

The Arlington Connection

Sweatvibes dance instructor Mimi Hattchet at the 6th Annual Move Me Festival held at Kenmore Middle School.

Arlington Gets Moving

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PHOTO CONTRIBUTED

NoVa TEEN Book Festival 2015

NoVa TEEN Book Festival featured 21 authors in four main event panels and 16 smaller Q&A-driven breakout sessions; the event closed out with a keynote speech from New York Times bestselling author Matt de la Peña, whose latest release is "The Living." Authors in attendance included: Martina Boone, Tracy Clark, Seth Fishman, Maggie Hall, Rachel Hawkins, Shaun Hutchinson, Lydia Kang, Alethea Kontis, Jessica Khoury, Melissa Marr, Jennifer Niven, Sara Raasch, Jason Reynolds, Morgan Rhodes, Marie Rutkoski, Kristen Simmons, Kat Spears, Robin Talley, Jasmine Warga and Jon Skovron, acting as Master of Ceremony. The 2015 NoVa TEEN Book Festival was hosted by One More Page Books, Arlington Public Library, Fairfax County Public Library, and Arlington Public Schools with sponsorship from Falls Church City Public Schools, George Mason University's Fall for the Book and many local businesses: ZPizza, Lost Dog Café, Joe's Place Pizza & Pasta, Writeopia Lab, and Giant Squid Books.



'The Bulliest Dozer'

Washington Capitals forward Eric Fehr and co-author Pamela Duncan Edwards participate in a Q&A session with nearly 50 Key Elementary School students following a reading of "The Bulliest Dozer," a children's book co-written by Fehr and Duncan Edwards to raise funds for bullying prevention and to encourage positive behavior, with 100 percent of the proceeds benefiting charity. The students were participants in Everybody Wins! DC Power Lunch, a literacy and mentoring program based in select elementary schools in the Washington metropolitan area. The program pairs professional adults with elementary school students to read together. The book tells the story of Bo Dozer and his peers at Ms. Crane's Academy for Little Machines. Signed copies of the "The Bulliest Dozer" are available for \$20 or unsigned copies for \$10 online at WashingtonCaps.com and during Capitals home games at the Monumental Sports & Entertainment Foundation table at section 104 on the main concourse.



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Arlington Courtroom Drama

Public Defenders protest pay inequality with Commonwealth's Attorney's Office.

BY VERNON MILES
THE CONNECTION

You have a right to an attorney. If you cannot afford an attorney, one will be appointed for you." If you have ever been placed in police custody or interrogated, you've heard these words spoken by a police officer. It's called the Miranda Warning and it guarantees that, when you're in a tight spot with Arlington law enforcement and you need legal assistance but can't afford to hire an attorney, Arlington's Office of the Public Defender will be there to represent you in court. However, when the Public Defender squares off against the Commonwealth's Attorney in the courtroom, there's one substantial difference between the two: while the Chief Deputy Commonwealth's Attorney can be paid up to \$148,866, the Deputy Public Defender's pay is set at \$84,329.

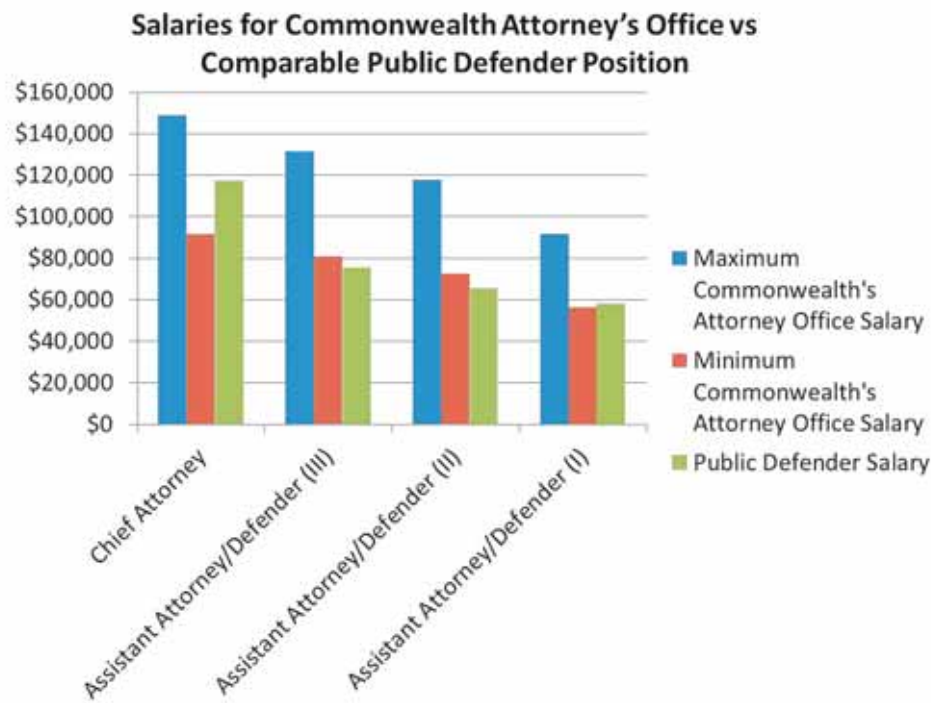
Matthew Foley is Arlington's Chief Public Defender and has been lobbying for Arlington to implement subsidies for the Public Defender's Office since Virginia legislature authorized the subsidies in 2008. In that time, Arlington has not issued any subsidies to the Office of the Public Defender. In terms of budgeting, Foley and others in the Office of the Public Defender often draw the comparison to their legal counterpart, the Office of the Commonwealth's Attorney.

"We have an adversarial system, you need to have well-trained citizens on both sides, you need to have a fair fight," said Foley. Foley points

out that a mid-level Assistant Commonwealth's Attorney, with a salary range of \$72,467 to \$117,770, can make more than Foley, the Chief Public Defender, whose pay is set at \$117,054. Deputy Public defenders in Arlington are paid \$84,329.

While the Public Defender's Office has a set pay rate for each position, the Commonwealth's Attorney's Office allows for a flexible salary range, each position with 19 built-in steps that cover the pay range.

"What you see in our salary is that we don't have grades and don't have steps," said Foley. "You don't move in salary range



Office of the Commonwealth's Attorney salaries include subsidies from Arlington County.

within that level. It's a big problem. It's very expensive to live here, and it's difficult to hire and retain high-quality employees, which is very important. I've got good people here and I can't hold onto them."

Foley emphasized that he doesn't want the County to stop subsidizing his legal counterparts, but said the funding inequality creates an unfair imbalance.

"It's a good thing that the county supplements the Office of the Commonwealth's Attorney," said Foley. "But, if you don't do the same for the public defenders, you have an unfair game going on and you have people whose liberties are at stake."

AT A PUBLIC HEARING on Tuesday, March 24, employees and former employees of the Public Defender's Office expressed their

frustration with the pay inequality. Sierra Jenkins is a former Office manager for the Arlington County Public Defender's Office. Jenkins said the pay, which the Virginia Indigent Defense Commission listed as \$42,794, was not enough to cover both the living costs of groceries and rent as well as paying back her student loans. To avoid taking on additional debt, Jenkins said she began working a second job at a local retailer, but after a few months working 14-hour days she knew she needed a job that would pay a higher salary.

"It's only right that this office be given the proper resources to be on a level play-

ing field with other county agencies, such as the Office of the Commonwealth's Attorney," said Jenkins. "It would be great if the Public Defender's Office could afford to keep outstanding employees and continue to serve the community that benefits the most."

William Miller, a Public Defender in Arlington, said that he has seen people in his office leave because they could not afford to continue living in Arlington on the Public Defender salary.

"It's expensive to live in Arlington, but we want our police, firemen, our prosecutors, we want those people who serve this county to live in this county as well," said Miller. "I want people to know here that as a public defender I serve this county. I serve its clientele; I serve the residents of Arlington County. I serve the courts. As someone who has gone to law school in Arlington, who lives in Arlington, who sends my kids to Arlington [schools], sometimes I regard being a public defender as a luxury I can no longer afford, or whether living in Arlington is a place where I cannot pursue my calling."

THE FY 2015 TOTAL BUDGET for the Arlington and Falls Church Office of the Commonwealth's Attorney was \$4 million, two thirds of which is paid by Arlington County with less than one third being paid by the state. The 2015 budget was a 3 percent increase over the 2014 budget citing personnel increases for health insurance costs, adjustments to retirement contributions, and a pay adjustment for staff reclassified into positions identified as "below comparative pay studies." According to Diana Sun, Director of Communications for Arlington County, the proposed FY 2016

SEE SALARY SCALES, PAGE 11

AmeriCorps Works for Arlington

Participants serve Arlington Works! as part of their year-long service commitment.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

AmeriCorps members pledge to get things done for America. When they embark upon their year of community service, they vow to unite fellow Americans and strengthen communities. The now eight-member Arlington Works! AmeriCorps team has been doing just this since the partnership started in 2011. This year's Arlington Works! team is the fourth AmeriCorps team to work with two non-profits, the Arlington Education and Employment Program (REEP) and Edu-Futuro, a partner program of Arlington Public Schools that sets out to ensure opportunities for children of immigrant families.

AmeriCorps is a national service program run by the Corporation for National and Community Service, a federal agency that organizes and runs a number of volunteer programs around the country. AmeriCorps matches volunteers with participating non-profits, schools, public agencies and community and faith based organizations. The Arlington Works! team is special because it works with not one such program, but two.

This 2014-2015 AmeriCorps team provides a full-spectrum of services to immigrant families. REEP director Suzanne Grant said that REEP has students from more than 60 countries of origin.

"Five of the eight members focus on teaching English, life skills and computer skills to adult immigrants," Grant said. "The three others are primarily with Edu-Futuro, working with elementary through high school aged students, from teaching leadership skills to applying to college."

The volunteers also work at the Arlington Employment Center, working with clients through the entire job-seeking process, from crafting a resume to responding to online job postings.

SEE AMERICORPS, PAGE 11

Arlington Moves

Bowen McCauley Dance returned to Kenmore Middle School last Saturday with the 6th annual Move Me Festival. Music, theatre and dance workshops and performances were held throughout the afternoon in the middle school.

The Halau O'Aulani performs a hula 'auana.



Becky Lehr dances with the Halau O'Aulani dance group.

Junior Waltrip and Jennifer Mihore dancers with the Halau O'Aulani perform a Hawaiian hula dance.



Sweatvibes dance instructor Mimi Hattchet.



Sweatvibes instructor Mimi Hattchet leads a group dance in the gym. Sweatvibes is a high-energy, high-intensity dance workout.



Tayrona perform a Colombian folk dance in the rotunda.

PHOTOS BY
LOUISE KRAFFT
CONNECTION

Bhim Dahal of the Nepal Dance School walks students through the steps of a Nepali folk dance.



PEOPLE

Touring with Walt Whitman

Tour guide Garrett Peck debuts “Walt Whitman in Washington, D.C.: The Civil War and America’s Great Poet.”

BY SENITRA T. MCCOMBS
THE CONNECTION

Arlington historian, author and tour guide Garrett Peck will showcase his latest book “Walt Whitman in Washington, D.C.: The Civil War of America’s Great Poet” at One More Page Books.

Peck always dreamed of writing a book about Walt Whitman.

“I started outlining and writing the book a number of years ago and worked on it, bit by bit. By the time I published ‘Capital Beer’ in March 2014, I knew I was going to write ‘Walt Whitman’ next,” he said.

He wanted the book’s release to coincide with the 150th anniversary of Lincoln’s assassination.

“Walt Whitman in Washington, D.C.” takes a chronological view of Whitman’s 10 years in the area, including his three years as a volunteer “hospital missionary,” making more than 600 hospital visits and serving more than 80,000 sick and wounded

soldiers and his time as a federal clerk.

During the writing process, Peck’s greatest challenge was wading through the vast material of letters, newspaper articles and poems by Whitman as well as the writings of some of the main historians of the famous poet and condensing it into a 50,000-word book. He gathered a lot of his research from the Library of Congress’ Digital Collection. Another challenge the author faced was trying to uncover the facts from Whitman’s embellishments.

In one of his early articles for the New York Times, Whitman mentioned seeing President Lincoln when he (Whitman) lived on Vermont Avenue. Years later in “Memorandum of the War,” a collection of these articles, Whitman added a line stating that he and President Lincoln would nod to each other in this same article.

“It made me wonder why he added that line 13 years later. Maybe he was trying to get some kind of acknowledgement from the president, even posthumously,” he said.

During his hospital visits, he met a sol-

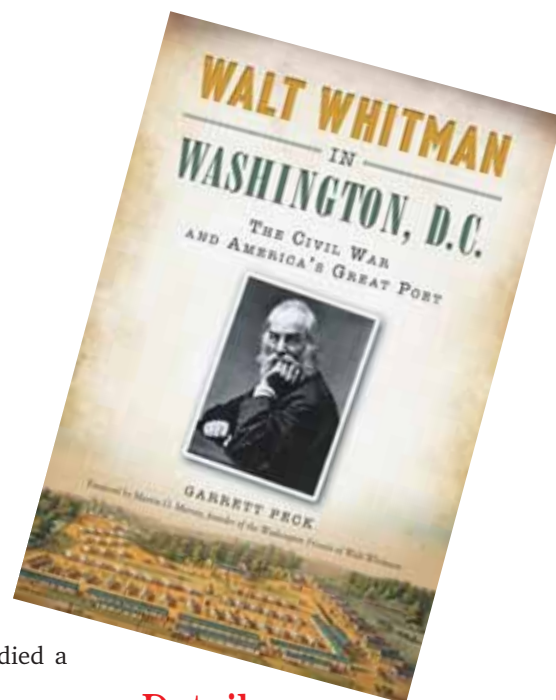


Peck

dier name Oscar Cunningham who had to have his leg amputated. Whitman watched him deteriorate from a strapping young man to a skeleton who died a month after his amputation.

“This event may have triggered the breakdown of Whitman’s health. Shortly after he suffered a breakdown in his health and had to return to Brooklyn to recuperate. It really shows how dealing with stress can significantly affect our physical health,” he said. Another aspect of Whitman’s life includes his romantic relationship with Peter Doyle whom he met while taking the streetcar. There was also a significant age gap between the 21-year-old Irish immigrant and former Confederate soldier and Whitman, who was 46 at the time they met.

During Whitman’s time in the city, he lived in six different boarding houses includ-



Details

Garrett Peck will showcase his latest book “Walt Whitman in Washington, D.C.: The Civil War of America’s Great Poet” at One More Page Books, 2200 N Westmoreland St., #101, Tuesday, April 14 at 7 pm.

ing one on Vermont Avenue near the White House and at the W Hotel, which is also the last stop of Peck’s Walt Whitman Tour.

“For the first Walt Whitman Tour, I took around a group of tour guides and showed them the places where he frequented, lived, worked and volunteered. There is history is everywhere, you just have to go find it,” Peck said.

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Mother's Day Photos

Mother's Day is May 10, 2015, and 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 our website at www.connectionnewspapers.com/mothersday/ or email to editors@connectionnewspapers.com.



SUBMITTED BY MIKE GREEN

Mother's Day 2014

Calliope Willis (I'm the little one) with my mom, Heather Willis, with her mom, Dot Green, with her mom, Catherine Stilmar, enjoying a fall day in Arlington.

SCHOOL NOTES

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

Katherine Roberts, in the College of Liberal Arts & Sciences at the University of Kansas, earned honor roll distinction for the fall 2014 semester.

Abdulrahman Sultan made the fall 2014 dean's list at Georgia Southern University (Statesboro, Ga.).

Jennifer Lin Frey was named to the dean's list at Washington University's College of Arts & Sciences (St. Louis, Mo.) for the fall 2014 semester.

Dawit Tsigie was named to Cornell University's dean's list for the fall 2014 semester. Tsigie earned highest honors.

Worcester Polytechnic Institute (Worcester, Mass.) junior **Nathan Hughes** helped set 13 men's records at the New England Women's and Men's

Athletic Conference (NEWMAC) Swimming and Diving Championships. Hughes, and his teammates, will travel to Shenandoah, Texas to compete in the NCAA Division III Championships on Friday, March 20. It is the first relay team in school history to earn an invitation to the national meet.

P. J. Tabit of The Scranton Alumni Club of Washington, D.C. will coordinate a service initiative at the Arlington Food Assistance Center in Arlington, Virginia, as part of the sixth annual "Scranton Day of Service." Members of The University of Scranton community will continue to live their Jesuit education by being "men and women for others" as they join students, parents and friends on Saturday, March 21.

Apasrin Suvanasai, Emma Enkhsaikhan, Dalia Faris and Amy Lawton have designed an exhibit, "The Founding Sisters" about the origins of Arlington's Marymount University. The university will also display an exhibit

designed by **Sarah Campbell, Kelsey Christian, Colleen Haggerty and Tyler Roth** called "The Admiral's Main House" which opens in April and will run into June.

Elena Morissey has been awarded dean's list recognition at St. Mary's College (St. Marys City, Md.) for the fall 2014 semester.

The Alliance for Young Artists & Writers announced that 13 Arlington Public Schools students have received recognition in the National Scholastics Art Competition. This year's national award recipients are:

♦Yorktown High School:
Marisa Daugherty, gold key in photography for "Sister Running Down Hill"

Noah Gaby, gold in ceramics and glass for "bloody wrists"

Catherine Hall, gold key in ceramics and glass for "Dead Language"

Cal Ries, gold key in ceramics and glass for "Destructea"

Hal Hamwi, silver medal in digital art for "Waiting for the Bus"

Cal Ries, silver medal in drawing and illustration for "Red Star"

Cal Ries, silver media with distinction for "Human Expression" ceramics and glass portfolio

Candace Seeger, Gedenk Award for Tolerance in ceramics and glass for "Victory?"

Deqing Zha, Visions medal and silver medal in drawing and illustration for "Memory"

♦Washington-Lee High School

Caroline Nelson, silver medal in drawing and illustration for "Trepidation"

Olivia Wadzinski, silver medal in painting for "Home Front"

♦Wakefield High School

Deanna Subhi, silver medal in photography for "Punk, Punk, Punk"

Grisel Vasquez, silver medal in photography for "Venetian Canal"

Jungyoon, gold medal and american vision medal in painting for "Art Closet"

BULLETIN BOARD

Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

THROUGH APRIL 15

Free Tax Preparation. Tuesday, 10 a.m.-7 p.m.; Thursday, 10 a.m.-3 p.m. at Arlington Central Library, 1015 North Quincy St., Arlington. Tuesday, 1:15-7:45 p.m.; Friday-Saturday, 10 a.m.-2 p.m. at Columbia Pike Branch Library, 816 South Walter Reed Drive. For taxpayers with low and middle income. All ages, with special attention to seniors. Federal and Virginia tax returns prepared and electronically filed by IRS-certified volunteers. Tax questions can be answered. Bring your photo ID(s), Social Security Card(s), tax documents, and your prior year tax return.

APPLICANTS NEEDED

Arlington Commission on Long-Term Care Residences

needs advocates who work or live in Arlington. The commission is currently seeking prospective commission members and volunteers willing to serve as liaisons to long-term care residences. For more information or an application, go to the Commission on Long-Term Care Residence's website: commissions.arlingtonva.us/ltrc/, or contact the Agency on Aging 703-228-1700, via TTY (703) 228-1788, or via e-mail ArlAAA@arlingtonva.us.

THROUGH APRIL 10

Native Plant Sale Preorders.

Long Branch Nature Center will offer a selection of plants accustomed to local climate and wildlife, including natives for sun to shade, even deer resistant plants. Pre-ordering plants is a good idea. Some of those available are: Dutchman's breeches, Virginia bluebells, spiderwort,

whitewood aster and more. Pick up Friday, April 24 from 3-6 p.m. and Saturday, April 25 from 10 a.m.-noon at Long Branch Nature Center. Visit parks.arlingtonva.us/locations/long-branch-nature-center-park.

MARCH-NOVEMBER

Borrow Gardening Tools.

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

THURSDAY/APRIL 2

"Making Smart Decisions." 7-8:30 p.m. at The Arlington Central Library, 1015 N Quincy St. The essentials of planning one's own funeral, or the funeral of a loved one will be discussed. Free. Visit www.arlingtonva.libcal.com/event/2038250.

SATURDAY/APRIL 4

Passover Seder. 5:30 p.m. at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Kol Ami will host a Passover Seder followed by a potluck meal. Visit www.kolaminvrc.org

SUNDAY/APRIL 5

Easter Sunrise Service. 6:15 a.m. at Memorial Amphitheater at Arlington National Cemetery. Chaplain (Maj. Gen.) Howard Stendahl, Chief of Chaplains, United States Air Force will deliver this year's Easter sermon. Free. See www.army.mil/jbmhh.

THURSDAY/APRIL 6

Container Gardening. 11 a.m. at Little Falls Presbyterian Church's Friendship Hall, 6025 Little Falls Road. Attend "Container Gardening: Recipes for Success." Kathy Jentz of Washington Gardener Magazine gives

SEE BULLETIN BOARD, PAGE 7

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BULLETIN BOARD

FROM PAGE 6
advice on growing edible and non-edible plants. Free. Contact
rockspringgardenclub@gmail.com.

TUESDAY/APRIL 7

Essay Contest Deadline. The Arlington Historical Society and Columbia Masonic Lodge No. 285 announce the 2015 Arlington Historical Essay Contest, an annual competition for 11th graders in Arlington Public Schools. The topic for this year's essay contest is: "During the Civil War, Arlington (Alexandria County) found itself at the boundary between North and South, both culturally and militarily. Describe and discuss the effect of this juxtaposition, both then and subsequently." Visit www.arlingtonhistoricalsociety.org for details.

SATURDAY/APRIL 9

Virginia Way-Forward Discussion. 5:30-7:30 p.m. at George Mason University's Founders Hall Auditorium, 3351 N. Fairfax Drive. The Virginia Foundation for Research and Economic Education will host the first public discussion of their Virginia Way Forward initiative, designed to create an accountable standard for government. RSVP to office@vafree.com.

SUNDAY/APRIL 12

Shrine Mont Sunday. 10:15 a.m. at St. Mary's Episcopal Church, 2609 North Glebe Road. Parishioners may enjoy a coffee hour and register for

the parish weekend. Visit www.stmarysarlington.org.
Rose Bush Planting Workshop. 2-4 p.m. at Merrifield Garden Center, 12101 Lee Highway Fairfax. Learn how to plant in pots or beds and the best rose varieties for the Virginia climate. Free. Call 703-371-9351.

MONDAY/APRIL 13

"Meet the Speaker." 3-4:30 p.m. at Arlington Central Library, 1015 Quincy St. Dr. Anne Schiller will present "Saving San Lorenzo: Work, Identity and Social Change in a Florentine Neighborhood." Free. Call 703-228-2144.

"Making Smart Decisions." 7-8:30 p.m. at The Arlington Central Library, 1015 N Quincy St. Adult children may learn the principles of protecting their parent's assets. Free. Visit www.arlingtonva.libcal.com/event/2044119.

TUESDAY/APRIL 14

Information Session. 6-7:30 p.m. at Westwood College, 4420 N. Fairfax Drive, Arlington. Learn about Leadership Arlington's Signature Program, connect with current members and ask questions about the application process or program. The sessions include an informational presentation, networking and conversation with Leadership Arlington members. RSVP to Liz Nohra, Chief Operating Officer, at lnohra@leadershiparlington.org or 703-528-2522.

Public Health Forum. 6-8:30 p.m. at Marymount University's Main Campus, 2807 North Glebe Road.

David Levine, formerly of the Montreal Health and Social Service Agency, will discuss how Canada responds to a public health crisis. Remarks will be followed by a panel session. Admission is \$35 before April 6 for members of National Capital Healthcare Executives, \$45 after that, and \$15 for students. Visit www.nche.ache.org.

WEDNESDAY/APRIL 15

Call for Entries. Now in its third year, the Arlington Student Film Fest has screened over 70 films by students from every middle and high school and several elementary schools in Arlington, awarded more than 50 prizes, and given away thousands of dollars in scholarships to local film education programs. Students may enter short films of any genre. Enter at tinyurl.com/asff15-entry-form.

FRIDAY/APRIL 17

Legislative Breakfast. 7-9 a.m. at The Westin Arlington Gateway, 801 N. Glebe Road, Arlington. Leadership Arlington invites community members to their annual legislative breakfast. Legislators will share their experiences. \$45 members; \$55 general public. Breakfast is included. Visit www.leadershiparlington.org or call 703-528-2522 to register.

St. Mary's Parish Reception. 7-9 p.m. at National Rural Electric Cooperative's Conference Center, 4301 Wilson Blvd. Adult parishioners are invited to celebrate Father Merrow's 30 years of ministry at St. Mary's. Free. RSVP at stmarysparishreception@stmarysarlington.org.

"FLOURISHING AFTER 55"

Flourishing After 55" from Arlington Office of Senior Adult Programs, for April 12-18.

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

Senior trips: Sunday, Apr. 12, Hollywood Casino, Charles Town, W.V., \$9; Wednesday, Apr. 15, Arena Stage, "Vonya and Sonia," \$56; Thursday, Apr. 16, U.S. State Dept., \$7; Friday, Apr. 17, Southern Women's Show, Richmond, \$30; Saturday, Apr. 18, Leesburg Flower and Garden Festival, \$9. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Transferring photos to wood, Monday, Apr. 13, 1 p.m., Lee. Free. Register, 703-228-0555.

Classical music appreciation, Monday, Apr. 13, 1 p.m., Langston-Brown. Free. Register, 703-228-6300.

Strength training classes at TJ,

Mondays, 9 a.m., \$60/15 sessions or \$4 drop in. Details, 703-228-5920.

Pickleball games & instruction, Mondays, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

Ice skating, Mondays, 8a.m. - 9:10 a.m., Kettler Capitals Iceplex, Ballston Mall, \$1. Register, 703-228-4745.

Nature walk, Tuesday, Apr. 14, 4 p.m., Long Branch Nature Center; Free. Register, 703-228-6535.

Learn about cholesterol, Tuesday, Apr. 14, 2 p.m., Langston-Brown. Free. Register, 703-228-6300.

Music from 50s to the 70s, Tuesday, Apr. 14, 6:30 p.m., Walter Reed. Free. Register, 703-228-0955.

Music from 50s to the 70s, Tuesday, Apr. 14, 6:30 p.m., Walter Reed. Free. Register, 703-228-0955.

Beginners full fitness exercise, Tuesdays, 10 a.m., Lee. \$60/15 sessions or \$4 per class. Details, 703-228-0555.

Arlington Mill Trekkers, Tuesdays, 9:30 a.m. Free. Register, 703-228-7369.

Table tennis, Tuesdays, 10 a.m., -12 p.m., Walter Reed. Free. Register, 703-228-0955.

Share Easter traditions, Wednesday, Apr. 15, 10 a.m., Walter Reed. Free. Register, 703-228-0955.

Arlington Walking Club, Wednesdays, 9a.m., Culpepper Garden. \$4. Register, 703-228-4403.

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

Ballroom Dance, Friday, Apr. 17, 1 p.m., Lee. Free. Register, 703-228-0555.

Favorite poems shared, Friday, Apr. 17, 1 p.m., Aurora Hills. Free. Register, 703-228-5722.

Genealogy 101 class, Friday, Apr. 17, 1 p.m., Lee. Free. Register, 703-228-0555.

Scrabble games, Fridays, 10:15 a.m., Walter Reed. Free. Details, 703-228-0955.

Fast paced walking group, Friday, Apr. 17, 9 a.m., Aurora Hills. Free. Register, 703-228-5722.

FREE REMODELING & DESIGN SEMINARS!



Thursday, April 9th, 2015
5:00pm to 8:00pm

Where: 6862 Elm St, Suite 330
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Dinner to follow.

Please arrive at 4:45pm for check-in.

Seating is limited!

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ENTERTAINMENT

Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Photo Exhibition. Through April 6. 10 a.m.-9 p.m.; Tuesday and Wednesday, 1-9 p.m.; Friday and Saturday, 10 a.m.-5 p.m. at Cherrydale Branch Library, 2190 Military Road, Arlington. "The Roof of the World: Photos of Nepal by Kenneth Chadwick." Free. Call 703-228-6330.

"Soon." Through April 26 at Signature Theatre, 4200 Campbell Ave. A twenty-something mourns the hottest summer in human history from her couch in this Nick Blaemire musical. Tickets start at \$48. Visit www.signature-theatre.org/shows/soon for tickets.

"Creating Across the City."

Through June at Reagan National Airport, Three organizations; Critical Exposure, The National Building Museum and ARTLAB+ have teamed up for "Creating Across the City: A Teen Art Showcase," which provides an outlet through art and design for creative local teens. Free.

Crystal City 5K. Fridays in April, 6:30 p.m. at 2121 Crystal Drive. Crystal City hosts this after-work race. Runners will receive deals from participating establishments. Each of the four races is \$20, or run all four for \$60. Visit www.runpacers.com/race/crystal-run-5k-fridays/.

LGBT & Straight Friends Social.

Tuesdays. Happy Hour, 3 p.m.-7 p.m.; Mikey's "Bar A" Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. IOTA Club & Cafe has designated every Tuesday LGBT & Straight Friends Social Night for those 21 years and older. Free. Visit www.iotaclubandcafe.com for more information.

Open Mic Comedy. Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or visit www.RiRa.com/Arlington for more.

Invasive Plants Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit registration.arlingtonva.us. Free, no registration required.

Poetry Series. 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit www.iotaclubandcafe.com or call 703-522-8340.

Open Mic Nite. 8 p.m.-12:30 a.m. every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Featured musicians perform from 9:30-10 p.m. Visit www.iotaclubandcafe.com or call 703-522-8340.

Karaoke. 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit www.galaxyhut.com or call 703-525-8646.

Pub Quiz. 8 p.m. every Sunday at Whitlow's on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit www.whitlows.com or call 703-276-



PHOTO CONTRIBUTED

The oldest building in Arlington County, The Ball-Sellers House, opens to the public for tours on April 4.

The Ball-Sellers House, Arlington County's Oldest Building Opens for Tours

Opening Day at Ball Sellers House, 5620 Third St. South, on April 4 will be a family-friendly event. The house was built in the 1750s and this year marks the 40th anniversary of the Arlington Historical Society receiving the house from Marian Sellers for \$1. Attendees will find free colonial-themed snacks and beverages. Guests may also partake in free tours of the house. The house will be open to the public Saturdays 1-4 p.m. through October.

9693.

Storytime. Mondays and Fridays, 10:30-11:00 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

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

Family Nights. 7-9 p.m. on the first Friday of the month at Arlington Mill Community Center. E-mail DPR-YouthandFamily@arlingtonva.us. or call Emily Thrasher at 703-228-4773 for more.

Ball-Sellers House Tours. 1-4 p.m. at The Ball-Sellers House, 1015 N. Quincy St. This year marks the 40th anniversary of the Arlington Historical Society receiving the house from Marian Sellers in 1975 for \$1. Free. Visit www.arlingtonhistoricalsociety.org.

CAMPS, CLASSES & WORKSHOPS

Theatre Classes. Encore Stage & Studio is holding classes and mini camps for children in grades K-8 at on Saturdays at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road and Tuesdays and Wednesdays after-school at Theatre on the Run, 3700 S. Four Mile Run Drive. Visit www.encorestageva.org for a list of classes.

Synetic Theater. Synetic Studio, 2155 Crystal City Plaza Arcade T-19, Arlington. Synetic offers an introduction to physical theater, acting and dance that inspire students to creativity. Classes include programs for elementary, middle and high school students, as well as adults. Discounted packages and

payment plans are available. Visit www.synetictheater.org/studio or call 703-824-8060.

Teen Camp Summer Intensive.

June 22-July 1, 9 a.m., at the Synetic Studio. Eight days of actor training and new play development led by Synetic teaching artists and D.C. theatre professionals, culminating in the production of Star Force, a physical musical theatre parody of everyone's favorite intergalactic space odyssey. Register at www.synetictheater.org.

Youth and Teen Winter Fitness Programs. Winter speed and explosion workshops at Swanson Middle School will focus on mental preparation, speed, explosion, agility, fitness and conditioning training. Teens ages 13-19 can take advantage of programs focused on baseball and softball. Ages 9-13 will enjoy a more generalized program. The key objective of workshops is to ensure that every athlete is challenged in an intense and fun atmosphere that will enable them to learn and maximize their performance and to achieve peak condition. For full time and session dates or to register visit www.registration.arlingtonva.us and use activity code 720515.

WEDNESDAY/APRIL 1

Book Talk. 7 p.m. at One More Page Books, 2200 N Westmoreland St. Author Marlen Supaya-Bodden chats about her novel, "The Wedding Gift." Free. Visit www.onemorepagebooks.com.

THURSDAY/APRIL 2

Artist Workshop. 6:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Artist Mariah Anne Johnson will reveal her art-making process of folding, twisting and knotting fabric.

Free. www.arlingtonartscenter.org. **Artist Talk.** 8 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Resident artist Dawn Whitmore will discuss the relationship between women and contemporary American gun culture as dealt with in her art.

APRIL 2-19

Simply Sondheim. Various Times at Signature Theatre, 4200 Campbell Ave. An original tribute celebrating Stephen Sondheim and Signature Theatre's special partnership over the past 25 years. Tickets start at \$40. Visit www.signature-theatre.org.

FRIDAY/APRIL 3

Wine Tasting. 6:30 p.m. at One More Page Books, 2200 N Westmoreland St. Attend a springtime wine tasting. Free. Visit www.onemorepagebooks.com. **James Adomian.** 10 p.m. at The Arlington Drafthouse, 2903 Columbia Pike. Former Last Comic Standing contestant James Adomian will perform. Tickets are \$10.

SATURDAY/APRIL 4

Spring Open House. 12-6 p.m. at BLDG 236, 201 Jackson Ave. The Old Guard's Caisson Platoon, 3d U.S. Infantry Regiment will be hosting a family-friendly afternoon of stable tours, hayrides, face painting, and an Easter egg hunt. Call 703-696-3018.

"How to be a Professional Amateur." 1-3 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Paul Shortt will lead workshops in which participants will learn how to go from being an amateur to a professional, regardless of career path. Free. Visit www.arlingtonartscenter.org. **James Adomian.** 10 p.m. at The

Arlington Drafthouse, 2903 Columbia Pike. Former Last Comic Standing contestant James Adomian will perform. Tickets are \$10.

MONDAY/APRIL 6

Teen Paintball Trip. 11 a.m.-5 p.m. at Thomas Jefferson Community Center, 3501 2nd St S. Arlington teens may spend their Teacher Work Day at PEV's Paintball. Fee is \$35. Visit www.park.arlingtonva.us.

Arlington Independent Media Open House. 5-10 p.m. at Arlington Independent Media, 2701-C Wilson Blvd. Local nonprofit Arlington Independent Media, which provides training and access to media technologies will reveal their new audio production suite. Free. Visit www.arlingtonmedia.org.

MONDAY-FRIDAY/APRIL 6-11

Fan Week. Every hour from 10 a.m.-2p.m. through Friday, April 10. Capitals prizes, which include signed pucks, sticks and jerseys, will be given away beginning April 6 via online raffle. Season ticket-holders will be registered automatically, all other fans must register online. Visit www.WashingtonCaps.com.

WEDNESDAY/APRIL 8

#BlackLivesMatter. 7 p.m. at Arlington Central Library Library Auditorium, 1015 N Quincy St. Arlington Public Library will host their annual one-theme, one-community read focusing on race in America, as seen through the works of Jesmyn Ward and Chimamanda Ngozi Adichie. Free. Call 703-228-6321.

THURSDAY/APRIL 9

Gareth Branwyn's Cafe Gaga. 6:30 www.ConnectionNewspapers.com

ENTERTAINMENT

p.m. at Artisphere, 1101 Wilson Blvd. Writer Gareth Branwyn will host the first of three discussions about the relationship between science, art, and technology. Free. Visit www.artisphere.com.

Arlington Historical Society. 7-9 p.m., at Marymount University, Rowley G127, 2807 N. Glebe Road, Arlington. "The Civil War Contraband Camps of Northern Virginia" with Ron Baumgarten. Visit www.arlingtonhistoricalsociety.org for more.

Book Talk. 7 p.m. at One More Page Books, 2200 N Westmoreland St. Author Marisa de los Santos discusses and signs her new novel, "The Precious One." Free. www.onemorepagebooks.com.

THURSDAY-SATURDAY/APRIL 9-18

Teen Hamlet. Performances are at 8 p.m., except on April 12, there will be a 2 p.m. performance at Syntetic Theater, 1800 S. Bell St. Teenage performers will perform "Hamlet... the rest is silence," a silent adaptation of the original play. Tickets are \$5-17, Visit www.syntetictheatre.org.

FRIDAY/APRIL 10

Museum Curation Lecture. 4-5:30 p.m. at Reinsch Library Auditorium at Marymount University, 2807 North Glebe Road. Dr. Steven Lubar, a professor of American Studies at Brown University, will discuss the spoken and unspoken rules of museum curation. Tickets are \$25 for the general public. Visit www.marymount.edu.

SATURDAY/APRIL 11

Countdown to Yuri's Night. 9 p.m.- 1 a.m. at Artisphere, 1101 Wilson Blvd. April 12 is the anniversary of Russian Cosmonaut Yuri Gagarin becoming the first human to enter space. This 21 and older event will feature a sci-fi burlesque show, art show, DJ'd dancing, and more. \$25 in advance, \$30 at the door. Visit www.c2yn.com.

SUNDAY/APRIL 12

"An Abraham Lincoln Tribute." 11 a.m. at Church of the Covenant, 2666 Military Road.

The University of Miami Collegium Musicum will present a tribute concert on the 150th anniversary of President Abraham Lincoln's assassination. Find both traditional music and music written in honor of the fallen president. Free. Visit www.miamicollegium.com.

Brahms and Beethoven. 4 p.m. at Rock Spring Congregational United Church of Christ, 5010 Little Falls Road. IBIS welcomes Geoffrey Pilkington, principal horn of the Kennedy Center Opera House Orchestra, and Grand Prize winner at the 2009 International Horn Competition of America. Free. Visit ibischambermusic.org for more.

Jeff Foxworthy Benefit. 5:30 p.m. at Crystal Gateway Marriott, 1700 Jefferson Davis Hwy. The Esophageal Cancer Action Network (ECAN) presents "No Laughing Matter." Comedian Jeff Foxworthy will perform at a Cabaret-style night of entertainment with light fare, beer, wine and soft drinks. Proceeds will benefit ECAN's efforts. Tickets are \$79/person for the main event and \$200/person for admission to the VIP reception. Visit www.ECAN.org/NoLaughingMatter or call 410.358.ECAN (3226).

MONDAY/APRIL 13

Author Event. 1 p.m. at The Woman's Club of Arlington Club House, 700 S. Buchanan St. The Woman's Club of Arlington will host author and journalist Charlie Clark. Open to the public. Free. Visit www.womansclubarlington.org.

WEDNESDAY/APRIL 15

Treemonisha Luncheon. 12 p.m. at Busboys & Poets, 4251 South Campbell Ave. Members of the public are invited to a kick-off luncheon Opera Nova's latest undertaking of "Treemonisha," a folk opera composed in 1910. Lunch is \$25. Call 703-536-7557.

"Plastic Paradise." 7:30 p.m. at Arlington Cinema 'N Drafthouse, 2903 Columbia Pike. Alingtonians for a Clean Environment, along with the Sierra Club and Tap-In-Arlington will present "Plastic Paradise," a film which

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Maundy Thursday

7:30 PM — 9:00 PM

Good Friday

12:00 PM | 1:00 PM | 2:00 PM | Stations of the Cross

7:30 PM | The Last 7 Words of Christ

Easter Vigil

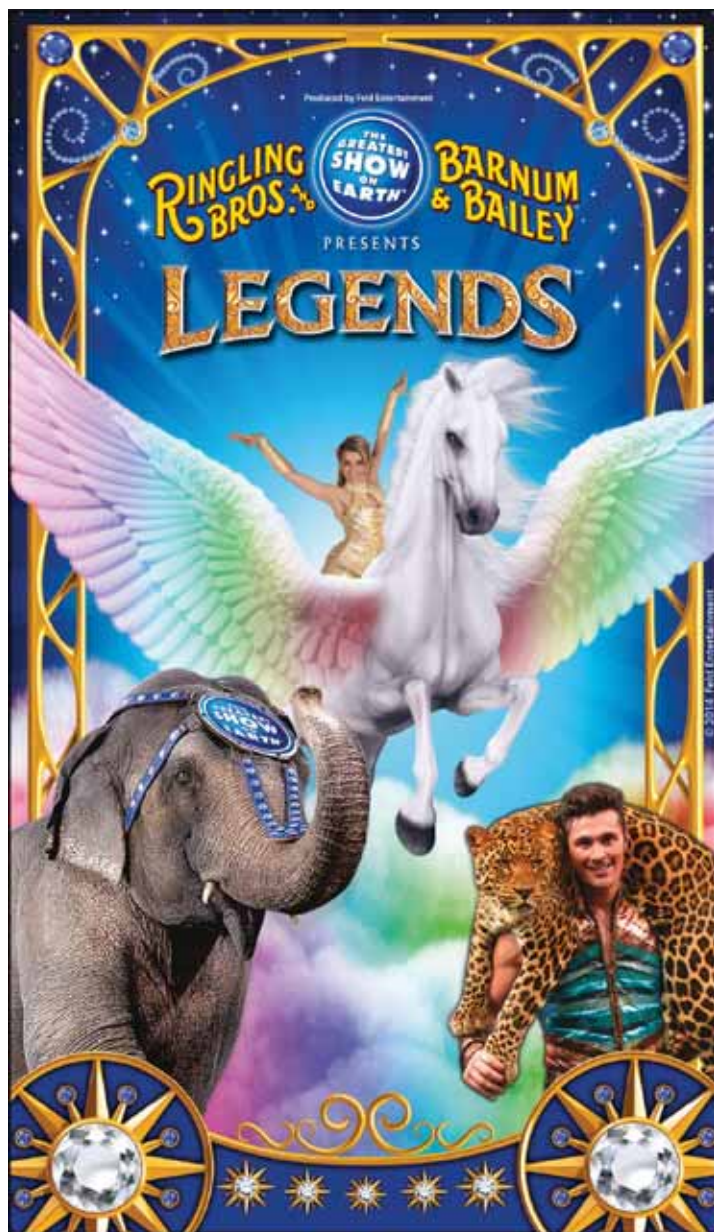
8:30 PM — 11:00 PM

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ENTERTAINMENT

undertakes the theory that “every single piece of plastic that has ever been created since the 19th century is still somewhere on our planet.” Tickets \$10, \$5 with a current student id. Visit www.arlingtondraffthouse.com, or www.arlingtonenvironment.org for more.

FRIDAY/APRIL 16

Native Plants Workshop. 6:30 p.m. at The Arlington Central Library, 1015 N Quincy St. Lauren Beatty and Lynn Scholz will discuss “Native Plants for Difficult Places” and “Practical Steps for Transforming Your Yard.” Learn details on the “Audubon at Home” program in which a representative will visit your yard and provide a native plant consultation. Free. Visit www.armn.org.

FRIDAY/APRIL 17

Crystal City Walkabout. 12-1 p.m. at Crystal City Metro, 1750 South Clark Street. Get a tour of Arlington on foot. Free. Visit www.walkarlington.com.

SATURDAY/APRIL 18

Art Festival. 10 a.m.- 5 p.m. at 1101 N. Highland St. The 3rd Annual Arlington Festival of the Arts will convene 100 artists from all over the country. Also find live music and an art giveaway. Free. Visit www.artfestival.com.

“Sole Celebration.” 3:30-6:30 p.m. at Lyon Hall, 3100 Washington Blvd. “In Christy’s Shoes,” a local nonprofit dedicated to inspiring women in challenging circumstances, is hosting a “Sole Celebration.” Attendees are invited to bring new or gently-worn women’s shoes for donation, benefiting Doorways for Women and Families, and partake in food, drinks and entertainment. Tickets are \$35. Visit www.inchristyshoes.org.

Opening Reception. 6-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center celebrates the launch of the “Spring SOLOs” exhibit. Free. Visit www.arlingtonartscenter.org.

Renaissomics Performance. 8 p.m. at St. George’s Church, 915 N Oakland St. Renaissomics performs “New Worlds,” a concert of polyphonic chamber and dance music from 16th and 17th Century Italy, England, Spain, and the Americas. Tickets are \$25, \$10 for students. Visit www.capitolearlymusic.org.

APRIL 18-JUNE 28

Spring SOLOs. 12-5 p.m. Wednesday-Sunday at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center hosts several solo exhibits each season. This spring, they welcome Bradley Chriss, Nichola Kinch, Kate kretz, A. Gray Lamb, Nate Larson, Dan Perkins, and Paul Shortt. Admission to the gallery is free. Visit www.arlingtonartscenter.org.

SUNDAY/APRIL 19

Mongolian School Concert and Dinner. 4:30-7 p.m. at The Wilson School, 1601 Wilson Blvd. The Mongolian School will host a fundraising concert and dinner with traditional food, dancing and music. Tickets are \$40. Visit www.facebook.com/groups/MSNCA.

FRIDAY/APRIL 24

Of Wine and Words. 7 p.m. at Jones Day Rooftop Terrace, 300 New Jersey Ave. Washington, D.C. Arlington-based nonprofit The Reading Connection hosts their annual “Of Wine and Words” benefitting their



PHOTO CONTRIBUTED

The University of Miami Collegium Musicum will perform in Arlington on April 12

Choir Honors Lincoln Anniversary

In commemoration of the 150th anniversary of Abraham Lincoln’s assassination, The University of Miami Collegium Musicum, the university’s community chamber choir, will perform in the area. On Sunday, April 12, the choir will perform at the Church of the Covenant, 2666 Military Road. Attendees will hear traditional songs from Lincoln’s time period, including his known favorite, “The Battle Hymn of the Republic,” as well as music written in honor of the fallen president.

literacy programs. Find wine, beer and cocktails tastings and a live auction. Tickets are \$125. Visit www.thereadingconnection.org.

FRIDAY-SUNDAY/MAY 1-3

“The Firebird and Other Works.”

7:30 p.m., Friday and Saturday, 3 p.m., Sunday at Thomas Jefferson Community Theater, 125 S. Old Glebe Rd. BalletNova’s Artistic Director Nancie Woods reprises her popular staging of “The Firebird” based on the Russian fairy tale and the original Fokine choreography. Performances will also include Baseball Ballet, The Blue Sox, and GinDance Company. Tickets are \$8-23, \$3 more at the door. Visit www.balletnova.org.

SUNDAY/MAY 2

“How to be a Professional Amateur.” 1-3 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Paul Shortt will lead workshops in which participants will learn how to go from being an amateur to a professional, regardless of career path. Free. Visit www.arlingtonartscenter.org.

Kentucky Derby Gala Celebration 5:30- 10 p.m. at Ritz-Carlton Pentagon City, 1250 S Hayes St. The Arlington Community Foundation’s 14th Annual Spring Gala will feature hats, seersucker suits, fine bourbon, mint juleps, auction items, and much more. Entertainment by ‘Round Midnight. Visit www.arlcf.org, call 703-243-4785 or email brenda@arlcf.org for tickets.

SATURDAY/MAY 9

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

THURSDAY/MAY 14

Arlington Historical Society. 7-9 p.m. at Arlington Central Library Auditorium, 1015 N Quincy St., Arlington. “A History of the Arlington County Police Department.” Visit www.arlingtonhistoricalsociety.org.

SATURDAY/MAY 16

Argentine Festival. 4 p.m. at Thomas Jefferson Community Theatre, 125 South Old Glebe Road. This celebration of Argentinian culture will showcase music, dancing, food and more. Tickets for the festival are \$20. Tickets for the show at 5:50 p.m. are \$20 in advance and \$30 at the door. See www.festivalargetntino.org.

SUNDAY/MAY 17

Taste of Arlington. 12-6 p.m. at Wilson Blvd. from N. Glebe Road to N. Quincy St. and from Wilson Blvd along N. Stuart St. Attend a food festival showcasing Arlington’s food scene. Also find live music and entertainment. General admission is free. Visit www.ballstonbid.com/ taste for more information.

MONDAY/MAY 18

Laughter Yoga. 6:30-7:30 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St., Arlington. Use breathing, clapping and movement exercises to relax and boost creativity. Session ends with silent meditation. Free. Email arlingtonlaughteryoga@yahoo.com

SATURDAY/MAY 23

Gallery Talk. 1-4 p.m. at Arlington Arts Center, 3550 Wilson Blvd. “Spring SOLOs” artists will discuss their work. Free. Visit www.arlingtonartscenter.org.

FRIDAY/JUNE 5

Arlington Historical Society Annual Banquet. 6:30-9 p.m. at the Holiday Inn Rosslyn, 1900 North Fort Myer Drive, Arlington. Visit www.arlingtonhistoricalsociety.org.

SATURDAY/JUNE 6

House Concert Series. 7:30 p.m. in Bethesda. Arlington-based IBIS Chamber Music presents concerts in private homes, followed by a reception. Proceeds fund community concerts. \$25, limited space. Email susan@ibischambermusic.org 703-755-0960 for reservations. Visit ibischambermusic.org for more.

WWW.CONNECTIONNEWSPAPERS.COM

AmeriCorps Works for Arlington

FROM PAGE 3

THE EDU-FUTURO PROGRAM provides a series of workshops and leadership programs. When these students are high school seniors, they can access a program that pairs them with mentors for the college planning process.

"These mentorships are one-on-one, and the volunteer helps the high school senior with college applications, the essays, and finding scholarships," Grant said. "Those are the core things."

Grant has been working with the AmeriCorps volunteers since the beginning of the ArlingtonWorks! program, when she was a part of the decision to apply for AmeriCorps support. The program continues to grow in both its membership and the people in Arlington it affects. This is the first year that AmeriCorps provided eight volunteers to Arlington Works! Previous to this year, the team was comprised of seven members each year.

"We have eight AmeriCorps members for the program," Grant said. "They are full-time volunteers who receive a stipend of \$13,300 a year. Their service helps us achieve our goals, the primary ones being to help Arlington attain skills needed for greater economic and academic success."

The job search is a difficult, roller-coaster of a process for anyone, so not having fluent English skills in your back pocket makes it even harder. The AmeriCorps volunteers who work at the Arlington Employment Center are doing rewarding work and making an invaluable difference in their clients' lives by fixing some of these deficits.

"At the time Arlington Works! started, we felt it was time to expand services to low income students in gaining them greater academic success," Grant said. "One group that hasn't recovered from the 2008 recession are adult English language learners.

Arlington Works! AmeriCorps members Rachel LaCroix (left) and Amy Gale with AmeriCorps National Director Bill Basl at a Veterans' Day event in Washington, D.C., November 2014.



PHOTO CONTRIBUTED

They still suffer from fairly high unemployment rates and it has to do with gaps in language abilities and computer skills. For the youth, being able to get into college will help pull them up. Our goal was and is education and enhancement, and that's why we decided to apply to AmeriCorps."

While helping both the adults and youth of the immigrant community, the eight AmeriCorps members in Arlington are also touching the entire surrounding community in other ways.

"On Martin Luther King Day, we partnered with the Arlington Partnership for Affordable Housing to clean up the Columbia Grove apartment sites," Grant said. "We have also adopted a stretch of road as an Adopt-a-Street program through Arlington County. We are working with the community as well as within our own programs."

The Arlington AmeriCorps volunteers will also be hosting a Red Cross blood drive on May 8 at the Syphax Education Center on Washington Boulevard.

ALL THE WORK the volunteers do, in and

outside of their assigned posts, strengthens ArlingtonWorks! programming and the community.

Members of last year's Arlington Works! AmeriCorps team can speak to how beneficial the program is — both to the people they serve and for the volunteers themselves.

Kyle Huggins's year of service was last year, from 2013 through 2014. Now, the Alexandria resident is a contractor for Deloitte, but he said he will always remember his year with Arlington Works! fondly.

He said because Arlington Works! partnered the AmeriCorps volunteers with two programs, his experience was unique and especially fulfilling.

"I did a couple of different things," Huggins said. "The cool thing about Arlington Works! is that it is different from other programs because many others only work with one non profit. This is two, with the Adult English program and the Emerging Leaders Program [of Edu-Futuro]. I got to dabble in a lot of different things, though my main duty was with the Emerging Lead-

Details

❖ Applications are now being accepted for the 2015-16 Arlington Works! AmeriCorps program year in Arlington, (beginning on or about September 1, 2015). Applications are available at www.arlingtonworks.org

❖ To sign up for the blood drive on May 8, contact Flor Cabrera at 703-228-2560 or flor@edu-futuro.org.

❖ Visit arlingtonworks.org or americorps.gov.

ers Program."

The Emerging Leaders Program is through Edu-Futuro, and Huggins was a mentor in both ELP-1 and ELP-2 courses. In just one year, Huggins saw firsthand how he changed futures.

"ELP-1 is a seven-week course on evenings and weekends so high school students can learn more about the college education process, and learn how their future career goals can really be within reach," Huggins said. "With ELP-2, I mentored five different high school seniors through the college application, and scholarship and financial aid application, processes. Four of the five students I worked with received so many scholarships that they didn't have to pay tuition at all."

Arlington resident Katrina Benson also served with Arlington Works! for the 2013-2014 term. She was one of the volunteers who worked as an adult ESOL instructor. She learned a lot both in and out of the classroom.

"I worked on the REEP side as an adult ESOL instructor," Benson said. "My main responsibilities were teaching intermediate English classes. It was a great experience. Adults would bring their personal life experiences to the classroom and everyone was from somewhere different, so we all learned from each other."

Benson said her experience with AmeriCorps has already influenced some of her career decisions. She is now a resident services coordinator with Arlington Partnership for Affordable Housing.

"Arlington Works! definitely prepared me for my job now," she said.

Salary Scales out of Balance in Arlington Courtroom

FROM PAGE 3

budget increases that funding to \$4.3 million.

The Arlington Office of the Public Defender's total budget is \$1.6 million paid from the state. Within the statewide Public Defender pay scale, Arlington's Office of the Public Defender does fall under what Foley calls a "NOVA bump." The \$42,794 Jenkins was earning as office manager was \$5,035 more than what that position earns outside of Northern Virginia, but Foley says it still isn't enough to compensate for the dramatically different cost of living in Arlington.

In neighboring Alexandria, where the Commonwealth's Attorney's Office receives subsidies from the city and prosecutes misdemeanors, like in Arlington, the City also supplements the funding to the Public Defender's Office. Whenever the Commonwealth's Attorney's Office receives a merit based pay increase, the Public Defender's Office does as well.

"I think public defenders should be paid

a salary that is appropriate," said Theophani Stamos, Commonwealth's Attorney for Arlington County and the City of Falls Church. "I will say that prosecution does have the burden of proof and does have to put on the case. I'm not saying we do more work, but it's a different burden. For the system to work appropriately, advocates on both sides need to be well trained and publicly supported."

While adversarial in the courtroom, Foley said the Office of the Commonwealth's Attorney has been very helpful in helping the Office of the Public Defender compile their information to make their case to the County Manager.

"Public defenders are important because due process in the criminal justice system matters," said Foley. "It takes an efficient and balanced justice system to protect the rights of persons involved in this. Strong prosecution and public defenders are equally responsible for assuring that we have fair trials and equal justice for all in

Arlington County."

Stamos explained that Virginia law only requires Commonwealth's Attorney's Offices to prosecute felonies, but in Arlington, her office also prosecutes misdemeanors like driving under the influence and trespassing. According to Stamos, and confirmed by the Commonwealth's Attorney's Services Council, in some other counties in Virginia where the Commonwealth's Attorney does not prosecute misdemeanors, evidence in these cases are presented by police officers but there is no prosecutor.

"You don't want a police officer prosecuting a drunken driving offense while a defense attorney is on the other side of the court," said Stamos.

But Stamos also added that in each of these cases where a prosecutor would be involved, jail time is included as a possible sentence if convicted, which means the defendant in these cases are also entitled to a public defender.

According to Sun, in terms of the budget,

the Office of the Commonwealth's Attorney and the Office of the Public Defender are handled very differently.

"The Commonwealth's Attorney is a constitutional office, all of which are treated the same," said Sun. "These offices are outlined in the state constitution. We have those constitutional officers that have staff, those are constitutional employees. They are on our payroll, they are part of our budget, and they are part of our retirement system and health system."

While Arlington does receive funding from the state to help cover the costs of those positions, she said it's less than 50 percent of the total cost.

"The Public Defender's Office is completely different," said Sun. "It's a state office, those are state employees. They are asking for a subsidy from Arlington. That is a budget request, and the board has been working for the past few months on the budget requests, but this is a very tight fiscal year."

Nunez-Led Generals Not Surprising Anyone

W-L boys' soccer expects to face defensive-minded opponents.

By JON ROETMAN
THE CONNECTION

Washington-Lee forward Maycol Nunez dominated opponents during a stellar sophomore season, scoring 37 goals while leading the Generals to the 2014 VHSL 6A state final.

Now a junior, Nunez and the W-L boys' soccer team received a glimpse on March 27 of a defensive-minded approach they are likely to encounter from opponents during the 2015 season.

W-L generated ample opportunities against Arlington foe Wakefield on Friday, but failed to find the net during a scoreless draw at Washington-Lee High School. Each team had a goal negated by an offside call.

"They'll pack it in tight, absorb as much as they can," said W-L head coach Jimmy Carrasquillo, describing the defensive approach the Generals figure to face often this season. "If we don't finish early, if we don't get [a goal] in early, then that's what happens. They'll absorb as much as they can and once we get one in, then they want to press and they want to get forward and then we have more of an opportunity to play."

"... Now teams know what to expect. They're going to sit back, they're going to absorb, they're going to push one or two guys high, try to catch us on a counter, do something like that. I told them we're going to see it, we're going to keep seeing it all season long. We just have to keep knocking the ball around."

Friday's result moved W-L's record to 3-0-1 and served as a reminder that the Generals — and Nunez — won't be sneaking up on opponents this season.

WASHINGTON-LEE FINISHED 2014 with an 18-2-3 record, captured the Conference 6 championship and beat Grassfield



Washington-Lee forward Maycol Nunez tries to split a pair of Wakefield defenders on March 27.

1-0 in the state semifinals. The Generals' only losses were to T.C. Williams in the 6A North region final and the state championship match.

With Nunez back, the Generals are expected to produce another successful season.

"I think they're handling [expectations] well," Carrasquillo said. "It's one of those things where I keep reiterating the fact that, hey, we haven't won anything. We're going on what we did last year. A lot of people have that expectation. They can have that expectation, but it's up to us to keep playing. It's up to us to keep grinding out there in practices, showing up for every game because we're going to get everybody's best."

The primary reason for lofty expectations is the return of Nunez. The Honduran native was unstoppable as a sophomore. He scored four goals against Marshall in W-L's

2014 season opener, totaled 10 goals in the Generals' first three matches, and later torched Robinson with five goals. Nunez scored multiple goals in 10 matches, and produced a hat trick on seven occasions. His three-goal performance against West Potomac in the region semifinals gave him 37 for the season and helped W-L secure a trip to the state tournament with a 4-2 victory.

Nunez received a red card against T.C. Williams in the region final, forcing the forward to miss W-L's state semifinal match against Grassfield. The Generals won without their scoring leader, and advanced to the state final.

Nunez' monster season has led to opponents focusing on stopping No. 11.

"It would be unfair to say I have the same expectations because now everybody knows Maycol," Carrasquillo said. "Last year, they didn't know Maycol. Last year, he was some sophomore on the varsity team. Once he scored a couple hat tricks, then they said, 'OK, who's this kid?' Then the man-marking and the double-teaming started late in the season. That's all they do now. They know where he is, they know who he is, so we're looking at other people to step up — and they have been."

Nunez leads the Generals with four goals this season.

"Last year, I liked the attention and everything, all the goals and everything, but my mentality changed," Nunez said. "I know that to win states, I've got to work with my teammates, not just me. I don't really care if I score or not. As long as we win, I'll be happy."

Freshman forward Abdessamad Belfiroud has stepped up early for the Generals, scoring three goals.

"He's been doing well for us up to top," Carrasquillo said. "He's been taking some of that pressure away from Maycol because nobody

knows him. ... [He is a] very good player."

Senior midfielder Roger Rojas, sophomore forward Genry Baires, junior midfielder Jacob Muskovitz, senior midfielder Jacob Campbell and senior forward Samuel Felix-Hernandez each have one goal.

Junior goalkeeper Julian Esquer-Perez and the Generals have not allowed a goal this season.

Washington-Lee will travel to face Edison at 7 p.m. on Tuesday, April 7.

"Our goal is to win states," Nunez said. "We were there once, we were so close, now we're really hungry to get back there and hopefully win it this time. ... Ever since the state championship [loss to T.C. Williams], that's all I've been thinking about."

PHOTOS BY LOUISE KRAFT/THE CONNECTION

Washington-Lee freshman Abdessamad Belfiroud has three goals this season.



HOME SALES

In February 2015, 151 Arlington homes sold between \$2,028,406-\$65,000. This week's list represents those homes sold in the \$2,028,406-\$665,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	PostalCode	Subdivision
3612 N. DICKERSON ST	5	4	1	ARLINGTON	\$2,028,406	Detached	0.30	22207	COUNTRY CLUB MANOR
1830 HERNDON ST	6	5	1	ARLINGTON	\$1,922,250	Detached	0.29	22201	LYON VILLAGE
2608 24TH ST N	5	5	1	ARLINGTON	\$1,875,000	Detached	0.30	22207	WOODMONT
2804 JEFFERSON ST N	5	5	2	ARLINGTON	\$1,800,000	Detached	0.22	22207	LEXINGTON PARK
500 LINCOLN ST N	4	3	1	ARLINGTON	\$1,625,000	Detached	0.18	22201	ASHTON HEIGHTS
2001 ARLINGTON RIDGE RD	5	5	1	ARLINGTON	\$1,525,000	Detached	0.44	22202	ARLINGTON RIDGE
4521 25TH RD N	5	4	1	ARLINGTON	\$1,455,000	Detached	0.13	22207	LEE HEIGHTS
1307 14TH ST N	3	2	3	ARLINGTON	\$1,355,000	Townhouse	0.02	22209	MONUMENT PLACE
231 EDGEWOOD ST N	4	3	1	ARLINGTON	\$1,274,900	Detached	0.12	22201	LYON PARK
3221 OLD DOMINION DR	5	4	1	ARLINGTON	\$1,240,000	Detached	0.30	22201	MAYWOOD
1881 NASH ST #1809	2	2	0	ARLINGTON	\$1,200,000	Hi-Rise 9+ Floors	0.22	22209	TURNBERRY TOWER
5521 17TH ST N	5	4	1	ARLINGTON	\$1,100,000	Detached	0.26	22205	TARA
2318 KENMORE ST	4	5	0	ARLINGTON	\$1,043,000	Detached	0.23	22201	MAYWOOD
3116 NOTTINGHAM ST N	5	3	1	ARLINGTON	\$1,015,000	Detached	0.24	22207	2ND ADDN BEUCHLERS SUBDIV
1881 NASH ST #509	2	2	0	ARLINGTON	\$1,000,000	Hi-Rise 9+ Floors	0.22	22209	TURNBERRY TOWER
5136 37TH RD N	4	3	0	ARLINGTON	\$995,000	Detached	0.31	22207	WOODLAND ACRES
714 19TH ST S	6	5	1	ARLINGTON	\$975,000	Detached	0.20	22202	ADDISON HEIGHTS
1510 EDISON ST N	3	3	1	ARLINGTON	\$975,000	Detached	0.21	22205	WAYCROFT
2824 BEECHWOOD CIR	5	3	0	ARLINGTON	\$968,000	Detached	0.31	22207	BEECHWOOD HILLS
5710 22ND ST N	4	3	1	ARLINGTON	\$960,000	Detached	0.21	22205	LEEWAY HEIGHTS
1329 BARTON ST N	3	3	1	ARLINGTON	\$946,900	Townhouse	0.02	22201	COURTHOUSE HILL
5518 11TH ST N	4	3	1	ARLINGTON	\$931,000	Detached	0.17	22205	WESTOVER PARK
1049 26TH ST S	4	3	1	ARLINGTON	\$890,000	Detached	0.14	22202	AURORA HILLS
1418 RHODES ST #B405	2	2	1	ARLINGTON	\$880,000	Garden 1-4 Floors	0.22	22209	RHODES HILL SQUARE CONDO
1418 RHODES ST N #B406	2	2	1	ARLINGTON	\$875,000	Garden 1-4 Floors	0.22	22209	RHODES HILL SQUARE
2903 9TH ST N	4	3	1	ARLINGTON	\$870,000	Townhouse	0.04	22201	LYON PARK
1111B N STUART ST	3	3	1	ARLINGTON	\$862,000	Townhouse	0.02	22201	BALLSTON VILLAGE
2308 VAN BUREN CT	3	3	1	ARLINGTON	\$860,000	Townhouse	0.05	22205	FENWICK COURT
2001 15TH ST N #1208	2	2	0	ARLINGTON	\$853,000	Hi-Rise 9+ Floors	0.22	22201	ODYSSEY
1884 PATRICK HENRY DR	3	2	0	ARLINGTON	\$812,000	Detached	0.19	22205	LEEWAY HEIGHTS
4342 4TH N	3	3	1	ARLINGTON	\$807,479	Townhouse	0.00	22203	BALLSTON ROW
2066 OAKLAND ST N	3	2	1	ARLINGTON	\$805,000	Townhouse	0.03	22207	BROMPTONS AT CHERRYDALE
3441 KEMPER RD	3	3	1	ARLINGTON	\$802,000	Townhouse	0.03	22206	SHIRLINGTON CREST
4712 WASHINGTON BLVD	3	3	0	ARLINGTON	\$790,000	Detached	0.17	22205	WAYCROFT
1408 20TH ST S	3	3	1	ARLINGTON	\$780,000	Detached	0.14	22202	AURORA HILLS
2304 S JUNE ST	3	2	1	ARLINGTON	\$775,000	Detached	0.13	22202	AURORA HILLS
2310 14TH ST N #406	3	2	1	ARLINGTON	\$770,000	Garden 1-4 Floors	0.22	22201	COURTHOUSE HILL
1021 GARFIELD ST N #907	2	2	0	ARLINGTON	\$765,000	Hi-Rise 9+ Floors	0.22	22201	CLARENDON 1021
2326 ROLFE ST	3	3	1	ARLINGTON	\$765,000	Townhouse	0.04	22202	FOREST HILLS COMMONS
167 COLUMBUS ST N	4	2	1	ARLINGTON	\$765,000	Detached	0.15	22203	ARLINGTON FOREST
11 GARFIELD ST N	3	2	0	ARLINGTON	\$760,000	Detached	0.14	22201	LYON PARK
1207 LIVINGSTON ST N	3	3	0	ARLINGTON	\$759,990	Detached	0.14	22205	WESTOVER
5315 18TH ST N	3	4	0	ARLINGTON	\$755,000	Detached	0.24	22205	TARA
524 LITTLETON ST	4	2	1	ARLINGTON	\$750,000	Detached	0.17	22203	BOULEVARD MANOR / SPY HILL
5449 20TH ST N	3	2	1	ARLINGTON	\$750,000	Detached	0.18	22205	TARA LEEWAY
2008 BRANDYWINE ST	4	3	1	ARLINGTON	\$740,000	Townhouse	0.04	22207	BECKET GLEN
1816 24TH ST S	4	3	1	ARLINGTON	\$715,000	Townhouse	0.06	22202	FOREST HILLS COMMONS
4938 34TH ST N	3	1	1	ARLINGTON	\$700,000	Detached	0.16	22207	CC MANORS
1710 23RD ST S	4	3	1	ARLINGTON	\$690,000	Townhouse	0.08	22202	FOREST HILLS COMMONS
112 WAKEFIELD ST N	3	2	0	ARLINGTON	\$682,000	Detached	0.16	22203	ARLINGTON FOREST
1112 19TH ST S	3	2	0	ARLINGTON	\$670,000	Detached	0.09	22202	N/A
888 QUINCY ST N #2002	2	2	0	ARLINGTON	\$665,000	Hi-Rise 9+ Floors	0.22	22203	LIBERTY CENTER

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BUSINESS NOTES

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

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

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

His professional affiliations include

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

Varner, a member of the SmithGroupJJR Board of Directors since 2011, joined the firm's Washington, D.C. office in 1984 as an architect, advancing to the roles of project manager, principal and Workplace Studio leader. He is a graduate of Rice University with a Bachelor of Arts degree in architecture and art history, followed by a Bachelor of Architecture. A native of Houston, Texas, Varner lives in Arlington.

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

Arlington and Lorton.

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

U.S. News Media Group and Best Lawyers in America named **Bean, Kinney & Korman** a 2015 "Best Law Firm" based on performance ratings from clients and peers. This is the fourth year the firm has been included on the regional list and the third year on the national list.

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Contact the Program Coordinator for details

202-687-1070

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21 Announcements

ABC LICENSE
Istanbul Blue, LLC trading as Istanbul Blue Restaurant, 523 Maple ave, W. Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine, Mixed Beverages on Premises license to sell or manufacture alcoholic beverages. Janet Provencal, owner
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.

21 Announcements

ABC LICENSE
Peter Chang One LLC trading as Peter Chang, 2503 N. Harrison St, Ste E, Arlington, VA 22207. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer Restaurant on Premises license to sell or manufacture alcoholic beverages. Wenqiang Huang, Manager
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.

21 Announcements

ABC LICENSE
Smitten Boutique Salon II LLC trading as Primp by Smitten: A Styling Studio, 3000 Washington Blvd. Suite F, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Day Spa license to sell or manufacture alcoholic beverages. Melanie St. Clair & Lisa Rittiner/owner
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.

21 Announcements

ABC LICENSE
Tyson's Concepts Corporation trading as Greenhouse Bistro, 2070 Chain Bridge Rd. Vienna, VA 22182. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on/off Premises with Keg and Mixed Beverage on Premises license to sell or manufacture alcoholic beverages. Masoud Aboughaddareh, 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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21 Announcements

OBITUARY



Dougherty, Margaret Alicenea, 70, passed away peacefully in the presence of her family on Thursday, March 19, 2015 at Norton Brownsboro Hospital in Louisville, Kentucky after a long battle with breast cancer. She was born August 15, 1944 in Hot Springs, Virginia. She was the only child of Frances (Pritchard) and Clarence Hudson. Mrs. Dougherty attended George Mason Elementary School and graduated from F.C. Hammond High School in 1962 in Alexandria, Virginia. She attended James Madison University in 1963 and graduated from George Washington University in 1966 with a degree in French and Education. She received her M.A. in Special Education from George Washington University in 1975. Mrs. Dougherty worked for many years in preschool special education within the Fairfax County Public School system in Virginia. One of her proudest professional achievements was to obtain a grant to build a playground at Timber Lane Elementary School in Falls Church, Virginia. In 1966, she married William Dougherty. Mrs. Dougherty was a member of St. Mary Episcopal Church in Arlington, Virginia and enjoyed serving on the Altar Guild. After residing in Northern Virginia for 50 years, Margaret and Bill Dougherty moved to Louisville, Kentucky in 2004 to join their daughter Christine and her son-in-law Dr. John Wo. Margaret showered her grandchildren Katelyn and David Wo with her unconditional love. Mrs. Dougherty participated in volunteering activities at Sacred Heart Model School, where her grandchildren attend. In 2009, she received a Doctorate of Special Education from George Washington University, with her dissertation on, "Identification of Needs Reported by Grandparents of the Grandchildren with Disabilities from Birth to Twenty-one Years in Commonwealth of Kentucky." She was appointed an Adjunct Professor at George Washington University's Department of Special Education. Margaret Dougherty is survived by her spouse William Dougherty, daughter Christine Wo, and grandchildren Katelyn and David. She was a gentle woman who cared more about others than herself. She was a supportive and loving spouse for her husband of 49 years. She was an inspiration to her daughter Christine, who will miss dearly her gentle loving Mom. She was a pillar of strength for her son-in-law, who will miss her acceptance and love for the past 25 years. She was the dearest grandma for her 12-year old granddaughter Katelyn, who will miss the love of literature and reading that binds them forever. She was the best, "grandma in the world" for her 10 year-old grandson David, who will miss the Lego sets hidden in the house for him to find. Survivors also include her Aunt Jeanne Pritchard, cousins Mary Hadcock, Patty Kelly, Kathy Miller, Vicki Haley, Terri Henrickson, Anne Acuff, John Pritchard, Chad Pritchard, and her dear friends Janet Deatherage, Claire Booth, Bonnie Franklin, Mary Steed Ewell, Brenda Kimmel, Florence Gootenberg, Marlene Pollock, who's son Jason influenced Margaret toward a career in Special Education. Margaret will also be greatly missed by her extended family of in-laws, nieces and nephews. Margaret Dougherty loved the visit to Hong Kong and China with her family and even climbed the Great Wall. She was concerned about social injustice and spent a career in preschool special education for children with disabilities. She never boasted about her intellect and completed a doctorate degree just because she wanted to. She will be remembered by her kindness and unselfishness to her family and everyone she encountered. The family requests donations to be made to the National Association for Down Syndrome (NADS) or the National Down Syndrome Society (NDSS). A memorial service and interment of ashes will be held at St. Mary's Episcopal Church in Arlington, Virginia at a later date.

21 Announcements

ABC LICENSE
The Brew Shop, LLC trading as The Brew Shop, 2004 Wilson Blvd, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer off Premises and Keg license to sell or manufacture alcoholic beverages. Julie Drews, Member
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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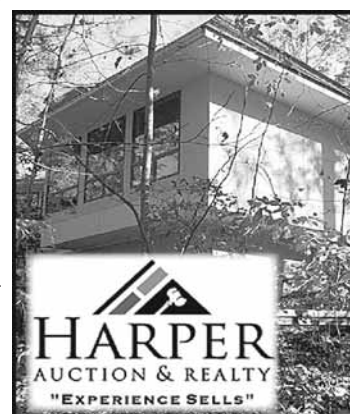


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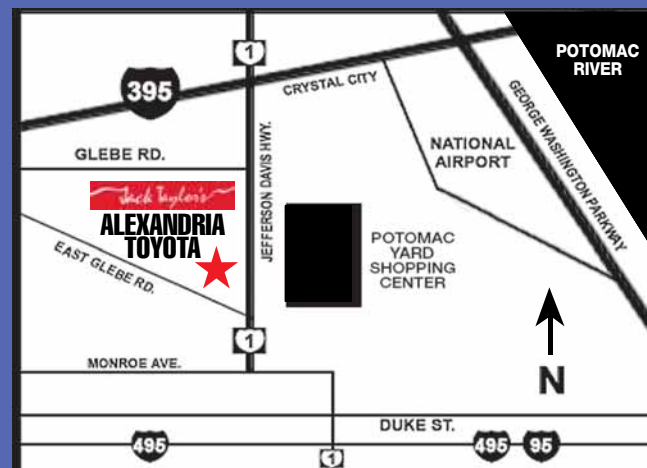


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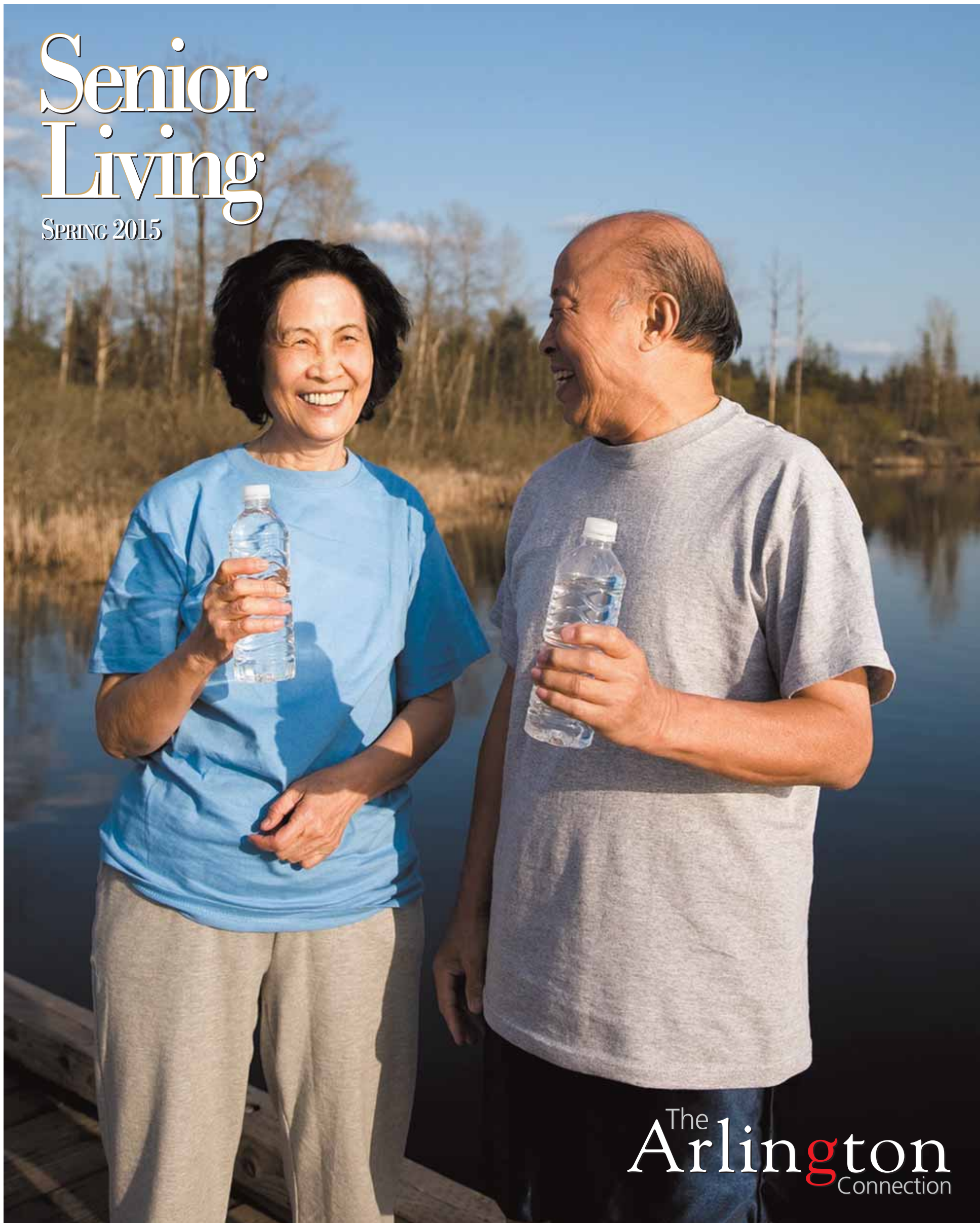


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NEWSPAPERS

Senior Living



Women of the Nova United, part of the National Senior Women's Basketball Association get exercise with a team sport. They are part of a new fitness trend.

Fit for the Golden Years

Fitness programs for seniors are part of a trend

BY MARILYN CAMPBELL
THE CONNECTION

One night each week, Sue Thompson can be found dribbling a basketball down the court, leading her team, the Nova United, to victory. Thompson, who is in her 60s, is one of the youngest players in her league, the National Senior Women's Basketball Association.

"There are women who play with me who are 80 and living out their dream to play basketball. We were way before Title IX," said Thompson, who is also a professor of physical education at Northern Virginia Community College in Annandale and Alexandria, Va. "The women are fit, but with seniors, the social part is really important. Some of the ladies have been widowed or have spouses with health issues. They've really been a support group for each other."

According to the American College of Sports Medicine, Thompson is part of a national fitness trend: fitness programs for older adults, including strength training and team sports. Fitness programs for the now-retired and retiring baby boom generation are increasing in popularity.

New research continues to show the benefits of exercise, aerobic

and strength training, range from delayed cognitive decline and a boost in social functioning to an ability to manage chronic diseases and even turn back time.

"There are a lot of benefits for the aging population," said Lisa M.K. Chin, an assistant research professor at George Mason University's Department of Rehabilitation Science in Fairfax, Va. Exercise "slows physiological changes that come with aging. ... The other thing that exercise manages is chronic diseases that come with aging, such as cardiovascular problems or diabetes."

Mark Brasler, a 69-year-old who lives in Springfield, Va., has been active for most of the past 20 years. He moved into a retirement community four months ago and got a fitness assessment in the property's gym. The results led him to up his fitness game.

"I still walk every morning and do weights and resistance machines every other day," said Brasler. "I was also told that I needed to take balance class. We focus on agility, how to stand up straight and how to get up when you fall. We also do stretching, yoga and Pilates. I feel more confident about myself."

Such fitness classes can help preserve mobility and cognitive function, say researchers. "It helps in terms of preserving bone mass and maintaining mobility longer," said Chin. "If you're using your muscles, especially during weight-bearing exercises, ultimately it re-

SEE FIT, PAGE 6

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Senior Living

'Your Life Is Today and Tomorrow'

Residents of local senior living communities share their experiences.

BY ANDREA WORKER
THE CONNECTION

I didn't want to come here," said Bill Woessner, referring to Brightview Assisted Living Community in Great Falls.

"That's right," agreed Sheila, his wife of more than 50 years, with plenty of her native Scottish brogue to be heard in her voice. "He really didn't. We have a lovely house here in Great Falls and I don't think he was ready to budge. But how long after we got here did that change?" she turned to her husband and asked.

"At least a day," he laughingly replied. "Seriously," said Bill Woessner, "it probably wasn't more than the first 48 hours."

What changed his mind, especially after what many would call a major life-up-heaval?

"The food!" was his answer. "We have



PHOTOS BY ANDREA WORKER/THE CONNECTION

Always ready for a few hijinks around Brightview Assisted Living Community in Great Falls are L-R: Sheila Woessner, Porta Nickles, Sophia Coulopoulos, Bill Woessner, and director of Community Sales, Joanna Banks.

gourmet food at every meal, served by the nicest people in the most beautiful surroundings, and we never have to cook it or clean up afterwards."

According to Sheila, while the food really is that good, what probably impacted her husband's initial attitude was "the amazing staff, the friendly and interesting residents, and the freedom. Of course, we're retired, so we're not bound to the responsibilities of work." But neither are the Woessners bound to home maintenance concerns, housekeeping, cooking and cleaning.

Or "shoveling snow, like we would have been doing last month if we weren't right here," gloated Bill. "We have the time to do what we like, to try new things and meet new people, without that worry."

Bill and Sheila Woessner chatted about their experiences as residents in a senior living community with friends and fellow residents Porta Nickles and Sophia Coulopoulos, over lunch in the Brightview dining room.

Porta Nickles, who is 99, admitted to a bit of a sweet tooth. "My father owned a candy and ice cream shop in upstate New York," she said, recommending the homemade coffee ice cream for dessert.

The ice cream is made using the recipe of the area's beloved Thelma Feighery. Brightview is built on the site of Thelma's Ice Cream, once the hotspot for local gathering in Great Falls. Thelma and her husband Frank

started with a gas station on the site in 1950. Thelma took over and served her own recipe ice creams and other goodies after Frank's death in 1988, until her own in 2001.

Long-time Great Falls resident Sheila Woessner said she used to go to Thelma's "just to catch up on all the local doings" even though she's not one for sweet treats. "I think Thelma would be pleased. Not only do we have our own 'Thelma's' on site and make ice cream to her specifications, but it's still the place for us to gather and keep up with what's going on."

Porta Nickles came to Brightview after living the last 70 years in Middletown, N.Y., where she helped run the family's Coney Island hot dog franchise, and later went on to enjoy a career in education with the local school district. Having lived somewhere that long, it's understandable that the move took some adjusting to, but Nickles found herself comfortable and more than content in short order. "I was lonely there," she said. "And I didn't even know how lonely until I got here, starting making new friends, finding out there were so many things I could still do and learn and enjoy. And now I get to see my kids, grandkids and great-grand kids."

"And so do we all," added Bill Woessner. The youngsters in Porta's extended family (many of whom live close by) are favorites at family related social events held at Brightview, holidays, birthdays, and some "just because" occasions. Having family nearby, the visits, and having opportunities designed to promote interaction with different age groups, all help make Brightview

a home environment in the estimation of this group of residents.

The Brightview Great Falls location has only been open since September of last year. Sophia Coulopoulos, who had lived for several years in the Maryland suburbs around the District, actually came here from another area community, where she lived with her ill husband until his death. Speaking of him caused a quick smile, but also brought a hint of tears. Porta on her one side and Brightview Community Sales Director Joanna Banks seated on her other side, were immediately offering hugs, pats and encouragement.

"Get involved and take advantage of your time," was Sheila Woessner's advice for new

SEE 'YOUR LIFE.' PAGE 4



With Dale Jarrett on the piano performing some of the residents' favorites, Garrey Stinson, owner of Dancing With Garrey, Therapeutic Ballroom Dancing for Seniors, brings a smile to Sophia Coulopoulos.

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Your Life Is Today and Tomorrow

FROM PAGE 3

residents.

Sheila Woessner has always been a game player “and she knows the words to every song going,” Porta Nickles said in admiration.

During her days with the British Information Services in New York City with Bill, Sheila Woessner took home some hefty prize money by playing on the televised “Name that Tune” game show, money that she used to finance their wedding. The couple even appeared on Johnny Carson’s “Who Do You Trust?” game show. Nowadays, Sheila uses her ability to help out at the community’s sing-a-longs.

Many activities are organized and facilitated by Brightview’s Vibrant Living Director, Josh Graf.

Bingo is Sophia’s favorite. She’s been pretty lucky, winning often enough to splurge with her earned Brightview “bucks” at the monthly “gift shop” where you never know what interesting items might be on offer.

Brightview Great Falls is part of Baltimore-based Brightview Senior Living, LLC with a number of communities in Virginia, Maryland and beyond. Brightview Great Falls offers independent living, assisted living, and accommodations for residents with Alzheimer’s and memory impairment. The community also offers outdoor space with unspoiled views and a Natural Wildlife Habitat accreditation.

Transitioning to senior community living is not always as easy as the lunch bunch at Brightview experienced. Sometimes the move starts with heartache or circumstances that speed up what should be a more lengthy and considered process. That was certainly the case for both Jim Draper and Rachel Garbee,

residents at The Hermitage in Alexandria.

Draper was a pastor for many years in the southern portions of the Commonwealth. He and his wife of 53 years were actually engaged in ministerial duties when she fell and hit her head. “It was a simple fall outside a Wendy’s, could happen to anyone.” Two weeks later, Draper was a widower. He continued on, but experienced several medical episodes associated with his own health issues. Eventually, the decision was made for him to move to Northern Virginia, close to family. “It’s been hard,” he admits. I really had my heart set on a retirement place near Richmond. And I miss my wife so much.” To make the transition more difficult, because of his medical condition, Draper can no longer drive. “That’s a real blow,” he said.

Rachel Garbee was living in North Carolina and “doing pretty good.” Then one night her furnace exploded. Living alone, she had no one with her to handle the situation. “It was very scary. I didn’t really know what had happened, couldn’t figure out how to turn off the alarms. I went to my neighbors for help and that’s when we found out about the furnace.” Luckily, Rachel Garbee and her home survived the experience, but when her son received the call in the middle of the night, “I was packed up pretty quickly and here I am.”

Both Jim Draper and Rachel Garbee have taken some time to adjust, but things are getting better with the help of staff like Lynette Mitchell, The Hermitage director of marketing and outreach. “She’s a special lady,” said Draper, “really made for the job.” Other residents have also helped Jim, Rachel, and others settle in to this new phase of their lives.

Gladys Laclede knows what it’s like to be a “newbie” from out of state. Moving here to be closer to her sons, she offers support and assistance where she can.

Peg Bixler remembers when Jim Draper



PHOTOS BY ANDREA WÖRKER/THE CONNECTION

In the lounge at The Woodlands Retirement Community in Fairfax, Col. James McAllan (US Army-Ret) with Riley on his lap and Linda McAllan offered up some thoughts on their senior community living experience. The McAllans were celebrating their Woodlands one-year anniversary that day.

first arrived. “I remember when we met in the elevator,” she told him. “I could tell it was hard.” She recalls telling him to just “Wait a bit. It does get easier.”

Of course, by the description of her daily activities, it sounds like Peg Bixler doesn’t have much time for waiting. A former nurse, she volunteers at the Kennedy Center, with the Wounded Warrior and Honor Flight projects, and more. She also fits in some serious walking to keep fit and limber, as well as activities offered at The Hermitage and visits with her daughter who lives in the area. Peg is grateful that she is still in good health and still able to be “a fairly quick walker.”

She tilts her head at friend Bea Larson, who is laughing that Peg “nearly finished me off” when she took Bea for their first few walks together. Rachel Garbee also walks, but mostly sticks to Hermitage hallway strolls, often in the evenings after dinner. “It’s quiet then, and where else could I take a walk in my pajamas, bathrobe and slippers?”

The Hermitage offers its residents a number of activities and amenities, although Peg, Bea and Gladys think that more people should take advantage of what’s on offer. Gladys Laclede was on the community’s activities committee and they were always on the lookout for something new and fun to get the residents involved.

Peg Bixler offered advice to those who might have such a move coming in the future. “Get rid of a lot of stuff as soon as you can. Don’t wait. And do what you can to make it easier on your kids.” Bixler thought she had done a good job of downsizing before the move, but still found herself “with a lot of stuff I just don’t need.”

Rachel Garbee encourages other “newbies” to not be afraid to ask questions or ask for help, especially if your move to senior community living is an abrupt one like hers.

“All of my questions and concerns have been met with nothing but genuine care and helpfulness here.”

“Be open,” is what Gladys Laclede advises.

Pastor Jim Draper, who has started using more of his time to help others in need around the community, thinks just speaking to everybody and actively looking for friendship is key to making the most of this next life chapter.

Bea Larson certainly hasn’t lost her sense of humor with her new living arrangements. “My advice,” she said, “is don’t be hard of

hearing!”

Col. James McAllan (U.S. Army Ret.) and his wife Linda, who retired from an administrative career with the IRS, started their research on retirement living options six years ago. As you would expect from a military intelligence officer (Army, Civil Defense/FEMA) and a woman who made order and efficiency part of her life’s work, these two had a plan and a checklist of requirements. While living in Falls Church, they visited dozens of communities over the years.

“We didn’t want one of the really big places,” said Col. McAllan. “We were looking for someplace with a diverse population and where we could comfortably remain, even if our health circumstances changed.” The couple also decided they would prefer a community that was locally owned, and better still, locally managed. Their extensive research and personal inspections eventually took them to The Woodlands Retirement Community in Fairfax. “It checked all the boxes.”

The community is, in fact, locally founded and operated by the Bainum family. The size fits for the McAllans, as well, with only 102 units. The Woodlands is also what is known as a Continuing Care Retirement Community (CCRC), meaning that residents can avail of a lifetime range of care, from the independent living that the McAllan’s now

enjoy, to more assisted living through to advanced nursing care without having to uproot and move to a completely new community.

The McAllans hadn’t planned to move in when they did. “My knees really made that decision for us,” said James. But once they decided, they found that only one apartment was currently available. Not wanting to risk a long encampment on the waiting list, they went ahead and closed the deal on their two bedroom, 2.5 bath apartment with separate kitchen, dining room and den. Their daughter, who lives just minutes away, told them it was “all meant to be.” And the icing on the cake was that The Woodlands would accept the other member of the immediate family, 4-year-old shih tzu Riley, who has been dubbed “The Mayor” by many of the other residents. Riley is not particularly fond of the only other four-legged community dweller, but he adores visiting – and being properly fussed over by – residents, staff, and visitors.

“Coming down to the lobby is his favorite activity,” said Linda. “I think he fakes some of his requests for his outside needs,” she added, “since half the time when we get down here he suddenly finds plenty of time to check out whoever is around.”

The Woodlands offers physical and entertainment activities, including an indoor heated pool and a well-equipped exercise room, but Linda noted that the variety of groups, clubs, lectures and discussions available.

“We’ve had the first Ambassador to Israel as a speaker, a violinist who spent 40 years with the Washington Opera orchestra, a retired opera singer, and so many more, in addition to book clubs, poetry clubs, gardening,” Linda McAllan said. A presentation by the authors of “Worry Free Retirement Living” was on the March schedule, and “Aging Well: Aging is Not a Spectator Sport” is on the April agenda. The McAllans also like that co-founder and manager Kevin Bainum holds monthly “Kevin Talks.” There are other regular town hall-type meeting and several councils or committees, but in Mr. McAllan’s words, it’s “this kind of relaxed, open communication that really brings us all together.”

Betty Marshall, whose apartment is frequently used as a stop on any tour of The Woodlands, couldn’t agree more with her neighbors, the McAllans. A Fairfax resident for more than 25 years, Marshall,

who was born on Cyprus when her South Carolinian mom followed her father to his native Greece for a time, has also seen a bit of the world thanks to her husband’s military postings in Alaska, Okinawa, Greece and Paris. Like the McAllans, Betty did quite a bit of planning for this move. When her husband, Col. Charles Marshall (Ret) died in 2013, she put those plans into action. Picking which pieces to take with her from a lifetime of international travel wasn’t as hard as she thought it would be. Of course, Betty Marshall, a music major who taught the instrument wherever the couple went, couldn’t leave the piano behind. Nor could she leave her favorite furnishings and artwork, many from her Okinawa days.

When not busy with activities outside of The Woodlands world like volunteering at the Fair Oaks Hospital gift shop or heading up the Flower Guild at the Providence Presbyterian Church, Betty is involved with the goings on in her own community. “And the people here make it easy on every level.” Betty sings the praises of the maintenance and facilities staff, in particular. “They are so willing to do anything you need. Hang a picture, move furniture, fix anything. They even prepare the plots for us gardeners. I just have to get out there and do the planting.” Of course, she does reward them with the fruits of their combined labor. “Zucchini bread for everyone this year!”

Having learned flower arranging, Betty teaches those skills as well as crafting to interested residents. She’s also organizing

a Caribbean cruise for a group of residents and family members. The Woodlands staff will be handling the transportation to and from Baltimore when the travelers embark on their sea-faring adventure.

“I would just tell people to never look back,” Marshall said. “Keep the memories, they are what made you. But your life is today and tomorrow. Keep looking ahead. Plan. And find a place where you can really thrive.”

If it’s time to start contemplating the transition to senior independent or assisted living for yourself or a loved one sorting through the information and the available properties and options can seem overwhelming.

There are properties that resemble four-star resorts. There are communities that are extensions of a particular faith institution or religion. Others, like non-profit Vinson Hall in McLean were founded to serve our large commissioned military officers population and government workers of equal rank. There are properties set in rural locations, while others like The Jefferson, a Sunrise Senior Living community located steps away from the Ballston Metro and Ballston Common Mall in Arlington, are set right in the thick of things. Westminster at Lake Ridge and Ingleside at King Farm in Maryland offer small town living right in the Washington area. There are communities offering every possible range of care, service and amenities in all price ranges.



Gladys Laclede, Bea Larson, Jim Draper, Rachel Garbee and Peg Bixler share a table and a photo op in the library of The Hermitage, a senior assisted living community in Alexandria. Peg is the veteran in the group and does her best to welcome newcomers.



Betty Marshall is so noted for her gracious hostess skills that she is often called upon as an “ambassador” for The Woodlands Retirement Community. One look around her two-bedroom apartment and you know why it is frequently chosen as a stop on the

Life at Culpepper Garden

Award-winning retirement community celebrates 40th anniversary.

BY SHIRLEY RUHE
THE CONNECTION

It is St Patrick's Day at Culpepper Garden in Arlington, and there is a party underway downstairs. As the accordionist touches the black and white keys, Marilyn Jarvis stands up and makes her way to the aisle, grabs a partner, Adrianna Bustamante, and begins tap dancing to "The Sidewalks of New York."

Culpepper Garden is celebrating its 40th anniversary in Arlington in 2015. It was the first moderate-and low-income assisted residence in the U.S.

Dee Bivens, president of the Advisory Board, says there are so many things to do at Culpepper Garden that you could be busy all day and all night if you wanted to.

The activities list on the whiteboard for March 17 lists French, both traditional and gentle yoga, Spanish book club, and the Merrymakers. Movies are offered three times a week, church services on Sunday, exercise every morning and regular discussions of current events.

Bivens says that Culpepper Garden, named after a botanist Charles Culpepper, who made five acres of land available, has 15 garden plots planted by residents.

"One right at the front is Julia's and always has a variety of beautiful flowers." Bivens says gardening is therapy.

In the background you can hear the band swing into "Alive-Alive O" with the residents singing along with their sheet music.

Meanwhile underway upstairs there is a food forum feedback session with Chef Greg Riddle. A man in the corner volunteers that while 99 percent of the food is fantastic that last time they had spaghetti there wasn't enough sauce. The chef says to let a server know and he'll bring more sauce.

Eva Mayo, sitting in a wheelchair in the front of the room with her great granddaughter, Taylor, interjects that she likes sweet potatoes. The chef is writing notes. Mayo takes care of her granddaughter each day in the independent living facility.

Lorraine Thorpe, sporting a festive straw hat, volunteers that she has a recipe for "best ever cake" with pineapple and cream cheese on the top that melts into the cake. Riddle says, "give it to me and I'll figure out how to make it for 300."

In a waiting room just off the lobby Jim Daley sits in a wheelchair with his ankle in a white cast waiting to see a doctor. "They asked me what color cast I wanted and if I'd thought of St. Patrick's Day, I would have said green," he said.

Hunter Moore, senior operations officer, says Culpepper has a doctor available Thursday mornings, health care agency Tuesday and Friday and a podiatrist and dermatologist once a month.

Marvin Davis, front desk supervisor, has been there since 2003 and Moore says, "Marvin knows all about everything." Davis says his father came to Culpepper in 1982 and his aunt arrived a few years later.



During the St. Patrick's Day party Marilyn Jarvis spontaneously grabs a partner, Adrianna Bustamante, and tap dances to "The Sidewalks of New York" as Ken Kunec plays the accordion with the Merrymakers leading the residents in singing the lyrics.



Gloria Capri, director of admissions at Culpepper Garden in Arlington, is the first person an applicant sees. She makes them and their families feel comfortable, handles the questions, gives tours and helps make the transition to residency.

out 234 packets of information and gave 237 walk-in tours. "We try to be accommodating and do them early and at lunch."

Vicki Kirkbride was hired as the Interim director of Culpepper Garden in 2013. She focuses on fundraising, marketing and communications as well as board relations. She says her goal has been to establish a pattern of fundraising and a grants management program, a real development plan. "And we have started to build the blocks," she said.

Culpepper is supported by housing and nutrition grants from HUD and Arlington County as well as donations from private groups, the faith community and individuals. "Our biggest challenge has been assisted living because people there need another level of care, particularly as they get older. And for many their resources change and there isn't the same level of funding support available as for independent living," she said.

Kirkbride says, "This is an amazing place."

And the day at Culpepper is just beginning with corn beef and cabbage and Irish stew on the menu for dinner and one more St. Patrick's Day party scheduled for the evening.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Marion Rockwell takes advantage of the 60 degree weather to sit outside Culpepper Garden with her dog, Rusty.



Chef Greg Riddle listens to feedback comments from residents during the food forum at Culpepper Garden. Lorraine Thorpe volunteers that she has a recipe for the "best ever cake" and Riddle tells her he'll figure out how to make it for 300.



Senior Living Fit for the Golden Years

FROM PAGE 2

duces the risk of falling and improves balance.”

An exercise class that includes both aerobic, strength and balance exercises can help preserve freedom and independence for seniors. “The key components of staying physically active are having strong muscles, reasonable flexibility and endurance, such as the ability to keep walking or doing an activity and not getting tired and fatigued right away,” said Rita Wong, professor of physical therapy and associate dean of graduate and professional studies at Marymount University in Arlington. “It’s essential to keep oneself mobile and active.”

It’s almost never too late to increase fitness levels, Wong said. “Often with older adults, people think that they can’t improve anymore so why bother. But research has shown time and time again that older adults have an ability

to improve that is as similar as young adults’.”

One fitness class that is multi-generational and incorporates aerobic exercise, balance and strength training is the newly

and co-owner of TRUE Health and Wholeness. “People work out to the best of their ability and everybody gets a workout that’s right for their body. They’re given modifications and the focus is to do

“Often with older adults, people think that they can’t improve anymore so why bother. But research has shown time and time again that older adults have an ability to improve that is as similar as young adults’.”

formed TRUE Fit in Arlington, Va. The goal of the all-outdoor class sessions is to marry effective exercise with camaraderie, much like Brasler’s experience.

“People need community [and are] finding it in a holistic approach to exercise at their own comfort level,” said Nina Elliot, founder of the TRUE Fit program

your best, have fun and enjoy exercise.”

Elliot believes exercising in groups has an accountability factor. “The number one thing that can keep you from aging is exercise,” she said. “Aging can be very isolating for some people. The more people can get out and be around people, the better.”

Mark Brasler of Springfield, Va., performs balance exercises with wellness coordinator Juanita Kuntz. Exercises that include strength training, aerobic exercise and improves or preserves mobility.

PHOTO COURTESY OF GREENSPRING



PHOTO GALLERY!

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Senior Living

Lee Senior Center in Arlington Is a Creative Hub

Painting, pottery, rock bands, and social dance are big hits.

BY EDEN BROWN
THE CONNECTION

A passer-by at Lee Center in Arlington stopped in to see the country music players the other day and left feeling this group of musicians was worth staying to hear for the whole hour.

"Wow. They aren't bad!"

It was a particularly moving day because one of the players was showing a video of his adult daughter singing with him. The group is held together by their love of music, and the positive vibe is loud and clear.

Chuck Vasaly has been going to Lee for 11 years to play the guitar, Irish Tin Whistle, and harmonica. Chuck, a retired lawyer, also plays in the "Rocking Chairs," a new 60s rock band which has five vocalists/players including three lawyers, and in "Lee Jammers," another Country/Blues group which meets at Lee. The players on Monday at 11:15 go around the room, with each player doing a vocal of old favorites, like a Jazz musician taking his turn while the others follow on their instruments, nodding their heads and tapping their feet. There are banjos, guitar and zithers.

Bob Fishburne is just sitting in on this particular day. He brought his Wood Snare Conga Bonga, a box like instrument which serves as snare drum, conga drum, and Tabla. He brought his drums too, "in case anyone wanted something more Rock n Roll and loud," he says somewhat hopefully. They welcome new players at any time.

Calvin Thomas paints at the Lee Center. Despite a debilitating brain problem, closing him off from his stamp and book collection, somehow the painting still comes natu-



PHOTOS BY EDEN BROWN/THE CONNECTION

Chuck Vasaly plays with the "Just Play'n Country" group at Lee Senior Center in Arlington.

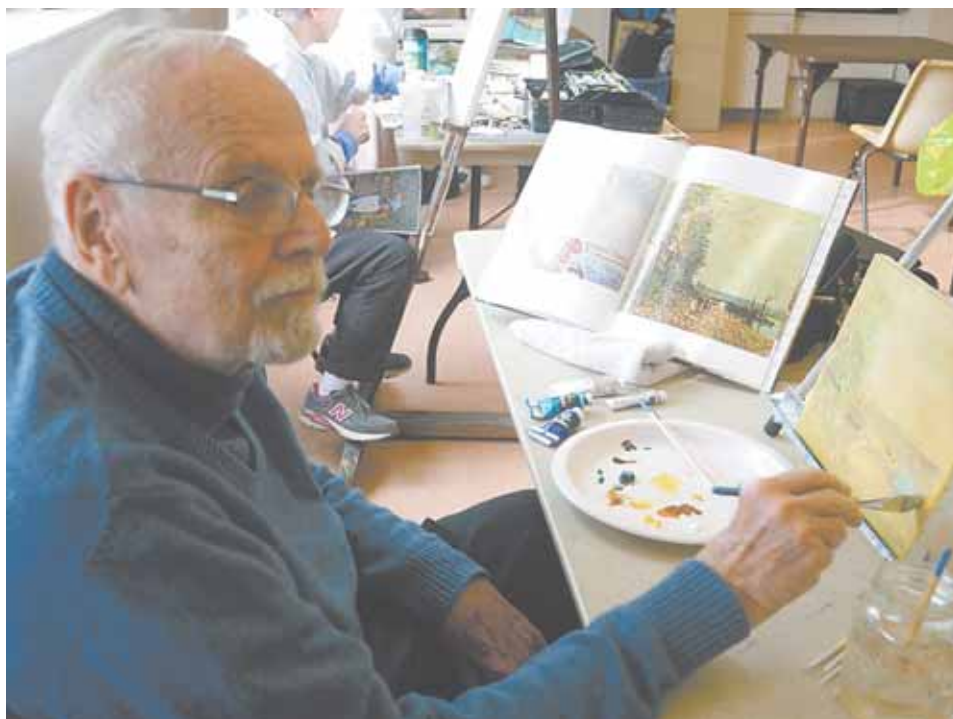
rally. His nonagenarian art teacher, Blanche Kirchner, coaches him through his copy of a difficult Impressionist painting. Other students in the class are working on boats, fruit, and landscapes, their canvases on table easels set up in the bright studio and the paintings take shape with Kirchner's expert advice.

There is a full pottery studio at the Cen-

ter. Tai Chi and other gentle exercise classes are also held there.

The staff at Lee say one of their most popular class is the Partner Dance Class,

held at 2:30 every Wednesday afternoon and run by a couple. For a full schedule of Arlington Senior programs, see www.parks.recreation.us



Calvin Thomas painting in Blanche Kirchner's class at Lee Center.



Bob Fishburne playing the Wood Snare Conga Bonga. Bob sat in, offering versatile soft percussion to the group.