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PHOTO BY EDEN BROWN/THE CONNECTION

Protecting Pets Helps Their Owners Too

Local animal shelters offer help to families in distress.

BY MARILYN CAMPBELL
THE CONNECTION

When her husband locked the family cat in a cage, submerged it in a bathtub filled with water and tried to drown it, a Fairfax County mother jumped in to save her beloved feline.

“The mom was actually able to save the cat, but because of it ... in retaliation she herself was beaten,” said Sandy Bromely, domestic violence coordinator of Fairfax County in a video statement. “In this case we were lucky because this mom and her daughter were able to go into a domestic violence shelter.”

The family’s cats were welcomed into the county’s PetHaven program, which offers short-term placement of dogs, cats, and small animals at the Fairfax County Animal Shelter.

According to a survey by the American Humane Society in association with the National Coalition Against Domestic Violence, 71 percent of pet-owning women



PHOTO COURTESY OF THE ANIMAL WELFARE LEAGUE OF ARLINGTON

The safety of a beloved pet is a concern that often keeps animal owners in dangerous living situations.

entering women’s shelters reported that their batterer had injured, maimed, killed or threatened family pets. Protecting and remaining with a beloved family animal is one reason that victims chose to stay in dangerous situations.

“It’s very sad when someone comes in and wants to bring their dog. Some people chose

not to come if they can’t bring their animal,” said Diana B. Pina, LCSW-C, program director of Wilkins Avenue Women’s Assessment Center, a women’s shelter. “The pet is often their last source of support, another form of loss, even if it’s temporary.”

Arlington County, City of Alexandria and Fairfax County offer emergency housing, food, supplies and care for pets in domestic violence situations. Knowing that residents are reluctant to leave dangerous situations because they don’t have care for their pets is an issue that Alexandria’s Community Animal Response Team (CART) works to address. The team’s goal is to take some of the stress out of a decision to leave a perilous situation.

“Animals are a part of their family and just like any other member of the family, and they come into play in any decision that we make in our lives,” said Megan Webb, executive director of the Animal Welfare League of Alexandria. “We provide care for animals in those situations because our main goal is to keep animals with their owners. We keep the animal until the owner can find a safe place to go.”

Arlington County’s Safekeeping/Companions in Crisis program offers short-term shelter to pets whose families are experiencing a crisis that causes them to leave their home. The program provides not only the basic needs of shelter and food, but also

emotional support.

“I would say any pet boarding is stressful for the animal because they’re not in their home or with their family,” said Jennifer Newman, director of Community Programs at the Animal Welfare League of Arlington. “The upside to our program is that people can visit their animals and they are encouraged to visit their pets and interact with their pets.”

The Fairfax County Animal Shelter’s “Pet Haven” program offers emergency housing, food, supplies and care for pets in domestic violence situations. The program is a joint effort between the shelter, the Police Department’s Victims Services Unit and the county’s Domestic Violence Network.

“If someone wants to leave an unsafe situation and cannot take their pet with them, the animal shelter will house the pet for up to 60-days,” said Officer Meg Hawkins of the Fairfax County Police Department. “During that time they will spay or neuter them free of charge and will also provide vaccinations if necessary.”

The animal shelters coordinate with local police departments and animal control agencies to streamline the process of making sure both animals and their humans get the assistance they need. “It’s an extremely easy process and we do that on purpose to make it easier for victims to keep their animals safe,” said Bromely.

Saying Goodbye to Kai **Making that final decision.**

BY EDEN BROWN
THE CONNECTION

Kai’s fancy “kennel” name was Sojourner, Summer of Storms. He was born in 2006, a summer full of rain and thunder. But “Kai” suited him best. It meant lover of the ocean, or, keeper of the keys. From the beginning, he loved us more than any family has a right to be loved by a dog. He was the puppy who bounced over to my 7-year-old son when we were trying to decide between puppies, and threw himself in his lap. Decided. He cuddled with the almost grown girls in the back seat the



PHOTO BY EDEN BROWN/THE CONNECTION

Kai last summer, sitting in the sun on Flye Point, Maine.

whole way home, confirming a love for car trips, and girls. That night, he whined with fear as he adjusted to life away from his home; when I held his paw, he quieted down and understood: we were his family now.

In India, he was often taken for a walk through the Lodi Gardens, full of street dogs and Mughal tombs. Indians would stop and ask: Is it a God? They had never seen such a beautiful creature, so human in aspect. Kai was famous for jumping into the horse’s water trough to cool off in the hot summers, and for playing “Holi” on the lawn, his white coat streaked with bright pink, purple, and yellow powder. Any excuse for a party.

Maybe it was because we were a family in evolution, or because we moved a lot, or because poodles think they are people, but Kai really was more than a dog. When he first got sick, in London, it was shocking. He was only six. The vet calmly, with British reserve, said it was a pity: the dog had six months at most. We told the vet he was going to have to do better than that. That six months turned into three years. We poured on the special foods, eskimo oil, sonograms, and urine tests. We began to think he would live a normal life despite

SEE GOODBYE, PAGE 4

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Inside Proposed Budget Residential taxes would rise despite lower tax rate.

BY VERNON MILES
THE CONNECTION

County Manager Mark Schwartz proposed a budget Feb. 18 that included a half-cent residential tax rate reduction as well as a new incentive program to boost Arlington's commercial sector. But for most homeowners in Arlington, the reduction still accompanies nearly \$200 in higher taxes.

The FY 2017 general fund budget is \$1.19 billion, a 2.8 percent increase over FY 2016.

The proposed budget keeps the base real estate tax rate at \$0.996, a less than half-cent decrease from last year's tax rate. However, with an increase in assessments, living in Arlington for the average homeowner will be \$189 more expensive than it was last year. Average home assessments in Arlington have continued to climb, from \$519,400 in 2012 to \$587,100 in 2015. For calendar year 2016, the average assessment is \$603,500. Over that same time period, the tax rate has fluctuated, spiking to \$1.006 in 2013, but shrinking marginally each year since. For the 2016 calendar year, the proposed FY 2017 budget sets the tax rate at \$0.996.

Even the slight reduction in the residential tax rate was enough to bring a smile to members of the County Board, especially with neighboring Fairfax County anticipating a 3 cent tax increase for a \$300 average tax increase for homeowners. Though dealing with a downturn in the commercial sector, Arlington still maintains a 51 percent residential, 49 percent commercial tax rate, which Schwartz says has been the county's biggest advantage.

"We are benefitting from an even 50/50 residential and commercial split," said Schwartz. "That insulates us in both directions."

In an effort to boost that commercial tax rate, one of the new items on the FY 2017 budget is \$1.5 million in one time funds for a business incentive strategy. According to



PHOTO BY VERNON MILES /THE CONNECTION
Staff and the Arlington County Board meet on Feb. 18 to receive FY 2017 budget proposal.

Summary of Residential Taxes and Fees

Average Homeowner Impact	CY 2012	CY 2013	CY 2014	CY 2015	CY 2016	CY 2016
					(FY 2017)	(FY 2017)
					Current tax rate	1/2 Cent Rate Reduction
Average Assmt	519,400	524,700	552,700	587,100	\$603,500	\$603,500
Tax Rate (inc. Sanitary Dist)	\$0.971	\$1.006	\$0.996	\$0.996	\$0.996	\$0.991
Real Estate Tax	\$5,043	\$5,278	\$5,505	\$5,848	\$6,011	\$5,981
Personal Property*	368	410	459	454	474	474
Annual Decal Fee*	66	66	66	66	66	66
Refuse Fee**	294	294	271	271	307	307
Water / Sewer Service	883	883	913	929	929	929
Residential Utility Tax	72	72	72	72	72	72
Total Residential Tax & Fees	\$6,726	\$7,003	\$7,286	\$7,640	\$7,859	\$7,829
Percent Change	3.0%	4.1%	4.0%	4.9%	2.9%	2.5%
Dollar Change	\$199	\$277	\$283	\$354	\$219	\$189
		monthly change	\$24	\$29	\$18	\$16

* For two car household

CONTRIBUTED

Residential Taxes and Fees

Schwartz, the county is still struggling with a 20.8 percent vacancy rate, and while there's been signs of improvements, Schwartz notes dark clouds on the horizon with the increase of opportunities for businesses in other surrounding areas.

"Prince George's County and the District [of Columbia] offer business incentives going after big catches," said Schwartz. "We're never going to compete with that. But we can tap into middle of the market, and smaller startups, with \$50,000 or \$100,000 incentives. This money comes from one-time funding, but I would be open to doing it again in the next few years if it works. It's a new concept for our county, a new program, so let's see if it works."

The budget also promises a good year for

Arlington County staff, for whom \$6.3 million is allocated to expanding pay ranges by 1.75 percent. Rather than continue with a grade or step plan, Schwartz says opening up a pay range will help keep advancement merit-based.

"This was, I can look at any good performer and say 'you're going to get a pay raise,'" said Schwartz.

Part of the budget proposal includes a consolidation of staff technology and communications staff, but

Assessments

"Real estate growth was more moderate than in previous years, but was still positive," said Richard Millman, director of Real Estate Assessment for Arlington County.

According to Millman, 54 percent of properties in Arlington increased in value, with 18 percent remaining the same and 18 percent decreasing. The biggest increases in Arlington's 2016 tax base were in residential, which saw 2.8 of its 5.3 percent increase come from new construction.

On the commercial side, apartments (which are listed as commercial properties) saw a 5 percent tax-base increase, with 2.3 percent driven by new construction. For other commercial, however, Millman notes that growth has been more flat. The commercial tax-base increased by 1.1 percent, of which .7 was value increases on existing properties, while only .39 was driven by new construction.

Assessment notices were mailed in mid-July, but citizens have a right to appeal their assessment to the county if it is postmarked by March 1. The second level of appeal, to the Board of Equalization, must be postmarked by April.

Schwartz notes that this change was more centered around efficiency than cost savings.

"We have communications and technology staff in every department," said Schwartz. "Does that make sense? It may or may not. We need to consolidate and cross-train. We used to have separate police, fire and county technology staffs. We're consolidating across those departments, but that's not huge savings."

Rather than firings, Schwartz says the county will offer early retirements, the cost of which will be offset by filling positions with employees starting at the lower end of the pay scale. The minimum starting salary for permanent employees will also be raised to \$14.5 per hour.

\$300,000 is allocated in ongoing funds to begin streaming more county meetings, like Planning Commission and Transportation Commission meetings, which Arlington Director of Communications Diana Sun said could be underway within the next month, even before the budget is finally approved.

The local tax revenue sharing agreement guarantees that the schools will receive 46.5 percent. This year, that amounts to \$462.5 million, up \$10.8 million (2.4 percent) from last year. Additionally, Schwartz allocated \$2.4 million in one-time funding to the schools and \$7 million in ongoing services like school resource officers, nurses, clinic aides, and crossing guards.

But what remains to be seen is how great of a gap will remain between the county manager's proposed budget and the superintendent's proposed FY 2017 budget, to be unveiled on Feb. 25. Later that same day, the County Board will hold its first meeting with the School Board to begin the process of working out the differences.

"We are benefitting from an even 50/50 residential and commercial split. That insulates us in both directions."

— Mark Schwartz, Arlington County Manager

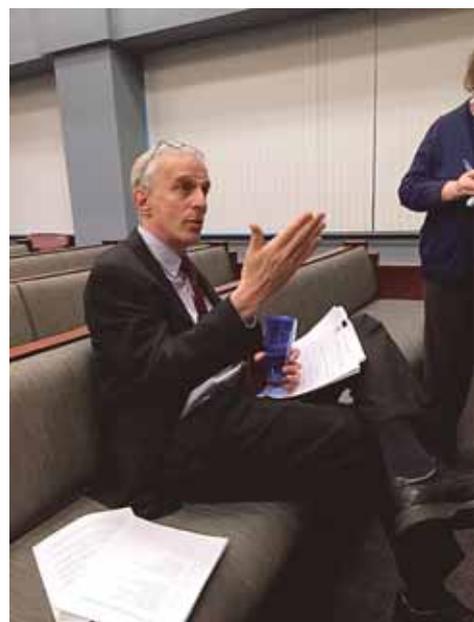


PHOTO BY VERNON MILES /THE CONNECTION

County Manager Mark Schwartz

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OPINION

Bad Bills

General Assembly has potential to do lots of damage in a short period.

From pressing for use of a barbaric form of execution, the electric chair, to codifying discrimination, to stripping localities of the major tool for ensuring infrastructure is in place for new development, to hiding more and more critical public information from the public, the Virginia General Assembly is poised to do harm to the Commonwealth. (We'll look at good bills in a future editorial.)

Here are bills that have passed either the House or Senate by crossover, and important bills that were killed, in no particular order. This is by no means a complete list.

HB815, Electric Chair, passed the House 62-33, brings back the electric chair, providing that if lethal injection is not available as a method of execution, electrocution shall be used instead and vice versa.

SB552 creates secret police departments, and moves in exactly the wrong direction. Provides that the names and training records of law-enforcement officers and fire marshals shall be considered personnel records and excluded from mandatory disclosure under the Virginia Freedom of Information Act. Passed 25-15.

SB549/HB770 on Proffers, uses a megaton bomb to tie localities' use of proffers to help pay for infrastructure needs with new development when what was needed was a study of flyswatters to address specific limited abuses.

EDITORIAL

HB773/SB41 - Codifies discrimination, prevents the state government from taking any action against a person or organization that discriminates based on a sincerely held religious belief that marriage is or should be recognized as the union of one man and one woman.

Sanctuary bills: SB705 Makes "sanctuary cities" liable for "full amount of any personal injury or property damage caused by an illegal alien within such locality." SB270 The General Assembly shall reduce state funding to the extent permitted by state and federal law to any locality found to be a "sanctuary city."

Senate killed several bills on title loan oversight, even after investigative reporting showed interest charges exceeding 200 percent, bait and switch tactics and many poor Virginians losing their cars.

HB 2 - No "right to breathe." Requires the Department of Environmental Quality to receive approval from the General Assembly for a state implementation plan to regulate carbon dioxide emissions from existing power plants prior to submitting the plan to the U.S. Environmental Protection Agency.

HB 1090 - Defunds Planned Parenthood
HB 143 allows high proof grain alcohol sales.
HB 560 - Makes it more difficult to convict someone of brandishing a firearm by requiring proof that a person pointing, holding or

brandishing a firearm or similar weapons had the intent to induce fear in the mind of another.

HB 766 - Allows any protective order to be used as a de facto concealed carry permit, without requiring the holder to receive any training in the safe handling of a firearm, or show any proficiency with a firearm. Advocates for victims of domestic violence say what is needed is to remove weapons from such situations.

Killed SB67, would have added discrimination on the basis of sexual orientation or gender identity to the Virginia Fair Housing Law as an unlawful housing practice.

Killed SB12, would have prohibited discrimination in public employment on the basis of sexual orientation or gender identity.

Killed bills that would have required notification of oil spills.

Outlawed living wage requirements for contractors of local government.

HB 4 Anti-union, proposed constitutional amendment putting Right to Work in the constitution.

HB 3 - Charter Schools Constitutional Amendment - removes local control over local schools and spending, doesn't belong in the constitution.

— MARY KIMM

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PET CONNECTION

Saying Goodbye to Kai

FROM PAGE 2

his damaged kidneys. Vets called him the miracle dog. He looked set to beat the odds, with no trace of illness.

Kai had an eventful three years: posing as a model for "Grazia" magazine, travelling to spend time in Southern France, swimming in the Thames, and returning home to Arlington, happy to be back in the land of dog parks and backyards. His protein-free diet did make him a bit of a thief: first a plate of croissants, then the bag of six kielbasa sausages — all of them — and then, he went through his fancy underwear stage. One French houseguest was warned: don't leave your underwear out. Put it in the suitcase. She did. That evening at dinner, Kai seemed delighted with something he had under the dining room table, something black and lacy: she hadn't zipped the suitcase all the way.

But then, this fall, he started to sleep more, eat less. What seemed like an infection became steadily worse. Kai was a good dog, right up to the end. It didn't drag out: one day he was leaping with joy at our arrival, running down a country road, and the next day he was an old man, thin and slow. There was no drama, no whining, no mess. He knew he was failing, but he fended off death as long as he could, trying valiantly to eat, valiantly to get up to go outside. Then he stopped eating, stopped barking at the mailman. He could still muster a tail wag. He still wanted to ride with me in the

car. He had survived, with late stage kidney disease, much longer than any dog should have. We felt he must have known how important he was to us, and stayed as long as he could. We had to give him a dignified goodbye.

After putting down our last dog, we said we could never do it again, at least not that way. It seemed so wrong to put a dog down on a steel table and leave, holding only her dog tags. Since Kai hated the vet's office, taking him there, or to the ASPCA, was out of the question. My vet would not come home. I thought of my father going out to shoot each of our dogs, grim faced, but efficient, and private. People I knew had recommended "Lap of Love" home euthanasia service. I called them: it had to be scheduled, there was an extra fee for evenings, it was going to cost us \$600 minimum. And there was a lot of talk about our grief, and memorials, how we would be helped to mourn. There was an option to have a paw print. I had spent thousands on Kai over the years, but now that he was going, I didn't feel his death was something to "over do." Most importantly, we wanted to say goodbye privately, without consolation from someone we'd never met. And the whole family wanted to be there, after hours. I kept looking.

I talked with Dr. Krisi Erwin, in Loudoun County; she had gotten good reviews. She was very busy and these days limits her travel to Loudoun County or occasionally Herndon and

End-of-Life Pet Care

❖ Home Veterinary Services, Dr. Juan Villar, home visit including travel fee: \$249.50, www.home-vet-care.com; they will take care of cremation if desired.

❖ Sunset Pet Services, Inc. in Alexandria, www.sunsetpetservices.com \$165 for a dog less than 50 pounds.

❖ Dr. Krisi Erwin at Wholistic Paws, www.wholisticpawsvet.com, serves Loudoun County primarily. Erwin charges \$225 for the house call and euthanasia, and cremation can range from \$100-300. Erwin also does home hospice for dogs, and she urges pet owners who are anticipating loss of a dog to reach out — even as early as six months before the dog slows down — and talk to someone about home hospice or home euthanasia earlier than they would normally do. The advantages are many: the doctor won't be a stranger, and the doctor may have suggestions for prolonging the life of the pet or making them more comfortable. And the doctor can help with the hardest decision: Is it time? "It's better not to have to make decisions when you are distraught over the imminent death of a pet," said Erwin.

❖ Lap of Love, www.Lapoflove.com, \$350 for evenings and weekends, private cremation \$250.

❖ www.veterinarywisdompetparents.com/ helps people cope — especially how to talk to children about pet loss.

Reston. "In fact," Erwin said, "it would be good to have more people willing to do home euthanasia as the demand is increasing." I called other people: most were even more expensive, many of them wanted to talk about Kai, how he was feeling right now, how he needed a cloud of love. The New Englander in me pulled away. I even thought about letting Kai die on his own — it would only be a matter of days. But those days would be the antithesis of this

SEE GOODBYE, PAGE 11

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Thirty-one Rescued Birds Survive Mineral Oil Spill

Survivors to be returned to site.

BY SHIRLEY RUHE
THE CONNECTION

The Tri-State Bird Rescue & Research's Oil Spill Response Team was activated by the Coast Guard on Thursday, Feb. 4 to respond to birds covered with oil from the newly-discovered Potomac River spill.

Two hours later two staff were on their way to the scene. They started retrieving birds Friday morning and transporting them to the Wildlife Response Annex in Newark, Del.

On the first day they retrieved about eight birds and then five to eight additional birds every today for the next five days. All were Canada geese except for two Mallard ducks. The staff stopped retrieving birds when they found geese that were only lightly oiled and were able to fly so they could no longer be caught.

The survival rate depends on a number of different variables "including what condition the birds were in to begin with," according



PHOTO CONTRIBUTED BY TRI-STATE BIRD RESCUE & RESEARCH

Thirty-one of the 35 birds rescued by Tri-State Bird Rescue & Research have recovered and are in the outside caging area at the Wildlife Response Annex in Newark, Del. They will soon be returned to the Potomac, close to where they were discovered on Feb. 4.

to Lisa Smith, executive director of Tri-State Bird. She said these birds were underweight and didn't seem to have a reliable food source. In addition, Smith explained survival depends on the species of bird.

"Canada geese are more hardy and more tolerant of being handled by humans. It also depends on what is in the product, how long it has been on the animal." She added, "They

are still wild birds and when you restrain them, they are being held by a predator so that stress factor also makes a difference. When all of these things add up, it can be too much."

When the birds arrived at the Wildlife Response Annex, the staff began to stabilize the birds and check their temperature with a rectal thermometer. The first step was to inject subcutaneous fluids under the skin. The birds have often injected the oil in an attempt to clean their feathers so the next step is to give them Pedialyte for hydration and Pepto Bismol to flush the oil out of their system. In addition, they often got eyedrops since their eyes are irritated, too. Generally the staff waits for 12 hours to wash the birds in order to stabilize them and may tube feed them additional calories.

Smith said 31 of the 35 birds transported to the Wildlife Response Annex survived. She added although it is important to the birds, this is considered a fairly small incident in terms of response to oil spills. She said last January in an Ohio spill there were 500 affected waterfowl. Tri-State Bird was also the lead responder to the Gulf oil spill that af-

ected 2,000 animals. Coordinating with U.S. Fish and Wildlife Service, the plan is to release the birds near where the sheen on the Potomac was found. At this time of the year there are both migrating Canada geese and residential ones. "It wouldn't matter where we released the migrating geese, but it might be confusing for the residential geese to be displaced in a new location."

The mission of Tri-State Bird Rescue & Research Inc. is to rehabilitate injured, orphaned, and oiled native wild birds, with the goal of returning healthy birds to their natural environment. The nonprofit treats nearly 3,000 native wild birds annually in their Frink Center for Wildlife in Newark, Del.

Correction

The headline in last week's story on the oil spill ["13,500 Gallons of Mineral Oil Flow into Potomac"] incorrectly noted the amount of oil that reached the river. Dominion Virginia Power recovered approximately 13,000 gallons of mineral oil that leaked from its transformer substation at 18th and South Fern Street. The remainder resulted in an oil sheen found on the Potomac, Roaches Run and manholes nearby.

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ENTERTAINMENT

Palette 22 Combines Working Art with International Flavors

Diners can watch art in progress.

BY SHIRLEY RUHE
THE CONNECTION

Palette 22 at 4053 Campbell Ave. in Shirlington combines international street food with work stations for local artists where diners can watch art work in progress. The restaurant has been designed as an open-air creative art studio and the concept modeled on Cafe TuTu Tango in Orlando but with its own Arlington personality. Original recipes with all fresh ingredients have been created with flavors from around the world. They are served in small- plates style as soon as they are ready so the guests can share each dish as it arrives.

Prior to the planned Feb. 22 opening, the chefs have been working for weeks in the open-air kitchen, practicing the menu offerings and perfecting their techniques. Plates sit on a table by the window with two Tacos al Pastor on the By 2's menu and several Pan-fried Watermelon and Haloumi Cheese triangles on the Bites menu, ready for taste testing. Several bartenders are behind the island-style bar mixing happy hour drinks. A group of 50 servers and bartenders, hired out of 600 interviewed, crowd around tables, pencils in hand, answering questions about the menu down to detail and the ingredient level.

A puzzle of artwork is laid out on a table and propped up on the floor waiting for a spot on the wall around the room. Lizzy Lunday, portrait artist in the restaurant's Artist in Residence program, stands in front of a wooden easel inside the front door brushing small strokes as she fills in the lines of her self portrait. Lunday said along with other artists in the program she will be there two times a week for a four-hour session

when diners are present. The focal mural wall that catches the attention as a customer enters the door is a work in progress. Cita Sadeli Chelove has laid down the base coat and will paint the rest of the mural by hand working every day late "until they throw her out." Cara Leepson, Palette 22's art director, says the mural was inspired by the global menu and will have a woman in the middle as well as a large Indian-inspired figure.

Leepson, who has a degree in art history and art management, started her job last October in preparation for the February debut of the restaurant. "First I went to local non-profit art galleries and studio websites," she said. Then she blasted out an open submissions call. What she received "touches on the whole world of artists, every medium — different sizes." There will be 14 different artists featured in the first round of the Artist in Residence program. After 90 days the artists will change "so there is always something fresh and new."

"A lot of our guests may have never been in an art gallery, but this is a laid back experience with fun music where we encourage you to get up and walk around to see the art during dinner." Leepson said, "when someone purchases a piece of artwork, the price is just added to the guest's bill and they take their purchase home with them. We put another piece of the artist's work up in the blank space."

Palette said while a lot of restaurants hang artwork on their walls, the Palette 22 concept is different because it brings artwork to the forefront with accessible prices and in a comfortable, fun atmosphere. The mostly 16x20 pieces will range in price from \$20 to a few pieces at several hundred dollars.

Cara Leepson (right), art director at Palette 22, says this focal mural wall is inspired by the restaurant's global menu of original small plates with flavors from around the world. The base coat has been laid down by artist Cita Sadeli Chelove.



PHOTOS BY
SHIRLEY RUHE
THE CONNECTION

Lizzy Lunday, a portrait artist, is one of 14 in the Artist in Residence program and will spend four hours twice a week at Palette 22, a restaurant which combines a working studio with international street food. In 90 days the artists will change to keep the art fresh and new.

CALENDAR

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

Art Exhibit: "The Power of Color."

Through Feb. 27, Monday-Friday 10 a.m.-6 p.m. and Saturday 10 a.m.-2 p.m. at Gallery Underground, 2100 Crystal Drive. "The Power of Color" focuses on vibrant color. Free. Visit www.galleryunderground.org for more.

"Romeo & Juliet." Through March 27, 8 p.m. Wednesday-Saturday, 2 p.m. Sunday at Syntetic Theater, 2611 Jefferson Davis Highway. Syntetic returns with another "Wordless Shakespeare" production. General admission tickets start at \$35, \$15 for students, and senior citizens and military receive a \$5 discount. Visit www.syntetictheater.org for more.

Photography by Jan Bender and Richard Weiblinger.

Through March 30, 10 a.m.-8 p.m. Monday-Thursday, 10 a.m.-6 p.m. Friday-Saturday at The Barry Gallery-Reinsch Library at Marymount University, 2807 N. Glebe Road. Photographer Jan Bender focuses on film, using traditional techniques, Weiblinger's photographs and plant photograms are hand-printed. Free. Visit www.marymount.edu/barrygallery.

Sci-Fi Book Club. Third Wednesday of each month, 7-8:30 p.m. at Java Shack, 2507 N. Franklin Road. Free. Visit www.library.arlingtonva.us.

"King of the Forest: Adventures of BioPerversity." Through April 3, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. This exhibit features the work of 13 contemporary artists from the mid-Atlantic region whose work explores the interactions between humans and non-human species. Free. Visit www.arlingtonartscenter.org for more.

"Daydreams in the

Anthropocene." Through April 3, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Artist Rachel Schmidt examines the role humans play in the environment. Free. Visit www.arlingtonartscenter.org for more.

Instructor Select. Through April 3, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. In the Jenkin's Community Gallery, Arlington Arts Center will present Instructor Select 2016, featuring work by both students and instructors. Free. Visit www.arlingtonartscenter.org for more.

Post-Graduate Residency Studio. Through Nov. 17, gallery hours at The Torpedo Factory Art Center, 105 N. Union St. For the second year, the Torpedo Factory Art Center welcomes four emerging artists to participate in the Post-Graduate Residency Program. Jihee Kang, Paulette Palacios, Anne Smith, and Danielle Smith, were juried by Paul Shortt, new media curator for

Arlington Cultural Affairs. Artists can create and sell work, interact with the public, and network with other artists. The program will culminate in a group exhibition in the Torpedo Factory's contemporary exhibition space, the Target Gallery. Free. Visit www.torpedofactory.org for more.

Arlington's Historical Museum

Open on First Wednesdays. The Arlington Historical Museum is open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at garrett.peck@arlingtonhistoricalsociety.org.

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. For 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. Age 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or visit www.RiRa.com/Arlington for more.

Food Truck Thursdays. 5:30-8:30 p.m. at the corner of North Irving Street, and Washington Boulevard. Find a round-up of regional food trucks. Free to attend. Visit www.dmvfta.org.

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

ENTERTAINMENT

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. 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 703-276-9693.

Storytime. Mondays and Fridays, 10:30-11 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 S. Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

Crystal City Sparket. 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC's Eastern Market with arts, crafts, and handmade goods. Free to attend. Visit www.crystalcity.org.

Open Mic Night. Wednesdays, at 8 p.m., sign ups are at 7:30 and 10 p.m., at Iota Club & Cafe, 2832 Wilson Blvd. Free. Visit <http://www.iotaclubandcafe.com/>.

Art for Life. Third Thursday of each month. The Hyatt Regency Crystal City's "Art for Life" Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit www.torpedofactory.org.

Brunch at Freddie's. Third Saturday of every month, 11 a.m.-1 p.m. at Freddie's Beach Bar, 555 23rd St. The Arlington Gay and Lesbian Alliance gathers for an all-you-can-eat breakfast buffet (\$9.99). All are welcome. No reservation is required. Visit www.facebook.com/events/700174390103305.

FEB. 22-MARCH 17

Rosie Riveters. 4-6 p.m. at Shirlington Public Library, 4200 Campbell Ave. Three classes, for ages 4-6 (Tuesdays), ages 7-10 (Mondays), and ages 11-14 (Thursdays), are designed to provide space for girls ages 4-14 to imagine, create and play while developing their skills in science, technology, engineering, and mathematics (STEM). Boys may also enroll. Free. Visit www.rosieriveters.com.

WEDNESDAY/FEB. 24

AFAC Bar Olympics. 7-9 p.m. at Spider Kelly's, 3181 Wilson Blvd. Two-person teams compete in six bar games in a tournament-style competition benefiting Arlington Food Assistance Center (AFAC). The entry fee is \$10 each, \$20 per team. Visit www.afac.org for more.

THURSDAY/FEB. 25

Home Improvement Basics. 11:30 a.m.-12:30 p.m. at Lee Community & Senior Center, 5722 Lee Highway. Home Depot staff provide easy techniques for painting, staining, and

repairing plastic or drywall. Free. Call 703-228-0550 for more.

Spellbinders Story Fest. 1-2 p.m. at Walter Reed Community Center, 2909 S. 16th St. Arlington Spellbinders, part of the national organization, is a group of retirees who tell stories to children in schools and day camps. Free. Call 703-228-0955 to register.

FRIDAY/FEB. 26

Lecture: Arlington During the Civil War. 11 a.m.-12 p.m. at Arlington Mill Community Center, Street Level Gallery, 909 S. Dinwiddie St. David Farner, Historian and Researcher, discusses Arlington during the Civil War. Free. Visit www.arlingtoneconomicdevelopment.com.

Nancy Connors: The Keirsey Temperament Sorter. 1:30-2:30 p.m. at Aurora Hills Community & Senior Center, 735 18th St. S. Join Senior Adult Specialist Nancy Connors and take a 70 question abbreviated Myer Briggs personality profile called the Keirsey Temperament Sorter, score it and discover and appreciate your personality temperament and style. Free. Call 703-228-5722 for more.

FRIDAY-SATURDAY/FEB. 26-27

"West Side Story Meets Romeo & Juliet." 7 p.m. at Rivendell School, 5700 Lee Highway. Middle school students at Rivendell perform an interpretation of two Shakespeare plays. Tickets are \$10, \$30 for families. Visit www.rivendellschool.net for more.

FRIDAY-SUNDAY/FEB. 26-28

"South Pacific." 7:30 p.m. Friday-Saturday, 3 p.m. on Sunday at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Chalice Theater celebrates its 20th anniversary with Rodger and Hammerstein's "South Pacific." The story revolves around prejudice, war, and romance on an American military base during WWII. Tickets are \$20 for general admission, \$15 for seniors and students. Visit www.uucava.org for more.

FEB. 26-MARCH 6

"Treasure Island." Various times at Thomas Jefferson Theatre, 125 S. Glebe Road. Encore Stage & Studio presents an adaptation of Robert Louis Stevenson's classic novel. Young Jim Hawkins leaves a dull life to search for where "X" marks the spot on a treasure map left behind by an old sea captain. Tickets are \$10-15. Visit www.encorestageva.org.

SATURDAY/FEB. 27

Bilingual Diabetes Storytime. 10:30-11:30 a.m. at Arlington Central Library, 1015 N. Quincy St. This storytime is for children and families living with diabetes. Offered in English and Spanish. Free. Visit www.library.arlingtonva.us for more.

Pirate Party. After 11 a.m. performance of Encore Stage & Studio's "Treasure Island" at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. Find stage combat demonstrations, meet performers, and more. Tickets are \$20 (sold separately from play tickets). Visit www.encorestageva.org for more.

Feel the Heritage Festival. 1-6 p.m. at Drew Community Center, 3500 23rd St. S. Find live music, dance, a "Hall of History," children's activities and more. Free. Call 703-228-5725.

Black History Month Quiz Competition & Celebration. 2-4 p.m. at Charles Houston Recreation Center, 901 Wythe St. The Alexandria Society for the

Preservation of Black Heritage in partnership with the Alexandria Black History Museum will host a quiz competition. Alexandria public school students in grades 6-8, are eligible to participate. Free. Call 202-624-9082 for more.

"Wash Over You-Part 1." 4:30 p.m. at Atlas Performing Arts Center - Lab Theatre II, 1333 H St. N.E., Washington, D.C. Arlington's Jane Franklin Dance presents "Wash Over You," which finds travelers moved along an unpredictable river. Tickets are \$20. Visit www.janefranklin.com for more.

MONDAY/FEB. 29

Meet the Author: Diane Kiesel. 3-4:30 p.m. at Arlington Central Library, 1015 Quincy St. As part of Black History Month, Diane Kiesel will discuss her biography of Civil Rights pioneer Dr. Dorothy Boulding Ferebee. Free. Call 703-228-2144 for more.

Hop to it Bingo Happy Hour. 5:30-8:30 p.m. at Arlington Rooftop Bar & Grill, 2424 Wilson Blvd. Celebrate "Leap Day" with Arlington Thrive. Admission is free, Arlington Rooftop Bar & Grill has offered to donate 10 percent of proceeds from the Happy Hour to Arlington Thrive. Visit www.arlingtonthrive.org for more.

Movie Screening: "An Ordinary Hero." 7-8:45 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Freedom Rider and Civil Rights activist Joan Mulholland will be joined by author Mike O'Brien for a screening of the documentary "An Ordinary Hero: The True Story of Joan Trumpauer Mulholland," followed by a discussion, Q&A and remarks. Free. Visit www.library.arlingtonva.us for more.

Signature in the Schools: "295N." 7:30 p.m. at Signature Theatre, 4200 Campbell Ave. Featuring a cast and crew of talented Arlington County high school students, "295N" looks at the history of race in America through the lens of Baltimore's troubled history. Free, but reservations required. Visit www.sigtheatre.org or call 703-820-9771 for more.

MARCH 1-25

Solo Exhibit: "Urban Edge" and March Members Show. Gallery hours at Gallery Underground, 2100 Crystal Drive. The Focus Gallery in March features "Urban Edge," Sandi Parker's solo show of abstract acrylic paintings depicting urban living. This exhibit will run alongside the monthly members exhibit. Free. Visit www.galleryunderground.org

MARCH 1-APRIL 17

"The Flick." Various times at Signature Theatre, 4200 Campbell Ave. "The Flick" follows the story of three employees at a crumbling Massachusetts movie theatre. Tickets start at \$40. Visit www.sigtheatre.org.

WEDNESDAY/MARCH 2

Zak Trojana. 10 p.m.-12 a.m. at Iota Club & Cafe, 2832 Wilson Blvd. Zak Trojana performs as the featured artist. Free. Visit www.iotaclubandcafe.com for more.

Heart+Pints Bazaar. 5-9 p.m. at Samuel Beckett's Gastro Pub at 2800 S. Randolph St. Green Drinks Arlington has organized a benefit to inspire the community to think about local and free-trade artists while bringing awareness to the Arlington Food Assistance Center (AFAC). Suggested donation of a canned good. Visit www.greendrinks.org/arlington.

SEE ENTERTAINMENT, PAGE 9

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SPORTS

Gymnasts Mitrovich, Hays Share State Beam Title

Patriots finish fourth in team competition.

BY JON ROETMAN
THE CONNECTION

The Yorktown gymnastics team was hoping for a better end to the season, but junior Juliette Mitrovich and freshman Julia Hays assured the Patriots would not leave the state meet empty handed.

Yorktown finished fourth out of four teams in the 6A state competition on Feb. 19 at Kellam High School in Virginia Beach. One week after winning the 6A North region title with a score of 146.05, the Patriots finished with a score of 142.825 at states. Kellam won the state title with a score of 145.45, followed by Colonial Forge (143.625) and West Springfield (143.325).

At the individual competition the following day, Mitrovich and Hays tied for first place on beam, sharing the state championship with a score of 9.75. They also tied for sixth on floor, earning all-state honors with a score of 9.525.

"Julia and Juliette had a terrific meet on Saturday," Yorktown head coach Joanne Price wrote in an email. "They both performed beam routines that were near flawless. When they tied for first on the beam it was such a proud moment for all of us. The whole team stayed on Saturday to cheer them on."

The shared state title was the high point of a trip to Virginia Beach that started with disappointment on Friday.

Yorktown had captured Conference 6 and 6A North region championships in recent weeks, but the Patriots' performance at

states got off to a rough start, Price said.

"We came into the team competition with high hopes but the season didn't end exactly as we had envisioned," Price wrote. "We began the competition on bars. We had several uncharacteristic falls and some low scores followed. We had a team meeting after bars to help collect ourselves and to go into the rest of the competition with a good mindset. They pulled it together and performed well on the next three events but it wasn't enough to make up for the rocky start."

Mitrovich said nerves were a factor.

"We definitely did not perform our best in that our team score was lower than it has been all season, however, I still think we did great," Mitrovich wrote in an email. "It is very hard to be 'perfect' for three meets in a row. I think the pressure of states as a whole got to us a little and having a rough start on bars made it hard to shake it off but I am still incredibly proud of what we did."

The following day, Mitrovich (all-around), Hays (all-around) and junior Olivia Zavrel (bars) performed during the individual competition.

Mitrovich totaled a score of 37.375 in all-around, finishing sixth. Freedom's Sydney Wrighte won the all-around title with a



PHOTO BY JESSIE EVERETT

Yorktown teammates Juliette Mitrovich, left, and Julia Hays tied for first on beam at the individual state gymnastics meet on Feb. 20 at Kellam High School.

score of 38.55, followed by Kellam's Emily Ware (37.95), Stafford's Jennah Chang (37.8) and Kellam's Dalton Long (37.75).

Hays finished with a score of 36.7 in all-around.

Zavrel received a score of 9 for her bars routine.

On beam, Mitrovich and Hays each received a score of 9.75, five-hundredths of a point better than third-place finisher Wrighte of Freedom.

"It was an amazing feeling," Mitrovich wrote. "Naturally, no one wants to share the championship spot, but this case was the exception. It was truly awesome."

BULLETIN BOARD

FRIDAY-WEDNESDAY/FEB. 26-MARCH 2. LIONS, ARLINGTON NORTHWEST, CHARITY FUNDRAISING. Fresh Florida and Texas Citrus, Georgia Pecans, and 100 percent Vermont Maple Syrup for sale at the Overlee Bath House (Lower Level), 6030 Lee Highway, Arlington, Lower Entrance off John Marshall Drive. Friday, 12:30-6:30 p.m.; Saturday, 10 a.m.-5 p.m.; Sunday, 11:30 a.m.-4 p.m.; Monday, 8 a.m.-3:30 p.m.; Tuesday, 10 a.m.-5:30 p.m.; Wednesday, 8 a.m.-4 p.m. 703-528-1130.

SATURDAY/FEB. 27

"Your Child's Development 2016." 9 a.m.-12:30 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. This 8th annual fair for Arlington parents and caregivers of children aged 0-5 years old includes resources and information from several Arlington County agencies and community organizations. This

Mitrovich said she had a feeling her beam routine would be strong.

"Before it was my turn, I would go out into the hall and warm up some of the skills in my routine and while I was doing that, I just had this feeling that this routine was going to be a good one," she wrote. "Once I got on the beam and did my first skill (a full turn) and didn't wobble, I thought 'OK, good start, just keep it going!' and that's exactly what I did. I focused on every skill as it came rather than getting ahead of myself and it worked!"

None of Yorktown's top gymnasts are graduating, meaning the future is bright for the Patriots.

"[W]e are proud of the season that we had," Price wrote. "Being first in the conference, first in the region, and qualifying for states this year was a real accomplishment for us. We have a young team, a great group of girls, and are already setting our sights on next year."

After two years of finishing behind McLean and Washington-Lee at the conference meet and failing to qualify for regionals, Yorktown emerged as the top team in the region

this season.

"I thought this was one of the best gymnastics seasons Yorktown has ever had," Mitrovich wrote. "I think we kind of came out of nowhere because we had always been behind W-L and McLean and shocked ourselves with how good we were and how much potential we had. Of course, it was upsetting not to go all the way and win the state championship, but I look at this as a learning experience. ... [N]o one really knew what to expect [at states]. And now that we have this experience, we will be even more prepared if we make it again next year."



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

50-Yard Freestyle

Yorktown senior Suzanne Dolan, right, placed second in the 50-yard freestyle with a time of 23.56 seconds at the 6A state meet on Feb. 20 at George Mason University. Dolan also finished sixth in the 100 breaststroke (1:04.6). The Yorktown girls' team finished sixth and the boys' team was 17th.

ENTERTAINMENT



PHOTO BY JEFF MALET

Bowen McCauley Celebrates 20 Years

Bowen McCauley Dance performs "Twenty Years with Love," a 20th anniversary performance and Soirée at The Kennedy Center's Terrace Theater on Friday, March 18 and Saturday, March 19 at 7 p.m. The program features a solo danced to the music of Juilliard professor and composer Michael White; a performance choreographed to a live violin solo of a work by J.S. Bach; and the world premiere of "Ars Amatoria," an interpretation of ancient Roman poet Ovid's instructional writings about the arts of seduction and love, featuring a commissioned score by Larry Alan Smith. A Platinum Soirée at The Kennedy Center's Roof Terrace Restaurant celebrating the 20th anniversary follows the Saturday evening performance. Tickets for the performance alone are \$40-45. Tickets for the soiree are \$150 and include tickets for the show. Visit www.bmdc.org for more.

FROM PAGE 7

THURSDAY/MARCH 3

"Arlington's Forests and Streams: Status of Our Local Ecosystem." 7-8:45 p.m. at Arlington Central Library, 1015 N. Quincy St. The speakers are Jen McDonnell of the Arlington County Department of Environmental Services and Vincent Verweij of the Arlington County Department of Parks and Recreation. They will address the challenges facing natural areas. Free. Email Browning at browningwh@gmail.com or call 703-969-7345 for more.

FRIDAY/MARCH 4

Skate for Catherine. 3:30-5 p.m. at Kettler Capitals Iceplex, 627 N. Glebe Road. A skating party, raffle, and online auction to raise funds for childhood cancer research. Tickets are \$20. Visit www.blairfoundation.org for more.

Global-Phonic Music Festival: Kiran Ahlumalia. 8 p.m. at Rosslyn Spectrum Theatre, 1611 N.

Kent St. Kiran Ahlumalia is joined by her husband, guitarist Rez Abbasi, to perform music in the Indian and Pakistani tradition. Free, but tickets required. Visit www.arlingtonarts.org.

FRIDAY-SATURDAY/MARCH 4-5

Washington Antiquarian Book Fair. 4-8 p.m. on Friday, 10 a.m.-5 p.m. on Saturday at Holiday Inn Rosslyn at Key Bridge, 1900 N. Fort Myer Drive. Exhibitors from around the country will convene, offering both serious collectors and budding enthusiasts rare books, manuscripts, modern first editions, autographs, prints, maps, drawings and other rare finds. Tickets are \$14 for both days, \$8 for Saturday only, and \$5 for students and librarians with ID. Visit www.WABF.com for more.

FRIDAY-SUNDAY/MARCH 4-6

"South Pacific." 7:30 p.m. Friday-Saturday, 3 p.m. on Sunday at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Chalice Theater celebrates its 20th

anniversary with Rodger and Hammerstein's "South Pacific." The story revolves around prejudice, war, and romance on an American military base during WWII. Tickets are \$20 for general admission, \$15 for seniors and students. Visit www.uucava.org for more.

SATURDAY/MARCH 5

NoVa Teen Book Festival. 9:30 a.m.-5:30 p.m. at Washington-Lee High School, 1301 N. Stafford St., Arlington. This event features panel discussions, special speakers, book signings, food and fun. Guests include Holly Black, Josh Sundquist, Julie Murphy, Tommy Wallach, Jennifer Donnelly and Jason Reynolds. Free. Visit www.novateenbookfestival.com.

"Treemonisha" Brunch. 1 p.m. at Washington Golf & Country Club, 3017 N. Glebe Road. Arlington's Opera NOVA is hosting a benefit for folk opera "Treemonisha." Tickets start at \$75. Visit www.operanova.org for more.

"Wash Over You-Part 1." 4:30 p.m. at Atlas Performing Arts Center, Lab

Theatre II, 1333 H St. N.E., Washington, D.C. Arlington's Jane Franklin Dance presents "Wash Over You," which finds travelers moved along an unpredictable river. Tickets are \$20. Visit www.janefranklin.com for more.

Monte Carlo Night. 7-11 p.m. at Ronald Reagan National Airport in Historic "Terminal A." Leadership Arlington and Leadership Center for Excellence present Monte Carlo Night: Casablanca, a gala in support of Leadership Arlington's Youth Program. Tickets start at \$185. Visit www.leadershiparlington.org.

MONDAY/MARCH 7

Signature in the Schools: "295N." 7:30 p.m. at Signature Theatre, 4200 Campbell Ave. Featuring a cast and crew of Arlington County high school students, "295N" looks at the history of race in America through the lens of Baltimore's history. Free, but reservations required. Visit www.sigtheatre.org or call 703-820-9771 for more.

THURSDAY/MARCH 10

Book Talk: "High Hand." 6 p.m. at Barnes & Noble, Clarendon Market Common, 2800 Clarendon Blvd. Author James Rosen discusses his spy thriller, "High Hand." Free. Call 703-248-8244 for more.

Book Talk: "Martha Jefferson Randolph." 7 p.m. at Marymount University Reinsch Library, 2807 N. Glebe Road. The Arlington Historical Society will host Dr. Billy Wayson, who will speak about his book, "Martha Jefferson Randolph: Republican Daughter and Plantation Mistress." Free. Call 703-942-9247.

FRIDAY/MARCH 11

Global-Phonic Music Festival: Lulacruza. 8 p.m. at Rosslyn Spectrum Theatre, 1611 N. Kent St. South American duo blends indigenous instruments like the Colombian cuatro, charango and bombo legüero and utilize electronic processing and sequencing. Free, but tickets required. Visit www.arlingtonarts.org.

FRIDAY-SUNDAY/MARCH 11-13

"South Pacific." 7:30 p.m. Friday-Saturday, 3 p.m. on Sunday at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Chalice Theater celebrates its 20th anniversary with Rodger and Hammerstein's "South Pacific." The story revolves around prejudice, war, and romance on an American military base during WWII. Tickets are \$20 for general admission, \$15 for seniors and students. Visit www.uucava.org for more.

Changing Your House With a Second-Story Addition



Building up on your home can allow you to capture views, maximize square footage on a small lot and locate all the bedrooms on a single level. Good design and structural planning up front will allow you to maximize your new space.

Seamless integration. A good design will make the second story look like it was always there, so take the necessary time to make sure the addition enhances your curb appeal and your home's functionality.

Structural requirements. A second story with occupied rooms will weigh much more than your old roof system, so calculations will need to be made to know how much weight the main-floor walls and foundation will carry and how to hold that weight up.

Mechanical. Your furnace, water heater and electrical panel all work based on your home's square footage and the number of fixtures you have. When you increase the size of your home, these systems may need to be adjusted.

Finishes. Often the finishes of your existing home — door style, trim, flooring — can dictate the finishes in your addition. But adding a new story allows you to revisit every finish.

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A Further Explanation



By KENNETH B. LOURIE

Though last week's column, "One Hundred Pills," ostensibly was about the pill count of my most recent prescription and my interpretation of its meaning, the underlying point of the column which I might have failed to clearly mention was: cancer and the effect it has on your thinking; consciously, sub-consciously, and probably even unconsciously as well. If I had not been diagnosed with a "terminal" disease: stage IV, non-small, cell lung cancer (NSCLC), would I even have heard how many pills were in that bottle, or considered at all the numerical impact on my life, and that life's expectancy? Moreover, would I have been the least bit concerned with pharmacy/prescription procedures, medical or otherwise? And finally, would I have stumbled emotionally because of any of it? I'll be presumptuously self-assured and answer all of these previous questions: The answer would be a resounding "No."

And the cause of all these questions and the effect on the answers is cancer. To say cancer is a difference-maker is an insult to all difference-makers. Because cancer is insidious, and often, as evidenced in last week's column, a life-changer both physically and mentally, its effects rear their ugly head when you might not expect it. All I did was pick up a prescription but since cancer is in charge, I went off on a tangent of anxiety. But, and this is the point - perhaps lost in last week's column, which I am now focusing on in this week's column: you can't help yourself. Whether or not you admit to or acquiesce to cancer's control, it does take over. In effect, your brain is wired, figuratively speaking. You simply don't think, consider, prioritize, react, etc., as you did prior to your diagnosis. It's almost as if you were struck by lightning; it's a jolt, emotionally, and you'll never be the same.

Sure, on the outside (to people looking at you), everything may appear normal (if you're amazingly lucky), but on the inside, especially in your head/brain, the world, your place in it and your behavior while being there has taken a turn. Not necessarily for the worse, but definitely for the different. Oddly enough, the changes are not so subtle that you don't notice them or won't acknowledge them or can't articulate them. In my experience, I notice/acknowledge and articulate them. However, I am hard-pressed to do much about them. It's not as if I've become an inconsiderate, selfish, intolerant, uncaring and self-indulgent a--hole (different than I'd like to think I was/mostly still am), but, and I'm not to proud to admit this: I do have my moments. And when I do, I blame the cancer. As I asked my oncologist one day about my hair turning gray seemingly overnight, could I blame the cancer? He quickly responded: "You can blame the cancer for anything you want." And so I have, occasionally.

Not that I have taken his statement to heart or embraced it as a regular excuse, but cancer does seem to have its way. And though I am well aware of its tentacles and subliminal-almost ties that regularly bind, I am still cognizant of who I am and who I want to be. Nevertheless, author Siddhartha Mukherjee didn't title his book about cancer (and PBS didn't likewise title its miniseries): "Cancer, The Emperor of All Maladies" because cancer is kind and gentle and benign. Hardly. Cancer is none of these characterizations. And what's worse, it changes people; at least it's changed me, and not always for the better.

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

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LEGAL NOTICE

Edward Koch, M.D., a gynecologist, announces the closure of his clinical practice located at 6707 Old Dominion Drive in McLean Virginia as of April 30, 2016. Dr. Koch can be reached at 703-288-0794 or by email at egkmdpc@hotmail.com. Information about medication refills and medical records can be obtained using the telephone number or the email noted above. Dr. Koch will remain in McLean as a medical consultant.

ABC LICENSE

P&M Group, LLC trading as Red Galanga, 144 Church St, NW, Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises; Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Perawat Pradawong, member NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 dates 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

CONSOLIDATED PLAN PUBLIC NOTICE

On Friday, March 25, 2016, the Virginia Department of Housing and Community Development (DHCD) will hold a public hearing on items relating to the Commonwealth of Virginia's administration of the Consolidated Action Plan 2016-2017 Action Plan.

The public hearing will be held at 10:00 AM until 11:00 AM in the 12th Floor North Conference Room of the Main Street Centre, 600 East Main Street, Richmond, Virginia 23219. DHCD will be taking comments on the proposed 2016-2017 Action Plan including goals and objectives for housing and community development; the projected use of funding; the method for distributing \$7,034,121 in HOME Investment Partnership funds; \$2,754,274 in Emergency Solution Grant (ESG) funds; \$745,593 in Housing for Persons with AIDS (HOPWA) funds, and \$16,881,481 in Community Development Block Grant (CDBG) funds.

Copies of the plan document may be requested by calling (804) 371-7100, (804) 371-7122, or (804) 371-7084 TDD. Persons requiring special accommodations should call (804) 371-7110. The Plan will appear on the agency's web site at <http://www.dhcd.virginia.gov> under "What's New."

The Department will receive written comments and testimony on the proposed 2016-2017 Action Plan through the close of business on April 15, 2016 at the following address:

Virginia Department of Housing and Community Development
Attention: Lyndsi Austin
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FROM PAGE 4

animal's life: ugly, quiet, toxic, painful.

I finally found Home Veterinary Care based in Burke. They were available any time. They offered me the option of taking my dog to be cremated on my own. Dr. Juan Villar came to the house in his van late Friday afternoon. Kai had crawled under the dining room table and Villar, in civilian clothes, crawled under with him, getting to know him. He spoke kindly to Kai, and commented on his noble face. When we were ready, Villar gave Kai a sedative in a vein. Kai was relaxed when he added the pentobarbital. As we hugged Kai and said our good-byes, his eyes closed, his heart beat four more times and then stopped. He was gone. Villar checked his vital signs, packed his bag, commented on the difficulty of losing an animal in a way that did not seem intrusive, asked if he could help carry the dog anywhere, told us what changes would occur in Kai, and left.

We carried Kai, on a white sheet, to lie in the sunporch overnight. We went out several times to sit with him, put flowers on his sheet, snipped a few locks of hair from his top knot. We felt him grow hard and cold, but it was not strange. It was particularly good for my son, whose exposure to death was limited. The next day we took him to Sunset Pet Services in Alexandria. This family-owned business was equally respectful and professional. Martin greeted us, gave us another chance to say goodbye, and offered us a wonderful pamphlet on grieving for an animal: Kai had so often helped us grieve for others, so often helped us make transitions. It was his turn now.

Blessed

Boone joined our family in June 2015 after being picked up as a stray and ultimately connected with Lab Rescue. Boone clearly had a challenging first two years of his life as his trust of humans was



Boone

exceptionally low and normal dog behaviors and activities were foreign to him. Boone's growth over the last eight months has been incredible and we so thoroughly enjoy having him in our lives. His windmill tail and peculiarities make us laugh every day. While the tree looks bare in the photo, on Christmas morning, I'm sure Boone had the most presents of anyone in the house. We're so blessed to have Boone and owe a great deal of thanks to the many volunteers at Lab Rescue. We have taken to getting involved ourselves and Boone has had three foster housemates over the last few months with many more to come.

— JON R. MORRIS AND
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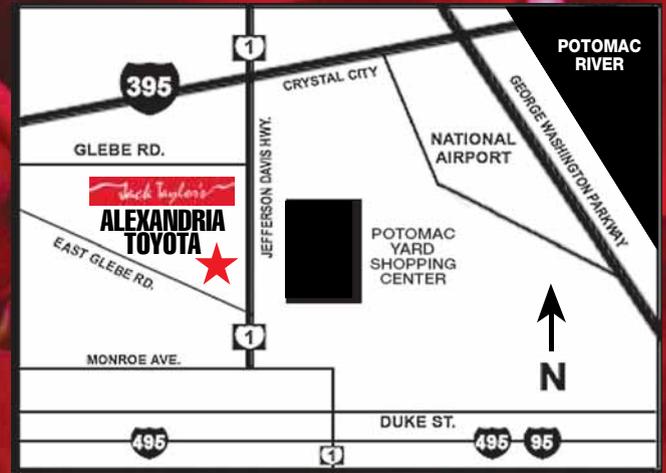
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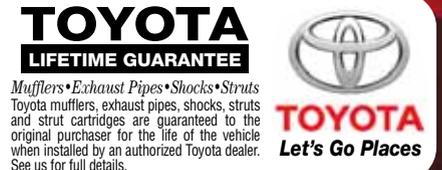
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