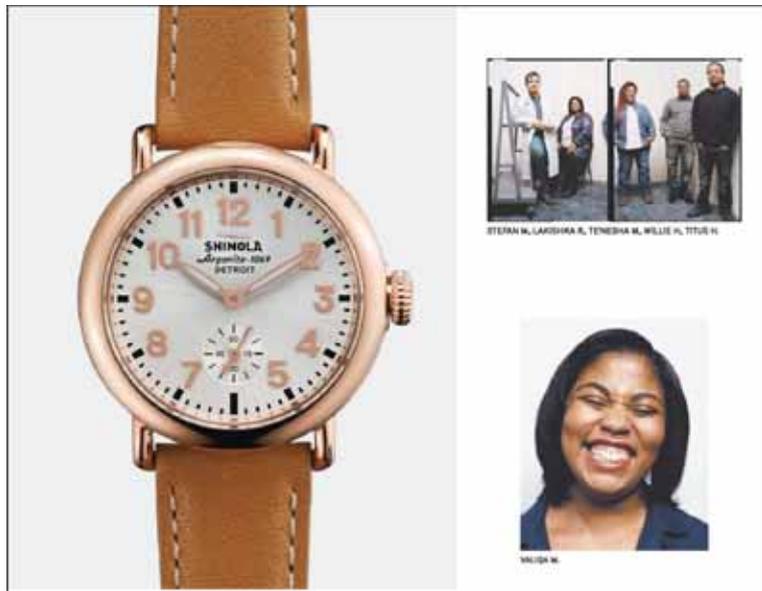
Preventing falls, Wednesday, April 26, 1 p.m., Gunston. Register, 703-228-5722.

Traveling to Cuba options, Wednesday, April 26, 6:30 p.m., Langston-Brown. Register, 703-228-6300.

Medicare updates for 2017, Thursday, April 27, 1:30 p.m., Arlington Mill. Register, 703-228-7369.

Sports trivia and more, Friday, April 28, 1 - 3 p.m., Lee Register by April 25, 703-228-0555.

The Sultanas perform Friday, April 28, 11 a.m., Langston-Brown. Free. Details, 703-228-6300.



IT'S NOT A SMART WATCH, IT'S A STRONG ONE.

SHINOLA
DETROIT

King's Jewelry
609 King St
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ENTERTAINMENT

Artomatic Returns

Seven floors of artwork and artists at 1800 S. Bell St.

BY MARY DEMPSEY
THE CONNECTION

Artomatic has returned to Crystal City and is open to the public until May 6. This is the exhibition's third appearance in Arlington, and the organizers have been excited about the use of the current space at 1800 S. Bell St.

Artomatic currently occupies seven floors of a former office building. The location offers many benefits to organizers, artists, and visitors.

"Every space is different and every Artomatic is different because of that," said Veronica Szalus, who is currently serving as event director for Artomatic, alongside her co-director Wui Ping Yap. "This one has a lot of wall space. There are larger and smaller spaces. These wonderful spaces create a unique individualized experiences."

Each floor has a ring-like structure with an open central area for mingling and performances as well as numerous small spaces around the perimeter for individual exhibits.

"The small spaces allow each artist to create an immersive experience for the viewer," said Szalus.

Artomatic is a temporary exhibition based in the Washington, D.C., area that allows artists of all kinds to show their work. The events occur approximately every year or two and are always free and open to the public.

In addition to being an opportunity for the public to engage with art, Artomatic is an opportunity for artists as well.

"Artomatic is non-juried and all inclusive," Szalus said, meaning that any artist who wants to participate has the opportunity to do so. "It gives new artists a chance to get their feet wet and returning artists a chance

to connect and reconnect."

Artists who want to participate pay a fee for the use of the space and are also required to help out as volunteers. This structure helps make Artomatic free to visitors.

THIS YEAR'S ARTOMATIC boasts 600 individual artist displays as well as programs and performances ranging from poetry readings to dance classes.

"There are hundreds of artists who are multi-cultural and even multi-generational," Szalus said. "We have families of artists exhibiting together, individual artists and collaborations. We have 3-D arts, mixed media, photography, installations and video experiences."

James Rambo, who has space on the 9th floor, is exhibiting at Artomatic for the third time. "It's great to be able to share the space with other artists," he said. "It's exciting to be around people doing so many different things. You can see something new every time you walk into the building."

Rambo's colored pencil illustrations depict characters from iconic films from the 1980s such as "The Monster Squad," "Legend" and "Gremlins."

"I try to imbue as much emotion into the work as I got out of the films as a kid," Rambo said.

Kent Slowinski is a first-time exhibitor at Artomatic. Slowinski has a display featuring miniature acrylic Washington Monuments lit up by color-changing diodes.

"I'm a landscape architect, not a sculptor or a painter, but this is what I do," Slowinski said.

Slowinski said he was inspired to create replicas of the Washington Monument because it symbolizes the fun he had growing up in the D.C. area going to events like the Smithsonian Kite Festival. His inspiration seems to resonate with the young people who visit his space. "Kids just gravitate towards them," Slowinski said.

VISITORS CAN EXPECT to interact with artists who are curating their displays but should make sure to chat with any of



Exhibits at Artomatic include traditional media portraits such as those by Evan Goldman (below) and Doug Stern.



the volunteers they see, as most volunteers are also artists at the show.

Those seeking refreshment during their visit can visit the juice bar (available only on weekends) or one of three regular bars which offer alcoholic and non-alcoholic beverages as well as snacks. Be sure to ask the volunteer barista about his or her ex-

hibit.

Each art display at Artomatic has a guestbook and the artist's information. Some have take-away goodies such as pins and stickers. Nearly all of the art at Artomatic is for sale. Those interested in purchasing a piece can contact the artist directly or ask a volunteer for help.

CALENDAR

Submit entertainment announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Arlington Farmer's Market. Every Saturday, 8 a.m.-noon at the corner of N. 14th Street and N. Courthouse Road. A weekly celebration of local food including fresh produce, meats, dairy, cheese, baked goods, free range eggs, specialty items, cut flowers, plants and herbs. Email csingiser@cfwdc.org or call 917-733-6402.

Divine Light Art Show. Through April 28, various times at the Gallery Underground, 2100 Crystal Drive. The opening reception to meet the artist is on April 7 from 5-8 p.m. Visit www.galleryunderground.org/ for

more.

Cycling Volunteers Needed. The 20th annual Armed Forces Cycling Classic needs volunteers for the June 10-11 race. Sign up by April 15 and get a free class at CycleBar Columbia Pike. Email info@arlingtonsports.org for more.

Crystal Run: 5K Fridays. 6:30 p.m. Fridays in April at 2121 Crystal Drive. An evening race after work. Visit www.crystalcity.org for more.

"Midwestern Gothic." Various times through April 30 at the Signature Theater, The Village at Shirlington, 4200 Campbell Ave. Story of a small town and a young girl whose imagination drives her to create more and more diversions. Visit www.sigtheatre.org for more.

Annual Student Exhibition. Through May 5, various times in the Barry Gallery in the Reinsch Library, Marymount University, 2807 North Glebe Road. Featuring art, design,

and fashion illustration work. Visit www.marymount.edu/barrygallery for more.

Artomatic Kicks Off 2017. Various times through May 6 at Exhibition space, 1800 S. Bell St. A variety of creative work, including visual art, music, film, live fire performances, poetry, dance, fashion, workshops and special events showcases. Visit www.artomatic.org/ for more.

OCEAN Yoga. through May 6 at Shirlington Branch Library, 4200 Campbell Ave., Campbell Room. Tricia Londres, owner of OCEAN Yoga, will instruct students of all levels and ability. Mats not provided. Visit arlingtonva.libcal.com/event/3062874 for more.

Nature's Grasp Artshow. Various times through May 13 in Lee Arts Center, 5722 Lee Highway. NATURE'S GRASP: A Printmaking Portfolio. Free. Call 703-228-0560.

Lego Club. Monthly on the first

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

APRIL 19-MAY 24

Outdoor Zumba. 6-7 p.m. on Wednesdays, April 19 to May 24 (no class May 10) at Freedom Park, Entrance on Lynn St. at Wilson Blvd. \$20 for all five classes. Visit www.rosslynva.org for more.

THURSDAY/APRIL 20

Story & Art Classes. 10:30-11 a.m.-9 p.m. at Kinder Haus Toys, 1220 N. Fillmore St. Classes are taught by retired Taylor School art teacher, Elizabeth Ashley. Four-week session is \$120 or \$30 a session. Call the

desk to reserve a spot. 703-527-5929. **Arlandria Eggstravaganza.** 11 a.m.-2 p.m. at Four Mile Conservatory Center 4109 Mt. Vernon Ave. Alexandria. Easter bunny and egg hunt. Visit www.arlandriaeggsstravaganza.com for more.

Rotary Awards Banquet. 6 p.m. at China Garden Restaurant, 1100 Wilson Blvd. The Arlington Rotary Educational Foundation annual Fundraiser Banquet featuring speaker Don Beyer. \$50. Visit www.arlingtonrotaryclub.org.

Arlington Young Democrats Debate. 6:30 p.m. at the National Rural Electric Cooperative Association in Ballston, 4301 Wilson Blvd. Michael Lee Pope to serve as moderator for four-way race. Visit www.arlingtonyoungdems.org.

Meet the Author. 7 p.m. at the Central Library, 1015 N Quincy St. Meet Elizabeth Strout, novelist, short-story writer, and winner of the

ENTERTAINMENT



The works of Amanda Spaid blend realism and whimsy and showcase the grain of the wood panels they are painted on.

Visitors can interact with artists even more directly by attending the Artomatic Marketplace on Saturdays and Sundays between 12-6 p.m. on the 11th floor. At the Marketplace, artists showcase additional works which are available for direct purchase.

There will also be a "Meet the Artist" event on Saturday, April 29 between 7-11 p.m.

"You can meet hundreds of artists and talk to them about their work," Szalus said.

In addition to the art on display, Artomatic offers a variety of program events. Upcoming events include a "Women in Film" showing on Saturday, April 22 from 1-9 p.m. and a "DC Shorts" film showing the following weekend.

Visitors can also create art while visiting or attend an informative session.

"We have workshops on tie-dye, silk painting, writing and public speaking," Szalus said. "We have 'Sip and Draw' on Thursday nights and live drawing on various nights. On the Sunday after Earth Day there will be a mural painting."

Szalus encourages visitors to keep an eye on the events calendar at the Artomatic website as new events are being added all the time.

Artomatic is open every day except for Mondays and Tuesdays. While Artomatic is generally an all-age event, some displays and programs have adult themes or age restrictions. Find out more at www.artomatic.org.



Three-dimensional art ranges from the functional and traditional, such as the ceramic art of Afeefa Syeed, to the quirky and unexpected, such as the tiny scenes depicted by Moss Town Tales.



CALENDAR

2009 Pulitzer Prize for Fiction for "Olive Kitteridge." Call 703-228-5990.

South Africa Dust and Thunder.

7:45 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Filmed live on tour with 50,000 fans in Pretoria, South Africa, their performance was shot in Ultra HD and is presented in surround sound. Visit www.ArlingtonDrafthouse.com.

SEE Concert. 7:30 at Iota Café, The Market Common, Clarendon, 2832 Wilson Blvd. SEE is a 21-year-old singer/songwriter and multi-instrumentalist. Call 703-522-8340.

FRIDAY-SUNDAY/APRIL 21-23

Paul Rodriguez Comedy. Various times at the Arlington Cinema and Draft House, 2903 Columbia Pike. \$26.75. Admission is 21 or over unless accompanied by parent/guardian before 9 p.m.; 21 or older only after 9 p.m. Visit

arlingtondrafthouse.com/ or call 703-486-2345 for more.

SATURDAY/APRIL 22

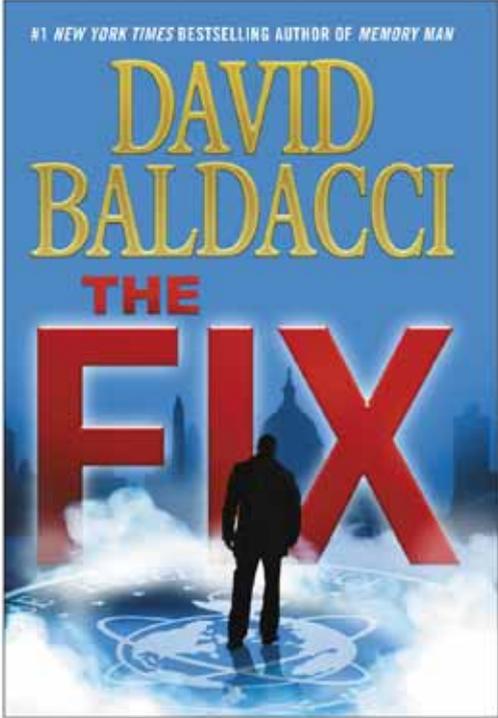
Bike Day. 9:30-11:30 a.m. at the Central Library, 1015 N Quincy St. 10th Street parking lot will be closed for bike practice and demonstrations. Community groups will provide cycling information, and volunteers will assist with bike tune-ups. Call 703-228-5990 for more.

Home Show and Garden Expo. 10 a.m.-5 p.m. at the Thomas Jefferson Community Center, 3501 2ND St. Learn of new ways to update the home and add value to the property. Visit www.arlingtonhomeshow.org.

Finances Expo. 10 a.m.-3 p.m. at the Westin Crystal City Hotel, Crystal City Shops, 1800 Jefferson Davis Highway. "Get Fierce About Your Finances," is the topic. Email

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ENTERTAINMENT

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World War I Lecture. 3 p.m. at Arlington Central Library, 1015 N. Quincy St. Presentation by Robert Dalessandro, Chair of the U.S. World War One Centennial Commission, on "World War One And The American Century." Call 703-228-5990.

Annual Spring Gala. 6-11 p.m. at the Ritz-Carlton, Pentagon City, 1250 S. Hayes St. Arlington Community Foundation fundraiser. \$300. Visit www.arlcf.org/ or call 703-243-4785.

Bingo Night. 6:30-8:30 p.m. at St. John's Episcopal Church, 415 S. Lexington St. \$5 for two cards. Prizes will be awarded and refreshments will be available. Call 703-671-6834 or email familyprograms@stjohnsarlingtonva.org.

Ozomatli Concert. 7 p.m. at the State Theater, 220 North Washington St. Variety of genres, from classic to modern Latino, urban, hip-hop and other world styles. Email carmen@dbaronmedia.com or call 310-315-5444 for more.

SATURDAY-SUNDAY/APRIL 22-23

Festival of the Arts. 10 a.m.-5 p.m. at the plaza, 3003 Washington Blvd. Visit www.artfestival.com, email info@artfestival.com or call 561-746-6615 for more.

SUNDAY/APRIL 23

Sole Celebration Charity Fundraiser. 4-7 p.m. in the Clarendon Ballroom, 3185 Wilson Blvd. Fashion show with apparel by American Eagle, accessories by Kendra Scott Jewelry and shoes by DSW. Digital silent auction, Raffle Tree, and music by DJ Seany Ranks. This year's event will benefit three local charities: Doorways for Women and Families, The Alliance of Creative Professional Women and The Women's Home. \$75. Call 571-379-3073 for more.

Get Your Kicks on Rt. 66. 4-6 p.m. at the Home of Jane & Dan Dixon, 3176 20th Street N., Lyon Village. Democrat fundraiser. Contribute atsecure.actblue.com or mail checks payable to Libby Garvey for County Board to 4264 35th St. S., Arlington, VA 22206.

45th Annual Messiah Sing. 7-10 p.m. at Clarendon UMC, 606 N. Irving St. The 45th Annual Messiah Sing directed by Todd Fickley with full orchestra and soloist. Reception to follow in Corry Hall. Free. Visit www.clarendonumc.org for more.

APRIL 25-MAY 18

Lunchtime Bootcamp. 12:15-12:45 p.m. at Rosslyn's Gateway Park, 1300 Lee Highway. Work with a professional High Intensity Interval Training trainer. \$25 for all eight classes. www.rosslynva.org.

WEDNESDAY/APRIL 26

Hometown Habitat. 7 p.m. at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Film by Catherine Zimmerman, producer/director, about suburban ecosystems, trees, sustainable practices and the Habitat Hero Movement. Free. Visit themedadowproject.com or call 703-522-1114 for more.

THURSDAY/APRIL 27

Story & Art Classes. 10:30-11 a.m.-9 p.m. at Kinder Haus Toys, 1220 N. Fillmore St. Classes are taught by retired Taylor School art teacher, Elizabeth Ashley. Four-week session is \$120 or \$30 a session. Call the desk to reserve a spot. 703-527-5929.

Fashion Show Reception. 6 p.m. at Marymount University, 2807 N. Glebe Road. Fashion show and designer of the year award. \$50. Visit www.portfolioinmotion.com.

FRIDAY/APRIL 28

Immigration Museums Lecture. 2 p.m. at Reinsch Library, Marymount University, 2807 N. Glebe Road. Dr. Jui-Hua Chen of Taiwan discusses "What is the Immigration Museum?: Representations of Immigration in France and the United States." Call 877-345-4281 or email tshaw@engagefmb.com for more.

IBIS Chamber Music Concert. 7:30-9:30 p.m. at Clarendon UMC, 606 N. Irving St. Pianist John Sutherland Earle and the IBIS string quartet perform Schumann's work. Free. Visit www.clarendonumc.org for more.

APRIL 28-29

Comedian Jim Breuer. Various showtimes at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Visit ArlingtonDrafthouse.com.

SATURDAY/APRIL 29

Pancake Breakfast. 8 a.m.-noon at the Clarendon United Methodist Church, 606 N. Irving St. Pancakes, sausage, orange juice, apple sauce, and coffee. \$8 for adults, \$4 for children (5-10 years), and free for children under 5 with paying adult. Visit www.TheEliminateProject.org.

Boundary Stone Bike Tour. 9:15 a.m. at the entrance to East Falls Church Metro Station under I-66 on Sycamore St. Bike for 35 miles visiting boundary stones and parks, including a 12 historic D.C. boundary stones in Arlington, Alexandria, and Fairfax County. Bring lunch, water, and any type of bike. \$2. Sponsored by Center Hiking Club. Visit www.centerhikingclub.org for more.

Musical Author. 2-4 p.m. at Clarendon UMC, 606 N. Irving St. Sylvia Buck Bryant, dancer, teacher, and choreographer, presents a free workshop for all levels based on her newest book, "Dancing the Spirituals ...an Amazing Grace: An Instructional Guide to Introducing African-American Spirituals to Your Congregation through Dance." Free. Ages 14 and older. Visit www.clarendonumc.org for more.

Red Bird Mission Youth Choir. 7-8:30 p.m. at Clarendon UMC, 606 N. Irving St. Cardinal Singers concert that includes sacred vocal music, drama and dulcimer ensemble. Visit www.clarendonumc.org for more.

Arlington Arts Spring Bash. 8-11 p.m. at Arlington Arts Center, 3550 Wilson Blvd. The event will pair mixologists from area restaurants with a work by one of AAC's talented resident artists, which will inspire a custom cocktail. Call 703-248-6800.

APRIL 29-30

Art Sale. 10 a.m.-4 p.m. at the Arlington Unitarian Universalist Church, 4444 Arlington Blvd. Arts and crafts from local artisans. Visit www.uucava.org/ for more.

SUNDAY/APRIL 30

Arlington Chorale Concert. 4 p.m. at the Unitarian Universalist Church of Arlington, 4444 Blvd.. Under the baton of Artistic Director & Conductor, Dr. Nancia D'Alimonte, "Sumer is Icumen In" will offer traditional and contemporary music by Rutter, Hogan, Luboff and others. Visit www.arlingtonchorale.org.

MONDAY-TUESDAY/MAY 1-2

Share-A-Haircut. 9 a.m.-9 p.m. at the Hair Cuttery, Courthouse, 2020 Wilson Blvd. or Lee Centre, 3307 Lee Highway. Every haircut purchased at one of Hair Cuttery's nearly 900 salons, a free haircut certificate will be donated to a victim of domestic violence. Visit www.haircuttery.com for more.



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Weighing Long-Term Benefits of Summer Camp

Camp experiences can enhance social and psychological development, say experts.

BY MARILYN CAMPBELL

As the end of the school year draws near, so does the beginning of summer camp experiences. Child development experts say that summer camps offer more than just fun; they present opportunities for emotional, social and psychological growth and development.

“Summer camps provide children with a sense of community where they can feel safe and learn through first-hand experiences, said Stacie Gottlieb, director, Bullis Summer Programs at Bullis School in Potomac, Md. “Within this setting, campers develop a sense of independence as they try new adventures in an environment different from the norm.”

Children benefit from the nurturing structure of a summer camp in a way that is different from the structure they get during a school year, says Jim Supple, associate dean of students and director of Summer Programs at St. Stephen’s & St. Agnes School in Alexandria. “Summer camps allow children to be children,” he said. “They allow them to make new friends, try new things,

and learn how to be part of a group. These are attributes of camps that will promote not only healthy interaction among peers, but also building a healthy image of what type of child they want to be.”

A summer camp where children engage in new and memorable activities will sow seeds for learning during the upcoming academic year, said Shannon Melideo, Ph. D. associate dean of the School of Education & Human Services and associate professor of education at Marymount University. “For example, if your child’s summer camp takes a field trip to a historical site that your son finds fascinating and then during the school year, the teacher introduces [the] same historical events and location, he has schema for the lessons. He is more likely to participate, learn more, be better prepared to read his social studies textbook, and even perform better on the exam.”

“Summer camp can be a terrific opportunity to grow your child’s sense of competence and mastery over something that they love,” added Carolyn Lorente, Ph.D., professor of psychology, Northern Virginia Community College. “By picking a camp where your child has an interest, they can

be mentored in a passion in ways that a typical school day often can’t.”

When selecting a camp, Melideo advises parents to consider a complete picture of their child. “For example, while your daughter, Sophia loves softball, find a summer camp where she can refine [her] batting and pitching skills and engage with books, perform in skits, play math games, and try something new,” she said.

A child’s social skills can be boosted at camps which provide children with opportunities to make new friends or nurture existing friendships, says Colleen K. Vesely, Ph. D., assistant professor of Early Childhood Education and Human Development at George Mason University. “Developing new social and cognitive skills outside the physical walls and social boundaries of school can help promote healthy self-esteem in children, while spending time in nature can boost children’s overall health and well-being.” Camps offer an opportunity for children to gain skills that lead to independence. “For older children, over 8-plus years old, typically, sleep away camp offers opportunities to develop independence and self-reliance by providing children with space to navigate daily life away from the directing of parents but under the guidance of trusted adults,” said Vesely.

For some parents, there are mixed emotions around enrolling a child in camp.

“Sometimes working parents feel guilty for enrolling their children in summer camps because of the need for child care during the work day,” said Ivy Beringer, Ed.D., professor of Early Childhood Education and Dean for Social and Professional Sciences at Northern Virginia Community College. “However, children are usually very excited to attend summer camps. This is especially true if the children have input into the camp selection.”

“Summer camps allow for continuous learning that extends beyond the regular school year [and] provide a relaxed atmosphere that stimulates their brains for creative learning without the assessment anxiety that often accompanies school classroom learning,” said Beringer. “[Summer camp] enhances self-esteem by offering special interest learning in small group situations and often with a lower adult-student ratio in school settings.”

“A mother recently called me with a concern that her son only wanted to attend soccer camps this summer and she felt this was too limited of an experience,” continued Beringer. “My response to her was that if he was interested in improving his soccer skills she should view this in a positive light. After all, he will be outdoors in the fresh air and sunshine everyday, exercising his body, and enhancing skills in a sport he loves. What’s not good about that choice?”



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Hometown Habitat

Showing how conservation landscaping can work.

BY SHIRLEY RUHE
THE CONNECTION

“**H**ometown Habitat: Stories of Bringing Nature Home” highlights grassroots environmental action based on social science. This 90-minute film directed Catherine Zimmerman, a horticulturist and naturalist, focuses on showing how and why native plants are critical to the survival and vitality of local ecosystems.

Dr. Douglas Tallamy, an entomologist, provides the narrative thread: bringing native plants into an environment causes ripple effects throughout the ecology. The film challenges the notion that humans are in one place and nature is somewhere else.

Hometown Habitat, sponsored by several local churches and naturalist organizations, is being shown at the Unitarian Universalist Church Arlington (UUCA) on April 26 at 7 p.m.

Kit Britton, a member of the UUCA’s “Do It Green” (DIG) Group says in addition to showing this film during Earth Month the church is doing something every Sunday in Fellowship Hall. “Last week we gave away native plants like wild ginger and Virginia bluebells that had been grown by some members of the congregation.”

Britton adds they also have had a demonstration on non-native species. A few weeks ago the church did a seed planting in the front of the sanctuary. “We put seeds between wet paper towels and left them



Native plants from Gulf Branch Regional Park Native Plant Garden include Golden Ragwort.

sealed in zip lock bags. The following week the seeds had sprouted and last week we planted them in little pots which will go in the daycare vegetable garden.”

Laura Martin, associate pastor at Rock Spring United Church of Christ (UCC), one of the sponsoring churches, said, “Our personal local actions matter more than ever now in the face of national changes that are moving us further from environmental care. There is much in this world that is beyond our control, but our own landscapes and yards are places that we can develop as stewards of God’s creation.”



May Apple

PHOTOS BY
SHIRLEY RUHE
THE CONNECTION

Zimmerman says she first started talking and thinking about this film 2 and a half years ago. It was after her previous film and book “Urban and Suburban Meadows” had been completed. She comments that as with any of these independent productions, fundraising can slow things down.

Zimmerman says she has been a filmmaker for 40 years. “At about year 28, I decided I didn’t want to carry a camera forever so I went back to school for horticulture but I ended up with two careers.”

She said her transition came after she taught a 10-week class and she had put in a lot of work and reached 15 people. “So I decided to combine sustainable landscaping and video and reach more people.” She said, “You become a storyteller. I only had pieces of the puzzle until I heard Doug speak and he changed the direction I was going.”

She says Hometown Habitat is produced in 15-minute segments for viewer flexibil-

ity. The first segment is the basics about the food web and what it means in the ecosystem. Then the film looks at seven different situations around the country to show how conservation landscaping can work based on things native plants do. She said they wanted to do a city so New York City had started a million trees campaign in 2007. “You never know what you will get. I got way more than I thought.” Colorado was water conservation.

The bottom line is that the thread running through all of the stories is not “the normal empty, sad and hopeless. It is how communities can be inspired to change. There was a strong sense of community.” The last segment is on advocacy. The film has been shown 90 times nationwide with eight showings locally in the Northern Virginia area since last September. “Virginia is one of the best, most positive states with a lot of screenings,” she said.



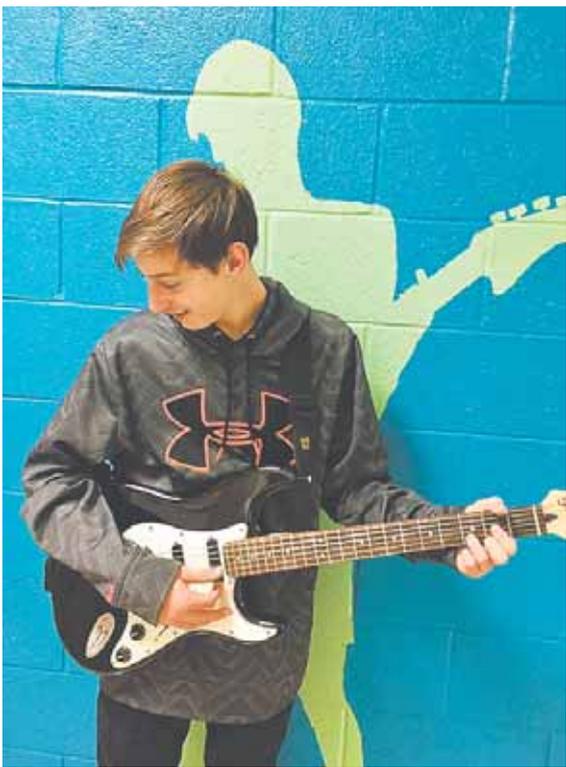
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Wild Ginger



Virginia Bluebells



Guitar: Charlie Williams



Cymbals: Katherine Wilcox

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The Kenmore Renaissance

FROM PAGE 3

said as the project moved along they became more comfortable and more invested in their work.

“When I first heard about the project, I thought ‘how are we going to do something of this magnitude?’” said Caro “CJ” Lipsitz, who painted a violinist because she said she always loved the sound of the violin. “But it was not as hard as I thought. It was hard to get all of the details right, but those were the most important.”

The mural is complete, but the art never stops. Art students at Kenmore are currently working on a range of projects, from the self-reflecting eye project inspired by Andy Warhol to designing, sculpting, and wiring their own lamps.

“I love this age,” said Wilson. “It’s wild, it’s unpredictable. You just have to give a little permission for creativity.”

On April 21 from 7 to 9 p.m., Kenmore Middle School will host an Art and Jazz Showcase featuring the art of Wilson’s students and music by the school jazz band. Tickets are \$25.



PHOTO BY VERNON MILES/THE CONNECTION

Wesley Esparza with his Andy Warhol-inspired painting.

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Credit The Card



By **KENNETH B. LOURIE**

I'm not a big spender, maybe a medium spender — on my best day. My brother is a big spender, my father was, too. My mother, probably who I most likely take after: 'medium' and judicious, again, like me (or is it me like her?). Nevertheless, the money got spent and if there was more of it, it likely would have got spent, too. It's not as if I was deprived growing up, I got the things that mattered — in the long run. I just didn't get everything money could buy.

But that was before credit cards. Well, before Visa, MasterCard, Discover and Capital One. Sure, there were department store cards: Filene's, Jordon Marsh, Kennedy's — in Boston, and off course there were gas cards: Esso, Amoco and Arco, and I suppose I recall knowing about American Express and Diner's Club, but they weren't used by everybody everywhere, certainly not by the Louries. Now, plastic is the currency by which many of us pay to play, and some of us use to merely stay in the game.

And for me, it sort of is a game: how long can I go without charging something and how much can I charge and still be able to pay the balance off when the next monthly credit card bill arrives? As I contemplate my daily/weekly/bi-weekly/monthly inflow and outgo, I associate my efforts at restraint and attempted control with that of a levee, if I understand their function correctly — which I might not: bend and not break? Like some NFL team defenses are often described.

The problem arises — for both me and the levee, when the levee/spending restraint breaks (quite the opposite of brakes/stops). That's when the damage occurs. That's when the balance overflows. That's when good, bad and indifferent money follows. In for a dime, in for dollars, some of which don't make sense. Once that resolve is weakened, and once that wallet is opened and that credit card is handed over, I feel very much the addict. Once I've started — and stopped denying myself the pleasure of the purchase, I find it extremely difficult to get off the spending bus. Invariably, it's taken me awhile to get on so whether it's sensory deprivation, deferred gratification or premature escalation, there are no more skid marks on that slippery slope. The race is on, so to speak and until I hit my imaginary financial wall, my credit card balance is going onward and upward.

Sure it feels good to spend money I don't have without considering the pay-back consequences. Presumably, the benefits derived from the purchase will help soothe the savage, impoverished beast as he jiggles and then jiggles the dollars in order to find some cents. I imagine that's what makes the world go 'round: short term pain for long term gain. Still, it doesn't feel much like progress and progress is what feels good to me. Although, these new Rockport leather slip-ons with the "cushiony" soles and orthotic inserts are improving my disposition and lessening the pain in my feet and fatigue in my legs, it still costs me money not in my wallet.

I admit, I am enjoying the support and comfort my new shoes are providing. But I'm also keenly aware that I haven't received the credit card bill yet reflecting there and other slippery-slope purchases made that same weekend. And when the piper has to be paid, I may not like my new shoes — among other items, nearly as much as I do right now. Right now, the shoes are free. Soon they won't be.

Further complicating this spending-not spending dilemma is the fact that I'm a 62-year-old cancer patient; how do I deprive myself of any creature comforts when I have recurring highly stressful situations that give me, and my life-expectancy, pause. Naturally, I'd rather pay my way — and my share, but at what cost? I suppose cash in hand is still worth two in the bush, but if a credit card is all I have ... ? Either I use it or lose it. The pain and/or pleasure will likely follow regardless.

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

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21 Announcements 21 Announcements 101 Computers 101 Computers 21 Announcements 21 Announcements

Obituary

Mary Barbara Scholz passed away on Thursday April 6, 2017 at INOVA Fairfax Hospital after an extended illness. She was predeceased by her parents Fritz Joseph and Mary Elizabeth Scholz, who were lovingly cared for by Barbara, during their health challenges. She is survived by her brother Fritz J Scholz III of Leesburg, Virginia. Barbara affectionately known as BB by family, grew up in Roanoke, Virginia, graduated from Mary Baldwin and received a Master's Degree from the University of Virginia. Her Career in Education took her to Germany, Oregon, Maryland and finally to Fairfax County, Virginia, where she retired as High School English teacher. Anyone knowing Barbara understood her passion for reading and her love for dogs, as she had many in her home and heart. A memorial service will be held at a later date. In Lieu of Flowers, the family request that memorial contribution be made to the humane Society of Fairfax County, 4057 Chain Bridge Rd. Fairfax, Virginia 22030. Please share condolences with the family www.LoudounFuneralChapel.com

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Board Room VA, LLC trading as The Board Room, 925 N Garfield Street, Arlington, Arlington County, VA 22201-2179. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off; Mixed Beverage Restaurant (seating capacity 151 seating or more) license to sell or manufacture alcoholic beverages. Mark R. Handwerger, Managing Member authorizing advertisement. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Flik International Corp. trading as Flik International, 7950 Jones Branch Drive, McLean, Virginia 22102. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage Caterer license to sell or manufacture alcoholic beverages. Scott Davis, President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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I Never think of the future. It comes soon enough. -Albert Einstein

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SATURDAY/APRIL 29

Prescription Drug Take-Back Day. 10 a.m.-2 p.m. The Arlington County Police Department, Arlington County Sheriff's Office and the Drug Enforcement Administration (DEA) will give the public an opportunity to rid their homes of potentially dangerous expired, unused, and unwanted prescription drugs. Bring pills for disposal to the listed sites. The service is free and anonymous, no questions asked. Please note: The DEA cannot accept liquids, needles or sharps. Only pills or patches will be accepted.) The Arlington County Police Department will be collecting prescription drugs at the following sites:

- ❖ **Fire Station #1**, 500 S. Glebe Road (rear parking lot)
- ❖ **Fire Station #8**, 4845 Lee Highway (side parking lot)
- ❖ **Fire Station #9**, 1900 S. Walter Reed Drive (rear parking lot)

Visit recycling.arlingtonva.us/household-hazmat/unwanted-medications/.

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Arlington and Alexandria Farmers' Markets accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT customers can purchase farm fresh produce at local area farmers' markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers' markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers' Market, N. 14th and Courthouse Rpad (second Saturday of the month) and Columbia Pike Farmers' Market, 2820 Columbia Pike (third Sunday of the month).

ONGOING

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/agingmatterswera to listen to programs.

Volunteer Bike Repair Night. First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary.

Public Financial Fraud, Waste and Abuse Hotline. On Tuesday, Nov. 15, the Arlington County launched a new public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at arlingtonva.ethicaladvocate.com. The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

The Arlington Food Assistance Center's Plot Against Hunger program is again seeking local vegetable gardeners and farmers willing to grow and donate fresh produce to the AFAC food pantry. AFAC can provide free vegetable seeds to those who pledge to donate produce from community or personal gardens. Seeds available now at AFAC, 2708 S. Nelson Street, during regular business hours: Monday-Friday, 8:30 a.m.-4:30 p.m. and Saturdays 8:30 a.m.-1 p.m. Visit www.afac.org/plot-against-hunger/ or contact Puwen.Lee@afac.org or 703-845-8486.

Created by the **Arlington Initiative to Rethink Energy (AIRE)** in partnership with the Arlington Public Library, the nation's First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools such thermal imaging cameras, energy meters and books play a vital role in achieving a "greener" home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit library.arlingtonva.us/locations/central-library or call 703-228-5990.

Arlington Rotary Club Lunches. Thursdays, 12-1:30 p.m. at Washington Golf & Country Club, 3017 N. Glebe Road. Organization brings together political and business leaders for humanitarian services. Eat and listen to guest speakers. Admission is \$26 for non-members. Visit www.arlingtonrotaryclub.org.

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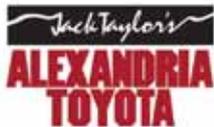
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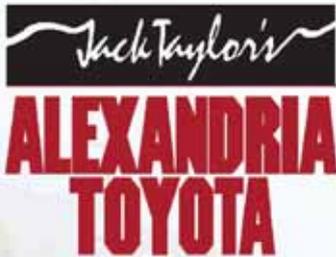
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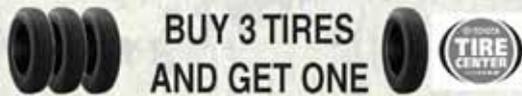
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