

"Sing choirs of angels; sing in exultation." Over a dozen performers from "How the Grinch Stole Christmas" led residents of Culpepper Garden Senior Center in singing favorite carols on Dec. 21. Pieces of cake lined the counter with nearby fixin's for hot chocolate. The piano player narrated the program while a few voices hummed along to "Hark the Herald Angels Sing" and relatives joined in.



ENTERTAINMENT, PAGE 8 ♦ CLASSIFIED, PAGE 14

PHOTO BY SHIRLEY RUHE/THE CONNECTION

Looking Ahead
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Deconstruct
Vs. Demolish
NEWS, PAGE 4

Get Fit for the New Year
NEWS, PAGE 7

Joined in Song

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.

BORROW A SNOWBLOWER

The Department of Parks and Recreation lends a limited number of snow blowers to civic associations and community groups, increasing the number of passable sidewalks during snow events. Their goal is to ensure snow blowers are geographically distributed throughout the county. Snow blowers

are loaned to groups who agree to plow for the public good and who meet specific criteria. Learn more at emergency.arlingtonva.us/weather/snow-ice/snow%20blower/

FIRST TUESDAY EACH MONTH

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

THURSDAY/JAN. 5

General Assembly Delegation

Public Hearing. 7-9 p.m. in Arlington County Board Room, 2100 N. Clarendon Blvd., #300. Seeking input from citizens of the 30th District prior to the 2017 legislative session. 571-384-8957 or District30@senate.virginia.gov

SATURDAY/JAN. 7

Free Paper Shredding & Inert Material Drop-Off. 8 a.m.-4:30 p.m. Paper, boxes, rocks, sand and asphalt are some of the acceptable materials. Only a small pickup truck load or 3 cubic yards of material can be accepted. Brush material is not accepted in the Inert Material Drop-Off Program. <https://>

today.arlingtonva.us/event/8634

TUESDAY/JAN. 10

Virginia Cooperative Extension Master Gardeners. 7-8 p.m. at the Fairlington Community Center, 3308 S. Stafford St. Topic: Microgreens, what makes them so good for you? Learn their many benefits, and some simple ways to grow these delicious, nutritious and inexpensive baby plants and sprouts in your own home. 703-228-6414 or email mgarlalex@gmail.com.

WEDNESDAY/JAN. 25

Student Screenwriting Contest

Deadline. New screenwriting contest for all middle and high school students in Arlington Public Schools, made possible by grants from the Washington Forrest Foundation and the Arlington Department of Arts Education, as well as APS students and parents. www.instagram.com/arlingtonstudentfilmfest/

SATURDAY/JAN. 28

Vegetable Gardening Part 1: Jumpstart Your Garden With Seeds. 10:30-noon at the Westover Branch Library, 1644 N. McKinley Road. Get the scoop on seed selection, hybrid vs. heirloom, what seeds to start indoors, germination tips, and best bets for seed saving. Find out how to make your own starter pots, and easy-to-create lighting systems to bring the sunlight inside. 703-228-6414 or email mgarlalex@gmail.com.

TRAINING STARTS FEB. 17

Tree Stewards. Tree Stewards of Arlington and Alexandria are volunteers who take the lead within their communities to enhance a sustainable urban forest through volunteer activities and public education programs including:

- ❖ planting, pruning, mulching and watering of street, park and school trees
- ❖ staffing informational booths at farmers' markets and local festivals, in conjunction with Virginia Cooperative Extension
- ❖ leading neighborhood Tree Walks and speaking at community gatherings
- ❖ advocating for trees wherever and whenever needed

For details on what the training sessions involve and registration forms, go to treestewards.org

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Jan. 9-13.

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: Historic Anderson House, guided tour, lunch at Old Ebbitt Grill, Tuesday, Jan. 19, \$12 (trans. only); behind-the-scenes tour, U.S. Supreme Court, Wednesday, Jan. 11, \$5; The Kennedy Center, National Symphony Orchestra Coffee Concert, Friday, Jan. 13, \$39. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Ballroom dance lessons, Monday, Jan. 9, 6:30 p.m., Walter Reed. \$42/6 sessions. Register, 703-228-0955.

Greatest military blunders (pre-1950), Tuesday, Jan. 10, 11:15 a.m., Lee. Register, 703-228-0555.

Informed investing and avoiding fraud, Tuesday, Jan. 10, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

Folk music sing-along, Tuesday, Jan. 10, 1:30 p.m., Lee. Register, 703-228-0555.

Free demonstration, Boomer Bootcamp, Wednesday, Jan. 11, 9 a.m., Walter Reed. Register, 703-228-0955.

Slide illustrated lecture of Monet's water lilies, Wednesday, Jan. 11, 1 p.m., Gunston Community Center, \$1. Register, 703-228-5722.

Ballroom dance, Friday, Jan. 13, 1-3 p.m., Arlington Mill. Free. Register, 703-228-7369.

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Our beautiful assisted living and memory care residence is well on its way toward completion! We can't wait to officially open our doors to welcome residents, their families and friends. To those who have already chosen to entrust us with the care of loved ones, thank you. To those we haven't met yet, we look forward to the time when we do. Our own families make our hearts full, but we have plenty of room for yours. Stop in for a visit, and tell us what you need to help keep the seniors you love safe, secure, well, and most of all, happy. We're eager to deliver on our promise to love and care for them as we do our own.



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Information Center: 1212 W Broad St, Falls Church, VA | 703.992.9868 | www.TheKensingtonFallsChurch.com

Planning and Budget Season Starts for County

Parks and Recreation planning receives early 2017 focus, but school and Metro issues loom over budget discussions.

BY VERNON MILES
THE CONNECTION

2017 will start off with some good news for Arlingtonians that use parks and community facilities. Planning and public engagement is expected to begin in early 2017 for several recreational spots and a new commission to help find more available space is currently accepting applicants. But as the County Board heads into annual budget discussions, that optimistic tone may shift considerably darker as the county struggles with competing school and

“The single biggest issue in this region is the Metro.”
— Jay Fisette, County Board



PHOTO BY VERNON MILES / THE CONNECTION

Progress is expected in early 2017 for restoration of Jennie Dean Park.

Metro needs.

In 2015, the Jennie Dean Park was converted into parking space for the county's ART buses until the new facility was built in Crystal City. Now, in early 2017 the buses are scheduled to move and the process of re-establishing the Jennie Dean Park is underway. In a year-in-review video posted by Arlington County, County Board Member

John Vihstadt said the goal is to develop a strategic plan for the Four Mile Run Valley to make it more welcoming and more pedestrian friendly.

“Right now we're launching into visioning about land use and the park,” said Caroline Haynes, chair of the County's Parks and Recreation Commission. “The park planning process [will] move along at a

rapid clip along with our discussion of land use issues. We're looking at what's happening now, and over the next four to six months we will be forming that plan.”

To the west of the Four Mile Run Valley, the Buckingham Village Historic District will also see a new park and recreation space developed in 2017. The current Lubber Run Community Center is the oldest recreation facility in Arlington. Throughout 2017, community engagement will begin for the new building and park design development. Construction of the project is expected to begin in 2018 for completion in 2020.

“The design money for the Lubber Run Community Center was just adopted by the Board,” said Haynes. “That center was from back in the 1950s. The county had to move functions out because it was not [Americans With Disabilities Act] accessible. There was preliminary thinking about this last year, and from that the County Board has adopted design money to go forward to launch into this process.”

Haynes said parks across the county will also be affected by the updates underway for the 2005 Public Spaces Master Plan. Part of this will be a push to identify and publicize the privately owned public spaces throughout the county that have been gained through development negotiations over the years.

“The community supposedly gets access to these spaces, but it seems random and there's no check on whether it's really avail

SEE LOOKING AHEAD, PAGE 5

What Is Green, Clean, and Rarely Seen in Arlington?

Second Chance Home Deconstruction is rare choice for demolition ... but why?

BY EDEN BROWN
THE CONNECTION

Six ex-convicts from Baltimore showed up at Diane Allard's 1949 vintage two-bedroom house on 22nd Street in North Arlington a while ago, holding crowbars, saws, hammers, and some rope. They were there to make off with anything that was, or was not, nailed down.

Diane and her husband Hunt Allard had searched for a year and a half to find a property in this neighborhood. They were overjoyed the crew from Second Chance had finally arrived. The six men proceeded to dismantle her home, board by board, nail by nail, door by door, tile by tile, until two weeks later, the house was down to nothing but its basement walls and foundation. Everything salvageable went to the warehouse at Second Chance, in Baltimore, including toilets, hardwood oak flooring, boards of every size, doors, knobs, chandeliers, and windows.

The Allards knew they wanted Second Chance to take their house apart. And they knew they wanted to do the “Arlington Green Home Choice Program” but they wanted a certain design of house too.

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Second Chance takes the house apart board by board, preserving the bricks, slate, wood, molding, and glass in the windows.

Allard had worked for 10 years as a contractor to the Department of Energy and some years ago wrote case studies on how to build homes in a greener way; it seemed like a no brainer that she and her husband Hunt would make their home as green as possible and part of that was not adding to

a landfill as they made room for a new house on the property. And it wasn't just about the landfill: the tax savings were significant and they saved money on demolition costs.

According to Allard, “Green building is gaining steam in the Arlington area; but



PHOTOS BY RAMONA CAMPOS

Taiwan Hill is the crew leader on the Second Chance team taking down Diane and Hunt Allard's house in Arlington.

most builders just build the old way that they know. Finding the right builder to build our green home was a challenge in and of itself.” There are also no incentives for builders to take down a home in a green way, so it's somewhat rare to find a builder

SEE DEVELOPMENT, PAGE 4

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Development in Arlington: Smashing in vs. Cashing in

FROM PAGE 3

willing to wait a little longer to deconstruct rather than demolish (only a home owner can get the tax deduction). The Allards got the name of Second Chance through an architect they had met. Once they realized the win-win situation that using Second Chance presented to them: making a tax deductible donation to deconstruct, paying less than demolishing would cost, doing something positive for young men who wanted to turn their lives around, and avoiding putting tons of material into a landfill: they were ready to sign on the dotted line. On top of that, the owner gets 15 points towards green home certification. The process of designing and building the house took 6-8 months; the zoning approvals took about three months. Permitting took several months as well.

The six men who took the old house apart brick by brick had been unemployed before they found Second Chance. When one gets out of prison, it's not easy to find work. The crew leader of the team, Taiwan Hill, spoke about himself to the Allards' friend, Arlington resident Romana Campos, who helped document the process. Hill said he has been with Second Chance for five years now. He had previously served as a general clerk 2 forklift operator but when he lost that job he was unemployed for three years. Hill said he has six kids and he wasn't able to support them when he lost his job. It was a terrible feeling. "I was living the wrong life," he said. "I was getting in trouble constantly. Before I came to Second Chance, I was in and out of the court system. Finally I came to a point where I wanted to change."

At Second Chance, he did 1,600 hours of training on how to take down houses. But he learned more than that. He acted as a spokesman for the company, did interviews, and gained confidence in his social skills. He got more than technical skills, he also got life skills. He received OSHA training. He learned how to manage a team. He travelled to different states as many as 13 times



Diane Allard stands in front of her new, green home at 22nd Street.

Deconstruct vs. Demolish

According to the Second Chance website, in 2016 Second Chance created 142,800 labor hours, saved \$3,046,060 consumer dollars, diverted 10,471,320 lbs of landfill waste and used 4,760 volunteer hours.

Donations to Second Chance range in the \$17,000 range; to demolish a house costs about \$25,000.

a year. He recently acquired a new job through the program "Jump Start" thanks to his time at Second Chance. Hill grins. He is making a lot more money, has better hours, and doesn't get so dirty.

"All the money goes back into our training," said Hill. "There is a donation by the owners of the house, and it goes to Second

Chance.

Then, we also sell the material we take out of the house at our warehouse. I have a son who goes to Bowie State University, a daughter at Newtown High who is a cheerleader, and my job has let me provide for them, and made my family strong. I've never looked back. Second Chance made a difference to a lot of our lives."

To learn more about Second Chance or take a field trip to their warehouse, which is, according to Allard, "mind boggling" given how much they have there, see www.secondchance.org. To learn more about building a green home, see Arlington Green Home Choice Program or Allard's blog.



PHOTOS BY EDEN BROWN/THE CONNECTION

One way of tearing down a house in Arlington is to demolish it, sending tons of slate, hardwood, granite, glass, and appliances into a landfill. It takes about two days and costs about \$25,000.

An Aging-in-Place Home

The Allards' house is documented on the Allards' blog: www.ourgreenboomerhouse.com. They plan to grow old in the house, and made it not only green but "silver." There is no step in or up shower, there are no steps leading into the house from the driveway, there are low thresholds, the windows are casement style for ease of opening, and the toilets are higher. The bathroom and bedroom door openings are wheelchair friendly, and the door knobs are push-down for ease of opening. Their older relatives who are less mobile love to visit.

In the blog, Diane Allard discusses the appraisal process she had to go through, the design process, the age-in-place aspects, and the decisions about materials used.

Arlington's Green Home Choice Program is a free, voluntary green home certification program sponsored by Arlington County. According to Allard, the county is actually one of the greener-focused places around; the state is way behind, but Arlington is progressive given they have the first net zero energy school.

The homes are awarded points for being energy and resource efficient, sustainable and for providing a healthy living environment. In addition to certificates, program participants are offered lawn signs, recognition by the County Board in an annual reception, media attention and builder and designer recognition on this website. For more information, see Green Home Choice Program.

Tax Strategy Planning Worksheet

Contribution Options for \$120K House

A. Value of Contributed Structure			
Value of Contributed Structure		\$120,000	
Tax Savings (Fed & State)		x 16%	
Tax Savings – estimate		\$19,200	
B. Program Cash Contribution Options:			
(1)	30 days after completion	\$17,500	
	OR		
(2)	Donate by Dec 31, 2015	\$20,000	
	OR		
(3)	Donate by May 31, 2016	\$22,500	
Total of Pledges	\$17,500	\$20,000	\$22,500
Tax Savings on Contributions at 16%	-\$2,800	-\$8,000	-\$9,000
Net Cost of Donations	\$14,700	\$12,000	\$13,500
Summary			
Tax Savings or Refund	\$19,200	\$48,000	\$48,000
Minus Cost of Donation	-\$14,700	-\$12,000	-\$13,500
Total Net Benefit to Donor	\$4,500	\$36,000	\$34,500

It is important to understand that you will still have the same demolition costs before and after our involvement in the project. We utilize your structures for training and workforce development.

* All information provided is an example of how the program could possibly work. It is not tax advice and you should consult with your tax specialist to verify your personal benefit analysis.



PHOTO BY ROMANA CAMPOS

The six-person crew poses before the deconstruction begins outside the original home on the site at 22nd Street North in Arlington.

Looking Ahead

FROM PAGE 3

able or if there's any signage," said Haynes. "We need to know what's already out there. That's a big gap in our knowledge. We're writing it now. I think it's going to be very exciting. I hope we will be able to have something very useful for the county. We're dealing with increasing pressure on our parks. We need to make sure we're considering parks and recreation facilities in thinking about the larger county planning processes."

For many Arlingtonians, the primary topic of conversation throughout Arlington is how to use the limited space within the county for the growing needs of the population.

Ginger Brown, co-founder of the Lee Highway Alliance, said a recommendation out of the 2015 Community Facilities Study to help reduce the conflict over space, is finally being implemented in early 2017.

"A Joint Facilities Advisory Commission (JFAC) would bring schools and the county together to work on public facilities issues, like schools or fire stations, for joint decision making," said Brown. "That group will look at working jointly whenever we have land that's available or a facility that needs a site. It will look at both school and county land, working to use it more efficiently."

JFAC, approved in November 2016, will be composed of 20 members appointed by the County Board. Applications to join JFAC are currently available at the county website.

County Board Member Jay Fisette says the priorities for the County Budget in 2017 will not differ much from the work that was done in 2016. Throughout the budget season, Fisette said the main conflict will likely be figuring out how to deal with the continuing enrollment growth and needs of Arlington's school system. Currently, Arlington County Pub-

lic Schools estimate a \$22 to \$28 million budget gap.

Every year the schools start with budget gap and every year the county and schools haggle to a compromise, but there's also a wrench in the plans for the Arlington County budget this year: the Metro.

On Oct. 30, 2016, Metro General Manager/CEO Paul J. Wiedefeld proposed a \$1.8 billion budget, with a projected \$39 million increase in contributions from Virginia. For Arlington County, a Dec. 1 budget forecast expected Metro subsidy costs to increase 22 to 30 percent, anywhere between \$6 to \$9 million. Metro funding is the largest factor in the county's current \$5.4 million projected budget gap, but that gap could increase with revised budget estimates from the Washington Metropolitan Area Transit Authority.

"The single biggest issue in this region is the Metro," said Fisette. "We're really looking hard to find a way to fix and sustain the Metro system. We're incredibly reliant and designed around the Metro. It's hugely important to our economy and to the whole region. That's really the number one regional priority."

But Fisette said the County Board won't know exactly how the Metro subsidy increases will impact Arlington until the county moves into its budget sessions. In Maryland, the state covers the costs of the Metro, while in Virginia more than half of the subsidies come from the localities. Fisette said Metro and local government leadership need to work together to try and find new ways to fund Metro operations.

"In the short term, we're looking at service adjustments, fares, and the existing funding sources," said Fisette. "The real solution is a new dedicated funding source; a particular tax revenue dedicated to maintaining and covering Metro costs."

VOLUNTEER OPPORTUNITIES

Email announcements to arlington@connectionnewspapers.com.

Invasive Plant Removal Events.

Help protect watersheds and keep Arlington County parks beautiful. There are several monthly invasive plant removal events sponsored by Arlington County Invasive Plant Program. Call 703-228-1862. See a map of these locations.

- ❖ First Saturdays @ Haley Park, 9-11 a.m.
- ❖ Second Saturdays @ Gulf Branch Nature Center, 2-4 p.m.
- ❖ Third Saturdays @ Tuckahoe Park, 10 a.m.-noon
- ❖ Third Sundays @ Long Branch, 2-5 p.m.

- ❖ Fourth Saturdays @ Benjamin Banneker Park, 10 a.m.-noon
 - ❖ Fourth Sundays @ Ft. Bennett Park, 10 a.m.-noon
- The Arlington Commission on Long-Term Care Residences** is seeking members to serve as liaisons to the nursing facilities, assisted living, and independent senior residences located in the county. The commission is currently seeking prospective commission members and volunteers willing to serve as liaisons to long-term care residences. Visit commissions.arlingtonva.us/ltrcr/commission-long-term-care-housing-application/ or contact the Agency on Aging at 703-228-1700 or ArlAAA@arlingtonva.us.

Hollin Hills of Alexandria Remodeled Home Tour
Saturday, January 7th, 12PM-4PM
2114 Popkins Lane, Alexandria, VA 22307



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Burdensome Requirement

To the Editor:

Kate Bates, president & CEO of the Arlington Chamber of Commerce released the following statement regarding the Arlington County Board's approval of an amendment that requires a second signature in order to remove vehicles that are illegally parked on private property:

The Chamber is extremely disappointed that the Arlington County Board approved the second authorization towing requirement, despite lack of support from the county manager and strong opposition from the Chamber, the Economic Development Commission, the Trespass Towing Advisory Board — including all three Arlington County police representatives — and a number of other business groups, businesses, and individuals. The opposition to the second signature amendment was further reflected by the public testimony at [the] hearing, with 13 out of 16 people speaking out against the amendment.

The reality is that Arlington has a parking shortage problem, not a towing problem. Allowing local government to dictate how private property owners and lessees handle illegally parked vehicles will not fix our parking shortage problem, but this new burdensome regulation will only make local businesses suffer. Many County Board members have even acknowledged that the second signature requirement does not solve the towing issues they believe need to be solved.

The Chamber reiterates its willingness to work collaboratively with the county to find a real solution that will actually fix these issues. We are frustrated, however, that the burden and onus for this collaboration has been placed entirely on the business community, and we are discouraged that the County Board believed it necessary to approve something that they acknowledged is undesirable for the parties involved.

The Chamber will continue to push back against the second signature requirement, while working towards a practical, fair solution both locally and in Richmond to protect and empower Arlington businesses.

Kate Bates
President & CEO
Arlington Chamber of Commerce

Whose At Fault?

To the Editor:

The Arlington County Board has spent considerable time and effort advocating for a “second signature” requirement and other measures to make it more difficult for property owners to tow illegally parked automobiles. This effort defies logic.

Why should the county government encourage people to park on the private property of others without their permission and without consequences?

I've had my car towed. I only ran into the store for a minute. Know who's fault it was? Mine. Here's a solution for the problem of getting your car towed — don't park illegally. Store owners have paid for parking — in their lease or in the purchase price for their property. They



'Resolve to Run'

This winter Arlington Thrive will once again sponsor its running training program — “Resolve to Run” — to help runners prepare for the George Washington Parkway Classic 10 Mile or 5K race on April 23. It's an opportunity to get in shape, meet new friends and raise funds for Arlington Thrive. To learn more about the program, attend an orientation meeting on Jan. 28 at First Presbyterian Church of Arlington, 601 N. Vermont Street, Room 103. Then, put on running shoes for the Saturday morning training sessions starting on Feb. 4. For more information, call 703-558-0035 or visit www.arlingtonthrive.org.

have the right to restrict the use of property they've paid for. They should not be asked to subsidize the business operations of others who have not paid for parking. And the county government should not rush to support people who scoff at the law — including the law of private property rights.

Colin Uckert
Arlington

An Inclusive Community

The Arlington County Board on Dec. 22 issued a letter, in Spanish and English, reaffirming the county's commitment to welcoming immigrant populations, regardless of legal status.

Dear Arlington Residents:

On behalf of the board, thank you for sharing your thoughts supporting Arlington's position as an inclusive and welcoming community.

Arlington has long been a community that welcomes others, embracing and serving our vast population that includes people from all walks of life, race, ethnic groups and religions.

We are an inclusive community that welcomes immigrant populations, regardless of legal status. We also made it clear in our statements on the 2016 Presidential Election delivered at our Recessed Board Meeting in November 2016, and in the resolution that we adopted in 2007, a Resolution Supporting Arlington's Newcomers.

It is long-standing policy that Arlington County law enforcement has not and will not monitor, detain, interview, or investigate a person solely for the purpose of determining their immigration status. Action by our law enforcement officers is based upon reasonable suspicion or probable cause of criminal activity, and we have a strong policy against racial profiling which prohibits our deputies and officers from taking action based solely on that

individual's race, ethnicity or national origin. Importantly, a person's right to file a police report, participate in police-community activities, or otherwise benefit from police services is not contingent upon citizenship or immigration status.

As you probably know, Federal law governs immigration issues entirely, and federal law enforcement authorities have exclusive authority to enforce those laws. Arlington County has no role in that enforcement.

It is the board's pledge that Arlington will remain an inclusive, welcoming community where everyone is valued and respected and has the opportunity to live out their dreams, regardless of their legal status. We believe that in our debates we must remember we are speaking of human beings — our neighbors, our colleagues, our classmates — who are simply seeking the same safety, security, freedom and opportunity that we are all so privileged to enjoy. I hope this information is helpful to you and that you will share it with anyone who has concerns about our community.

Libby Garvey
Chair, Arlington County Board

Growing Together

To the Editor:

This fall for my storytimes, I made a “Friendship Tree,” which serves as a fun reminder that while we are unique individuals with different needs, we also come together to enjoy stories in a cheerful, social environment and participate together as a united community.

To introduce the activity, I talked about the importance of friends joined together at storytime. I explained how they would be the Leaves on the Tree of our storytimes, and we

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Bondareff Expands Pediatric Practice Fifty-three years brings many changes

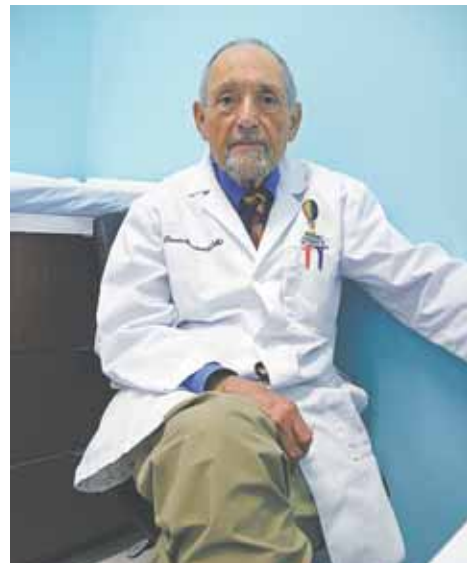
By Shirley Ruhe
The Connection

Four-month-old Quinn Doran wiggles her toes and squirms on the table in the nursing area at Pediatric Associates of Alexandria. The nurse measures her at 24-1/2 inches, and her father declares, "I'm getting bigger." Onto the scale and still smiling, Quinn weighs 13.5 pounds.

Pediatric Associates has been open barely a week in its new location at Potomac Yard just on the border of Arlington and Alexandria. Dr. Erwin Bondareff, one of the two original doctors who joined Dr. Robert Bregman in 1963, said the recent expansion resulted because they could see a lot of patients coming to their Alexandria location on Walker Street from Arlington, and also the new location is just a mile away from Del Ray. Today they have 11 doctors, 11 nurse practitioners and a couple of PAs between the two offices.

Bondareff, who is 86-years old and has been practicing for 53 years, says he remembers when there was nothing in the Del Ray area where he grew up. "I remember seeing National Airport built."

He has seen his practice change over the years. "For one thing you have to take away their electronics; even 2-3 year olds have them. And now with Obamacare and young adults on their parents' insurance, a pediatrician can cover through age 26." In addition, he sees a number of patients whose parents refuse vaccines or who want to spread them out. He said they still see these patients because they can be in contact with the parent and can assure stability for the child. He said, "Without vaccines we have seen reemergence of some diseases such as whooping cough and measles." Quinn's



Dr. Erwin Bondareff has just expanded Pediatric Associates of Alexandria from his Walker Street Office in Alexandria to Potomac Yard just on the border of Arlington and Alexandria. Bondareff has been practicing for 53 years, and his office has expanded from two doctors to the current 11 pediatricians and 11 nurse practitioners.

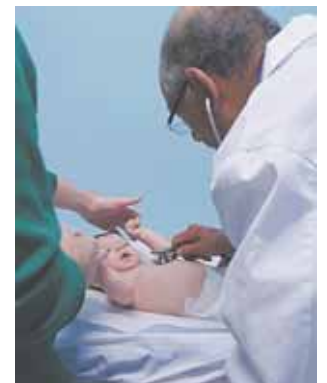
mother adds that she got pertussis in her first year in college just after her vaccine had worn off, "and it was terrible."

The demographics of Bondareff's patients have changed as well. Bondareff says the practice used to be community-based with a lot of railroad workers at Potomac Yard and white-collar government workers. After World War II he started to see people from all over the country. "Now we have a large number of Hispanics, Middle Easterners, W. Africans, Ethiopians, Pakistanis. A lot of the foreign patients are more demand-



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Four-month-old Quinn Doran is about to begin her check up at Pediatric Associates of Alexandria with a check on her weight and her length. Her mother says they live in Del Ray and were very excited the office was opening close to where they live.



Dr. Erwin Bondareff checks Quinn Doran's heart rate as part of her regular four-month check up at Pediatric Associates of Alexandria.

ing. They over coddle and overindulge their children."

"We used to make house calls three times a day in the early '70s. Now the office hours are 6 a.m.-8 p.m. to accommodate working families. Today a working mother came in at 6 a.m. for a regular well-baby checkup and then headed to drop her child off at daycare." Outside the exam room you can hear a weak cry, a deep breath and a continued complaint. A parent can be heard to say, "it's OK, buddy."

It's Quinn's turn to move from the nursing station to exam room 5. "Peeing and pooping OK? Still breast feeding? Have you started the vitamin D drops?" Bondareff said, "While she is quiet, let's turn off the lights and look at her eyes." So far Quinn seems to be enjoying her visit to the doctor. Bondareff moves to listen to her heart. "The heart rate can be over 110 at this age," he said. Next he rolls Quinn over on her stom-

ach, and she begins to complain. Her mother interjects that Quinn's newest trick is to roll over so she wants to do it herself.

Her mother asks about sleep. Bondareff said, "The top two things I recommend are to establish a good sleep program and read to your child." He said, "You would be surprised how often I see a bad sleep pattern, kids still sleeping with their parents." Her mother says Quinn sleeps at night but naps are touch and go. "She is afraid of missing out." Bondareff recommends putting her in a dark room. "She will find her own pattern."

Today Quinn will get her DPT (diphtheria, pertussis, tetanus) vaccination. "If her leg swells a little, you can wrap up an ice cube and put it on for a little while. If she has a fever under 100, don't do anything. If it is over 100 she can have Tylenol. "Now," Bondareff said, "The worst part is coming, but we let the nurses do that."

Get Fit for the New Year MADabolic opens new gym in Clarendon.

By Shirley Ruhe
The Connection

Marked white, teal and black weighted balls slam into the ground. Heavy ropes snake up and down through the air. Running shoes sprint across the floor. Elly Montague, head trainer and certified strength and conditioning specialist at MADabolic, says to the class, "Start with the jumping ball and then around the world."

Corbin Jennings, owner-operator of MADabolic, Inc. says, "A lot of people in the field would call us a boot camp but I take a little offense at this." He explains MADabolic has a specific program and, "we switch it up every day with five different movements designed to work the whole body. Each of our nine locations is doing the same workout on the same day; the two co-founders designed it. Today," Jennings said, "we have the five movements but it is a little different. Once each quarter we have cardio week. We give 100 percent maximum effort. Some other gyms go 100 percent all



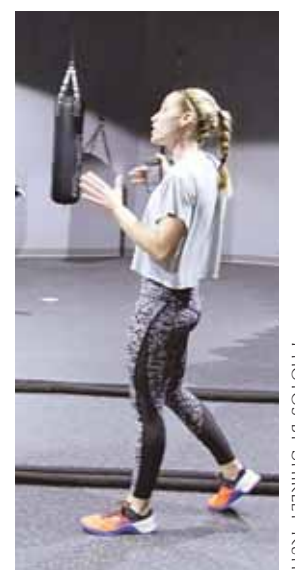
Gym clients work the "ropes gone wild" at MADabolic at 3100 Clarendon Blvd. This session is part of a special quarterly focus on cardio and demands 100 percent effort punctuated by one-minute breaks.

of the time but this is a good way to wreck the body." He continues that MADabolic has some momentum days where they build up from 80-90 percent and other durability days at 80 percent.

Today's five movements are the jumping

ball slam, the slurpee/burpee, ropes gone wild, ultra slide and the run combo. Jennings says, "Our movements use the entire body instead of just focusing on one area. It's a more efficient way to train them. We train people like athletes, one of the

Elly Montague, head trainer and certified strength and conditioning specialist at MADabolic, Inc., explains the five different movements for the day's training session.



PHOTOS BY SHIRLEY RUHE

more effective ways." Jennings explains there is a lot of misinformation being circulated by gyms out there about training fundamentals, and it can damage people.

Jennings says his MADabolic opened La

SEE GET FIT, PAGE 11

ENTERTAINMENT

Signature Theatre Stages 'Titanic'

360-degree staging depicts ship's fateful journey.

BY STEVE HIBBARD
THE CONNECTION

Signature Theatre in Arlington is staging the Tony Award-winning Best Musical "Titanic," a 360-degree production in the Max theater, from now through Jan. 29. The show by Peter Stone and Maury Yeston that won five Tony Awards in 1997 (including Best Musical) takes theater-goers on a ride through the final moments of Titanic's journey where 1,500 people lost their lives.

Larry Redmond plays the role of J. Bruce Ismay, who calls himself the "owner of the Largest Moving Object in the World." "He was the second generation leader of the company started by his father Ismay & Imrie Co. Ltd.," he said. "He sold the firm to J. P. Morgan in 1902 and became titular president of International Mercantile Marine, Inc. He was 49 years old when the Titanic sank. He knew the business from the ground up. And being a man of the late 19th century, he was a product of his times."

Redmond said his biggest challenge was reconciling the actual Ismay with what was written in the book and lyrics of the musical. "When you are an actor, you can't really fight the text. If you do, you will eventually be tripped up by it. So I had to find ways to bring the actual Ismay into the show," he said.

He said thanks to Bobby Smith and Chris Bloch, who play Andrews and Capt. Smith, respectively, as well as director Eric Schaeffer, he was able to mine a few nuggets of gold out of the text. "I got to investigate differences between American money and the English class system. In England, while he would be the owner of the ship, those in the "peerage" (Lords and Ladies) would still consider Ismay to be "In Trade," and therefore beneath them. No such distinction exists for the America first class passengers," he said.



Signature Theatre in Arlington is staging the musical, "Titanic," a 360-degree production in the Max theater, from now through Jan. 29.

PHOTO
CONTRIBUTED

tion exists for the America first class passengers," he said.

He added: "I try to squeeze out little bits of character DNA from the tiniest exchanges in the script and the score. There are little treasures for Titanic history fans I got to put in. And depending on where you get to sit in the 360-degree staging, you might hear or see something someone else doesn't."

As far as audience takeaways, he added: "Besides the sumptuousness of the production and the glorious music? One expression sums this story up beautifully: Pride goeth before the fall."

Katie McManus plays two characters: Kate McGowan, a third-class passenger from Ireland, and Eleanor Widener, a first-class passenger from the U.S. "Kate is extremely independent, assertive, ambitious, and she only looks forward to the future. She's a

big flirt and she knows what she wants," she said. She mostly plays Kate who is essentially fleeing Ireland because she became pregnant due to an affair with a married man. "So, needless to say, this was the perfect opportunity for her to seek a new life in the U.S.," she said.

The first-class passenger that she plays is Eleanor Widener, who is married to husband George Widener, the wealthiest man in Philadelphia whose hotel was the first Ritz Carlton. "I play alongside Stephen Gregory Smith (George Widener), and we have the best time on stage, developing our characters throughout the trip," she said.

She said the challenge in working on "Titanic" was learning all the complex music, and learning the intricate "dance" backstage (i.e., the quick costume and character changes, and also literally running all over the set and throughout theater).

As far as audience takeaways, she said: "I think most people immediately think of the ship and its sinking first, but I hope they learn about those on board and what they gave up and left behind (immigrants in third class, mostly) for a better life in the U.S. They are the brave ones."

Signature Theatre in Arlington is staging "Titanic" from now through Jan. 29. Show times are Tuesdays through Saturdays at 7:30 and 8 p.m., and weekend matinees at 2 p.m., and Sundays at 7 p.m. Tickets are \$40 to \$104. Speciality nights include Discussion Night on Jan. 10, 2017; Pride Night on Jan. 6, 2017; and Open Captioned Performances on Jan. 15 at 2 p.m.; and Jan. 17 at 7:30 p.m. The venue is located at 4200 Campbell Avenue, Arlington. Visit www.sigtheatre.org. Or call the box office at 703-820-9771.

CALENDAR

Email announcements to arlington@onnectionnewspapers.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

Wordless Production of "Sleeping Beauty." Through Jan. 8, Wednesday-Saturday, 8 p.m.; Sunday, 2 p.m. at Synetic Theater, 1800 S. Bell St. Ticket \$35 and up. Student tickets start at \$15. Senior citizens and military receive \$5 off. Recommended for ages 7 and older. Visit synetictheater.org.

Moving Words Poetry Contest. Through Jan. 12. The annual poetry contest Moving Words is now open for submissions. The work of six

winning poets will be printed on placards and displayed for three months between April and September inside Arlington Rapid Transit (ART) buses. This year's Moving Words competition is juried by Arlington County's Poet Laureate, Katherine E. Young. Submit entries to movingwords@arlingtonva.us. Visit www.arlingtonarts.org for rules.

Signature Theater's "Titanic." Through Jan. 29 at Signature Theatre 4200 Campbell Ave. A voyage through stories of love, ambition, hope and courage on board the fateful ship. www.sigtheatre.org

Friday Night Live. 8 p.m. at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit 1bc.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 St. and Washington Blvd. 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 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. www.galaxyhut.com or 703-525-8646.

Pub Quiz. 8 p.m. every Sunday at Whitlow's on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. www.whitlows.com or 703-276-9693.

ENTERTAINMENT

Storytime. Wednesdays 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 p.m. and 10 p.m., at Iota Club & Café, 2832 Wilson Blvd. Free. Visit 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.

Fall Food Drive. Through December, Always Best Care of Arlington at 2708 S. Nelson St. is partnering with Arlington Food Assistance Center to collect food for the holiday season. 703-845-8486

THURSDAY/JAN. 5

Cuban Cruise Informational Meeting. 5-6:30 p.m. at Carr Workplaces, 500 Montgomery St., Suite 400. The Alexandria Chamber of Commerce is partnering with the Arlington Chamber of Commerce for a four-day trip to Cuba. sbolouri@alexchamber.com

THROUGH JAN. 6

Food Drive. Columbia Pike Revitalization Organization, 2611 Columbia Pike. Arlington Food Assistance Center food drive provides 2,200 Arlington families and individuals with dignified access to nutritious, supplemental groceries every week — free of charge. This holiday season, help provide neighbors in need with a full plate and peace of mind. 703-892-2776 or cpro@columbia-pike.org www.columbia-pike.org

FRIDAY/JAN. 6

St. Mary's Friday Morning Book



PHOTO CONTRIBUTED

Erin Harpe and the Delta Swingers are playing Thursday, Jan. 19 at Sehkraft Brewing, 925 N. Garfield St., Suite A, 8:30-11 p.m. The show combines delta boogie blues with reggae, funk and soul, for a rootsy rockin' dance party.

Club. 10 a.m. at St. Mary's 2609 N. Glebe Road. Start a new year with a new book — "The Screwtape Letters" by C.S. Lewis, which explores the question of good and evil through the lens of British humor. All are welcome. 703-527-6800

High Caliber - Group Show reception. 5 p.m. at Gallery Underground

Crystal City Shops, 2100 Crystal Drive. A group show of works in painting, sculpture, photography and metalsmithing by award-winning local artists. Each of the exhibit's seven artists are active Arlington Artists Alliance members whose work gained recognition for top quality in the recent 2016 ARTrageous Silent Art Auction. 571-483-0652

Family Fun Night. 6:30-8 p.m. at Langston Brown Community Center, 2121 N. Culpeper St. Arts and crafts, games, open gym, ages 4-17. \$1.50. Parks.arlingtonva.us

St. Mary's Feast of Lights Service and Reception. 7:30 p.m. at St. Mary's 2609 N. Glebe Road. A worship service of readings and hymns led by St. Mary's Youth with St. Mary's Men and Boys Choir in celebration of Christ's light in the world. An Epiphany Reception follows from 8:30-9:30 p.m. in Paca Hall. Nursery care is provided. Canned food donations for Arlington Food Assistance Center are welcome at this service. 703-527-6800

JAN. 6-15

Encore Stage & Studio's "A Little Princess." Fridays, Jan. 6 and 13 at 7:30 p.m.; Saturdays, Jan. 7 and 14 at 11 a.m. and 3 p.m.; Sundays, Jan. 8 and 15 at 3 p.m. at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. \$15 Adults, \$10 Children, Students, Military, and Seniors. Tickets for the Princess Ball is \$20. Tickets to the 11 a.m. performance are sold separately. Tickets are available online at www.encorestage.org or by calling the box office at 703-548-1154.

SATURDAY/JAN. 7

Puppet Playtime. 10 a.m.-noon at Arlington Mill Community Center, 909 S. Dinwiddie St. Blue Sky Puppets will present its show "The Three (Not So) Little Pigs," a new, fun take on an old favorite. After the show, create puppets of one's own to keep the fun going at home. Ages 3 and up. 703-228-7780

THROUGH JAN. 8

Sleeping Beauty. Wednesday-Saturday, 8 p.m.; Sunday, 2 p.m. at Synetic Theater, Crystal City, 1800 S. Bell St. Synetic Theater's award-winning ensemble takes on the classic tale of a princess, an evil sorceress, and a centuries-long sleeping curse in this adaptation of "Sleeping Beauty," one of the Grimm Brothers' beloved stories. \$35 and

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NATALIE S. H. MOORE, M.D.
CARLEYNA M. NUNES, M.D.
JAN L. MASTER, C.R.N.P.

ENTERTAINMENT

up. Student tickets start at \$15. Senior citizens and military receive \$5 off. Group discounts are available. www.synectictheater.org

THROUGH JAN. 9

Call for Artists. Arlington Arts Center, 3550 Wilson Blvd. seeks applicants for the Artist Residency Program. The primary goal of the Artist Residency Program is to provide a space in which artists can work and grow, in a community environment that encourages interaction, dialogue, and exploration. Arlingtonartscenter.org

TUESDAY/JAN. 10

Scam & ID Theft Prevention

Workshop. noon-1 p.m. at Connection: Crystal City, 2100 Crystal Drive. This interactive class from the Virginia Cooperative Extension will help participants recognize different types of scams and red flags, and reduce potential for identity theft. arlingtonva.libcal.com/event/2919964, 703-228-7520

Langston Brown Encore Chorale.

1:45 p.m. at Langston Brown Community Center, 2121 N. Culpeper St. Encore Creativity for Older Adults. \$175 for 15 weekly rehearsals, sheet music, CD in your music part and performances. 301-261-5747 or info@encorecreativity.org

LEGO Club. 4:30-5:30 p.m. at Shirlington Branch Library, The Village at Shirlington, 4200 Campbell Ave. Future engineers get free build time with the library's supply of LEGO blocks. arlingtonva.libcal.com/event/2855613, 703-228-6545

NVCC Community Chorus

Invitation. Rehearsals start for all interested singers to join for its spring 2017 season. No audition is required. Join by registering for this one-credit class at Northern Virginia Community College, Alexandria campus. Rehearsals are 7 p.m. on Tuesdays at the NVCC Alexandria campus, 3001 N. Beauregard, with some optional extra Saturday morning rehearsals. The college waives tuition for seniors 60 and older. Dr. Mark Whitmire, 703-845-6097 mwhitmire@nvcc.edu

Titanic: The Musical - Discussion Night.

7:30 p.m. at Signature Theatre 4200 Campbell Ave. Go behind the scenes with an exclusive post-show discussion following the performance on Discussion Nights. 703-820-9771

WEDNESDAY/JAN. 11

Shut Up and Write: YA Authors on Writing.

7-8:30 p.m. at Central Library, 1015 N. Quincy St. The path to a finished book is fraught with peril – here's a chance to learn from

authors Jon Skovron and Jessica Spotswood who have successfully made the journey. The authors take questions from the audience, and their books are available for signing after each discussion. arlingtonva.libcal.com/event/2815019 703-228-5990

THURSDAY/JAN. 12

Restoring Streams and Stream

Valleys: Finding Balance in Altered Landscapes. 7-9 p.m. at Arlington Central Library, 1015 N. Quincy St. A talk by Charles Smith. vnps.org/potowmack/

FRIDAY/JAN. 13

Parents Night Out. 6-10 p.m. at Walter Reed Community Center, 2909 16th St. S. The Teens Making a Difference Club (T-MAD) is offering parents a night out, while children have an evening of games, art, and fun. \$25. Ages 4-11. 703-228-7780

SATURDAY/JAN. 14

Forty+ Movement and Theatre.

7:30 p.m. at Theatre on the Run 3700 S. Four Mile Run Dr. Forty+ features a collection of works grounded in movement and theatricality. With eight performers, the short works combine to a collective whole to traverse relationship, the inventiveness of situation, and the progression of life. \$15 in advance, \$20 at door. 703-933-1111, janefranklindance@gmail.com

The Big Meow.

3 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Specially adapted for young audiences, Jane Franklin Dance offers a family-friendly performance of "The Big Meow. Little Cat is taunted by neighborhood felines because his meow is just too darn loud. "The Big Meow" is a story of hope, disappointment, courage and the need for belonging. \$15 general admission, \$10 children. janefranklindance@gmail.com or 703-933-1111

Bilingual Children's Theatre

Festival. 11 a.m.-5 p.m. Rosslyn Spectrum Theater, 1611 North Kent St. Six hours of continuous theatre, magic, dance, music and other activities, including a bilingual play. Adults \$15; children \$10; 4 and under free. 703-548-3092 www.teatrodelaaluna.org, info@teatrodelaaluna.org

SUNDAY/JAN. 15

Tribute to Dr. Martin Luther King Jr.

5-6:30 p.m. at Wakefield High School, 1325 S. Dinwiddie St. Live music from Duke Ellington School for the Performing Arts Show Choir alumni; a dance performance by



Kingdom Fellowship Church's Worship Without Words Mime Ministry; music by longtime Cotton Club of New York Gospel resident Helen Slade; poetry by Arlington resident Anne Smith; and much more. www.mlktribute.org/

MONDAY/JAN. 16

Martin Luther King Jr. Day of Service 2-4 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Honor Dr. King's legacy by volunteering to improve habitat and trails in our park. Dress to work outside. 703-228-3403

THURSDAY/JAN. 19

Erin Harpe and the Delta Swingers 8:30-11 p.m. at Sehkraft Brewing, 925 N. Garfield St., Suite A. The show combines delta boogie blues with reggae, funk and soul, for a rootsy rockin' dance party. www.erinharpe.com/

SATURDAY/JAN. 21

Family Yoga. 10 a.m.-noon at Arlington Mill Community Center, 909 S. Dinwiddie St. An expert yoga instructor from NuYou Wellness will guide participants through a family yoga class for beginners, followed by a tasty post-workout snack tutorial with a Parks and Recreation nutrition educator. Ages 4 and up. 703-228-4772

MONDAY/JAN. 23

Meet the Speaker. 3-4:30 p.m. at the Arlington Central Library, 1015 Quincy St. Christine Negroni, an expert on aviation accidents, will speak on "The Crash Detectives: Investigating the world's Mysterious

Air Disasters." The public is invited. Encore Learning and the Arlington Public Library jointly sponsor this event. 703-228-2144

TUESDAY/JAN. 24

Finding a Job, a Career, and a Passion. 7:30-8:30 p.m. at Central Library, 1015 N. Quincy St. Washington Post columnist and New York Times best-seller Jeffrey J. Selingo will share tips for students and their parents choosing a college, getting the most out of the undergraduate years, and mastering post-college life. arlingtonva.libcal.com/event/2844425, 703-228-5990

SATURDAY/JAN. 28

Winter Day of Art and Creativity.

11 a.m.-2 p.m. at Fairlington Community Center, 3308 S. Stafford St. Paint, build, create in creative workshops to an art swap, from cooking activities to a sound studio. 703-228-6588

Forty+ Movement and Theatre.

7:30 p.m. at Theatre on the Run 3700 S. Four Mile Run Drive. Forty+ features a collection of works grounded in movement and theatricality. With eight performers, the short works combine to a collective whole to traverse relationship, the inventiveness of situation, and the progression of life. \$15 in advance, \$20 at door. 703-933-1111, janefranklindance@gmail.com

The Big Meow. 3 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Specially adapted for young audiences, Jane Franklin Dance offers a family-friendly performance of "The Big Meow. Little Cat is taunted by neighborhood felines

On Super Bowl Sunday, it's Empty Bowls Lunch from 11:30 a.m.-2 p.m. at St. Andrew's Episcopal Church, 4000 Lorcom Lane. For the price of a ticket, guests receive their choice of a bowl, handcrafted by local potters, and meal of soup, bread, dessert. Two seatings, 11:30 a.m. and 12:45 p.m. Tickets are \$35; children 5 and under are free. Puwen.lee@afac.org or 703-845-8486 x309

PHOTO CONTRIBUTED

because his meow is just too darn loud. "The Big Meow" is a story of hope, disappointment, courage and the need for belonging. \$15 general admission, \$10 children. janefranklindance@gmail.com or 703-933-1111

THURSDAY-SATURDAY/FEB. 2-4

Crystal Couture Show and Sale. 5-10 p.m. Thursday, Feb. 2 and Friday, Feb. 3; 2-10 p.m. on Saturday, Feb. 4. 251 18th St. More than 30 boutiques and designers under one roof for a one-stop shopping experience that lets guests browse discounted offerings on the rack and on the runway. crystalcity.org/do/crystal-couture7

FRIDAY/FEB. 3

Valentine's Day Card Making. 6:30-8:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd. AAC instructor Jennifer Penick will lead the class through a few relief-stamp making and printmaking techniques to create a set of custom Valentine's cards. This one-night workshop has been crafted for any and all skill levels. \$40. education@arlingtonartscenter.org

SUNDAY/FEB. 5

AFAC Empty Bowls Lunch

Fundraiser. 11:30 a.m.-2 p.m. at St. Andrew's Episcopal Church, 4000 Lorcom Lane. On Superbowl Sunday, for the price of a ticket, guests receive their choice of a bowl, handcrafted by local potters, and meal of soup, bread, dessert. Two seatings, 11:30 a.m. and 12:45 p.m. Tickets are \$35; children 5 and under are free. Puwen.lee@afac.org, 703-845-8486 x309 or afac.org/afac-events/empty-bowls/



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Get Fit for the New Year

FROM PAGE 7

bor Day in Clarendon and it

is the only one in the D.C. metropolitan area. The next closest is in Charlottesville, Va., and a new one is opening in Austin, Texas soon. He said, "We have a whole following already. We pay attention to form." Jennings says the same class is offered all day with the most popular times at 5:30 a.m. and 5:30 p.m. He adds that the gym is currently open until only 7:30 p.m., but it will be extended to 8:30 p.m. soon. He says that this noontime class of 10 is mostly females and stay-at-home moms. The maximum class size is 20 in order to give people more individual attention.

Montague begins each session with her workout speech and a demo of the proper form for the five movements that have been written on the white board for the day. Then into the warm up. "All right, butt kick. Get those knees up, up, up. Now you have two minutes to test out the weights." Jennings explains that white is the lightest, moving up the scale to teal, gray and finally black, which is the heaviest. Balls



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Corbin Jennings, owner of MADabolic, Inc. in Arlington, says they opened on Labor Day. The same class is given all day long with the most popular times at 5:30 a.m. and 5:30 p.m.

are thrown at the floor as each person determines what color feels the most comfortable for the workout. Most line up behind the white or teal. The class is ready to move from the warmup to the 30-minute workout.

Montague moves around the room calling out instructions and timing. Water bottles go up to hydrate as the one-minute time off period begins. Then on to the ultra slide board with power tuck or the jumping ball slam, very cardio and working the whole body again. Sweat drips off

the reddened faces of the three clients pumping ropes up and down.

"Now the burpee." Hop, plank, hop back to a low squat, jump back up. Montague walks around the room checking form. Jennings explains, these really are universal terms — "The slurpee has two push ups and the burpee has one; otherwise it is the same."



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Keeping Resolutions

Realistic goals and specific plans among keys to success.

BY MARILYN CAMPBELL
THE CONNECTION

Every January for the last five years Faye Ripke has resolved to lose weight and lead a healthier lifestyle. However, the only thing she has to show for it, she says, is a trail of unused gym memberships and a wardrobe of clothes that have increased in size.

"Both of my parents died from heart attacks," says Ripke, 57 of Fairfax Station. "My doctor keeps telling me that I need to do more aerobic exercise to get my heart rate up every day and drop about 75 pounds."

Losing weight, getting organized, achieving physical fitness and improving one's finances are the most frequently made resolutions, often the guilt-induced responses to holiday indulgence. According to a study published last month in the Journal of Clinical Psychology, only eight percent of people who make New Year's resolutions keep them and achieve success.

"One reason that many people fail to achieve their goals is that they might not be ready to make the change, even if they would benefit from doing so," said Joel Bitman, a Bethesda-based psychotherapist. "Another reason is that people often set unrealistic goals or don't have a plan to achieve their goals."

Actually wanting to make the change that the resolution would bring about is the first step followed by developing strategies to achieve it. "When you set a goal, say quitting smoking for example, ask yourself whether it's something that you really want to do or something that you think you should do," said Bitman. "If you're doing it because you think you should or because society is telling you that you should, but the reality is that you really enjoy smoking, it will be much harder, if not impossible, to quit."

While it is easy and often tempting to look at pictures of ultra thin models and resolve to transform one's body by the end of the year, setting unrealistic



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Losing weight and getting in shape are two popular resolutions that people make at the beginning of a new year.

expectations can sabotage a set of goals, says Alicia Brand, a Falls Church personal trainer.

"Trying to lose 60 pounds in time for a beach vacation during spring break isn't going to happen," he said. "But losing 10 pounds by April is absolutely achievable for most people."

A key to that achievement is creating a set of concrete goals that are realistic, specific, measurable and include a timetable, says Bittman. "You actually have to make mindset changes and behavioral changes in order to successfully reach a goal, and changes in behaviors are often quite difficult," he said. "But if you are able to make small changes and reach small weekly, daily or even hourly goals, you're more likely to

gain confidence to keep going. It's easy to become discouraged and give up."

"If you want to become more fit, but you haven't exercised in years, you might begin by committing to walking 30 minutes a day, three days a week," said Brand. "That is much more realistic than signing up for a gym membership and planning to spend an hour there every day until you've whittled your body down to a size two."

Failing to recognize small accomplishments and rewarding oneself for reaching milestones is one reason that Bittman believes many resolutions made in January fizzle into a pipedream by February. "If you commit to skipping morning coffee at your favorite coffee shop each day for a week, and saving the money that you would have spent, you can celebrate by allowing yourself to have a small latté on Sunday morning."

Avoiding high-risk environments that can sabotage even the best-laid plans is a suggestion that Brand gives to her clients. "It's like if you're an alcoholic you should stay out of bars," she said. "If you're trying to lose weight surround yourself with people who have healthy eating and fitness habits."

VIEWPOINTS

Resolutions for 2017

PHOTOS BY SHIRLEY RUHE
THE CONNECTION



Alice Clearie: "Let's see. I need to start working out again, at least once a week. I don't do that now. 2016 has been a rough year; everyone agrees with that."



Eyerca Weidman: "I'd like to be the best me that I could be, just to be successful; that's my goal."



Keon Grier: "I'm trying to start a restaurant business this year in Baltimore. A southern style, home-cooked soul food, like baked chicken. Maybe mac and cheese. My friend, she is a specialist in that."



Kenyon Paye: "To get in shape. A diet plan, stay off junk food. I could eat Snickers all day."



Judy Keen: "To continue cleaning out my house so I have a minimum of junk. See this over here. I don't need all of this stuff. I can give it away to people who need it."



Lily: "No more barking in the middle of the night when a red fox runs through the backyard or the neighbor's cat is prowling around."

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PEOPLE

Six To Be Inducted in Washington-Lee Hall of Fame

The Washington-Lee High School Hall of Fame Induction Ceremony, Class of 2017, will take place at a halftime presentation during the Jan. 13 boys basketball game vs. South Lakes.

The six recipients are: Steve Buckhantz - 1973, Warren Doles - 1987, Anthony "Tony" Johnson - 1958, John Leypoldt - 1965, Lynn Moore - 1963, and Jake Scott - 1964.

❖ **Steve Buckhantz:** In 1973 Buckhantz graduated from Washington-Lee High School where he was a three-year football student-athlete. It was also in high school that he began fostering his love for broadcasting. Buckhantz was the announcer for home boy's basketball games as well as the school's morning announcements. After graduating, he took his talents to James Madison University where he became the sports director for the local campus radio station. After stops in Chattanooga, Tenn. and Atlanta, Ga. he moved back home. For over 20 years now he currently holds the play-by-play announcing duties for the Washington Wizards on Comcast SportsNet.

❖ **Warren Doles:** He graduated from Washington-Lee HS in 1987 as a three-sport letterman in football, basketball, and baseball. Warren is the only player to win Player

of the Year honors in football and basketball during the same school year. As a senior on the football team he led the Northern VA Region in yards and catches in 1987. Leading the Generals to the Northern VA Regional Basketball Tournament he was selected 1st team All-Region Point Guard. After graduation, Warren took his talents to Shepherd University on a full-scholarship to play basketball where his records still stand today. After playing in college he joined National Basketball Association Summer League for a stint before returning to graduate school at United States Sports Academy. Wanting to give back to the community he created a non-profit organization focusing on working with high school students in order to obtain athletic scholarships; U Designate Me.org.

❖ **Anthony "Tony" Johnson:** Graduating with the Class of 1958, Johnson was among the first members of the boy's crew team to compete at the Henley Royal Regatta held in Henley-on-Thames, England. During his senior campaign he led the Washington-Lee Varsity eight boat to an undefeated season that culminated with winning the Northern VA Championship, Stotesbury Cup Regatta as well as the Scholastic National Regatta. Continuing his efforts on the water he attended Syracuse University for

four years.

Following his dream of competing in the Olympics, he was invited to join the United States Olympic Team for the 1964 Summer Games in Tokyo, Japan then again the following games in 1968 in Mexico City, Mexico. Along with his teammate Larry Hough, they brought home the Silver Medal for the United States in 1968. He continued to stay involved by coaching at Georgetown University then for Yale University. Earning a number of accolades for his efforts on the collegiate and Olympic coaching level, he was awarded the 2014 US Rowing Medal of Honor.

❖ **John Leypoldt:** He graduated from Washington-Lee High School in 1965 where he was a kicker for the football team. He made 64 out of 65 field goals or extra point tries. He continued his efforts in the National Football League from 1971 - 1978. He currently holds team records from his time with Buffalo Bills with total field goals made (74) and extra points (147). Furthermore, he scored the second highest amount of total points (369) on the team during his tenure.

❖ **Lynn Moore:** He graduated from Washington-Lee High School in 1963 where he was a football, basketball and baseball

standout student-athlete. He was a starter on a boy's varsity basketball team that won 42 consecutive games which included two Virginia State Championships in 1962 and 1963. Serving as an All-State Quarterback for the football team he guided the Generals to a 17-2-1 record during his final two seasons capping off a Northern District Championship in 1962. He completed the trifecta for the baseball team that won the Northern District Championship in 1961, 1962, and 1963.

Hailed as a perfectionist by his coach, Lynn prided himself as being the most versatile member on the basketball court. After high school, he attended Princeton University as a member of the football and baseball teams while earning a degree a degree in politics. Shortly after he continued his education at University of Oklahoma College of Law in 1970. Residing in Tulsa, Okla., he has achieved numerous accolades throughout his professional career.

❖ **Jake Scott:** He graduated from Washington-Lee High School in 1964 as a superior student-athlete for the football team. While at the University of Georgia he amassed numerous records and went on to play professionally with the Washington Redskins as well as the undefeated Miami Dolphins team in 1976.



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I Digress, Yet Again



By KENNETH B. LOURIE

I went to my local Giant supermarket the other day, a trip I make regularly, so regularly that I deserve a close-in, employee-of-the-month-type parking space. Unlikely as that may be, I do get to park in a special close-in L.E.V., ("low emitting vehicle") space when I drive the Honda which is a 'low emitting vehicle.' (This Giant was built with special "Green" amenities.) Not that I couldn't use the exercise if I were to park further away and actually walk a little bit. Nevertheless, between the chemotherapy-induced neuropathy in my feet and the associated fluid build-up in my legs — and feet as well, walking, even short distances, is hardly a comfortable stroll. Nor is it a walk in the park.

Once inside the store though, I am less inhibited by my condition — or merely just focused on the shopping task at hand, particularly so when I find myself sauntering down and perusing the candy/cookie aisle, where my presence is a fairly familiar sight. In fact, if the candy/cookie aisle could talk, "You again" would be what it say upon seeing me taking inventory. And as I was doing my due diligence this day: checking availability, price and variety — and taking my time doing so, an employee working in the same aisle who must have noticed my deliberation asked quite innocently and sincerely if I needed any help. Realizing that I was the only customer in the aisle and that the employee must have been talking to me, I started snickering and laughing to myself and did not immediately respond to his offer of assistance. Soon enough though, I turned around, smiled and said: "No. I don't need any help. If there's one place in the supermarket where I don't need any help, it's this one. Every other aisle, not so much. But candy and cookies, I can handle. Thanks anyway though."

I ended up buying two medium-sized bags of mint M&Ms which were on sale, the purchase of which were made more enticing after I noticed a coupon dispenser nearby distributing an additional \$1.50 off-two coupons. That was all the inducement I needed. Not that I'm necessarily driven by sales and coupons but, given my tendencies — and cash flow, the only self-control I can successfully impose on myself, is price. I won't buy the item unless it's on sale and then I can't stop myself from buying it. Moreover, if I have a coupon as well and the item is on sale, well, it's "Katie bar the door." The only question is: how many coupons do I have? However, if the item is not on sale and I also don't have a coupon, then unless I'm desperate — which occasionally I am, I can withstand the temptation and not buy the item, usually. Such is life in the choco-holic lane.

Unfortunately, the chocolate problem continues once I get home, that is if it hasn't already reared its ugly head in the car while sitting in the parking lot after I've finished my shopping. (And what's worse, my drive home is barely five minutes. Yet sometimes, it's too long to wait.) Once inside the house, not immediately though, I'll probably start getting urges. I rationalize these urges by insisting that I need to eat the candy/cookies so I won't have the candy/cookies in the house, thereby eliminating said temptation. However, the problem isn't exactly solved; it's just recreated, so to speak. Once I've eaten all the candy/cookies in the house, and there are no more candy/cookies in the house, I need to go out and get some because — there are no candy/cookies in the house. Ergo, my regular visits to the Giant. It's not pretty, but it is predictable.

I wouldn't say I'm a man on a mission, but I am a man on sugar. And though I certainly realize that cancer and sugar are bad together, Kenny without sugar — and with cancer, might actually be worse.

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

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I believe the future is only the past again, entered through another gate.
-Arthur Wing Pinero

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

Yorktown Chamber Choir Performs

The Yorktown Chamber Choir was busy getting Arlingtonians into the festive spirit last month. After singing at the Westwood Country Club, the group sang holiday songs at the Barnes and Noble Bookstore in Clarendon, and then at Arlington House where the National Park Service puts on a Christmas in the Lee Family tradition every year.



Paula Romero, Youssef Thomas, and Jordan Dixon, pose for a photo after their concert on Sunday, Dec. 11, at General Robert E. Lee's former home, Arlington House. Lee's house was an important gathering place for his family at Christmas, when he would always come home to celebrate.

LETTERS

FROM PAGE 6

would work together and grow as friends. Children, parents, and caregivers took turns to represent themselves on our Friendship Tree by putting their names and positive thoughts on the leaves. Grandparents put their names and their children's names on apples.

Now we have a beautiful reminder in our storytime room of how we are connected to each other, and of how fortunate we are to come together each week.

If you are a parent or grandparent of one of my kids from the storytime, I welcome you to come in and take a look at our Storytime Fall Friendship Tree.

Raquel Quintero
Children's Librarian
Arlington Central Library

SCHOOL NOTES

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

This past summer, Arlington high school students **Graham Weinschenk** of Yorktown High School, and **Essi Wunderman** of Washington-



The Yorktown Choir dressed in traditional Civil War era costumes and practiced curtsies and hat doffing in between their two sets of singing at the Lee house.



The Yorktown Chamber Choir sings holiday favorites at the Westwood Country Club on Dec. 8.



Fly Fishing to Help Disabled Veterans

Medically retired Army Capt. Nicolas Christian and wife Sheila gift wrap at the Orvis retail store in Clarendon, Dec. 10, to raise awareness of Project Healing Waters Fly Fishing at Fort Belvoir. PHWFF programs support wounded and disabled service members and veterans. For more information see www.projecthealingwaters.org

Lee High School, spent time overseas with VISIONS Service Adventures, an international community service program for teens.

Marymount University has named **Dr. William J. Ehmann** as its new provost and vice president

for academic affairs and enrollment management.

Arlington resident, **Olivia Viola**, who's majoring in Stage and Production Management at Emerson College, is currently part of Emerson Stage's production of "Mrs. Warren's Profession."



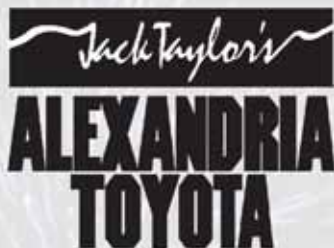
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TOYOTA GENUINE SERVICE BRAKE SPECIAL **\$99⁹⁵**

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