

On The Go With AAUW

Alexandria Branch American Association of University Women (AAUW)
Public Access Cable TV Project
Fairfax Public Access (FPA), Channel 10

This is a list of the shows we have produced:

- 1) **Shortchange Girls, Shortchange America**
The AAUW video on educational equity is followed by a short panel discussion by three AAUW members, two teachers and a science major, on educational equity in the classroom.
Ruth Stupski – Intro
Panel Moderator – Jan Jaynes (Alexandria Branch)
Paulette Keen, Maye Barnard (Mt Vernon Branch)
Producer: Martha Mendenhall
- 2) **Jimilu II**
The show profiles Jimilu Mason, an Alexandria sculptor, and shows her work on display in the local area.
Jimilu Mason, Sculptor
Moderator, Betsy Tebow (NVCC)
Producer: Martha Mendenhall
- 3) **Choice**
A representative from Planned Parenthood, the director of a local clinic that provides abortion services, and the Virginia state AAUW Campaign for Choice Chair are featured on a panel moderated by an Alexandria Branch AAUW member.
Ruth Bennett – Moderator
Panel: Pat Kibbler (Planned Parenthood MW), Marion Stillson (DC Coalition Against Domestic Violence and VA AAUW State Board Member), and Nancy Dickerson (Northern Virginia Women's Medical Center)
12/10/91
Producer: Martha Mendenhall
- 4) **Women Pilots in Military Service**
An AAUW member who is an Army helicopter pilot (moderator) and two former female service members, a military sociologist and a former Hill staffer working on military issues, discuss the issue of women in combat.
Host: Maj. Nancy Burt
Guests: Dr. M. Connie Devilbiss and Ret. Capt US Army Tonya Domi
3/12/92
Producer: Ruth Stupski and Martha Mendenhall
- 5) **UVA Students in India**
Two students from the University of Virginia (UVA), one male, one female, discuss their trip to India, sponsored by the university.
Sue McPherson, Intro
Guests: Julie Zuppa and Tony Stupski (students) and Dr. Monte Chawla
3/9/92

Producer: Ruth Stupski and Martha Mendenhall
India - <https://youtu.be/adM1MsejWFA>

- 6) **Linda Joy Burke, Poet**
A young, talented African-American woman reads and recites her poetry dealing with childhood, race, war and peace.
Intro: Ruth Stupski - 4/9/92
Producer: Ruth Stupski and Martha Mendenhall
- 7) **Women in Public Life I***
Marian Van Landingham, delegate from Alexandria to the Virginia General Assembly, is interviewed.
Host: Virginia Haverly
6/18/92
Producer: Martha Mendenhall
- 8) **Women in Public Life II***
Toddy Puller, delegate to the VA General Assembly, Jane Woods, senator in the VA State Senate, and Elaine McConnell, Vice-chair of the Fairfax Board of Supervisors discuss this issue from a personal viewpoint.
Host: Argyle Crump
6/17/92
Producer: Martha Mendenhall
- 9) **Women in Public Life III***
Maryland State Delegate Jenny Forehand, an AAUW member, moderates a panel consisting of Fairfax County Supervisors Christine Trapnell and Sharon Bulova.
7/9/92
Producer: Martha Mendenhall
- 10) **Women in Public Life IV***
Leslie Byrne (now the first VA woman elected to the House of Representatives) discusses her role as a public servant.
Host: Virginia Haverly
Guest: Delegate Leslie Byrne, candidate for U.S. Congress 11th District
6/18/92
Producer: Martha Mendenhall

* An **ELECTION SPECIAL** shown just before the November 1992 election was a composite of the four Women in Public Life shows.

- 11) **Caroline Johnston, Storyteller**
Caroline Johnston (Alexandria Branch) and an AAUW moderator discuss the art of storytelling and Ms. Johnston demonstrates the art with two stories.
Host: Jan Jaynes
5/14/92
Producer: Martha Mendenhall
- 12) **Alexandria Symphony I**
The program shows an abbreviated version of a concert given by the Symphony.

Excerpts from 2/9/92 concert
Producer: Martha Mendenhall

- 13) **Robert E. Lee, the Man**
Two Robert E. Lee experts from the Custis Lee mansion and the Lee-Fendall House discuss Robert E. Lee. The show was videotaped in Lee's boyhood home located in Alexandria.
Intro: Sue McPherson. Alexandria Branch
Guests: Agnes D. Mullins, Curator Arlington House and T. Michael Miller (Lloyd House, Alexandria)
8/14/92
Producers: Sue McPherson and Martha Mendenhall
- 14) **Career Change**
Women who have changed careers discuss the issue on a panel and in short inserts. Two of the women are now very successful romance writers.
Host: Patti Schmid (Alexandria Branch),
Guests: Barbara Bradford, Sally Siddon, and Ruth Stupski (Alexandria Branch)
4/9/92
Producer: Martha Mendenhall
- 15) **What is AAUW?**
AAUW members discuss what AAUW offers and what it means to them.
Host : Deborah Wright*
Guests: Jenny Forehand, JoAnn Miller*, Patti Schmid* (Intro)
And Sue McPherson*, Ruth Stupski*, Kelly Espy, and Susan Parrish (Mt Vernon Branch)
*Alexandria Branch
11/12/92
Producer: Martha Mendenhall
- 16) **Rosella Matamoros, Artist**
Rosella Matamoros, a Costa Rican artist who studied in the United States as a Fulbright scholar, a Latin American journalist and an art critic with an interest in Latin American women artists, discuss Rosella's work. Rosella demonstrates how she creates her art.
Host: Ruth Stupski (Alexandria Branch)
Guests: Rosella Matamoros, Barbara Mujica (writer) and Eugenio Gutierrez (journalist)
6/11/92
Producer: Martha Mendenhall
- 17) **Building a Better World I**
Four AAUW members who are community activists working for social change discuss what they do, what motivated them to do it and AAUW's influence on their work.
Host: Sylvia Linke, Alexandria Branch
Guests: Ellen Pickering (Alexandria Branch), Nancy McKenzie, Nancy Richardson (McLean Branch) and Karen Stupski
10/9/92
Producer: Ruth Stupski and Martha Mendenhall
Activists - https://youtu.be/v-vB6BFo_jE

- 18) **Morocco**
An AAUW member who lived in Morocco and two guests, a Moroccan living in the United States and an American with ties to Morocco discuss the country and the culture.
Host: Argyle Crump, Alexandria Branch
Guests: Saida Erragi and Linda Whittington
5/14/1992
Producer: Martha Mendenhall
- 19) **The AAUW Educational Foundation**
A former EF grant recipient, a current EF branch chair and a representative from the Educational Foundation discuss the Educational Foundation. EF is one of the major funders of scholarships for women in the United States.
Host: Kim Schaefer, Alexandria Branch
Guests: Vera Willis (Alexandria Branch) and Aleks Stankovic (AAUW)
9/3/92
Producer: Sue McPherson and Martha Mendenhall
- 20) **Habitat for Humanity**
Local Habitat for Humanity group members discuss their work and describe how they select individuals and build homes for them. Site pictures are inserted.
Host: Kim Schaefer
Guests: Keith Donaldson, Project Manager and Kim Willard, Youth Coordinator
8/15/92
Producer: Martha Mendenhall
- 21) **Escape Factory (MISSING)**
During World War II a program to give assistance to POW's existed at Ft. Hunt. The author of a book on this program appears on the show. A branch member is trying to get the Park Service to commemorate the site.
- 22) **Pay Equity**
Two panelists (Kelly Jenkins from the National Committee on Pay Equity and Stephanie Aaronson from the Institute for Women's Policy Research) and Host Sylvia Linke, Alexandria Branch, discuss pay equity and legislation promoting pay equity.
3/10/93
Producer: Martha Mendenhall
- 23) **Educational Equity**
A Mt. Vernon High School finalist at the Westinghouse Science Talent Search, Lea Potts talks about her winning science project with interviewer Heather Sample, another Mt. Vernon High School senior. This is followed by a panel discussion hosted by Margaret Anderson, Alexandria Branch, about how girls are viewed and treated. Panel members are Lea Potts and two Madison High School science teachers, Sylvia Perez-Fasano and Diap Chao.
3/17/93
Producer: Martha Mendenhall
- 24) **The Alexandria Symphony at 50**
The show presents a profile of the Alexandria Symphony over the years focusing on the music and significant individuals in the organization.
Narrator: Martha Mendenhall

Some individuals featured: Patsy Ticer (Alexandria Mayor), Mary Young (former Board President, violinist and concertmistress), George Steiner (Conductor 1966-1987), Billie Anderton (past concertmistress), Argyle Crump (violinist, 10 years and Board President, 1981-83), Fran Redmon, Stanley Krejci, Jo Staton (past President SOLA) Helen Reid (past President), Kim Allen Kluge (Conductor and Music Director), Myra Merrick.

1993

Producer: Martha Mendenhall

- 25) **WIMSA**
Gen. Wilma Vaught, Executive Director of the Women in Military Service to America Memorial Foundation, discusses the memorial that is being planned at the entrance to Arlington Cemetery commemorating the role of women in the military. The service of women is personalized through vignettes of women who served in the military.
Host: Sue McPherson
Guest: Brig Gen. Wilma Vaught, Ret. USAF
5/3/93
Producer: Martha Mendenhall and Ruth Stupski
- 26) **Mothers and Daughters**
A group of mothers and daughters and two social workers examine the mother/daughter relationship through discussion and a question and answer format.
Host: Ruth Stupski
Guests: Judy Tompros, (Family Counslor) and Susan Garrett (Clinical Social Worker)
Mothers and Daughters: Earline E Halbach, Sue McPherson and Ann McPherson; Margaret Pearson and Brodie Pearson; Judy Downs and Susan Downs
6/10/93
Producer: Ruth Stupski
- 27) **Exercise for Health**
A cardiac rehab specialist and an exercise physiologist discuss the role of exercise in preventing heart disease and osteoporosis. Exercises, which can be done at home, are demonstrated.
Host: Ruth Stupski
Guests: Lynne Weir, Director Cardiac Rehab at Mt Vernon Hospital and N. J. Hall, Personal Trainer and Exercise Physiologist
7/15/93
Producer: Ruth Stupski
- 28) **Educating Children with Gardening**
We are taken on a tour of 12 demonstration gardens designed for children at the American Horticultural Society by the designers of one of the gardens, the Alphabet Garden. The tour focuses on the educational, creative and fun aspects of the gardens.
Host; Jacqueline Murdoch
Guests: Kathy Wheeler and Leena Bhimani
9/28/93
Producer: Ruth Stupski
- 29) **Dance (Eric Hampton)**

Eric Hampton, Director and Choreographer of Eric Hampton Dance Company, and Alison Crosby, a dancer from the company, are interviewed. Segments from some of their performances are also shown.

Interviewer: Martha Mendenhall

7/26/93

Producer: Martha Mendenhall

30) **Josephine Jacobsen, Poet**

Josephine Jacobsen reads and talks about her poetry and her life. She is also shown being honored with an honorary degree from Johns Hopkins University.

Interviewer and Producer: Martha Mendenhall

Producer: Martha Mendenhall

6/17/93

31) **Elizabeth Campbell, WETA**

Elizabeth Campbell, one of the founders of WETA, talks about the founding of WETA and public television and radio.

Host: Sylvia Linke

Interviewer: Martha Mendenhall

Producer: Martha Mendenhall

Associate Producer: Ruth Stupski

9/30/93

32) **English as a Second Language**

A teacher of English as a second language and some of her students are showcased.

Host: Sue McPherson

Guests: Judy Downs Slattery, Instructor, and students Herve Chignon France) Carmen Ivette Rodriguez Cotto (Puerto Rico). and Mohamud Ali Moallin (Somalia)

Producer: Martha Mendenhall

8/19/93'

33) **Alexandria Suite**

The Alexandria Suite (Op. 96) written in 1986 by Russell Woolen was commissioned by the Alexandria Choral Society. The lyrics, illustrated by local Alexandria scenes, are eight poems by Alexandria poet Jean Eliot.

Video: 1993-1994

Narrator: Martha Mendenhall

Producer: Martha Mendenhall

34) **Frankie Welch**

Frankie Welch, a local Alexandria designer specializing in scarves, reopens Welch House on Cameron Street. This program recounts highlights of her career.

Guests: Frankie Welch, Francis Spell (Model)

Producer: Martha Mendenhall

11/19/93

35) **Grace Cavalieri, Poet**

Grace reads poems from two of her books, Trenton and New and Selected Poems. She also includes commentary about the poems she reads.

Producer: Martha Mendenhall
Associate Producer: Ruth Stupski
4/19/94

36) **Angels**

Angels are everywhere—in literature, sculpture, music and painting! Paintings with angels. Angels from the Christmas Attic store. People (Sue McPherson, Vera Willis, Judy Downs, Phyllis Taylor) share their angels and stories about angels. Children sing and make angels. Chris Mulligan sings while angels from the National Cathedral are shown.

Narrator: Martha Mendenhall
1994

Producer: Martha Mendenhall

37) **Hilda Witherspoon, Artist**

Alla Rogers, art historian and Director of the Alla Rogers Gallery, interviews Hilda. Hilda's paintings are shown and discussed was one of a group of artists whose work was displayed in Russia.

Producer: Martha Mendenhall

Producer: Ruth Stupski

1994

38) **Dorothy Bragonier**

Dorothy Bragonier, 100 years old, recounts events in her life and tells about her leadership roles in AAUW over the years.

Interviewer: Susan Cash

Producer: Ruth Stupski

Associate Producer: Martha Mendenhall

10/15/94

39) **Computer Careers**

A panel of five women (Linda Taylor, Lang Spragan, Janet MacNab and Barbara Walker) in different computer career areas explain their job and how other women can prepare for a career in computers. Vignettes with Laura Quarterman, hardware specialist, Elaine Llewellyn, computer site manager, Renee Sodaro, programmer analyst, Dede Kamenicky programmer analyst, Carolyn Rebmann, computer specialist

Intro: Judy Titterton (Desktop Publisher) and Ellen Dutton (Computer Consultant)

Host: Sandy Seppala

3/1/94

Producer: Ruth Stupski

Associate Producer: Martha Mendenhall

40) **Conflict Resolution**

Experts from George Mason University's Institute of Conflict Analysis and Resolution discuss the subject.

1/23/95

Host: Kristin Moyer

Guests: Prof. Juliana Birkhoff and Moorad Mooradian

Producer: Martha Mendenhall

Associate Producer: Ruth Stupski

- 41) **Elizabeth Cady Stanton**
Nancy Richardson (McLean Branch) and Elizabeth Cady Stanton have a conversation. Stanton is portrayed by Dorothy Spinks.
4/10/95
Producer: Ruth Stupski
- 42) **The Legal Advocacy Fund**
Members of the Woodbridge Branch AAUW present an LAF Reader's Theatre. The members portray women who have been assisted by the Legal Advocacy Fund.
Host: Ruth Stupski
Legal Advocacy Fund Readers Theatre presented by Woodbridge Branch members:
Joyce Eagle, Suzanne Harvey, Linda Lutes, Tania Iwanowski, Rowena Bowman, Mary Van Cleave, Elizabeth Mayor, Deloris Hampton, Karen Wolf and Jane Huestis
7/1/95
Producer: Ruth Stupski
- 43) **State of the State**
Toddy Puller (Fairfax County) and Judy Connally (Arlington and Fairfax) are both Delegates to the VA General Assembly. They review the past General Assembly and talk about what lies ahead.
Producer: Martha Mendenhall
Associate Producer: Ruth Stupski
7/19/95
- 44) **Lobby Corps**
Lobby Corps Chair Nancy MacKenzie (Manassas Branch) and two Lobby Corps members, Peggy Stotz and Rebecca Hanrahan (McLean Branch) discuss the AAUW Lobby Corps. Includes a clip of a visit to Capitol Hill and Sen. Warner's aide during the state convention.
Producer: Martha Mendenhall
Associate Producer: Ruth Stupski
7/31/95
- 45) **Study Groups**
One of the strengths of AAUW is its study groups. Alexandria Branch's study groups are surveyed and two current groups are featured: the Investment Group meeting on socially responsible investing and the Book Group's discussion of Godwin's book on Eleanor and Franklin Roosevelt.
Spring 1995
On the Go Producer: Ruth Stupski
Show Producer: Martha Mendenhall
- 46) **Volunteers are Everywhere**
A panel of volunteers discusses volunteerism. Video inserts of other volunteers include RSVP, the White House mailroom, and AAUW's Adopt-a-Highway group.
Host: Margaret Anderson
Panel: Mary Hartzler, Virginia De Simone and Judy Downs
Producer: Ruth Stupski
Associate Producer: Martha Mendenhall

7/22/95

- 48) **Music and Angels (played in December 1995 out of sequence)**
Christmas music is sung by mezzo soprano Chris Mulligan intertwined with angels.
Organist: Michael Sherlin
Sites: St James Episcopal Church, Warrenton, VA and Washington National Cathedral
On the Go Producer: Ruth Stupski
Show Producer: Martha Mendenhall
Nov. 1995
- 47) **Women's Health**
World-famous endocrinologist, Georgetown University retiree Dr. Estelle Ramey, discusses women's health and its lack of research. The Women's Health Initiative is a hopeful start.
8/21/95
On the Go Producer: Ruth Stupski
Show Producer: Martha Mendenhall
- 49) **Non-traditional Careers for Women**
A female electrician and a professor at George Mason University discuss society's views on women in non-traditional careers.
12/23/95
Host: Susan Cash
Guests: Laurie Cherry, Master electrician, and Dr. Cheryl Bartholomew, Director, Horizons 2000
Associate Producer: Martha Mendenhall
Producer: Ruth Bennett
- 50) **Collecting Glass - Mary Hartzler**
Studio glass and the Renwick Alliance are prime in Mary Hartzler's life.
Interviewers: Margaret Anderson and Martha Mendenhall
Guests: Mary and Jim Hartzler
March 1995
On the Go Producer: Ruth Bennett
Show Producer: Martha Mendenhall
- 51) **Middle Eastern Dance**
Bonita Oteri performs several dances and explains the cultural aspects of each dance.
1/21/96
Host: Margaret Zebrowski
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
- 52) **Expo '96 for Women's Empowerment**
More than 3,000 people attended the February 1996 Expo with 299 organizations co-sponsoring with the Feminist Majority. This program features clips of the first general assembly, portions of a few of the 45 seminars and some of the exhibits.
2/2/96
On the Go Producer: Ruth Bennett
Show Producer: Martha Mendenhall

- 53) **Alexandria Decorator Showhouse 1996**
Martie Meyer, Pres., Board of Campagna Center, and Liz Rudolph, Chr, Decorators Showhouse, tour the house. Jean Rengers, lifetime AAUW member and active in the Alexandria Branch, was the owner and had invited the Campagna Center to use the house before her death in December 1995.
5/31/96
On the Go Producer: Ruth Bennett
Show Producer: Martha Mendenhall
- 54) **Community**
Host Mary Hartzler and a panel from three communities, a homeless shelter, an intentional community and a church, discuss the concept of and the future of community.
6/30/96
Speakers: Sue McPherson,
Guests: Karen Stupski (Heathcote), Elaine Brones (MVUC), Keith Mitchell (Community for Creative Non-violence)
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
- 55) **The Virginia Women's Network**
VA AAUW President Marion Stillson discusses the Virginia Women's Network with the Network's co-presidents, Gail Johnson and Jane Vitray.
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
7/12/96
- 56) **The Women's Institute**
President Rita Johnston and board member Jan DuPlain review 20 years of the Women's Institute. Tiffany Wilson, Alexandria Branch member, moderates.
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
7/19/96
- 57) **The Women's Vote**
Former Congresswoman Leslie Byrne and Toni Travis, George Mason GMU professor, discuss the women's vote past, present and future.
Host: Mary Hartzler
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
9/17/96
- 58) **Women on Boards and Commissions**
Janet Hubble, Fairfax County Office for Women, and Glynda Mayo-Hall, Virginia Women's Network, describe what women can do to get appointed to state and county boards and commissions. Seven women currently on boards and commissions are featured in a short video clip: Peaches Pearson (Fairfax County Community Action Advisory Board), Mollie Abraham and Emily McCoy (Alexandria Commission for Women), Anna McDermott (Alexandria Consumer Affairs), Emily McCoy (Fairfax County Commission for Women), Joyce Eagles and Deloris Hampton (Prince William County Services Authority), Linda Lutes (Prince William County School Board)

Host Peggy Stotz (VA AAUW)
7/17/96
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall

59) **Campagna Center**

The diverse activities of the Campagna Center are highlighted. Two videos of activities are included.

Narrator: Martha Mendenhall
Host: Katherine Morrison (Director, Campagna Center)
Guests: Ysabel Burns McAleer (Director, Board)
James Lester (Program Director, Youth Services)
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
9/30/96

60) **The Women's Empowerment Program (WEP)**

A look at the Women's Empowerment Program conducted at the Alexandria City Jail. Scenes from a graduation program and a group session in the Alexandria City jail along with a discussion of the program with the director of the aftercare program (Carol Swinburn) and two graduates of the program (Bridgette Brown and Marvine Fountain) are included.

Host: Mary Hartzler
1/5/97

61) **Early Education for Women**

An exhibit, Equally Their Due, at the Lyceum in Old Town Alexandria focuses on the education of women between the Revolutionary War and the Civil War. Our guest was the Guest Curator of the exhibit, Gloria Seaman Allan.

Host: Mary Hartzler
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
2/2/97

62) **The Museum of North Carolina Handicrafts**

The show is a site visit to the Museum in Waynesville, NC and includes a guided tour by the director and a docent. Kudos to the Home Demonstration movement in NCMuseum.

Director Dr. Camilla McConnell and Docent Marie Woody
March 1997

63) **Women and Poetry in Performance**

Narrator: Ruth Bennett
Poets: Vanessa LaFaso
Maryrose Larkin
Libbie Roberts
Taker Vrabel and Cathy Thomas (dancer)
Laura Lantzy
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
3/22/97

- 64) Tea with Dolley Madison**
Host: Margaret Anderson
Dolley Madison portrayed by Dianna Diaz
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
3/2/97
- 65) A Science Fair for Girls: The Why and How**
The Vienna Area Branch organized a math and science fair for girls at George Mason University. In this show they explain why they organized the fair and how they did it.
Host: Dianne Hennessy King
Guests: Kristin Moyer and Karen Neville, Vienna Area Branch AAUW and Dr. Daniele Struppa, Assoc. Dean for Grad Studies, College of Arts and Sciences, George Mason University
April 1997
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
- 66) Painting with Air: Graffiti Inspired Art**
Show at Target Gallery, Torpedo Factory Art Center. Graffiti with art from students, including some from Virginia Commonwealth University and Duke Ellington School of the Arts, is shown. Includes a discussion with a curator, the coordinator, and one of the artists.
Interviewer: Martha Mendenhall
Target Gallery Director, Eric Margry (Also one of the curators)
Target Gallery Coordinator, Lana Lyons
Artists: John McKenna, Tom Shiner, Ikudo Yoshida, Lovet Harris, Robert Spencer, Paul Streeter, and Kenneth McKenzie
2/15/97
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
- 67) Court Appointed Special Advocate (CASA)**
Vivian Watts, Executive Director of CASA explains the program.
Host: Mary Hartzler
Guest: Vivian Watts
April 1997
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
- 68) Janice Martin, Violinist**
Concert violinist Janice Martin gives a preview of her concert at the Phillips Collection and a short interview.
Host: Argyle Crump
Guest: Janice Martin
7/27/97
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
- 69) Acupuncture**
Sandy River, acupuncturist, explains acupuncture. Video clips show the procedure.
Host: Maray Hatzler

Guests: Sandy Rivers, Licensed Acupuncturist, and Karen Stupski and Lang Spragan, acupuncture patients

8/30/97

Producer: Ruth Bennett

Associate Producer: Martha Mendenhall

70) Betty Holberton: Computer Pioneer

ENIAC programmer Betty Holberton receives the Ada Lovelace Award from the Association for Women in Computing. She talks about her life and work.

Taped at the March 15, 1997 Association for Women in Computing meeting in Washington DC when Betty was presented with the ADA Lovelace Award.

Producer: Ruth Bennett

Associate Producer: Martha Mendenhall

71) A Conversation with Betty Holberton, Computer Pioneer

Rachel Adelson, Association for Women in Computing member, interviews Betty Holberton.
9/27/97

Producer: Ruth Bennett

Associate Producer: Martha Mendenhall

72) Underwater Photography

Five artists who use underwater photography as a medium were featured in a special show at the Target Gallery, Torpedo Factory Arts Center, Alexandria, VA. Target Gallery staff also describe the photographs.

Interviewer: Martha Mendenhall

Photographers: Barbara Elper, Clifford Wheeler, Masa Ushioda, Ruth Pezold and Christine Hope

July-Nov. 1997

Producer: Ruth Bennett

Associate Producer: Martha Mendenhall

73) Transplants, the Gift of Life

Corneal, organ and tissue transplants are discussed by a donor mother, two recipients and representatives from Old Dominion Eye Bank and the Washington Regional Transplant Consortium.

Host: Rita Rutsohn

Guests: Peggy Schaeffer (Washington Regional Transplant Consortium), Peggy Dittinger (Liver transplant recipient), Sharon Devonshire (Donor Mom), and Maribel Ortiz (Old Dominion Eye Bank).

Producer: Ruth Bennett

Associate Producer: Martha Mendenhall

9/9/97

74) Rethinking Tourism

Deborah McLaren, Director of the Rethinking Tourism Project, discusses eco-tourism. The show includes slides from two eco-tourism projects.

Host: Mary Hartzler

11/8/97

Producer: Ruth Bennett

Associate Producer: Martha Mendenhall

- 75) Women's Spirituality**
Dianne L. Neu, Co-Director of Women's Alliance for Theology, Ethics and Rituals (WATER), Layne Humphrey, producer of In Gaia's Lap - a women's festival; Linda Olson Peebles, Minister of Religious Education at Mt. Vernon Unitarian Church; and Andrea Foster, workshop leader (Love Yourself Even with Stress) discuss women's spirituality.
Host: Mary Hartzler
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
11/8/97
- 76) The Adventures of Ilse Van Goth**
Ilse Van Goth describes her sailing adventures.
Host: Mary Hartzler
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
3/6/98
- 77) Kathlyn Williams. Artist (DVD poor quality)**
Dolls, painted sticks and furniture, and paintings. Kathy Williams is a versatile artist! She talks about and shows us samples of her artwork.
Host: Ruth Bennett
3/19/91
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
- 78) Leanne Rees, Pianist (DVD poor quality)**
Leanne Rees specializes in music by women composers. This concert – Women Composers Then and Now - took place at the German Embassy in Washington D.C.
11/17/97
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
- 79) Little Theatre of Alexandria**
Mary Hunstad, theatre producer, Myke Taister, LTA president, Suzanne Diffley, LTA member and Vera Willis discuss LTA. The show includes a clip of the theatre facilities.
4/16/98
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
- 80) Mentoring**
Rita Rutsohn, Host, talks with 3 mentors (Dr. Robin Eggeman – Professional Development Specialist with Vantage HR Services, Inc.; Michele Booth Cole, Executive Director, Mentors, Inc.) and one of her organization's mentees (Chica Oji); and Beth McCarty, Director, Professional Development, Women's Center and one of their mentees, Kathie Ferrette.
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
5/21/98

- 81) WIMSA II**
The video has highlights of the dedication of the Women in Military Service to America memorial to celebrate the one-year anniversary of its dedication. It also includes a portion of Gen. Wilma Vaught's speech at AAUW's Metropolitan Area Mass Media (MAMM) awards ceremony where she spoke about her experience working on building the memorial.
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
Videographers: John Wetmore and Martha Mendenhall
Summer 1998 – one year anniversary of the dedication of WIMSA
- 82) Pilgrimage to India**
Ruth Bennett tells about her trip to India, and Father Val, a Catholic priest from India and a doctoral student at Catholic University, talks about the culture and the religions of India.
Host: Mary Hartzler
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
6/25/98
- 83) Executive Coaching for Women**
Host Jean Isberg, President of Executive Coaching for Women, Inc., Dr. Jennifer Wild, President of Wild Consulting, and Kay Curling, Director of Work/Life Programs at SRA International, Inc., present career information for women, including how to increase your visibility at work and job satisfaction and how to help management see the value that you bring to the organization.
Host: Jean Isberg
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
7/23/98
- 84) Lifelong Learning**
Jane Cruz, Coordinator for Fairfax County Public Schools Adult and Community Education Programs, Carolyn Berebson, elementary school teacher and AAUW member, and Tracy Karrer, actress with a PhD. From Yale in Psychobiology talk about different ways to engage in lifelong learning: adult education, membership in an organization, and career change.
Host: Dianne King
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
8/20/98
- 85) Meditation**
What is meditation and what are the benefits of meditation for people who lead busy lives? Tara Brach and Ahn Huong Nguyen present Buddhist meditation and mindfulness.
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
9/10/98
- 86) Hollin Hills: 50 Years**
Three residents of Hollin Hills, Barbara Wade, Eason Cross and Lucy Wilson, discuss the community and the activities that are taking place in 1999 to celebrate Hollin Hills' 50th anniversary.

Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
12/17/98

87) Juliette Tahar

Juliette Tahar owns and operates a macrobiotic cooking school and business (Juliette's Kitchen) that supplies macrobiotic meals to her clients. She explains what the macrobiotic way of life is and its many benefits.

Host: June Hajjar
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
1/21/99

88) Frog Pond

Pam Tinker established and runs Frog Pond, a non-profit child development center that can accommodate children with disorders. The show includes a clip of the center.

Host: Mary Hartzler
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
2/18/99

89) Specialty Travel

Professor Talula Guntner, No Va Community College Instructor, and Robin Fetsch, Specialty Tours Ltd (adventure travel) and Donna Zeigfinger, Green Earth Travel (vegetarian and eco-tourism travel) discuss specialty travel, travel in general, and the effect of the Internet on travel bookings through travel agents.

Host: Vivian Kallen, Arlington Branch AAUW president
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
4/22/99

90) Cool Careers for Girls

Ceel Pasternak and Linda Thornburg, authors of the Cool Careers for Girls series of books, discuss their books and how they began writing them.

Host: Carolyn Sherman
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
5/20/99

91) Dr. Jaylee Mead, Astronomer

Dr. Mead discusses her career and work as an astronomer. The show includes a clip of a visit to the Naval Observatory and Dr. Mead's conversation with Dr. Kenneth Johnson, Scientific Director at the observatory. Dr. Mead attended University of North Carolina at Greensboro (UNCG) and also speaks with Dr. Pat Sullivan, the Chancellor of UNCG, during her visit to Washington DC.

Interviewer: Martha Mendenhall
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
6/17/99

- 92) 10,000 Villages**
10,000 Villages is a non-profit organization that sells products created by third world artisans, ensuring that they receive a fair price for their work. One retail store is located in Old Town Alexandria.
Guests: Maria Yannopoulos, Board Chair; Jon Landis, Manager of the Alexandria store; and Ellen Shenk, a volunteer.
Host: Mary Hartzler
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
7/29/99
- 93) Women Runners**
Carole Schermer, past president of Washington Runners, Henley Gabeau, Exec. Dir. Of Road Runners Clubs of America, and Debby Gebhardt, co-president of Washington Runners, are runners and have all run marathons. They discuss how they got started, how they train, and what their normal running routine is.
Host: Mary Hartzler
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
1999
- 94) MAMM and Grace Cavalieri**
The poet Grace Cavalieri was given a special recognition award by MAMM (Metropolitan Area Mass Media AAUW Committee who gives awards to encourage excellent locally produced print, radio, and TV) in 1998 in honor of her 20-year public radio program, The Poet and the Poem. The show also presents her poetry reading at a MAMM 1997 holiday luncheon. Elizabeth Campbell received a lifetime award from MAMM and is also shown.
Narrator: Martha Mendenhall
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
1999
- 95) Pedals for Progress**
Pedals for Progress is a non-profit that gathers old bikes and ships them to third-world countries where they are used for transportation and for commerce. Photos of how bikes are used are shown. Keith Oberg and Linda Hansen, active volunteers in the organization, explain how the bikes are gathered and distributed.
Host: Rita Rutsohn
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall
10/19/99
- 96) Volunteers for Freedom**
Edward A Miller, Ph.D. discusses his research on black soldiers during the Civil War, focusing on black soldiers in Alexandria and those buried in the Alexandria National Cemetery.
Host: Natalie Hewett Beverly
Producer: Ruth Bennett
Associate Producer: Martha Mendenhall

1/18/2000

97) Women: Back to the Future

Kate Campbell-Stevenson portrays Sacajawea, Lucy Stone, Bessie Coleman, and Rachel Carson through song, poetry and the spoken word.

Host: Carolyn Sherman

Producer: Ruth Bennett

Associate Producer: Martha Mendenhall

9/21/99

98) VA AAUW Diamond Donor Program

Neola Waller, President of AAUW of Virginia, talks about AAUW VA's Diamond Donor Program, a VA project in honor of AAUW VA's 75th anniversary. The program was established to fund AAUW's first Resident in Scholar. Cheris Kramer, AAUW's first Scholar in Residence, has as her project distance learning and especially issues regarding women and girls. Another goal says Christy Huber, whose job is raising money for the fellowship program and research for the AAUW Educational Foundation, is to empower women to become donors and philanthropists.

Host: Neola Waller

Producer: Ruth Bennett

Associate Producer: Martha Mendenhall

2/15/2000

99) Reiki

Shawn Walker explains what Reiki is and demonstrates how to do Reiki Level 1 hand positions.

Host: Jill Caporale

Producer: Ruth Bennett

Associate Producer: Martha Mendenhall

12/14/99

100) Teaching with Puppets

Linda Olson Peebles interviews Marion Sengel, a puppeteer. Marion and a group of adults put on a variety of short puppet shows.

Producer: Ruth Bennett

Associate Producer: Martha Mendenhall

3/21/2000

101) Movement for Life

Sincerria Elliott demonstrates simple ways to stay fit.

102) The Animal Welfare League of Alexandria (AWLA)

Tara Blot talks about the Alexandria Animal Shelter. Chewie, the shelter mascot, adds extra interest.

103) Learning Technologies

Rick Blunt, Dan Bliton and Emma Lopo-Sullivan discuss the use of technology in the world of training and education. Hosted by Liz Speer.

104) Harriet Tubman

Gwendolyn Briley-Strand portrays Harriet Tubman.

- 105) June de Toth, Pianist**
- 106) Chautauqua**
A Chautauqua regular summer resident talks about the town and the organization.
- 107) Women Entrepreneurs**
Connie Meck and Suzanne Diffley talk about their businesses including how they started or acquired their business.
- 108) Sabrina Wilson, Disability Advocate**
Sabrina Wilson won a prestigious national disability award.
- 109) Fairfax Choral Society**
The musical director and managing director describe the society and their next big performance, The Passion of Joan of Arc.
- 110) Body Language**
Jacqueline Rankin, a body language expert talks, about the subject.
- 111) Grace Cavalieri, Poet**
Grace talks about how she became a poet and playwright. Show includes clips of her reading her poetry and from a reading of her latest play.
- 112) Breastfeeding Update**
A La Leche league leader and a lactation consultant present pertinent information about breastfeeding.
- 113) Lynnell Lewis, Singer/Songwriter**
Lynnell Lewis and friends sing her songs and chants.
- 114) Fairfax Chorale Society, II**
The musical director and managing director describe the society and their next season.
- 115) Midwifery**
Two midwives and a mother advocating for midwifery discuss the issues. Clips from a Birthing the Future videotape are included.
- 116) Salute to Women Awards**
Ellen Pickering, Alexandria Branch member, Lois Hunt, former Alexandria Branch member, and Lisa Oviatt, Director of the Alexandria Office on Women talk about the Salute to Women Awards. Ellen and Lois Hunt are past winners of awards.
- 117) Carole Schermer, Marathoner**
Alexandria Branch member discusses her running career.
- 118) Women Social Reformers**
Peg Bartel and Julie Carvalho talk about Unitarian/Universalist social reformers from the book by Dorothy May Emerson. Readings of the reformers are included.

- 119) Volunteers Abroad**
Volunteers from Habitat for Humanity, Earthwatch and Global Volunteers talk about their experiences volunteering overseas.
- 120) Institute for the Advancement of Service**
Three volunteers from the Institute for the Advancement of Service discuss the organization and the services and training opportunities it provides.
- 121) Feng Shui**
Feng Shui consultant, Taylor Vance, discusses what Feng Shui is and how Feng Shui principles were applied in the homes of two guests and the results.
- 122) Self-Massage**
VirDella Denwiddie, certified massage therapist, demonstrates self-massage techniques.
- 123) Permaculture**
Karyn Ramanujan and Karen Stupski, permaculture teachers, explain what permaculture is and how to apply permaculture principles in your daily life wherever you live.
- 124) Downsizing**
Ann O'Neil (Ann O'Neil, Inc. and Associates), Caroline Leo (DARE Designs) and Susan Hall discuss the process of moving from a larger space into a smaller space, most often in the context of moving into a nursing or retirement home.
- 125) Mare Cromwell, Author**
Mare Cromwell discusses her book, If I Gave you God's Phone Number...
- 126) Mariah Burton Nelson**
Mariah Burton Nelson, author, athlete and professional speaker, discusses her latest book, We are All Athletes. She says we can apply the principles athletes use to our everyday life.
- 127) Classika Theatre**
Alyona Ushe, co-founder and managing director of Classika Theatre discusses the theatre's educational programs in the Arlington public schools. Classika Theatre received a \$500,000 grant from Congress to carry out their programs in the Arlington public schools.
- 128) Breast Cancer**
Three breast cancer survivors share their feelings about the disease. One survivor recently learned her cancer has returned. She and an oncologist discuss the new treatments available.
- 129) Medical Intuitive**
Sandi Athey, a medical intuitive, discusses what she does and how she puts her knowledge to use helping others.
- 130) The Cooperative Movement**
Two members (Jessica Wood and Carla McDuffie) of The Uncommon Market, a cooperative food store, talk about the store and some of the features that are common to cooperatives in general. Most people are not aware of the many cooperatives that exist in our society.

- 131) Tech Savvy Girls Video Project**
Laura Reasoner Jones and Elizabeth Vandenburg, co-producers of the Tech Savvy Girls video, discuss why they produced the video. The video, funded by the Fairfax Public Schools System and AAUW, follows.
- 132) National Women's Health Network**
Georgana Hanson, Clearinghouse Coordinator for the NWHN, discusses the network's work and how it benefits women and men.
- 133) Domestic Violence Across Cultures**
Salma Abugideiri and Rebecca Hernandez-Hamilton, licensed professional counselors, discuss the barriers that immigrant women face when it comes to domestic violence.
- 134) Men Can Stop Rape**
Pat McGann and Neil Irvin discuss the work and the training that their organization does.
- 135) League of Women Voters**
Olga Hernandez and Anne Kantor talk about the League and their programs to educate voters. The new touch screen voting machines will be used in the November 2003 elections.
- 136) Attracting the Young and the Restless**
Three young college women talk about their colleges and their college activities and what would attract them to join an organization such as AAUW.
- 137) Stories from Baghdad**
Peg Bartel and Col. Kim Olsen – both having recently been in Iraq – recount their impressions of the situation there and some of their adventures.
- 138) Lucia St. Clair Robson**
Award winning author Lucia St. Clair Robson discusses her books. At least seven of them are in the Fairfax County Public Library.
- 139) Carol Goldsmith, Life Coach**
Carol Goldsmith, speaker, author and life coach talks about what a life coach is and how she became a life coach. She also discusses her latest book, A Book of Carols. Her "carols" are short inspirational messages.
- 140) Peg Bartel, Back from Iraq**
Businesswoman Peg Bartel has been working in Iraq for the Iraqi National Congress since May 2003. She is back in the United States and describes her life in Iraq.
- 141) Co-op America**
Amanda Chery???? discusses Co-op America's programs such as their anti-sweatshop campaign and their promotion of green businesses. Their DC Green Festival is promoted.
- 142) Carla Joinson, Author**
Carla Joinson discusses how writers can get published. She has had three books published and numerous magazine articles and they are highlighted as well.

- 143) Alexandria Women's History Walk**
Susan Lowell Butler from Alexandria's Commission for Women tells about some of the historic places you can visit associated with women who lived or now live in Alexandria. Her narration is accompanied by photos.
- 144) International Adoption**
Margaret Schwarts and Christine Bushway, two single women, tell how and why they adopted children abroad. They are now advocates of international adoption. At the end of the show their children make an appearance.
- 145) Future Generations**
Future Generations is an organization that focuses on community building. Traci Hickson and Kathleen Brennan tell about the work of Future Generations, focusing on their work supporting the literacy work of a number of communities in Afghanistan.
- 146) Women and Media**
Cynthia Lont, Professor of Communications at George Mason University, and Junior Bridge, a print media specialist, discuss how the media portrays women and how aware young women today are of media's portrayal of them. Dianne Hennessy King moderated.
- 147) Justice for All**
Lt. Col. Sharon Shaffer, defense counsel for Osama Bin Laden's accountant, describes how she was selected to defend him, his reaction, and the work she has been doing in his defense. Jane Hess moderated.
- 148) Federally Employed Women**
Patricia Wolfe, FEW National President, and Janet Kopenhaver, FEW Washington Representative, discuss FEW with moderator Dianne Hennessy King.
- 149) NOVA United Women's Senior Basketball**
Jackie Stephens (55+ Team Co-Captain) Helen White (50-54 Team Captain), Bonnie Ballentine (50-54 Team Player), and Dan Moon (Coach for 50-54 and 55+ Teams) discuss the teams and their upcoming trip to the Senior Olympics.
- 150) Dr. Gail Brown, Pediatrician**
Dr. Gail Brown recounts how she changed careers due to a family crisis and became a medical doctor.
- 151) AAUW's National Convention June 24-27, 2005**
JoAnn Rich (Chair, AAUW LAC Committee), Joanne Malkin (Volunteers Co-Chair), Terry Saylor (Volunteers Co-Chair), and Joyce Gilligan (AAUW Staff Convention Manager) discuss the upcoming AAUW convention in DC.
- 152) Women in Aviation**
Renee Martin-Nagle (Aviation lawyer), Col. Kim Olson, and Cindy Rousseau (President of Women Fly, Inc.) discuss how they became part of the aviation industry and encourage other women and girls to consider doing the same.
- 153) Holdeen India Program**

Kathy Sreedhar (Director, Holdeen India Project) discusses the work of the organization in India with the poorest of the poor to help them organize and gain power.

154) Shadow Patriots by Lucia St. Clair Robson

Award winning author Lucia St. Clair Robson discusses her latest book set during the Revolutionary War. She researched the period extensively to provide realistic details about the period.

155) The American Institute of Wine and Food

Karen Cathey, Chair, National Capital Area and Heidi Hanson, Co-Chair, Days of Taste, The American Institute of Wine and Food discuss the organization and especially their educational program in the DC schools called Days of Taste. They bring in local chefs who cook and introduce the children to new and different foods.

156) Hollin Hills – A Historic Community

Jere Gibber, Historic preservationist and Hollin Hills resident, John A. Burns, FAIA, Historic preservationist and Hollin Hills resident and Laura V. Trieschmann, Senior Architectural Historian at EHT Traceries discuss the work they are doing to list HH in the National Register of Historic Places in Virginia.

157) Pumpkin Patch with Margaret L. Schwartz

Margie Schwartz discusses her book, Pumpkin Patch which tells the story of her adoption of two boys, Nicki and Rupert, from the Ukraine.

158) Celiac Advocacy with Mary Burkhard

Mary Burkhard has celiac disease. She talks about what it is and how she and others with the disease learn to live with it.

159) Deep Freeze by Dian Belanger

Dian Belanger discusses the book she wrote about Antarctica.

160) Spice, Folksinger and Songwriter

Spice discusses how she became a singer and songwriter and then has a sing-along with a group of children

161) The Art of Writing

Carolyn Sherman, a writing consultant discusses writing, gives advice about how to write better, and how writing is changing.

162) Humor for the Health of It

Roz Trieber, speaker and humorist discusses how humor promotes health.

163) Raising Children with a Healthy Sense of Humor

Roz Trieber, speaker and humorist, discusses how and why parents should promote humor when raising children. She does several activities using humor with a group of children.

164) You Can Have It All, Just Not at the Same Time

Dr. Stephanie Pincus, physician, wife, mother and grandmother talks about the book she is currently writing.

- 165) Creating a New World**
Susan Post from New World Coaching and Consulting Associates talks about appreciative inquiry (AI), building on one's strengths, and Carrie Keju from Pact, Inc. talks about using AI in their programs that promote literacy and financial skills in third world countries. Pact teaches women to read and then to save so they can loan money to each other and create businesses.
- 166) Grace Cavalieri, Poet and Playwright**
Grace discusses and reads her poetry.
- 167) Sex Differences Affect Health**
Dr. Sherry Martz, from the Society for Women's Health Research, talks about sex-based biology. She discusses some of the diseases women are more prone to develop.
- 168) Award Winners in Science**
Three high school girls, Megan Langerman, Kirsten Bennett, and Jackie Birnbaum, discuss their science projects.
- 169) StagePlay Presents Shakespeare**
Heather Sanderson, founder of StagePlay, talks about StagePlay. Heather and a group of children perform improvisations which foster creativity and are precursors to the performance of plays.
- 170) A Journey – Act II**
Sylvia Saborio, economist and artist, talks about her life and how she came to be an artist after years of being a prominent economist.
- 171) Contemporary Women Poets**
Poet and playwright Grace Cavalieri talks with poets Donna Denize and Rose Solari. Donna and Rose read and discuss poems from their new books.
- 172) Y-Me National Breast Cancer Organization**
Y-Me National Capital Area members and staff talk about their organization. The Fit for Life program on October 21, 2206 is featured.
- 173) Historic Preservation**
Jere Gibber, an historic preservationist discusses the topic from a local and national perspective.
- 174) Iraq and Back**
Kim Olson, Col. USAF (ret) discusses her newly published book based on a trip to Iraq while in the Air Force.
- 175) Two Contemporary Women Writers**
Joy Hunter Brown, playwright, and Candace Katz, novelist, discuss their writing.
- 176) Empowered Women International**
Marga Fripp, President and CEO, and Lynn O'Connell, Chair of the Board of Directors, discuss the organization.

- 177) Girl Scouting Today**
Northern Virginia girl scouts and leaders talk about scouting today. A Richmond leader talks about her troop for disabled girls.
- 178) Nina Tisara - Artist**
Nina Tisara, a well-known photographer, talks about her new artistic endeavor – mosaics.
- 179) Exploring our Local NEST**
Joanna Cornell, a Human and Aquatic Ecologist, discusses the environmental program that she created by partnering with other organizations for her doctoral dissertation. NEST teaches citizens about their environment.
- 180) Hope Maxwell Snyder - Poet as Entrepreneur**
Hope is a poet, novelist, playwright, publisher, academic, photographer, and poetry festival organizer. She's from Columbia, but lives in West Virginia.
- 181) Poets as Power Brokers – Karren Alenier and Sarah Browning**
Karren and Sarah are poets who are active in DC life. Karren has written an opera about Gertrude Stein. Sarah is a poet who is an activist. She's a co-editor of an anthology of poems – DC Poets Against the War.
- 182) The Strength of Diversity**
Kelly Burrello from WorldReach Consulting and Training, Inc, discusses the many faces of diversity, the current diversity concerns of organizations, and how her organization approaches and helps solve diversity problems.
- 183) Get Out and Give Back with Jane Hess**
Jane Hess discovered what she wanted to do to contribute to society when she took a “volunteer vacation” to an orphanage. She now regularly volunteers at local charities and writes a column about her experiences. As a life coach she endeavors to help others – especially boomers – to find how they would like to contribute to society.
- 184) The Artist and the Curator**
Artist Nancy Frankel (sculptor) and curator Phyllis Rosensweig discuss Nancy's sculptures and their roles in the art world.
- 185) Self-Actualization**
Jennifer McNulty, Executive Director of Dress for Success DC, and Katherine Wood, a beauty and fitness consultant discuss how dressing well and being fit and healthy can empower women and help them succeed in the workplace and in life.
- 186) Leadership Tactics for Women**
Courtney Lynch, co-founder of Lead Star, a leadership training organization, discusses leadership and the leadership tactics that she learned while a marine officer.
- 187) The Other Side of the Camera**
Cyndi Scott-Johnson, a producer, talks about her video production and programming company and what she does as a producer. Two examples of her company's work are shown.

- 188) Beyond the Pay Gap**
Dr. Catherine Hill talks about AAUW's Beyond the Pay Gap research which shows that there is an unexplained 5% gap for women's earnings compared to men's.
- 189) Sheryl Gordon's ElderFairies**
Sheryl Gordon, artist, talks about her realm of elderfairies that are responsible for our aging.
- 190) Sandra Toalston, Engineer and Entrepreneur**
Sandra Toalston talks about how she became an engineer, her career progression as an engineer and her new company.
- 191) Oracles: The Stars Predict 2008**
Jeanne Mozier, astrologer and author, predicts what 2008 will be like.
- 192) Poetry and Cultural Change**
Kim Roberts, poet and publisher, and Teri Davis, poet and programmer, read and discuss their poetry.
- 193) Josephine Withers: Light Catcher**
Josephine Withers lives in an award-winning house. A device is built into the house which creates artistic shapes from the light on a wall of the house. Josephine discusses her house and her current career as a life coach.
- 194) Suchinta**
Suchinta uses her energy healing powers to help children in Sri Lanka still suffering from the tsunami.
- 195) Memoir of a Chinese Mother**
Veronica Li has written a memoir of her mother's life. Her mother was born into a poor family in China. With the support of an aunt she acquired a university education and then married and came to the United States so her children could get an education.
- 196) Poetry of Witness**
Avideh Shashaani runs a non profit called Future of the Children and has written a book of poetry about children.
- 197) Poets in the Workplace**
Barbara Goldberg is a senior speech writer at AARP and Maria van Beuren runs a writers retreat in New Hampshire.
- 198) Living Legends of Alexandria**
Nina Tisara, founder and project director, and Legends David Cleary and Eula Miller talk about the project and their contributions to the city of Alexandria.
- 199) Fund for the Future of our Children**
Avideh shashaani, founder of Fund for the Future of our Children (FFC), and Lansing Freeman, teacher advisor to FFC talk about FFC. Three young woman – Lauren Sumida, Melisa Mergner and Priya Agarwal Harding (high school age) talk about the grants they received from FFC and the projects they are working on.

- 200) Salute to Women Awards**
The Salute to Women awards are presented by the Alexandria Commission for Women . Laverne Chatman is the Lifetime Achievement winner and Cindy McCartney is the Rising Star winner.
- 201) Where the Girls Are**
Lead author Christianne Corbett discusses AAUW EF's latest research report.
- 202) Leo Tolstoy – the Man and his Masterpieces**
Betty Kuehnle, a therapist, discusses Leo Tolstoy's marriage and his novels.
- 203) The Power of Poetry**
Patricia Gray, head of the Library of Congress Poetry Office, reads and discusses her poetry.
- 204) Poetry Heals**
Ann Bracken, a poet and career counselor, reads and discusses her poetry. Ann uses poetry in her career counseling work.
- 205) American Association of University Women**
Linda Hallman, AAUW Executive Director, Sandy Sieber, VA State AAUW officer, and Dianne Blais, VA State co-president discuss AAUW.
- 206) STITCH Works for Social Justice**
STITCH's executive director discusses the organization's work in the US and Central America which focuses on labor rights for women.
- 207) Cultural Differences in the Workplace**
Kelly Burrello gives examples of differences she encounters in her work and how she helps organizations and individuals overcome the problems that occur.
- 208) One in a Thousand**
Fairfax City Branch AAUW members discuss their activities as a typical AAUW branch.
- 209) The Second Milagro**
Linda Rainwater, author of the Second Milagro, discusses her book, a fast-paced adventure novel set in Mexico, how she wrote it and how it was published.
- 210) Preparing Youth for Transition**
Kelly Burrello interviews Ursula Young, founder of the Kandace Academy, which addresses life skills issues of young women transitioning from foster care to independent living.
- 211) Living Well with Diabetes**
Ann Bartlett (juvenile onset) talks about how she and others live with diabetes. She also gives websites and other resources.
- 212) Teaching Hope**
Pilar Vasquez-Lunt, one of the founders of Teaching Hope, a non-profit that works with orphaned girls in Columbia, South America.
- 213) AAUW and You: An Update**

Caroline Pickens and Mary Kate Black talk about all the recent changes in AAUW, especially the organizational structure. They also give an overview of AAUW and its programs and initiatives.

214) Psychiatric Rehabilitation Services

Wendy Gradison, PRS CEO, and Sandy Sieber, Board member talk about the work that PRS does. One of their clients also appears and tells about the help that PRS provided for her.

215) Workplace Etiquette

Dianne Sutton, diversity and leadership trainer, talks about her book Workplace Etiquette.

216) English for Speakers of Other Languages

Five organizations that provide ESL/ESOL services talk about their organizations and how they work together to provide services in the community: Gerald Boyd - Dean of Languages and Literature at NOVA Annandale, Patricia Donnelly, Exec. Dir. of the Literacy Council of Northern Virginia, Jennifer Fadden, Adult ESOL specialist for Fairfax County Public Schools, Jocelyn Reiter Casillas, Exec. Dir. of ESL and Immigrant Ministries, and Amy White, Hogar Immigrant Services.

217) Meet Mrs. Robert Walker

Lynn Garvey-Hodge, a historic re-enactor portrays Mrs. Robert Walker, a Baltimore socialite who was arrested while picketing in front of the White House and was incarcerated in the Lorton workhouse.

218) Sexualization of Girls

Jill Brantley, American University (AU) professor, and Maggie Campbell, AU student, discuss the topic. .

219) Grace Cavalieri – Poet, Playwright, Chef

Foods and poems from The Poet's Cookbook are featured. Dianne King prepared several dishes from recipes in the cookbook and those along with fresh colorful ingredients were displayed. Grace also discusses two of her other recent books: Anna Nicole and Sounds Like Something I Would Say.

220) Children of Mtaya

Carolyn Kulischeck talks about the school she started in Mtaya, Zambia.

221) McLean AAUW Book Sale for Scholarships

McLean AAUW members talk about their book sale that raises money for AAUW scholarships.

222) Alexandria Domestic Violence Program

Mary Ann Johnson, an Alexandria shelter supervisor, talks about domestic violence and the shelter that she supervises.

223) Visionaries in Our Midst

Alison Silberberg talks about her award-winning book that has stories about ordinary citizens who saw a need and started programs to solve social problems.

224) Hawaii State Society Ukelele Hui

The ukulele group from the Hawaii State Society performs. Group leaders discuss how the group began and the different types of ukeleles.

225) The Poet's Cookbook: In the German Kitchen

Grace Cavalieri, Sabine, and Sylvia Blume discuss the poetry cookbook recipes, read some of the poems and Sabine describes how she translates poetry from German to English.

226) Visionaries In Our Midst – Kids R First

Author Alison Silberberg interviews the founder of Kids R first (Susan Ungerer) and Board Member Ginger Seeley. Kids R First is a non-profit featured in her book

227) She's My Sister

John Walter talks about the American Bible Society's initiative, She's My Sister. The initiative seeks to heal the women in the Congo who have been raped and brutalized.

228) Gadsby's Tavern's Ice Well Restoration Project

Gretchen Bulova, GT Museum Director, and Pat Sowers from the GT Museum Society (the Friends organization of the museum) talk about the ice well, the ice well restoration project and the Museum.

229) Loving Your Career – No Matter What

Holly Herman, executive coach and leadership trainer, shares coaching and leadership tips as well as stories about her work.

230) It's About Family

Suzanne Savoie sings songs she has written about her family. She shares family photos and experiences that led her to write her songs.

231) Aging in Place

This program discussed the recent trend of seniors choosing to stay in their homes rather than moving to retirement communities. Organizations in communities have been created to assist seniors who choose to stay in their homes. This trend is also referred to as the Village movement.

232) Native Landscapes

Mary Wharton shares her knowledge about native plants, through real-life samples and photos. Some of the plants that she discusses are purslane, plantain, dandelion, beechnuts, blueberries, blackberries, and grapes.

233) Exploring the Art of Dollmaking and Miniatures

Artist Laurie Sisson talks about her current artistic ventures in dollmaking. She assembled the clothing, furniture and other items for the 2011 DAR doll. She researched the clothing of the doll's era and made the patterns and the clothing for the doll. She also teaches a class for children at the Smithsonian in Miniatures and she brought a sample miniature room to share with viewers.

234) Vision 2020

Kate Campbell Stevenson and Judy are delegates to Vision 2020, an initiative promoting gender equality by the year 2020. They discuss the conference they attended with delegates from every state and the projects that they are working on to bring about gender equality.

- 235) Letters About Literature**
Catherine Gourley describes this reading competition program for children and young people. Young readers write to a favorite author about how the book changed their life or increased their awareness. Winners at the state and national level are chosen and receive prizes. The program receives thousands of entries.
- 236) Crossing the Line**
Holly Kearl, co-author of the AAUW Research report Crossing the Line, discusses the report about sexual harassment in schools.
- 237) Environmental Perspectives**
Jill Caporale, NOVA professor, discusses the concept of environmental awareness across the curriculum – the environment should be incorporated into all fields of study. She also talks about a study program to Fiji supported by the Cousteau Institute that NOVA offers.
- 238) Colonial Roads**
Cathleen Myers discusses the history of roads in colonial days and reveals that many of the roads in existence today were colonial roads – Braddock Road, Gallows Road, Courthouse Road, etc.
- 239) Henna Body Art**
Henna body artist Sharmila explains the cultural and practical aspects of henna body art. She demonstrates how she applies the henna to create designs.
- 240) Turning Point Suffragist Memorial**
Kathleen Pablo and Emily McCoy, Turning Point Suffragist Memorial Board members, discuss the memorial that will be built and the historical events that it memorializes.
- 241) Real Food for Kids**
Jocelyn Hsu and Ryan Lonnett talk about their organization called Real Food for Kids which advocates for healthier foods for school kids' lunches.
- 242) Housing First**
Christy Respress, Executive Director of Pathways to Housing DC, and Joe Meyer, Deputy director of Shelter House, Inc in Fairfax County, talk about their non-profits which work with the homeless. They both use the model of Housing First. They provide permanent housing as soon as possible and then help their clients in other ways. Housing first has been found to be more effective and less expensive.
- 243) Creating Family Storybooks**
Sushmita Mazumdar, graphics artist and maker of handmade storybook talks about Family legends of Alexandria, through whom she has done some workshops for children. One of her students, Alexis Colton, appears on the show.
- 244) DAR**
Roberta Cole Leder, Regent Dr. Elisha Dick Chapter, and Brooke Puritan and Eve Stocker, John Alexander Chapter, talk about DAR's mission, organization, and activities.
- 245) Hollin Hills Potters**

Three of the six potters from the Hollin Hills group at the Torpedo Factory, Solvrig Cox, Susie Cohen and Rebecca Ravenal, talk about their pottery as well as the pottery of the other three, Jennifer Hatfield, Vivian Johnson, and Phyllis Roderer.

246) The Lee-Fendall House

Erin Adams, Executive Director, talks about the history of the house, its current condition and period, and her plans for the future.

247) Living Legends of Alexandria 2013 (#1)

Nina Tisara, founder and Director of Living Legends of Alexandria (LLA), and two 2013 Legends talk about LLA. Willie Bailey organized coat, and backpack drives for school children in Fairfax County and Alexandria and provided haircuts for boys before the start of school . Bill Rivers was the driver for the building of the Miracle Field, a baseball field for disabled and other young people in the city of Alexandria.

248) The National Women's History Museum

Joan Wages, CEO and President of the museum spoke about the museum, its internet presence, and the process for establishing a building near the Mall.

249) Living Legends of Alexandria 2013 (#2)

Nina Tisara, founder and Director of Living Legends of Alexandria (LLA), and two 2013 Legends talk about LLA. Rosa Byrd was a community activist and David Martin was a business owner who worked on the beautification of his end of King Street.

250) Sexual Assaults in the Military

Susan Burke, lawyer defending many sexual assaults victims, spoke about the problem and how the problem can be solved. Clips from The Invisible War were included.

251) Hula and the Ukulele

Hula dancers and ukulele musicians performed. Two Hawaii state society members spoke about the history of hula and ukuleles and their role in Hawaiian culture.

252) DC Boundary Markers

18 Sept 2013

Roberta Cole Lader and Mary kasik, Dr. Elisha Dick Chapter NSDAR, talk about the history of the markers, how DAR became involved in maintaining them, and their chapter's work maintaining their marker.

253) ASHA for Women

ASHA Board member Revathi Vikram, M.D.explains what ASHA is and the services it provides for mostly South Asian women in the community.

254) Quilting

13 Nov 2013

Linda Pool, internationally known quilter, shows some of her quilts, explains how they are made, and shows quilt projects beginners can get started on.

255) Orienteering

11 Dec 2013

Quantico Orienteering Club members Heidi Onkst and Kelly Bacon describe orienteering and show some of the specialized equipment used in orienteering.

256) Cynthia Darling, Author and Poet

Cynthia Darling talks about her books, her writing process, and the self-publishing process. She also talks about her literary influences.

257) Presidents' Gardens

Linda Holden Hoyt, author of Presidents' Gardens, talks about the gardens in her book. She has written about gardens in presidents' homes as well as gardens presidents or first ladies established at the White House or for the White House.

258) Project Hope

Matt Peterson, Project Hope Volunteer Manager, talks about Project Hope and also his volunteer time with Project Hope in the Phillipines.

259) NCCWSL (National Conference for College Women Student Leaders)

Chrstine Hernandez, conference organizer, and Remaz Abdelgader and Hlekiwe M Gomezulu, conference attendees, talk about the conference and their experiences at the conference.

260) Osher Lifelong Learning Institute

Jennifer Disano, Exwcutive Director of OLLI describes OLLI.

261) League of Women Voters

Helen Kelly, League of Women Voters Fairfax Area (LWVFA), and Peggy Knight, Coordinator of LWVFA candidate forums, talked about the League and the scheduled candidate Meet and Greet.

262) Reston Community Orchestra

Dingwall Fleury, Music Director of the Orchestra, spoke about the music, organization, and programs of the orchestra.

263) Alexandria Contrabands and Freedmen Memorial Cemetery

Our guests were Audrey Davis, Executive Director of the Alexandria Black History Museum and Char McCargo Bah, the genealogist who did the research about some of the people buried in the cemetery.

264) Fairfax County Commission for Women

Cynthia Bhatnagar, chair of the commission, spoke about the work of the committee. They are currently working on preventing teen sexual trafficking in Fairfax County through their Just Ask Prevention Project - here's their excellent website - <http://justaskva.org>

265) Equal Rights Amendment (ERA).

Emily McCoy, a member of the Fairfax County Commission for Women, Paradis Kendra and Diane Egozcue, President of Virginia NOW, discuss the history of ERA and the status of the current attempt to make it an amendment.

266) Honor Flights

Veterans are brought to DC primarily by the airlines but also on buses to be honored and thanked for their service. They are welcomed and entertained at the gate as they disembark and then taken to the memorials where they are again honored. They return to the airport in the evening and are flown back. Guests are Greg Locher, Jenny Brawley and Col. Riffe.

267) ElectHer

Jessica Kelly, AAUW Program Manager for Campus Leadership Programs, and Avra Bossov, GWU Student Association Executive VP, talk about Elect Her and college women's leadership successes.

268) For Fear of an Elective King and the Title Controversy of 1789

Author Kathleen Bartoloni-Tuazon talks about the new Congress' debates concerning what title to use for George Washington and following presidents. Some issues that are being debated today – for example, executive power – have their roots in that time period.

269) Heathcote Community

Richard Klein and Karen Stupski, members of Heathcote, an intentional community, talk about Heathcote and describe community life. Heathcote is celebrating its 50th anniversary in October 2015

270) African American Genealogy

Char McCargo Bah, a Professional genealogist talks about how African Americans can trace their roots because of the special challenges they face with the lack of good records.

271) SAALT – South Asian Americans Leading Together

Suman Raghunathan, Executive Director of SAALT, talks about the work SAALT does in communities nationwide through their partnership with other South Asian organizations and in the local DC area.

272) Local Authors Scene

Lisa Schaefer discussed her website for authors, writing groups, and readers. It is for local authors but also international

273) Robert E. Simon

Robert Simon, 101 years old and founder of Reston, discusses Reston.

274) Solving the Equation

Catherine Hill, co-author of the Solving the Equation, report, discusses the AAUW report that focuses on computing and engineering.

275) Beyond Happy: Women, Work, and Well-Being

Beth Cabrera, author of this book, discusses why women need to focus on well-being instead of happiness. She gives information about how they can do that.

276) Grace Cavalieri

Grace, poet, playwright, and memoirist, discusses her life and her new memoir, Wicked.

277) Workhouse Arts Center

Ava Spece, Workhouse Arts Center President and CEO, describes the origin of the workhouse, their programs, and future plans to expand their offerings for their community.

- 278) Space of Her Own (SOHO)**
Two SOHO mentors and their mentees talk about their experience as participants in the Space of Her Own mentoring program.
Host:
- 279) The School of Living (SOL)**
Karen Stupski (Executive Director) and Board Member, explain what SOL is (a regional land trust) and give an overview of SOL's mission and the communities and homesteads whose land SOL holds in trust.
Host: Deborah Wright
- 280) Barriers and Bias (Rescheduled for June)**
Catherine Hill, lead author of AAUW's latest report, will be the guest and talk about this report that focuses on the status of women in leadership.
YouTube
- 281) Fall for the Book (FFTB)**
William Miller, FFTB festival Executive Director and Kara Oakleaf, FFTB Festival Director, Talk about the festival – including authors and their books. They also discuss the other activities that FFTB works on during the year to promote reading.
July 19, 2016 – TRT 28:10
Host: Jennifer Disano
- 282) Lesley Lee Francis**
Lesley Lee Francis, Robert Frost's granddaughter, discusses her memoir, *You Come Too, My Journey with Robert Frost*.
Host: Jennifer Disano
- 283) Memorable Presidential Elections**
Host Cathleen Myers and guest historian Kata Bartoloni-Tuazon discuss memorable presidential elections in our history.
- 284) Center for the Advancement of Well-Being**
Nance Lucas, Executive Director of the Center talks about the Center and George Mason University as a well-being university.
Host: Jennifer Disano
- 285) Institute for Immigration Research**
Shannon Davis and Alysia Blake discuss the mission and work of the Institute: Highlighting the social and economic contributions of immigrants. They also talk about what data they have, where they get their data and how it is used.
Host: Dannielle Beach
Producer: Ruth Bennett
Date:
- 286) Reston Community Center**
The Executive Director and activities director of the Center talk about the activities of the Center and in doing so reveal the Center's active role in the community.
Host: Jennifer Disano

Producer: Ruth Bennett
Date

287) Calla Lilies with Author Kay Corbett

The Calla Lilies in Corbett's book are her four stepdaughters two of whom lived with her for a few years when they were young. Through the lives of the four girls the book illustrates a variety of social ills which exist in our country: poverty, lack of education, an abusive court and penal system and sexual abuse.

Host: Dianne King
Producer: Ruth Bennett
2/21/2017

288) Virginia Cooperative Society

VCE extension agents Adria Bordas (Fairfax County) and Kirsten Conrad (City of Alexandria and Arlington) talk about VCE and the work they do, focusing on the Master Gardener programs they support in their districts.

Host: Carol Cooke
Producer: Ruth Bennett
3/16/2017

289) Storyteller Kristin Pedemonti

International cause-focused storyteller, speaker, author, and storytelling consultant tells how she became a storyteller and demonstrates her storytelling style with one of her stories.

www.storytellerkp.com is her website.

Host: Dianne King
Producer: Ruth Bennett
4/18/2017

290) Memoir Your Way

Tell your story through writing, recipes, quilts, graphic novels and more. Two of the six co-authors talk about this book that has been picked up by Michaels and is on its second publishing run.

Host: Jane Hess Collins
Guests: Dianne King and Nadine James
Producer: Ruth Bennett
5/25/2017

291) Washington West Film Festival

Brad Russell, founder and CEO of the Washington West Film Festival, talked about the festival that takes place in venues in the DC area October 24 - 30. All profits are donated to charity.

Host: Jennifer Disano
Producer: Ruth Bennett
7/11/2017

292) Alan Cheuse International Writers Center

Matt Davis, Director of the Center, and Bill Miller, Director of the George Mason University MFA Program and a Center Board member, discuss the goals of the newly established Center and some of the recent activities. They will award grants to two MFA students each

year, host international writers to GMU, and partner with embassies and writers to bring special programs.

Host: Jennifer Disano

Producer: Ruth Bennett

Staff Production - 7/17/2017

293) Fall for the Book 2017

The book festival takes place Oct 11-14 – 4 Days and 150 authors. Bill Miller, Executive Director, Kara Oakleaf, Festival Director, and Suzy Rigdon-Williams, Festival Manager discuss some of the authors and books that will be featured during the Festival with host, Jennifer Disano.

Producer: Ruth Bennett

Staff Production - 7/17/2017

294) Fantastic Fungi (JAN 2018)

Meredith Keppel, homeschooled senior, and Jill Caporale, host, discuss Meredith's interest in and study of fungi.

Producer: Ruth Bennett

8/31/17

295) Fairfax County Public Library

Jessica Hudson, Fairfax County Public Library Director and Ted Kavich, Director of the library's programming and services talk about the library with host Jennifer Disano.

Producer: Ruth Bennett

9/12/17

296) A Civil Life in an Uncivil Time

Paula Tarnapol Whitacre, author, discusses her book about Julia Wilbur who lived in Alexandria during the Civil War with host Dianne King.

Producer: Ruth Bennett

10/17/2017

297) Britepaths

Lisa Whetzel (Executive Director) and Catherine Read (Board Member) discuss Britepaths' mission and programs. They offer assistance and training to people in need who live in Fairfax County.

Host: Jennifer Disano

Producer: Ruth Bennett

1/16/2018

298) Shelter House

Joe Meyer, Executive Director and CEO of Shelter House, and Host Jennifer Disano discuss Shelter House and the programs they operate for the homeless and domestic violence victims.

Host: Jennifer Disano

Producer: Ruth Bennett

2/20/2018

299) Fairfax Station Railroad Museum

Deb Mueller, museum Board member, and David Perry, high school museum intern discuss the history of the museum, the programs the Museum offers and how they became Museum volunteers.

Host: Jennifer Disano

Producer: Ruth Bennett

4/23/2018

300) Apothecary Museum

Guests Gretchen Bulova, Acting Director of the Office of Historic Alexandria, and Lauren Gleason, Site Manager of the Apothecary Museum discuss the museum with host Jennifer Disano. The apothecary was established as a business in 1792 and is a historical intact apothecary.

Producer – Ruth Bennett

5/30/2018

301) Ebong TheatriX

Guests Arindam Ghosh and Dibyendu Paul discuss the theatre with host Danielle Beach. The theatre has presented a variety of plays dealing with the immigrant experience. Their latest play was a retelling of a traditional village play and was presented in Bengali with English subtitles.

Producer – Ruth Bennett

5/30/2018

302) Arlington Costume Lab

Host: Dianne Hennessy King

Guest: Jennifer Biehl

Producer – Ruth Bennett

7/17/18

303) Fall for the Book 2018

Host: Jennifer Disano

Guests: Kara Oakleaf

Suzy Rigdon-Williams

Producer – Ruth Bennett

7/17/18