



The Arlington Connection

Noah Richards and his big sister Zoe Richards watch the Capoeira demonstration at Drew Community Center.

WELLBEING
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Heritage Festival At Drew Community Center

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Two Cent Tax Rate
Increase Proposed

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Raising a Service Dog

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Mild Winter Means
Early Allergy Season

WELLBEING, PAGE 12



PHOTO CONTRIBUTED

Ready for Lutheran Schools Week

Students at Our Savior Lutheran School will join thousands of their peers across the country to celebrate Lutheran Schools Week beginning on Sunday, March 5 and continuing through Friday, March 10. The theme this year is: "Upon This Rock." On Sunday, the school's 122 students will sing at the 11 a.m. service at Our Savior Lutheran Church, 825 South Taylor St., Arlington. Each school day will have its own theme: Monday will be "Vintage Day," students will wear black and white and view a "vintage" black and white short film; Tuesday's theme is "Cool for School," which will be crazy hair and sunglasses with school uniform day; Wednesday's theme is "Happy 64th Birthday OSLS" and students will wear a blue school colored shirt with jeans; Thursday's theme is "NUTy Clothes Day," where students will wear non-uniform clothes inside out, backwards, or mismatched. They will also go bowling. Friday's theme will be "Super Teams" where each student will wear their favorite team jersey and compete in super teams' activities. The week will be capped with a Friday evening Bingo from 7-8:15 p.m.

Fisette Will Not Seek Re-Election

Arlington County Board Chair Jay Fisette has decided not to run for re-election to the board this year.



"I just returned from a trip abroad, where I gave this a lot of thought," Fisette said. "I have decided that it's time to find a new platform and seek new ways of protecting and advancing some of the progressive values that are so important to me, values we have championed here in Arlington that are threatened by the current administration. I will not seek a sixth term on the County Board. Stay tuned."

Fisette, first elected to the board in 1998. He cited his decades of work on long-term

sustainability issues, including smart growth urban planning, strong environmental policies including adoption of the Community Energy Plan, a multi-layered transportation system that includes Metrorail, bus and Capital Bikeshare, and a robust local affordable housing program, as among the accomplishments of which he is most proud. Fisette served on regional and state-wide bodies, including leadership roles with the Washington Metropolitan Council of Governments, Transportation Planning Board, Northern Virginia Transportation Commission, Virginia Municipal League and Virginia Housing Development Authority.

Fisette has lived in Arlington since 1983 and has owned a home in Ashton Heights, with his husband, Bob Rosen, since 1987. The couple will stay in Arlington, he said.

Outstanding

Ashlawn Elementary School crossing guard Ana Hernandez was recognized by the Virginia



Department of Transportation's Safe Routes to School program as Virginia's Most Outstanding Crossing Guards. Hernandez, who was nominated by Ashlawn parents, is one of six crossing guards to receive the honor. Hernandez has been with the crossing guard unit since August 2014. She has been at Ashlawn at N. 8th and Manchester streets since she started. She also has a second crossing at Barrett Elementary School.

Leaving Foundation


Arlington Community Foundation Executive Director Wanda L. Pierce will step down as executive director in March after more than 8 years of leading the foundation.

Board of Trustees President Brad Coyle said, "We are grateful to Wanda for her leadership of the foundation over the past 8 years. During her tenure the assets of the foundation, the number of funds, the amount of grants and scholarships awarded all increased substantially and several initiatives were launched."

Pierce said, "It has been my honor to serve as the executive director of the Arlington Community Foundation for these past 8 years. I have derived tremendous professional and personal satisfaction leading the foundation and partnering with the board and the greater Arlington community to advance the organization's goals. I look forward to seeing the Arlington Community Foundation continue to grow and make an impact in the community we call home." Visit www.arlcf.org.



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Celebrating Heritage at Drew Community Center

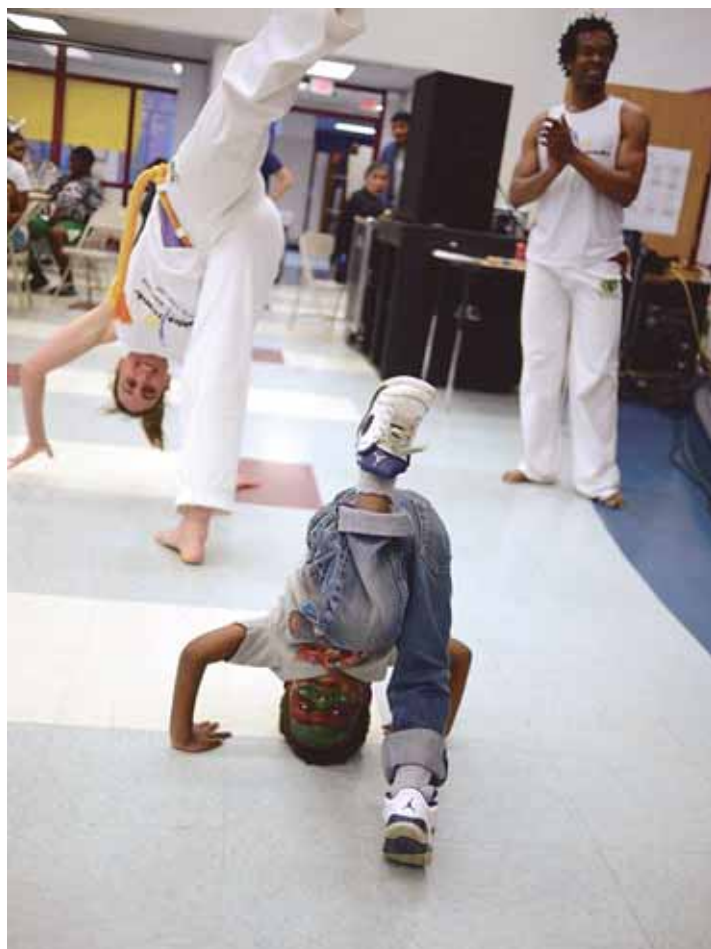
Exhibits include little known accomplishments in Black history.

BY EDEN BROWN
THE CONNECTION

Who was Charles Drew? With the focus on Saturday, Feb. 25, on Black history, there's no better place to start than Drew, for whom the community center hosting the event was named. Dr. Charles Richard Drew, the "Father of the Blood Bank," was born in Washington, D.C. in 1904 but moved to Arlington in 1920.

As he was finishing a thesis on blood transfusions, World War II began in Europe. The British were in desperate need of blood and plasma for transfusion. Drew and other researchers worked with the American Red Cross to organize a relief program, "Blood for Britain," to collect blood donations at area hospitals and ship blood plasma to England. Besides providing vital aid to England, Blood for Britain was intended to gather the research and administrative data needed to launch a nationwide blood banking program if the U.S. entered the war.

When it concluded in January 1941, Blood for Britain had collected 14,556 blood donations, and shipped over 5,000 liters of plasma saline solution to England. Drew used the program as a model for a three-month Red Cross pilot program to mass-produce dried plasma in New York. In February 1941, he became assistant director for this pilot program, which in turn became the model for the National Blood Donor Service. Drew introduced the use of mobile collection units (later called "bloodmobiles.") Drew's reputation as a blood plasma pioneer and "father of the blood bank" was



PHOTOS BY EDEN BROWN/THE CONNECTION

Noah Richards decides to accept the offer of learning Capoeira and is called "very promising" by his new friend, Alison Calloway-Jones aka Mohicama.

growing.

In 1942, the Red Cross announced it would accept blood from black donors, but would segregate it. Drew pointed out there was no scientific evidence of any difference between blood of different races, and the policy was insulting to African Americans, who were just as eager to contribute to the war effort as anyone else. In his Spingarn Medal acceptance speech in 1944, he said, "... One can say quite truthfully that on the battlefields nobody is very interested in

where the plasma comes from when they are hurt. ... It is unfortunate that such a worthwhile and scientific bit of work should have been hampered by such stupidity."

SEVERAL African-American owned businesses were selling their wares at the festival. "Real Time" Pain Relief, a local natural topical analgesic lotion, was handing out free samples. "She Peppers," an Alexandria-based hot sauce and spice rubs business owned by Stephanie Freeman and Vickie



Borracha Lima Porto plays the Berimbau. This is a single-string percussion instrument and musical bow, originally from Africa, but currently used in Brazil. The Berimbau was eventually incorporated into the practice of the Afro-Brazilian martial art capoeira, and is called "the soul of capoeira," leading the capoeiristas movement — the faster the berimbau is played the faster the capoeirista moves.

Lucas, sold their sauces with advice about how hot they were. African arts and crafts stands, food, and local fundraising efforts as well as community organizations were also represented at the celebration.

Bike Arlington and Capital Bike Share Director Henry Dunbar taught people how to tie a bow tie made from old bicycle tire inner tubes while the more history-minded perused his other exhibits on African-Ameri

SEE CELEBRATING, PAGE 11

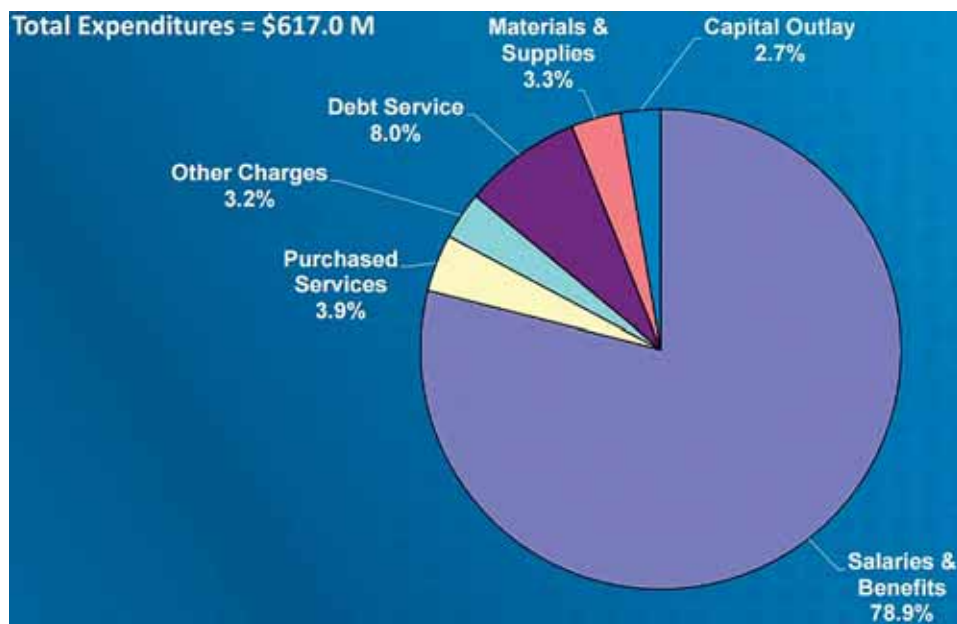


PHOTO BY MARY DEMPSEY/THE CONNECTION

The 25th annual Feel the Heritage Festival at the Charles Drew Community Center offered plenty of activities for children, including games, face painting, crafts and a scavenger hunt.

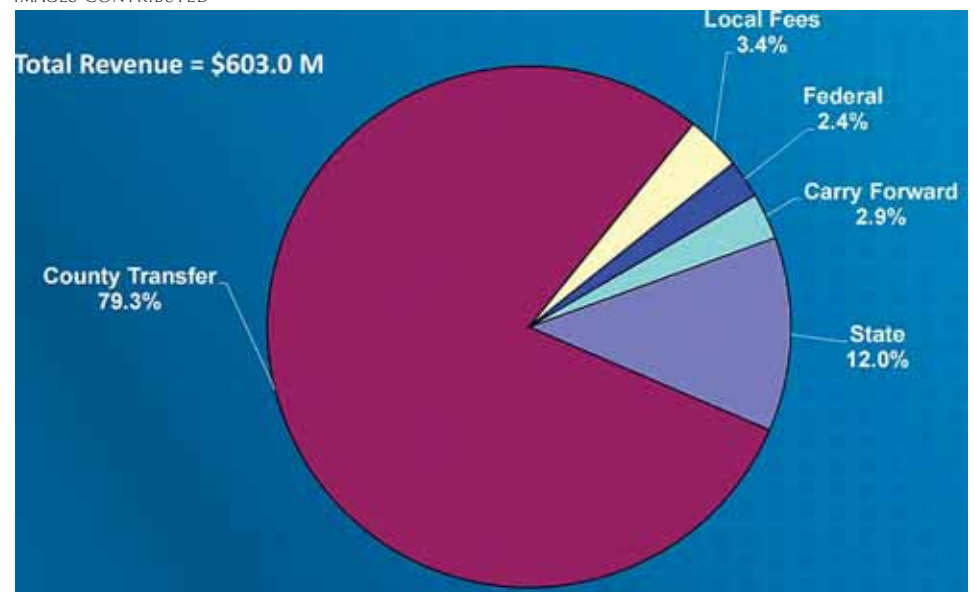


Attendees were able to enjoy musical and dance performances from the Ebony Day Dance Company and the N2N Band among others.



APS expenditures for FY2018

IMAGES CONTRIBUTED



APS revenue for FY2018

Keep It Simple

County manager proposes two cent tax rate increase.

BY VERNON MILES
THE CONNECTION

One cent for Metro. One cent for Arlington Public Schools. Arlington County Manager Mark Schwartz's proposed budget keeps things simple this year. The budget includes a two cent tax rate increase to fund the swelling needs of the Washington Metropolitan Area Transit Authority (WMATA) and Arlington Public Schools (APS).

The proposed General Fund Budget is \$1.2 billion, a 4.3 percent increase over the FY 2017 budget.

While the budget fulfills the request from WMATA for rail and service improvements, Schwartz says the one cent increase is an insufficient long-term solution for the major infrastructure work that needs to be maintained.

"Given the long term trajectory, it's going to be challenging to do anything after this budget," said Schwartz. "There needs to be long-term changes in funding and how [Metro] governance works. We'll get through this year, but it doesn't solve the underlying problems."

County Board members and other regional leaders have called for a new dedicated revenue source, like a regional sales tax. Schwartz said he agreed there needed to be regional funding but would not endorse a specific option, add-

ing that he believed the real challenge will be getting D.C. and the two affected states to agree to a solution.

Within Arlington, the budget calls for increased service along Columbia Pike, carrying through on commitments Schwartz says the county made last summer. However, Schwartz said many of those routes are cooperations with Metro, and the actual implementation of the new routes is still contingent on Metro developments over the next year.

"We are where we are by the Metro," said Schwartz. "Metro will continue to work. It has to."

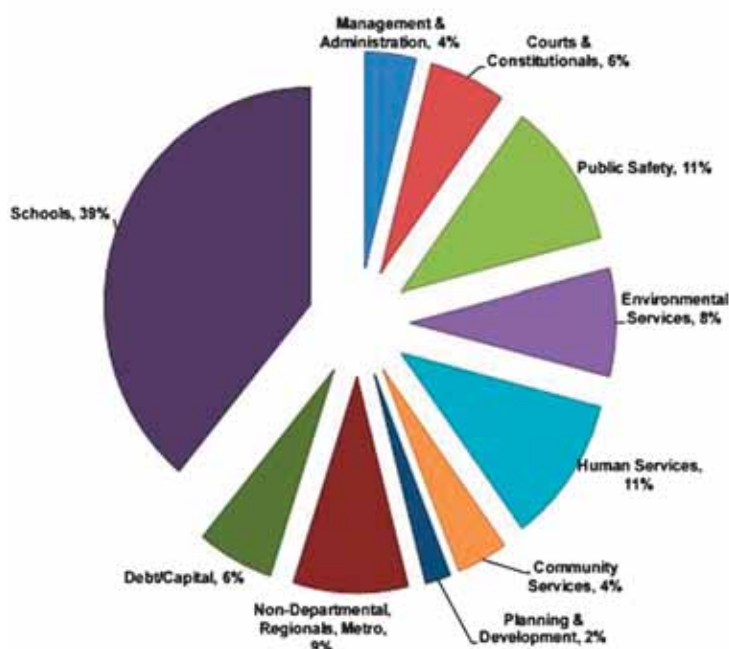
The proposed budget includes \$7.4 million in additional funding to APS to meet the increased needs for school enrollment

SEE KEEP IT SIMPLE, PAGE 10

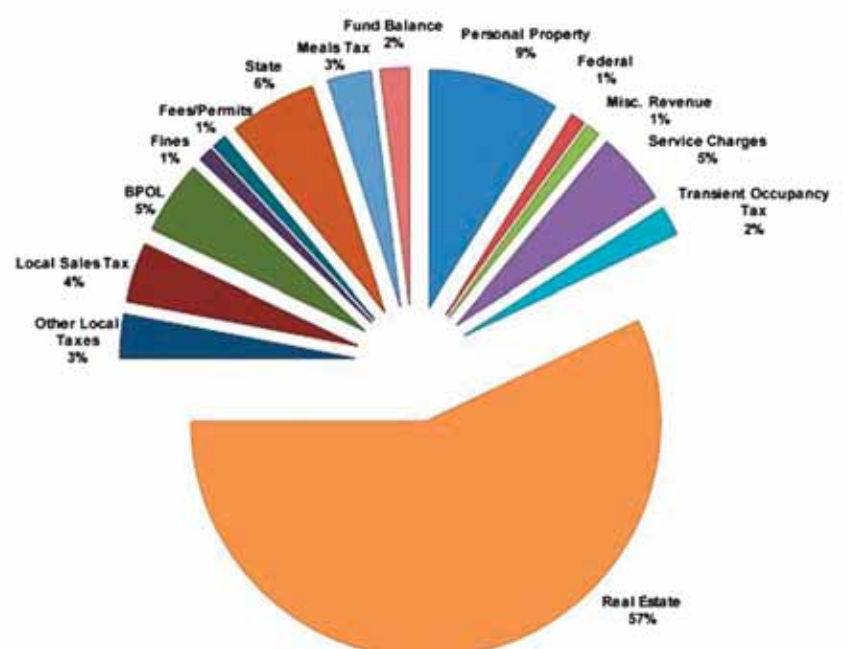


Arlington County funding to APS, with the shaded portion being the proposed FY2018 budget's \$7 million additional funding.

FY 2018 Proposed Budget General Fund Expenditures



FY 2018 Proposed Budget General Fund Revenues



Revenue and expenditures for Arlington County in FY2018

News



JOY BRATHWAITE PHOTOGRAPHY

Kenmore Middle School Unified Team

More than 700 athletes with and without disabilities from across Northern Virginia took to the hardcourts in Arlington and Fairfax counties on Saturday, Feb. 12, for Special Olympics Virginia's Potomac Region Basketball Tournament. The tournament featured full court and half court games and, for the second year in Northern Virginia, unified basketball teams from Canterbury Woods Elementary School, Kenmore Middle School (above), Langley High School, Robert Frost Middle School, Robert E. Lee High School, Robinson Secondary School, South County Middle School and Yorktown High School competed as part of Special Olympics Virginia's Unified Sports program, which pairs students with and without disabilities on the same team. For more information, or to get involved as an athlete or volunteer, visit www.specialolympicsva.org.



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OPINION

Good, Bad and Missed Opportunities

Results of the 2017 session of the General Assembly.

GOOD THINGS

Progress in funding mental health and addressing the opioid epidemic on multiple levels were among the successes of the 2017 General Assembly session.

❖ In addressing the opioid crisis, the General Assembly passed important steps, including Del. Tim Hugo's bill to limit opioid prescriptions to a seven-day supply in most cases; increased access to naloxone, a drug that instantly reverses an overdose; needle exchange programs (to reduce the spread of HIV, viral hepatitis, and other blood-borne diseases); focus on infants born with opioid exposure.

❖ Increased funding for mental health included \$7.5 million to facilitate providing same-day access to mental health screening services by July 1, 2019. (The Fairfax-Falls Church Community Services Board began offering same day, in-person screening for mental health/and or substance use concerns to adults in July 2015 and extended same day access service to youth. The official launch date for youth walk-in service was Feb. 1, 2017.) Also supports for discharge planning and services for people with serious mental illness being released from jail.

❖ The budget included 3 percent raises state employees, increase for teachers and a larger increase for state police.

❖ The Virginia Board of Corrections was given added authority and resources to review deaths in local and regional jails.

❖ Negotiation and legislation will accelerate the City of Alexandria's massive undertaking to fix its sewer system that dumps raw sew-

age into the Potomac River whenever it rains. Wendell Berry's version of the golden rule: "Do unto those downstream as you would have those upstream do unto you."

❖ Scott Surovell's bill requiring Dominion to provide better information on coal ash pollution, disaster preparedness, and recycling.

❖ Eileen Filler-Corn's bill requiring that insurance cover up to a 12-month supply of hormonal contraceptives when dispensed or furnished at one time.

❖ School boards are required to have anti-bullying policies that includes notifying parents that their student was involved in a bullying incident.

❖ Use of FaceBook Live allowed members to stream floor discussion, and report to constituents and answer questions directly.

BAD BILLS

Gov. Terry McAuliffe has already vetoed some of these, and is expected to veto some others.

❖ Expanded access to concealed weapons; vetoed by Governor. SB1362 would allow anyone with a military ID card to carry concealed weapon; HB2077 would allow guns in emergency shelters and prevents state police or others from prohibiting them for any reason

❖ End funding of Planned Parenthood, vetoed by Governor.

❖ Anti-Sanctuary City Law HB 2000 says no locality shall adopt any ordinance, procedure, or policy that restricts the enforcement of federal immigration laws.

❖ As a reality check on the Virginia General Assembly, HB2025 would allow discrimination against LGBT community under guise of religious freedom, and passed 21-19 in the Senate and 57-37 in the House of Delegates.

❖ HJ 545 would allow special committees of the General Assembly to overturn regulations, upsetting separation of powers. Constitutional amendment (first resolution): "Provides that the General Assembly may suspend

or nullify any or all portions of any administrative rule or regulation."

❖ Photo identification required for absentee ballots.

MISSED OPPORTUNITIES

❖ The biggest missed opportunity of the 2017 General Assembly session was the failure to advance any redistricting legislation, which passed in the Senate and died in the House of Delegates. It's clear that Virginia voters want an end to gerrymandering, but hopes for reform before the next census in 2020 are diminished.

❖ Mental Health in Jails: \$4.5 million was removed from the Governor's proposed budget that would have paid for desperately needed mental health screening in jails.

❖ Legislation to raise Virginia's threshold between misdemeanors and felonies from \$200 to \$500 failed. Virginia's threshold has not changed since 1981, unnecessarily focusing "police and prosecutors on minor crimes instead of violent crime while tainting thousands of Virginia's suffering from depression or drug addiction with felony charges for life," says Surovell.

❖ Ken Plum's bill to increase and index the minimum wage never made it out of committee.

❖ Bills to address student debt also died during the session, as did bills aimed at reducing student suspensions and expulsions.

❖ Republicans stripped language that would have brought \$6 million in federal funds to provide Long Acting Reversible Contraception (LARC) to those at risk for unintended pregnancy at no cost to Virginia voters.

Thanks to Ken Plum, Scott Surovell, Marcus Simon, Jennifer Boysko, Adam Ebbin and others whose columns and responses helped inform this editorial. We welcome opinions and additions to this list.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTER TO THE EDITOR

Much To Do

To the Editor:

A new report from the American Road & Transportation Builders Association paints a troubling picture of our nation's crumbling infrastructure. A startling number of America's bridges are structurally weakening, including our own Arlington Memorial Bridge. Opened in 1932, Memorial Bridge connects the Lincoln Memorial and Arlington House, the Robert E. Lee Memorial as a symbol of national reconciliation after the deep divides of the Civil War.

Today Memorial Bridge not only is an important historic site, it provides access to Arlington National Cemetery, and serves as a major commuter route and a key element of the emergency evacuation plan for D.C. The deteriorating bridge

requires \$250 million in rehabilitation. A special grant recently secured by the National Park Service falls almost \$40 million short.

This is hardly an isolated case. Across the National Park System, there are \$12 billion in needed repairs that the Park Service does not have the money to make. This repair backlog threatens some of America's most important places, here in Virginia and across the country.

The Trump Administration and our members of Congress must work together to provide park managers the resources and support needed to protect America's favorite and most meaningful places.

Sean T. Cassidy
Arlington



PHOTO BY MICHAEL McMORROW/THE CONNECTION

Snapshot North Arlington sentiment, Nottingham at 35th streets

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Arlington
Connection

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Raising a Service Dog

Canine Companions for Independence puppies will assist people with disabilities.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

Even for those who consider themselves “dog people” through and through, like Arlington resident Jeanna Sullivan, the process of raising a puppy for Canine Companions for Independence (CCI) can be unexpectedly fulfilling and life-changing.

The California-based non-profit organization sets out to improve the lives of a variety of people with disabilities by providing them with rigorously trained service dogs. Sullivan and her husband, Dan, are currently in the thick of training a CCI Labrador-retriever puppy, Braum, whose ultimate forever home will likely be where he can improve the quality of life for a person with a disability.

“It’s been about two and a half months since we got Braum, and I didn’t realize how much I would be learning as my husband and I train him,” Sullivan said. “I’ve always considered myself a dog person, and we will always be a dog family, but there is so much that goes into raising a CCI puppy. I’ve already learned so much more about dogs than I ever thought I would — and it’s been in a good way.”

CCI started in 1975, and has provided more than 5,000 dogs to households at no-cost, where these animals make life a little bit easier for their owners with disabilities. One of the reasons that the program continues to grow is because it impacts everyone involved in such a positive way.

“Puppy raising is the ultimate volunteer experience because not only do you get the chance to play an enormous role in changing somebody’s life, but you get to enjoy raising and training a puppy — which is fun and rewarding in itself,” Lauren Ferraioli, CCI Puppy Program manager of the CCI Northeast Region, said. “Raising a puppy is not only a lesson in compassion and service to others but it also teaches the volunteer patience, persistence, behavior modification techniques, and how to find success in little bits of progress.”

The Sullivan couple has their own family dog, and has fostered multiple others, but they still find themselves surprised by the satisfaction and wonder that has come with their CCI commitment.

When a puppy-raising volunteer signs on to take responsibility of a future service dog, they will receive a tiny, soft, cuddly eight-week-old puppy. Volunteers like the Sullivans raise, provide for, and train the puppy for 18 months, when the then-grown dogs go to one of CCI’s Regional Headquarters for Professional Training. After six to nine months of this more rigorous, in-house training at CCI, the successful dogs will graduate from the program and go home with a person whose life they will change.

During the year and a half that the puppies are with their temporary, volunteer caretakers, they learn basic commands to prepare them for the more complex ones later on. CCI provides the puppy trainers with an outline and general timeline for the 18-month designated period for grasping these more elementary commands. In creating the training template timeline, CCI understood that, much like people, every dog is different with strengths and weaknesses that will never be identical to a peer.

“Every puppy is different, and I know it’s important to give him the time he needs to master a command before we move on to the next,” Sullivan said. “So far, though, Braum is right on track. He’ll be five months on March 10, and things are going great. It’s kind of crazy how quickly he picks up on anything.”

The Sullivans work together to ensure that Braum is getting everything he needs in order to one day be a successful permanent companion. Between the two of them, Sullivan said training Braum averages about 30 minutes every week day, and then a little extra on the weekends, which are the days that the couple can expose him to more of the outdoors.

“We live in Clarendon,” she said. “Braum wears his official CCI vest when he goes outside, and he’s gotten a lot of exposure to people and other dogs, so he’s learned the appropriate greetings. Every time we go outside, he’s getting some training.”

Sullivan said that the CCI community in the National Capital Area has been instrumental in her success as a trainer as well as to Braum’s achievements. The local community coordinates a bi-monthly class for all CCI trainers and dogs in the area to get together and boost the progress of the group as a whole.

“It’s around 20 dogs in the class, and we meet every two weeks in Tyson’s,” said Sullivan, who explained that these gatherings are not official CCI training courses,



Jeanna Sullivan with Braum

“We have a woman who volunteers her time to do training with us. She has a feel for what all the CCI commands are, and what each dog needs in order to master each one. These classes are a time for everyone in the community to bring up issues that a dog has, and everyone in the group can provide input on how to fix it. It’s a cool opportunity to see what other people are going through.”

When you climb aboard the CCI train, you become part of a close-knit, supportive community.

“It really is such a community, and it’s cool to be able to communicate with like-minded people, all working toward a common goal, and doing the same thing,” she said. “There are first-time CCI puppy raisers like I am,

and then there are people raising their seventh and eighth dogs. It’s good to have regular interactions with all CCI dogs so you know if the dog you’re responsible for is doing the right thing. It does feel like a family.”

CCI holds official regional workshops annually for trainers so that everyone raising a CCI puppy has the opportunity to congregate with other trainers.

It was one of Sullivan’s coworkers who convinced her to consider the CCI experience, and what sold her was watching the online livestreaming of a few CCI graduations. These ceremonies celebrate the newly-crowned service dogs as they begin the process of going home to their forever homes, with a grateful, excited disabled person who has longed for a canine companion.

“It took a lot of thought, and a lot of convincing,” Sullivan said. “We watched a lot of the livestream graduations online. It’s super emotional for everyone. It’s emotional for the puppy raisers who have said good-bye to these dogs they cared for, and it’s also

emotional the people receiving the dogs, because they are so grateful. That’s when we decided to do it. We know it will be tough to give Braum back to CCI after a year and a half, but it will be an amazing thing.”

Since CCI maintains such stringent standards, not all of the puppies become service dogs. While they all end up in loving homes, the CCI dogs must successfully complete scrupulous training in order to become an official canine companion. Sullivan is optimistic about Braum’s future, though.

“It’s still too early to tell, but I like to think he will pass and do well,” she said. “He’s got such a cool, wonderful demeanor to him, and he picks up on things really easily. I’d like to see my first CCI dog graduate, of course. It would be a cool feeling.”

“FLOURISHING AFTER 55”

“Flourishing After 55” from Arlington Office of Senior Adult Programs, for March 5-11.

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

Senior trips: The Little Theatre of Alexandria, “Key for Two,” Sunday, March 5, \$34; Coach & Horses Tea Room, Museum of Shenandoah Valley, Winchester, Wednesday, March 8, \$52; Hollywood Casino, Charles Town, W.Va., Saturday, March 11, \$8. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Explore Chinese culture, Monday, March 6, 10 a.m., Walter Reed. Register, 703-228-0955.

Folk music sing-a-long, Monday, March 6, 1:30 p.m., Lee. Details, 703-228-0555.

Grow your own snacks in 10 days,

Monday, March 6, 1 p.m., Gunston. Register, 703-228-5722.

Recipes with five ingredients or less, Tuesday, March 7, 11 a.m., Langston-Brown. Register, 703-228-6300.

Benefits of trusts and estate planning, Wednesday, March 8, 6:30 p.m., Arlington Mill. Register, 703-228-7369

Arlington Walking Club, Wednesday, March 8, 9:30 a.m., Lubber Run, \$4. Register, 703-228-4403.

Hearing loss information, Wednesday, March 8, 10 a.m., Lee. Register, 703-228-0555.

Easy ways to maintain lawns and gardens, Thursday, March 9, 10 a.m., Walter Reed. Register, 703-228-0955.

Learn how to ride a bike, Friday, March 10, 8 a.m., Arlington Mill. Register, 703-228-7369.

Tour Arlington Mill Senior Center, Friday, March 10, 11 a.m. Register, 703-228-7369.

Cooking for one or two, Friday, March 10, 1 p.m., Gunston. Register, 703-228-5722.



Braum

ENTERTAINMENT

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

ONGOING

The Gospel at Colonus. Various times through March 26 in the Avant Bard, 3700 S. Four Mile Run Drive. General admission is just \$30 on Friday; \$35 on Saturday evenings and Sunday matinees. Call 703-418-4808 for more.

Arlington Arts Light & Shadow Class. Through March 29, 4:30-6 p.m. at Arlington Arts Center, 3550 Wilson Blvd. This new multimedia course focuses on value, arguably one of the most important elements of art. Exercises in charcoal, acrylic, chalk, and collage will lead to dramatic, high-contrast images. \$195. Visit education@arlingtonartscenter.org.

“Taming of the Shrew.” Through March 19, various times at the Synetic Theatre, Theater at Crystal City, 1800 South Bell St. Visit synetictheater.org/ for more.

Pickleball. Through March, noon-3:30 p.m. Mondays, Wednesdays and Fridays at Arlington Mill Community Center, 909 S. Dinwiddie St. Call 703-228-7790 for more.

Cancer Park Runs. Saturdays, 9 a.m. at Roosevelt Island, George Washington Memorial Parkway. American Cancer Society partners with parkrun USA to promote fitness in the fight against cancer. Free. Visit www.parkrun.us/rooseveltislanddc/ for more.

Friday Night Live. 8 p.m. Fridays at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit 1bc.org for more.

Culinaire’s Winter Lunch. Tuesdays through Thursdays, 11:30 a.m.-1 p.m. at The Art Institute of Washington, 1820 N. Fort Myer Drive, 12th floor. Culinaire, the student-run restaurant of the Art Institute of Washington, is now serving lunch from their winter menu on Tuesdays, Wednesdays and Thursdays. Visit www.artinstitutes.edu/arlington 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, 3-7 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.

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. 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. 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.

The Gospel at Colonus. Through March 26, various times at WSC Avant Bard Theater, 3700 S. Four Mile Run Drive. Hollywood-set adaptation of one of the Bard’s best known romantic comedies returns. Visit wscavantbard.org/ for more.

STARTS FEB. 25

5K Training Group. 9 a.m. at at Bluemont Park, 601 N. Manchester St. Train for the George Washington Parkway Classic that will be on April 23. \$85, which goes to Arlington Thrive. Visit arlingtonthrive.org/category/events/ for more.

MARCH 1-31

John Glenn Exhibit. Saturday and Sunday, 1-4 p.m.; Wednesdays, 12:30-3:30 p.m. at Arlington Historical Museum, 1805 S. Arlington Ridge Road. Includes his waterski from when he went waterskiing with Jackie Kennedy in 1962 as well as items celebrating his Mercury flight as the first American to orbit the Earth. Glenn lived in north Arlington at the time. He presented the waterski to the AHS, and it is autographed. 571-243-1113 or garrett.peck@arlingtonhistoricalsociety.org.

“Purple Reign” Group Show. Various times at the Arlington Artists Alliance Gallery, 2100 Crystal Drive. An all-media show devoted to the color purple. Member artists were challenged to create colorful works that evoke the majesty and magic this color can elicit. Opening reception: Friday, March 3, 5-8 p.m. Visit www.galleryunderground.org for more.

THURSDAY/MARCH 2

The Muggle Ball. 7-11 p.m. at the Clarendon Ballroom, 3185 Wilson Blvd. A fancy dress, Harry Potter-themed social event for adults with the JEM Jazz Band. \$35. Visit arlingtonva.libcal.com/event/2832714 for more.

Authors Lecture. 7 p.m. at One More Page Books, 2200 N. Westmoreland St., #101. Susan Dennard, author of “Windwitch,” the follow up to “Truthwitch,” and Jodi Meadows, co-author of “My Lady Jane,” chat about their latest YA fantasy books. Call 703-300-9746 for more.

“Brews & Bites.” Various times at the Hyatt Regency Crystal City, 2799 Jefferson Davis Highway. Atlas Brew Works will be there for the first

“Brews & Bites” event. Each event is \$40 to attend and includes a four-course meal with craft beer pairings. Call 703-418-6681 for more.

FRIDAY/MARCH 3

AGLA Happy Hour. 6:30-8:30 p.m. at Pinzimini lounge, Westin Arlington Gateway, 801 N. Glebe Road. This event is hosted by NoVA Gay & Lesbian Professionals. Visit agla.org/ for more.

SATURDAY/MARCH 4

Treemonisha. 11 a.m.-2 p.m. at Thomas Jefferson Middle School, 125 S. Old Glebe Road. Scott Joplin opera promotes message that education is the key to a full and free life. \$4 teachers free. Visit www.operanova.org/ for more.

CycleBar Benefit. 1:30-2:30 p.m. at CycleBar, 3400 Columbia Pike. Proceeds of this rocking class will benefit the Arlington Community Foundation. Suggested donation of \$35, \$50, or \$100. Visit www.arlcf.org for more.

Tango Tribute. 7 p.m. at the Rosslyn Spectrum Theater, 1611 N. Kent St. Omar “El Alemán” Fernández (invited singer), Ramón González and Peter Fields (guitarists), Jon Nazdin (bassist) and Shadi & René (dancers) put on a show. \$35; \$30 for seniors 60 and older and students. Call 703-548-3092 or visit www.teatrodelaaluna.org for more.

TUESDAY/MARCH 7

Cook, Shoot, Edit, Eat. 5:30-7 p.m. at Shirlington Library, 4200 Campbell Ave. For aspiring young filmmakers and bakers can produce and star in their own cooking video, by taking turns in front of and behind the camera. Bring smartphones and USB connectors to record video, then upload it to a Library laptop for editing and publishing. Grades 6-12. Call 703-228-6545 for more.

Noura Mint Seymali Concert. 7:30 p.m. at Rosslyn Spectrum Theatre, 1611 N. Kent St. One of Mauritania’s musical emissaries emerging as a voice at nexus of a changing Africa. Rescheduled from Feb. 25. Free. Visit www.rosslynva.org/go/rosslyn-plaza-theater for more.

WEDNESDAY/MARCH 8

Community Foundation Networking. 5:30-7 p.m. at Cheesetique Ballston, 800 N. Glebe Road. Network with fellow professional advisors and friends. Email Brendalys Snee at bsnee@arlcf.org or call 703-243-4785 for more.

In Concert

Noura Mint Seymali will be in concert on Tuesday, March 7, 7:30 p.m. at Rosslyn Spectrum Theatre, 1611 North Kent St. She is one of Mauritania’s foremost musical emissaries emerging as a voice at nexus of a changing Africa. Rescheduled from Feb. 25. Free. Visit www.rosslynva.org/go/rosslyn-plaza-theater for more.

THURSDAY/MARCH 9

Visit with author John P. Richardson. 7 p.m. at Marymount University Reinsch Library Auditorium, 2807 N. Glebe Road. Discussion of ‘Alexander Robey Shepherd: The Man Who Built the Nation’s Capital.’ Visit www.marymount.edu/ for more.

MARCH 8-9

GMU Workshops. Wednesday, March 8, 9 a.m.-5 p.m. and Thursday, March 9, noon-3 p.m. at Founders Hall, Multipurpose Room, 3351 Fairfax Drive. Join members of the university community and surrounding region for a planning workshop to share visions for the Arlington Campus. Free and open to public. Call 703-993-9817, email tandrew7@gmu.edu or visit Relations.gmu.edu for more.

MARCH 10-19

Night at the Wax Museum. Various times at the Thomas Jefferson Theatre, 125 S. Old Glebe Road. Presented by Encore Stage & Studio. \$10-\$15. Visit www.culturecapital.com/event/49457/night-at-the-wax-museum or call 703-548-1154 for more.

SATURDAY/MARCH 11

NoVa TEEN Book Festival. 10 a.m. at Washington-Lee High School, 1301 N. Stafford St. Presented by Fall for the Book in conjunction with Fairfax County Public Library, Arlington Public Library, One More Page Books, Loudoun County Public Library, and Washington-Lee High School. Visit www.onemorepagebooks.com/ for more.

Stop Hunger Now. Two shifts, 10 a.m.-noon and noon-2 p.m. at Clarendon United Methodist Church, 606 N. Irving St. Project focuses on package 20,000 meals to send all over the world to those in need. Visit clarendonumc.org or contact Jane Dixon jdixon580@aol.com for more.

MONDAY/MARCH 13

Meet the Author. 3-4:30 p.m. at the Arlington Central Library, 1015 Quincy St. Encore Learning presents a lecture by Barbara Faust, director of Gardens at the Smithsonian Institution. Call 703-228-2144 for more.

Signature in the Schools Play. 7:30 p.m. at the Signature Theatre, 4200 Campbell Ave. A production of Silent Sentinels suffragette protests at the White House in 1917. Visit

WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT

www.sigtheatre.org or call 703-820-9771 for more.

TUESDAY/MARCH 14

Poet Sarah Browning. 2-3:30 p.m. in the Reinsch Library Auditorium, Marymount University, 2807 North Glebe Road. Browning is co-founder and executive director of Split This Rock, a Washington, D.C.-based nonprofit that calls poets to a greater role in public life and fosters a national network of socially engaged poets. Visit www.marymount.edu/ for more.

MARCH 14-APRIL 30

Midwestern Gothic. Various times at Signature Theatre, 4200 Campbell Ave. A world premiere thriller with a musical twist. Visit www.sigtheatre.org or call 703-820-9771 for more.

FRIDAY/MARCH 17

The Art of Science Shows. 6:30 p.m. and 7:30 p.m. at The David M. Brown Planetarium, 1426 N. Quincy St. screening of full-dome show, “The Little Bear,” followed by a selection of short full-dome art shows. 7:30 pm “The Little Bear,” followed by full-dome show, “Exploding Universe.” \$3 for children under 12 and Seniors and \$5 for adults and members. Visit friendsoftheplanetarium.org/event/ for more.

St. Patrick’s Day Concert. 7:30 p.m. in the Kenmore Middle School Black Box Theater, 200 S. Carlin Springs Road. Arlington Community Chorus, Directed by Mary-Hannah Klontz and accompanied by Diane Carsten-Pelak, will sing Irish favorites and a variety of popular, jazz and show tunes. Visit www.apsva.us/adulted or call 703-228-7200 for more.

MARCH 17-18

Local Documentaries. Screenings at various times at Imagination Stage, 4908 Auburn Ave., Bethesda. Local filmmakers include Ben Powell and Taylor Powell, Falls Church, with film “Charlie & Sam,” Vanina Harel and Aditi Desai, Arlington, with film “The Culture of Collards,” Joe Dzikiewicz and Jaclyn O’Laughlin from Arlington and Alexandria with film “Encaustic,” and Lauren Knapp of Alexandria, with “The Sandman.” \$10. Visit www.bethesda.org or call 301-215-6660 for more.

SATURDAY/MARCH 18

Signature in the Schools Play. 11 a.m. at the Signature Theatre, 4200 Campbell Ave. A production of Silent Sentinels suffragette protests at the White House in 1917. Visit www.sigtheatre.org or call 703-820-9771 for more.

AGLA Brunch. 11 a.m.-1 p.m. at Freddie’s Beach Bar & Restaurant, 555 23rd St. S. No reservations necessary. Visit agla.org/ for more.

The Art of Science Shows. 6:30 p.m. and 7:30 p.m. at The David M. Brown Planetarium, 1426 N Quincy St. 6:30 p.m. screening of full-dome show, “The Little Bear,” followed by a selection of short full-dome art shows. 7:30 p.m. Guest speaker, Phil Smith focusing on “Artists as Great Communicators of the Greatest Adventure.” \$3 for children under 12 and Seniors and \$5 for adults and members. Visit friendsoftheplanetarium.org/event/ for more.

SUNDAY/MARCH 19

The Art of Science Shows. 1:30 p.m. and 3 p.m. at The David M. Brown Planetarium, 1426 N Quincy St. 1:30



Art Exhibit

The “Purple Reign” Group Show takes place March 1-31, at the Gallery Underground, in the Crystal City Shops at 2100 Crystal Drive. Opening Reception is Friday, March 3, 5-8 p.m.

ART BY
KAREN COHEN

p.m. Live concert by Jim Thorne and the MoonDiggers, singing songs from the album, “To Follow Apollo.” 3 p.m. The Little Bear,” followed by full-dome show, “The Magic Treehouse.” \$3 for children under 12 and Seniors and \$5 for adults and members. Visit friendsoftheplanetarium.org/event/ for more.

MARCH 24-MAY 6

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

MARCH 24-MAY 6

OCEAN Yoga. 1-2 p.m. at Shirlington Branch Library, 4200 Campbell Ave., Campbell Room. Tricia Londres, owner of OCEAN Yoga, will instruct students of all levels and ability. Mats not provided. Visit arlingtonva.libcal.com/event/3062874 for more.

MARCH 20-27

Restaurant Week. Arlington Chamber of Commerce is in partnership with the Virginia Restaurant, Lodging & Travel Association to participate in a region-wide restaurant week, with specials at selected restaurants. Visit

www.arlingtonchamber.org.

SATURDAY/MARCH 25

8th Annual Move Me Festival. 1-5 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. Bowen McCauley Dance presents a variety of experiences and performances to culturally underserved students and their families. Visit www.bmdc.org.
National Chamber Ensemble. 7:30 p.m. at the Rosslyn Spectrum Theatre, 1611 N. Kent St. The Four Seasons of Vivaldi and Piazzolla. \$33 for adults and \$17 for students. Visit www.nationalchamberensemble.org or call call 703-685-7590 for more.

APRIL 10-14

Spring Break Theater Camp. 9 a.m.-3 p.m. at Syntetic Theater Camp, 2155 Crystal Plaza Arcade T-19. Pirate Island Camp, study the history of pirates from Davy Jones to the buccaneers of the Middle Ages while creating museum exhibitions through performance and visual art. Visit synthetictheater.org/ for more.



Author Event

On Tuesday, March 14, poet Sarah Browning will be reading some of her work, 2-3:30 p.m. in the Reinsch Library Auditorium, Marymount University, 2807 North Glebe Road. Browning is co-founder and executive director of Split This Rock, a Washington, D.C.-based nonprofit that calls poets to a greater role in public life and fosters a national network of socially engaged poets. Visit www.marymount.edu/ for more.

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.

REGISTRATION OPEN

Artomatic 2017 Registration. To take part, visit artomatic.org and follow the prompts through the registration process. The site selection process for visual artists will begin on March 4 based on the registration sign up order. The fee for visual artist is \$140. Performing arts and film fees range from \$15 to \$25.

I-66 FEEDBACK

VDOT is accepting feedback on its I-66 Transformation Plan. Submit comments online at inside.transform66.org.

703-440-8955.

THROUGH APRIL 18

AARP Foundation Tax-Aide. 10 a.m.-7p.m., Tuesdays, 10 a.m.-4 p.m. Thursdays, Arlington Central Library, 1015 N. Quincy St. Available free to taxpayers with low to moderate income, with special attention to those 60 and older. 703-829-6192

WEDNESDAY/MARCH 1

PBS Documentary Screenings. 10 a.m. at Inova Center for Personalized Health , 8110 Gatehouse Road, 600W, Falls Church. “Being Mortal,” a film that explores end-of-life care. Free. Visit www.inova.org/ for more.
Community Meeting. 5-8 p.m. (presentations at 5:45 and 7 p.m.) at Westover Library, Large Meeting Room, 1644 N. McKinley Road. Community meeting about the repaving and striping plan along Washington Boulevard (between Sycamore Street and Westover), part

of a project aimed at enhancing bicycle access and pedestrian safety. Visit projects.arlingtonva.us/projects/washington-boulevard-repaving-striping-westover-east-falls-church/.

THURSDAY/MARCH 2

Capital Bikeshare Open House. 7-8:30 p.m. at Courthouse Plaza, 2100 Clarendon Blvd., Azalea Room (Lobby Level). Capital Bikeshare is hosting an open house to discuss plans for bikeshare expansion along the Mount Vernon Trail at Roosevelt Island and Gravelly Point. Visit www.capitalbikeshare.com for more.

SATURDAY/MARCH 4

Rosslyn Community Transportation Workshop. 8:30 a.m.-3:30 p.m. at Le Méridien Arlington, 1121 19th St. N. Building on recent community planning efforts, the Rosslyn BID and Arlington County are hosting a

community transportation workshop to envision how vehicles, buses, bikes, and pedestrians can better use the street grid in the core of Rosslyn. Space is limited; register at www.eventbrite.com/e/rosslyn-community-transportation-workshop-registration-31647207650.

Spring Lawn Care. 10-11:30 a.m. at Fairlington Community Center, 3308 S. Stafford St. Learn what to do now to improve and maintain the lawn. Discuss the best types of grasses for the area, specific springtime turf management practices, nutrient management and soil testing, and basic pest and disease management. Free. Advance registration requested at mgmv.org. Questions, telephone 703-228-6414 or email mgarlalex@gmail.com.

MissionTalks: Jerusalem. 6 p.m. at St. Mary’s Episcopal Church, 2609 N. Glebe Road. Learn how the St. Mary’s 2016 Pilgrimage to Jerusalem

SEE BULLETIN, PAGE 15

HOME SALES

In January 2017, 159 Arlington homes sold between \$2,387,500-\$95,000. This week's list represents those homes sold in the \$2,387,500-\$570,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR.	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode	Subdivision
1881 NASH ST #1909	3	3	1	...	ARLINGTON	\$2,387,500	Hi-Rise 9+ Floors	...	22209	ARLINGTON
4305 LORCOM LN	4	3	1	...	ARLINGTON	\$2,125,000	Detached	0.68	22207	LORCOM LANE
3601 GLEBE RD	5	4	1	...	ARLINGTON	\$1,855,000	Detached	0.67	22207	COUNTRY CLUB HILLS
638 KENMORE ST N	6	5	1	...	ARLINGTON	\$1,660,635	Detached	0.22	22201	CLARENDON
4140 OLD GLEBE RD	5	5	0	...	ARLINGTON	\$1,569,999	Detached	0.24	22207	WALKER CHAPEL
711 IRVING ST	5	4	1	...	ARLINGTON	\$1,550,000	Detached	0.14	22201	LYON PARK
2245 JOHN MARSHALL DR	5	5	1	...	ARLINGTON	\$1,531,850	Detached	0.19	22205	OVER LEE KNOLLS
1815 UNDERWOOD ST N	5	4	1	...	ARLINGTON	\$1,433,000	Detached	0.17	22205	FALLS CHURCH PARK
2219 OAK CT	3	3	1	...	ARLINGTON	\$1,413,750	Townhouse	0.05	22209	PALISADES PARK
1615 QUEEN ST #M406	2	2	1	...	ARLINGTON	\$1,399,900	Mid-Rise 5-8 Floors	...	22209	WOOSTER & MERCER LOF
6506 16TH ST N	5	4	1	...	ARLINGTON	\$1,362,810	Detached	0.17	22205	METRO NEIGHBORHOOD!
2818 JEFFERSON ST N	4	4	1	...	ARLINGTON	\$1,300,000	Detached	0.19	22207	NORTH ARLINGTON
UTAH ST S	5	1	1	...	ARLINGTON	\$1,250,000	Detached	0.18	22204	BELMONT POINTE
5409 31ST ST N	5	3	0	...	ARLINGTON	\$1,150,000	Detached	0.23	22207	CRESENT HILLS
4032 25TH RD N	4	4	1	...	ARLINGTON	\$1,125,500	Detached	0.11	22207	LEE HEIGHTS
1919 GEORGE MASON DR N	4	4	1	...	ARLINGTON	\$1,100,000	Detached	0.11	22207	HIGH VIEW PARK
3200 ABINGDON ST N	4	3	0	...	ARLINGTON	\$1,100,000	Detached	0.28	22207	COUNTRY CLUB HILLS
1131 KIRKWOOD RD	4	3	1	...	ARLINGTON	\$1,065,000	Townhouse	0.02	22201	BROMPTONS AT CLARENDON
2004 CULPEPER ST N	5	5	2	...	ARLINGTON	\$1,050,000	Detached	0.12	22207	HIGHVIEW PARK
924 22ND ST S	5	4	0	...	ARLINGTON	\$1,048,000	Detached	0.14	22202	ADDISON HEIGHTS
1680 N. QUINN ST	4	3	1	...	ARLINGTON	\$1,020,000	Townhouse	0.03	22209	BROMPTONS AT ROSSLYN
1424 DINWIDDIE ST S	5	4	1	...	ARLINGTON	\$1,001,635	Detached	0.15	22206	CLAREMONT
2421 MONROE ST N	3	3	0	...	ARLINGTON	\$1,000,000	Detached	0.25	22207	CRYSTAL SPRING KNOLLS
1424 Dinwiddie ST	4	2	2	...	ARLINGTON	\$989,000	Detached	0.20	22206	NONE
4637 13TH ST N	5	3	0	...	ARLINGTON	\$980,000	Detached	0.24	22207	WAYCROFT WOODLAWN
4730 33RD ST N	5	4	0	...	ARLINGTON	\$975,000	Detached	0.23	22207	COUNTRY CLUB HILLS
1401 OAK ST N #312	3	2	1	...	ARLINGTON	\$925,000	Mid-Rise 5-8 Floors	...	22209	THE WESLIE
1927 KENILWORTH ST N	4	3	1	...	ARLINGTON	\$910,000	Detached	0.16	22205	LEEWAY HEIGHTS
4608 26TH ST N	5	3	0	...	ARLINGTON	\$880,000	Detached	0.46	22207	LEE HEIGHTS
3866 TAZEWEILL ST N	3	3	0	...	ARLINGTON	\$875,000	Detached	0.23	22207	GOLF CLUB MANOR
2724 ARLINGTON RIDGE RD S	3	3	1	...	ARLINGTON	\$870,000	Detached	0.19	22202	OAKCREST
1418 RHODES ST #B424	2	2	1	...	ARLINGTON	\$845,000	Garden 1-4 Floors	...	22209	RHODES HILL SQUARE
4247 25TH ST N	4	2	2	...	ARLINGTON	\$840,000	Detached	0.22	22207	LEE HEIGHTS
501 GARFIELD ST S	3	2	1	...	ARLINGTON	\$815,000	Detached	0.12	22204	ARLINGTON HEIGHTS
4400 VACATION LN	4	3	1	...	ARLINGTON	\$815,000	Detached	0.23	22207	LEE HEIGHTS
6037 25TH RD N	3	2	0	...	ARLINGTON	\$802,000	Detached	0.16	22207	NORWOOD
1019 27TH ST S	4	2	2	...	ARLINGTON	\$800,000	Detached	0.16	22202	OAKCREST
2001 BRANDYWINE ST N	4	3	1	...	ARLINGTON	\$800,000	Townhouse	0.07	22207	BECKET GLEN
5121 10TH ST N	3	1	1	...	ARLINGTON	\$795,000	Detached	0.14	22205	LACEY FOREST
1546 13TH ST S	5	4	0	...	ARLINGTON	\$790,000	Detached	0.09	22204	ARLINGTON VIEW
420 PARK DR N	3	2	2	...	ARLINGTON	\$786,000	Townhouse	0.06	22203	CATHCART SPRINGS
2115 ROLFE ST N	3	2	0	...	ARLINGTON	\$770,000	Detached	0.15	22209	DAWSON TERRACE
1201 ILLINOIS ST N	5	2	0	...	ARLINGTON	\$765,000	Detached	0.15	22205	LACEY FOREST
3012 ROCHESTER ST N	3	1	1	...	ARLINGTON	\$755,000	Detached	0.25	22213	WILLIAMSBURG TERRACE
3711 18TH ST N	3	2	1	...	ARLINGTON	\$750,000	Detached	0.14	22204	DOUGLAS PARK
2133 STAFFORD ST	2	1	0	...	ARLINGTON	\$750,000	Detached	0.24	22207	HILMAR
3020 16TH RD S	3	3	0	...	ARLINGTON	\$745,000	Detached	0.11	22204	COLUMBIA HEIGHTS
1506 23RD RD S	3	2	1	...	ARLINGTON	\$740,000	Detached	0.20	22202	ARLINGTON RIDGE
5501 24TH ST N	4	3	0	...	ARLINGTON	\$740,000	Detached	0.14	22205	TUCKAHOE
1713 GLEBE RD N	3	1	1	...	ARLINGTON	\$730,000	Detached	0.14	22207	BALLSTON
4808 24TH RD N	3	2	0	...	ARLINGTON	\$712,000	Detached	0.13	22207	GARDEN CITY
2104 INGLEWOOD ST N	3	1	1	...	ARLINGTON	\$707,000	Detached	0.16	22205	LEEWAY HEIGHTS
1320 WAYNE ST N #401	3	2	0	...	ARLINGTON	\$705,000	Garden 1-4 Floors	...	22201	COURTHOUSE HILL
5436 N CARLIN SPRINGS RD	3	2	0	...	ARLINGTON	\$685,000	Detached	0.16	22203	ARLINGTON FOREST
6356 11TH RD N	3	2	1	...	ARLINGTON	\$680,000	Detached	0.14	22205	MADISON MANOR
2119 OAKLAND ST S	4	4	1	...	ARLINGTON	\$679,000	Detached	0.12	22204	DOUGLAS PARK
1222 LIVINGSTON ST	4	2	1	...	ARLINGTON	\$650,000	Detached	0.14	22205	WESTOVER
2104 QUEBEC ST	4	2	0	...	ARLINGTON	\$649,900	Detached	0.11	22204	DOUGLAS PARK
6142 9TH RD N	3	1	1	...	ARLINGTON	\$646,000	Detached	0.20	22205	MADISON MANOR
1800 WILSON BLVD #320	2	2	0	...	ARLINGTON	\$644,500	Mid-Rise 5-8 Floors	...	22201	1800 WILSON
1121 STUART ST #B	2	1	1	...	ARLINGTON	\$635,000	Townhouse	0.02	22201	BALLSTON CLEMENTS COURT
2008 21ST ST N	2	2	0	...	ARLINGTON	\$625,000	Duplex	0.05	22201	NORTH HIGHLAND
1415 POWHATAN ST N	3	2	0	...	ARLINGTON	\$623,000	Detached	0.20	22205	NA
1200 HARTFORD ST #605	2	2	0	...	ARLINGTON	\$622,000	Mid-Rise 5-8 Floors	...	22201	CLARENDON
3409 WILSON BLVD #505	2	2	0	...	ARLINGTON	\$620,000	Mid-Rise 5-8 Floors	...	22201	ARC 3409
2634 POTOMAC ST N	3	1	1	...	ARLINGTON	\$620,000	Detached	0.15	22207	BERKSHIRE
1020 HIGHLAND ST #610	2	2	0	...	ARLINGTON	\$614,900	Hi-Rise 9+ Floors	...	22201	PHOENIX
820 POLLARD ST N #701	2	2	0	...	ARLINGTON	\$610,000	Hi-Rise 9+ Floors	...	22203	THE HAWTHORN
1634 TAYLOR ST	3	3	1	...	ARLINGTON	\$600,000	Townhouse	0.04	22204	VIRGINIA GARDEN
620 22ND ST S	4	1	0	...	ARLINGTON	\$599,900	Detached	0.14	22202	ADDISON HEIGHTS
1301 COURTHOUSE RD #1710	2	2	0	...	ARLINGTON	\$598,000	Hi-Rise 9+ Floors	...	22201	WOODBURY HEIGHTS
658 15TH ST S #A	3	2	1	...	ARLINGTON	\$590,000	Townhouse	...	22202	SOUTHAMPTON
2506C ARLINGTON MILL DR #3	3	3	1	...	ARLINGTON	\$587,500	Townhouse	...	22206	WINDGATE OF ARL
1733 S HAYES ST #A-1	3	2	1	...	ARLINGTON	\$585,000	Townhouse	...	22202	SOUTHAMPTON
1300 CRYSTAL DR #504 S	2	2	0	...	ARLINGTON	\$575,000	Hi-Rise 9+ Floors	...	22202	CRYSTAL GATEWAY
2200 WESTMORELAND ST #523	2	2	0	...	ARLINGTON	\$574,000	Mid-Rise 5-8 Floors	...	22213	WESTLEE
842 MONROE ST	3	2	0	...	ARLINGTON	\$570,000	Detached	0.11	22204	ALCOVA HEIGHTS

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Vacancy Rate: 2012 - 2016



The vacancy rate in Arlington County. County Manager Mark Schwartz said that while the vacancy rate has gone down over the last few years, he still has concerns about the office vacancy recovery over the next few budget cycles.

Keep It Simple

FROM PAGE 4

— a little over half the \$14 million requested by APS Superintendent Dr. Pat Murphy.

“They want the rest of the increment through tax, but on our side, we’re able to figure out how to give employee pay raises and investments,” said Schwartz. “I would like to think the schools could figure out how to as well. That doesn’t mean it will all be perfect.”

Murphy’s budget includes three tiers of cuts to close the gap. The first tier, with a savings of \$2.9 million, will eliminate 23 staff positions and professional development programs. Tier two, a \$3.5 million savings and 35 staff positions cut, increases class sizes by one for grades 4-12. The third tier saves \$5.3 million and eliminates 20 staff positions. These cuts would postpone the step increase to halfway through the next fiscal year and increase class sizes for K-3 by one student.

Aside from the funding increases for the Metro and schools, most of

the budget is a continuation of last year’s programs. What new programs exist are largely the result of internal reallocations of staff. Seven new Sheriff’s Deputy positions were added from funding gained when Arlington County dropped its relationship with the Peumansend Creek Regional Jail last year. The largest new addition is five new staff for the county’s street lights program. Currently when an outage is reported it takes 30 days to fix and major repairs can take up to four months. With the new employees, Schwartz says he hopes to move that down to one or two months and the minor fixes within a couple days.

Within the existing tax rate, the funding from property value increases went to a compensation increase for county employees, including the County Board. Most employees will receive a 3.25 percent raise.

On March 28 and 20, the County Board will host a public hearing on the FY2018 budget. The budget is scheduled to be adopted April 22.

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News



Henry Dunbar celebrated Nelson Vails, the first African-American to win an Olympic medal in cycling. The youngest of 10 children, he grew up in Harlem, and as a child, he rode a used bike around Central Park, trying to win a ticket to Disneyland. He became a bicycle messenger and was known as "The Cheetah" because he could deliver packages faster than anyone else. He became a road racer, trained for the Olympics, eventually beat out top French riders for the finals of the Men's Sprint in 1984. He was 23 years old.



PHOTOS BY EDEN BROWN/THE CONNECTION

This photo of five African-American women who cycled the 250 miles from New York to Washington, D.C. was on display. Marylou Jackson, Velma Jackson, Ethyl Miller, Leolya Nelson, and Constance White made the trip in three days motivated by the love each had of the great out-of-doors. The ride took place in 1928.

Celebrating Heritage at Drew Community Center

FROM PAGE 3

can cycling history.

Roberto Hakim Tapia demonstrated Capoeira, an African-Brazilian "martial dance," with two students, Ali Ahmed and Amado Carsky, and friend Borracha Lima Porto. Tapia said Capoeira was forbidden in Brazil for 300 years. People believe Capoeira was first created during the 16th century by slaves who

were taken from West Africa to Brazil by the Portuguese. They were forbidden by law from celebrating their culture and practicing martial arts: Capoeira may have emerged as a way to disguise both in the form of dance. Tapia said it is being used now to help get young people away from drugs and gangs. Tapia and Porto teach groups and do demonstrations for anyone interested: www.capoeriawashingtondc.com or

www.rodamovements.com or for Capeira Luanda, see facebook page for Bohasha Lima Porto.

For African-American residents of Arlington, this was a chance to get together with family and community to celebrate and support each other: for others, it was a chance to learn history lessons that had not perhaps been taught in school until African-American history started being celebrated.



Major Lewter sits with his granddaughter Raven Ellis on his lap watching the show.



Kennedy Lucas, niece of co-owner, Vickie Lucas, sells spices and sauces with intriguing names like "Call a Cab" and "Hot Flash." The company, which operates out of Alexandria, also sells salt-free rubs.



Henry T. Dunbar, program director for Bike Arlington, Walk Arlington, and Capital Bikeshare Arlington, shows festival-goers how to make a bowtie out of an inner tube from a bike (he's wearing one) and an exhibit on Black History in the arena of cycling.

When Thinking of Remodeling, Think Long-Term



When I meet with a new client about their home remodel, I can feel the excitement in the air. After all, our homes are our oasis and personalizing them to fit our needs only enhances our enjoyment. When thinking about a remodel, I always encourage homeowners to consider not only today's needs but also what their needs may be ten years from now and twenty years from now. Remodeling is a big investment and you want it to work for you for the long haul. So how do you do that? By incorporating adaptable spaces and components into the design.

Some adaptable design features can be enjoyed by anyone at any time, such as pull out sliding cabinet drawers or right height toilets. Others can be there "just in case" such as adding tile behind a bathroom vanity should the cabinets need to be removed to allow for a wheelchair at some point. Incorporating these into your current remodel saves the hassle of having to make costly changes down the road. With some careful planning, you can have a remodel that not only works for you now, but for many years to come.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications. Visit GlickmanDesignBuild.com or call 301.444.4663 to learn more.

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A Record Year

BY EDEN BROWN
THE CONNECTION

Megan Newman told her story at the Alzheimer's Association "Wall of Hope" reception at Tyson's Corner on Feb. 9. She was only 18, a senior in high school, when her mother started to ask the same question more than once. They both attributed it to stress. They laughed about it. A few months later, it became clear to Meghan that what was wrong with her mother was more than stress. She convinced her to see a doctor, but it took many tests and many neurologists later before she was diagnosed with Alzheimer's.

It came at a difficult time for Megan, as she was headed off to college. She was supposed to be at the "best years of your life" stage. She laughs about it now, but switching roles with her parent at that point in her life was anything but funny. When she went to college, her mother went with her. When she moved off campus, she moved with her mother. The long days of caregiving, studying and managing the lives of two people took a toll on Megan. Her mother didn't really appreciate being told



Megan Newman told the story of being a senior in high school when her mother was diagnosed.

she had to brush her teeth or that she wasn't going to be able to drive her car any longer. Alzheimer's patients don't always exhibit a good-natured response to having children tell them what to do. Megan wasn't always patient and forbearing. And that bothered her. When it became time for her to hold down a job, Megan couldn't manage both tasks anymore. That is why she was so grateful to find the Alzheimer's Association, and why she will always give back to this organization: they helped her manage her mother and supported her, she said.

The reception on Feb. 9 recognized event participants and supporters who distinguished themselves through leadership and exemplary fundraising during the year. Sup-

porters were able to see the unveiling of new plaques on the Wall of Hope, which honors those who suffered from the disease and their friends and family who gave in their name.

Attendees at the event made up 2 percent of the fundraisers and sponsors who raised over 45 percent of total funds from events. In 2016, 7,700 participants raised a record \$1.78 million. And they had a good time doing it. Chris Boullire, the CEO of the National Capital Area Alzheimer's Association chapter, honored the 29 cyclists who created the "Ride to Remember," riding 100 miles and raising more than \$20,000; the 260 Longest Day participants who raised over \$118,000 participating in creative activities; the "Blondes v. Brunettes" (a flag football game for women,) which had 80 participants and raised over \$85,173; and the biggest event for 2016 in this area: the Walk to End Alzheimer's had 7,300 participants at seven walks throughout the region who raised \$1.53 million.

The Alzheimer's Association in the area is always looking for additional Walk volunteers and teams for 2017. Interested people can visit www.alznca.org/walk.



PHOTOS BY EDEN BROWN/THE CONNECTION

Many activities raise funds for Alzheimer's and create solidarity for caregivers, sufferers, and healers together.

Mild Winter Means Early Allergy Season

Experts offer suggestions for preventing and treating allergy symptoms.

BY MARILYN CAMPBELL
THE CONNECTION

Those experiencing Itchy, watery eyes and seemingly endless sneezing know that spring allergy season is getting an early start this year thanks to this season's mild winter weather.

"Everything is blooming early because of the warm weather," said Dr. Barbara Mackie, M.D., allergist, of Privia Medical Group in Vienna. "People are spending more time outside because the weather is lovely, but they're experiencing allergy symptoms."

One of the keys to surviving allergy season is staying ahead of it. When thermom-



PHOTO COURTESY OF
BARBARA MACKIE

Allergist Dr. Barbara Mackie, M.D. advises patients who normally have seasonal allergies to begin taking medication early.

eters are rising above 60 degrees for more than three consecutive days, pollen from plants begins to move through the air. The

tree pollen count has reached high concentration levels in the Washington, D.C. region, according to The American Academy of Allergy, Asthma & Immunology's National Allergy Bureau Pollen and Mold Report.

"Most of the time seasonal allergies, whether it is spring or fall, are caused by pollens that are associated with grass, trees and weeds," said Dr. Victoria A. Garrison, M.D., a Student Health Services physician and a professor in the School of Nursing at George Mason University in Fairfax. "In areas that are damp or humid, mold spores can also be a factor. When people have allergies to these substances, the immune system will react and cause symptoms like

sneezing, watery, itchy eyes, runny nose, sore or itchy throat, congestion and fatigue."

"Mild winter temperatures cause plants to pollinate early," added Maureen Moriarty, DNP, assistant professor of Nursing at Marymount University in Arlington. "This problem may be compounded by a rainy spring season, leading to increased mold levels that can drive allergy symptoms in sufferers through fall months."

Instead of waiting for full-blown symptoms, Mackie recommends beginning medications early. "What I usually tell patients who normally have seasonal allergies is to

SEE PREVENTING, PAGE 13

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Preventing Allergy Symptoms

FROM PAGE 12

take their maintenance medications early so they're covered when allergy season hits," she said.

"Being prepared can often help slow down symptoms of allergies," added Kathy Grilliot, director of Clinical Education Respiratory Therapy Program at Northern Virginia Community College's Medical Education Campus in Springfield.

"Before the season starts, it is a good idea to start taking a nasal steroid. This medication takes a few weeks to gain full effect so starting before the allergens are everywhere can really help to control symptoms. Eyes can also have allergic reactions, so see a specialist to have a good eye drop for allergen control."

For those who might be perplexed by the distinction between allergies and a common cold: "If it's lasting more than three days with no fever, it's probably not a cold," said Mackie.

Some precautions that allergy sufferers can take to decrease their exposure to allergens include wearing a face mask when

outside during times when the pollen count is high and resisting the urge to open car and house windows when the weather is warm, especially if the wind is blowing. "Take off your shoes when you enter your house so that allergens don't get spread around the house," said Grilliot. "Be aware where you place clothing that has been outside when you enter your house to prevent allergens from entering your home."

"I advise patients to rinse their hair and take a shower to get the pollen off before going to bed at night." "I advise patients to rinse their hair and take a shower to get the pollen off before going to bed at night," added Mackie. "Otherwise you're getting pollen on your pillowcase and sheets and breathing it in all night."

There are certain times of day when allergy sufferers should avoid being outside. "Mid-morning, afternoon and early evening are peak times for pollen," continued Mackie. "When it's windy, don't go out because of the pollen."

Pets can spread pollen as well. "Dogs get spring fever too and want to be outside, but they can bring pollen into the house," said Mackie. "Wipe off their coats and paws when they come inside."

"I advise patients to rinse their hair and take a shower to get the pollen off before going to bed at night."

— Dr. Barbara Mackie, M.D., allergist

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Still "Dating"



By KENNETH B. LOURIE

It's not as if I haven't written about this date: 2/27, before (try last week, Ken), but as I sit at my desk and stare at the calendar hanging on the wall to my front right, the date jumps out at me. Not that I approach it with any fear or trepidation, but I do approach it for days, weeks and even months, calculating my past and contemplating my future. Cancer has a way of marking time, and leaving marks — figuratively and literally.

Mostly I have weathered the cancer storm, eight years and counting/hoping. And as much as I don't want to define myself as a cancer patient/survivor and live my life waiting for the other shoe to drop, it's difficult not to when your feet are so swollen from years of chemotherapy that you're now forced to wear your sneakers without laces. What I lose in support, I gain in comfort. Shoes I can't wear any more. The leather soles don't cushion my feet enough to not fatigue my legs. The shoe can't drop if I'm not wearing it, right? Hardly. It can drop at any time. Certainly it can drop after my quarterly scans, hearing that tumor and/or fluid growth has recurred or anytime in between when new symptoms appear and persist (for two to three weeks, my oncologist has advised). The trick is; heck, there is no trick.

And as much as I'd like to live this date as any other, the date on which one is diagnosed with non-small cell lung cancer, stage IV and given a "13-month to two-year" prognosis by an oncologist, is a date that cannot be lived normally. February 27, 2009 is a date, to invoke Franklin Delano Roosevelt, that will live in my infamy. February 27, 2009 was a Friday. We had scheduled a mid-morning appointment. My brother, Richard (my one surviving immediate family member), met my wife, Dina and I (Team Lourie as I've become accustomed to calling us) in the lobby of the HMO and together we took the elevator up to the third floor (can you say somber?) where we were to meet an oncologist — a man whom I had never met or heard of before, to learn exactly what the previous week's biopsy being malignant, meant.

After the awkward introductions, the oncologist spent the next 10 minutes or so examining me in an adjacent room. Upon completing the examination, we all reassembled in the doctor's office where he proceeded to review/read the results/assessments from the previous seven weeks of tests/examinations from the pulmonologist, the radiologist, the thoracic surgeon and the associated diagnostic procedures completed: X-Rays, CT Scan, P.E.T. Scan, and of course, the biopsy. The medical opinions started off bad and got worse: stage IV, non small cell lung cancer, a "terminal" disease. In listening to the reports, there seemed to be little doubt as to the diagnosis. And so it was clear to my oncologist how to proceed: chemotherapy infusions to begin as soon as possible; to occur every three weeks for six cycles with face-to-face appointments and CT Scans to follow. And though it wasn't, and it hasn't been pretty, generally it has — presumably, kept me alive and in reasonably good spirits, all things considered, and some of those things considered have included some non-Western alternatives.

So here I am, nearly eight years to the date when my old life (pre-diagnosis) ended and my new life — as a cancer patient, began. I wouldn't call it a metamorphosis, more like an upheaval. Somehow though, as the time, treatment and routine passed, I began to assimilate and integrate my new reality into my age 54 and a half head and figure a way forward. I can't say it's been fun, but the more I can laugh and find humor in my less-than-ideal circumstances, the more positive I can be about the negative. A negative which has already done enough damage on its own.

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

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21 Announcements

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FROM PAGE 9

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TUESDAY/MARCH 7

Spring Lawn Care. 10-11:30 a.m. at Westover Library, 1644 N. McKinley Road #3. Learn what to do now to improve and maintain the lawn. Discuss the best types of grasses for the area, specific springtime turf management practices, nutrient management and soil testing, and basic pest and disease management. Free. Advance registration requested at mgmv.org. Questions, telephone 703-228-6414 or email mgaralalex@gmail.com.

Virginia Railway Express Hearing. noon at Crystal City Marriott, 1999 Jefferson Davis Highway. Public hearings to solicit comments on a proposed increase to its fares. Written comments will be accepted through Friday, March 17. Please mail to the attention of: VRE, Public Comment, 1500 King Street, Suite 202, Alexandria, Virginia 22314. Send comments via email to publiccomment@vre.org or by fax to 703-684-1313.

WEDNESDAY/MARCH 8

Sycamore School Open House. 6-8 p.m. at the Falls Church Presbyterian Church, 225 E. Broad St., Falls Church. Upcoming open houses for The Sycamore School will highlight "pop-up" classrooms where students can participate in experiential learning and parents can talk with staff about the curriculum and admissions. The school is located at The Arlington Center, Suite 300, 4600 N. Fairfax Drive, Arlington. Visit www.thesycamoreschoolva.org for more.

Annual Meeting. 6:30-9 p.m. at the Navy League, 2300 Wilson Blvd. The 39th annual meeting of Arlingtonians for a Clean Environment (ACE), "What It Means to Be Greener: Ecolabels and Standards for Environmentally Preferable Products" will include a panel presentation about the standards and labels used in the marketplace to guide our consumer choices. Visit www.arlingtonenvironment.org or call 703-228-6427 for more.

Committee of 100 Meeting. 7 p.m. at Marymount University's Gerald Phelan Hall, 4737-4763 Yorktown Blvd. How Arlington should help seniors remain in their homes is the topic of the next Arlington Committee of 100 meeting. The hall opens at 7 p.m., dinner (\$28 for members, \$30 for non-members) begins at 7:25, and the program begins at 8. For more details or reservations, visit arlingtoncommitteeof100.org.

THURSDAY/MARCH 9

Survey Deadline. Interested in having a Farmers Market on the west end of the Pike at Arlington Mill Community Center? Fill out this survey on which day of the week is preferred for another farmers market on Columbia Pike. Also, see the list of winter vendors at the Farmers Market at Pike Plaza. See the survey at columbia-pike.org/farmers-market-survey-and-winter-market-vendors.

SATURDAY/MARCH 11

Sustainable Landscaping. 9 a.m.-noon at Fairlington Community Center, 3308 S. Stafford St. Sustainable Landscaping 2: Soil Health and Water Conservation delves into soil structure, the geology of this area, how to create great compost, and preventing soil erosion and compaction. Learn about easy and natural water conservation techniques such as rain gardens, dry beds or bioswales, rain barrels, and the best plants for wet and dry areas. Free. Advance registration required as space is limited, at mgmv.org. Call 703-228-6414 or email mgaralalex@gmail.com for more.

WEDNESDAY/MARCH 15

Pruning: How and Why. 10 a.m.-noon or 1-3 p.m. in front of 3205 White St., Falls Church. Come for some hands-on training on the proper way to prune hedges, evergreen and deciduous shrubs, and deadhead perennials. Bring tools, and remember to dress for the weather. Entire class is held outdoors. Free. Due to limit of 15 attendees for each session, advance registration required at mgmv.org. Call 703-228-6414 or email mgaralalex@gmail.com for more.

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The Mount Vernon Gazette

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Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection
The Vienna/Oakton Connection
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The Great Falls Connection

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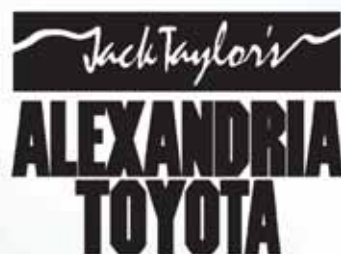
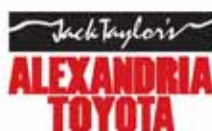
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