



The Arlington Connection

Mary Jennings squirms her way out of a manhole where she has dropped her cell phone. She explains that some people can be physical with comedy and others “just have a way with words.”

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PEOPLE

Learning To Be Funny

ArtFest continues through Friday, April 7.

BY SHIRLEY RUHE
THE CONNECTION

Ever wonder if people are just born funny? Mary Jennings, teacher of The Art of Comedy at ArtFest 2017 on April 1, said, "Some people are born funny but timing can be learned." Jennings explains that she does watercolor, oils and other art but comedy is just another way of observing. She says she got started in 2009 when she did an art show upstairs from a bar called Eleven. I decided to do a single woman show in the bar. I didn't know what I was doing."

She explains that you have to have a topic, attitude and premise, which give you the set-up for your routine. A fellow named Will has come to the workshop because he has always been interested in comedy and, "You can't study comedy in college. And my sister is funny and I want to know why." Will decides his topic will be fitbits, the exercise watch. He says they are annoying because they buzz every hour if you have been sitting.

Jennings asked: "When it buzzes, what do you feel like?"

Will said, "It is nagging but I'm wearing it so I'm nagging myself."

Jennings says that is a great premise.

Will writes down a few sentences and tries it out.

Jennings said, "That's a good start but you gave the punch line too soon; you need to capture the audience." She explains that if he heard himself, he might see that someone might not have heard it the way he meant it. "Play it back and listen."

Jennings urges Will to have a notebook with him at all times because he will have an idea and it will just float away. She reads off one of her recent thoughts: "My arms



Mary Jennings teaches the Art of Comedy (No Foolin'), a workshop offered at the week-long ArtFest events sponsored by The Arlington Artists Alliance.

are so short that when I take selfies, I only get nostrils."

Jennings says It took courage for Will to come here today. He says after this he will have to sign up for the Marines (because that takes courage.) Will added, "I had to get drunk in college to have people think I was funny. I am logical." Jennings said, "You can work with that."

Jennings explains you can be physical with your comedy, which is her style, or some people just have a way with words. She remembers when she climbed down into a sewer to retrieve her lost cell phone. "It's easy to get down," she says pinning her arms flatly against her body. "But try to



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Watercolor paintings, sculpture, oils and pottery are on display in the Historic Hendry House located on the grounds of Fort C.F. Smith at 2411 N. 24th Street. This art show and sale is part of a week full of art including free workshops.

climb get back up. There were three men offering to help me but there was no way they could reach down. So I put up my arms and wiggled," as she demonstrates, "first one cheek, then the other until I emerged covered with crud." She says she formed a lifelong bond with the three men.

"As a comic, you are a nobody and you have to earn your way up from the bottom. Otherwise you'll be doing comedy in front of the janitor." She says some venues want you to bring your posse of friends and each one has to buy two drinks. Jennings says a comic has to be constantly flexible. "Someone will throw in a distraction and you have to be able to incorporate it as though you had planned it."

The Art of Comedy is part of ArtFest, a week full of art offered by the Arlington Artists Alliance including an art show and free workshops. The art show continues Wednesday-Thursday from 12-4 p.m. with



the final day Friday from 10-12 p.m.

Workshops on Saturday, April 1 also included Dance on the Terrace, a fresco dance performance of ancient art movement performed by the Sultan's Dance Troupe.

Gilding Techniques in Iconography with Laura Clerici has been rescheduled for Saturday, April 22 at 1 pm at the Gallery Underground in Crystal City

On Thursday, April 6, 1-3 p.m., Contemporary Acrylic Painting is led by artist and instructor Jane Coonce.

On Friday, April 7, 10 a.m.-12 p.m. is "I Bought Some Art. Now What?" Learn about art display with Mary Jennings.

These events are held at Hendry House located on the grounds of Fort C.F. Smith at 2411 N. 24th Street. They are sponsored by the Arlington Artists Alliance which is a non-profit organization supporting artists in Arlington County.

Local Author Writes Book about Hemingway as Spy

American intelligence officer combines historian's skills in creating best-seller.

BY EDEN BROWN
THE CONNECTION

Nick Reynolds swears his "Papa-esque" beard has nothing to do with the six years he spent researching and writing about Ernest Hemingway's time as a spy. He grew it when he turned 65, instead of getting a tattoo, a piercing, or a fancy red sports car, he says with a smile. That's good, because Reynolds is an understated, serious historian with a full life of adventure and risk-taking behind him. The beard works with his new role as best-selling author.

Six years ago, as he was entering what he calls "a perfect part-time retirement" from a lifetime of service to his country, putting his love of history on the front burner by working at the CIA museum, Reynolds' curiosity was piqued when he

started to work on an exhibit on American intelligence in World War II. It was odd, he thought, that American icon Ernest Hemingway, his son John, and his brother Leicester all had separate relationships with the Office of Strategic Services (OSS). At that time, OSS was a small organization and the number of Americans who worked with them was even smaller. How then had three members of the same family, taking three completely separate paths, arrived at the doorstep of a secret organization? And then Reynolds stumbled on a document in the CIA library which convinced him Hemingway was in a formal relationship with the Narodnyi Komissariat Vnutrennikh Del (NKVD), the predecessor organization to the Komitet Gosudarstvennoy Bezopasnosti (KGB).

Reynolds spent the next six years researching the connection between

Hemingway and the Soviets, coming to the conclusion that he had in fact said "yes" to a recruitment pitch by the NKVD in about 1941, but also worked subsequently with other, American intelligence organizations.

Reynolds is a (retired) longtime American intelligence officer, and a former U.S. Marine colonel with a PhD in history from Oxford. He wasn't the first person to learn Hemingway had a track record in espionage. He is quick to credit the book that did: "Spies: The Rise and Fall of the KGB in America by John Earl Haynes, Harvey Klehr, and Alexander Vassiliev. But he was the first historian to examine the record with a background that enabled him to read an intelligence report and understand what it meant and to place the results of his research in the context of Hemingway's life and work. Reynolds' new book, which came out on March 14th and has already hit two

bestseller lists, "Writer, Sailor, Soldier, Spy," paints a portrait of a man troubled, but probably unnecessarily: he was a poor spy in the eyes of the Russians, not very productive and a handling officer's challenge. Reynolds is full of stories about some of the people who criss-cross the span of Hemingway's interaction with the NKVD, like Elizabeth Bentley, a Vassar graduate who ended up identifying dozens of highly placed American agents who worked for the Soviets when she turned herself into the FBI in 1945.

"When I started out writing the book," Reynolds said, "I wasn't sure it would work out. Then when I completed the manuscript, I couldn't find anyone to read it. I couldn't even find an agent. These days, with the ease of sending in manuscripts on computer

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Ballad of the County Budget

Arlingtonians divided over tax rate increase.

BY VERNON MILES
THE CONNECTION

After nearly two hours, budget hearings can start to get a little dull. More than 50 speakers had already petitioned the County Board on March 28 for different issues across the county, from asking that the county fully fund the Arlington Public Schools' (APS) budget to asking the county to stop all funding to the Metro. The audience had dwindled down from a full room to a few citizens left carrying signs in support of different projects.

And then Jeffrey Liteman pulled out his guitar and sang:

"Over in Glencarlyn we have a library
It's full of kids and grownups come visit
and you'll see

It's busy every Monday Tuesday Wednesday Thursday too

And each Friday and Saturday there's always much to do

But the new budget proposal would cut six days down to two

It would leave a lot of afterschoolers with not much to do"

Liteman, with perhaps the first sung budget proposal in county history, was one of several citizens who showed up to ask the County Board not to cut the hours at the Glencarlyn Library. The cut is one of \$11.1 million in budget cuts to halve the potential tax increase from two cents to one.

For Barbara Kubinski, the Glencarlyn Library is the easiest to use in the county as a senior citizen. Kubinski praised the convenient parking and thorough access in the building for seniors with mobility issues.

SOME OF THE PETITIONS to the County Board were light-hearted, like Liteman's song, while others pleaded to the County Board for funding that could save



Jeffrey Liteman sings his budget petition to the County Board.

Arlingtonians in critical need of health services.

Members of Arlington's Community Services Board (CSB) urged the County Board to consider several much needed improvements to the county's mental health care. Frank Haltiwanger, recently retired as principal of HB Woodlawn and a member of the CSB, asked for the approval of 2.2 additional case managers for Arlingtonians with developmental disabilities. According to Haltiwanger, \$200,600 of the \$230,000 requested would be offset by medicaid reimbursements, so the net cost to the county would be less than \$30,000.

"Without additional positions," Haltiwanger said, "the quality of services will suffer with increased caseloads."

Cherie Takemoto, a member of CSB and mother of a 28 year old with the rare genetic disorder Costello syndrome, said that caseloads are expected to rise by 15 percent in FY2018.

"The current caseload of 34 [per case

manager] will rise to an unmanageable 39," said Takemoto. "That's already well above the national standard of 25 to 28."

Several mothers addressed the County Board to remind them of the human lives impacted by inadequate mental healthcare. Denise Garcia spoke in support of a \$75,000 study requested by CSB to determine what services can be provided for young adults on the autism spectrum. One of her sons is preparing to graduate from Yorktown High School and is planning on going to George Mason University. Garcia said he was forced to attend a different high school every year and went through three different middle schools. Her other son was hospitalized twice and was sent to Utah for treatment, and still struggles with periodic setbacks of getting stuck and shutting down.

"Department of Human Services is not appropriate for him," said Garcia. "It's meant for adults with mental health issues, like schizophrenia or bipolar disorder. It's important for this county to provide appro-

priate services for young people."

Garcia wasn't alone. Other mothers, like Florence Jones, lamented the gap in county services

Florence Jones. Ginny Conroy, a friend of Jones who works in mental health care, read Jones' message to the County Board after Jones became concerned that she would be too emotional to get through it.

Jones' son is 19 with high functioning autism, but also struggles with severe emotional problems and selective mutism. He graduated from Yorktown, but according to Jones he would not receive support from Arlington County because he wouldn't ask for them. Now, Jones says her son refuses to leave the house and doesn't speak to anyone. Jones says she made calls to the mental health hotline, but said they could not help because he was not hurting himself or others. On one occasion, Jones said a county employee told her to kick him out of her house. After being taken to the Virginia Hospital Center, Jones says her son is in worse shape than ever, with no follow-up support.

Conroy spoke afterwards to emphasize Jones' message and to advocate for the CSB study to determine what services could help young Arlingtonians like Jones and Garcia's children.

IN FY2017, the County Board approved \$50,000 in one-time funds to the Lee Highway Alliance (LHA). According to the County Manager's Budget Message at the time, the funding was to ensure that the corridor is the focus of the next major planning effort after Four Mile Run Valley. It was noted in the funding, however, that while staff would continue to work with the LHA on activities, no additional resources were planned for FY2018.

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Mr. Schwartz Goes to Washington

County manager says local social programs are on Federal Budget chopping block.

BY VERNON MILES
THE CONNECTION

It is chaos across the Potomac. In the first few months of the Presidency of Donald Trump, the political battles waged over the last few years have showed no signs of abating. With the federal budget process underway and massive cuts proposed by Trump, how the budget affects Arlington remains in question. On Sunday, April 2, County Manager Mark Schwartz spoke to the League of Women Voters about what sort of impacts those cuts could have on Arlington and how other battles have affected the county's ability to provide services.

"The total federal footprint on the budget is \$60

million," said Schwartz, saying the largest items were between \$15 and \$14 million for social services. "It's a significant amount of money, but a small piece of the budget."

Still Schwartz noted that the federal funding could put programs like Women, Infants and Children (WIC) nutrition program and the Housing Choice Voucher at risk.

"These programs help people find places to live, that would be a big impact," said Schwartz.

The proposed elimination of the immunization program from the Department of Health would also have a major impact on Arlington, according to



PHOTO BY VERNON MILES/THE CONNECTION

Nancy Tate (left) from the League of Women Voters and moderator of the discussion with County Manager Mark Schwartz.

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OPINION

Another Step to Police Transparency

Opening up records of “unattended deaths” to families.

The first paragraph of Virginia Freedom of Information Act, passed by the General Assembly in 1968, states that all public records “shall be presumed open.” But the legislation includes an exception that allows police to withhold “complaints, memoranda, correspondence, case files or reports, witness statements and evidence.”

As a result, many police departments around the Commonwealth, including Alexandria, Arlington and Fairfax, have adopted what they call a “blanket” approach to using their exemption. That means they have decided to withhold any document they can without any analysis of whether they should. Police chiefs

and prosecutors from across the commonwealth have spoken out against any effort to undermine their broad power of exemption.

To its credit, the Fairfax County Police Department has committed to “release police reports with redactions rather than creating a summary document,” and the new policy is in progress.

During the 2017 session of the General Assembly, state Sen. Scott Surovell’s bill, SB1102, passed both the House and Senate without any votes in opposition. The bill would require police to release the records of investigations of deaths by suicide to the closest family member.

The bill summary: “Virginia Freedom of Information Act; completed unattended death investigations; mandatory disclosure. Requires that records of completed unattended death investigations be released to the parent or spouse of the decedent or, if there is no living parent or spouse, to the most immediate family member of the decedent.”

Gov. Terry McAuliffe proposes to gut the bill by amending it to only require the police to provide a summary of the report.

Families deserve to have access to completed police reports about the death of a loved one. (This is also an issue for murder victims and other situations, but is not addressed by this bill.)

The General Assembly meets for its veto session Wednesday, April 5, and we urge every member who voted in favor of Surovell’s bill to vote to block the amendment.

We note that police departments do not have to withhold these reports; nothing in the current law prohibits their release. Police departments could choose the compassionate and transparent approach by releasing reports, redacting the names of witnesses and other information as reasonably necessary. This is what the FCPD is working towards.

— MARY KIMM

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Bidding Farewell to Circus ‘Big Top’

Last chance to see it in Northern Virginia.

BY MICHAEL MCMORROW
THE CONNECTION

Ringling Brothers and Barnum & Bailey Circus will close early next month and become a page in history. A few troupes will continue, some with specialties like Cirque du Soleil and others that are true circuses but small like Circus Flora. But the “Big Top” will be gone.

Attending the final few performances, nobody would guess that the end is drawing near. Performers, at the peak of their profession in “The Greatest Show on Earth,” are not about to ease up their routines or disappoint the audiences.

A blur of countless colors, music pouring from carefully positioned speakers, costumes alight with spangles and crystals, lions and tigers caged with a man and a whip, lights scanning the crowd and reaching high above the ring, horses with bareback riders, people climbing to and hanging from the rafters, everything one expects in a circus envelops each guest, young or old. Everything, that is, except the elephants that are retired to a conservation center in Florida.

Circuses can be measured by the members of clown alley, and Ringling always has some of the best. While facing disappointment as the company closes, the clowns have lost none of their energy and joy performing. In fact, they display optimism alongside professional pride.

Joan Fernandez Cabrera said he is happy to work with Ringling, but when it ends he will visit his family in Cuba and then journey to Europe with confidence of finding work. “There is always room for a good clown,” he said.



Joan Fernandez Cabrera



Victor Rossi

PHOTOS BY MICHAEL MCMORROW

The story is much the same with Victor Rossi, originally from France and of a family with many generations in the circus.

Ringling has brought laughs and gasps to countless millions during its 146 years crisscrossing the country. It could hold its own with moving pictures, but not with the hundreds of

television channels in high definition and color.

Over the next few days, a man with a tall hat and wearing a military cut jacket of many colors will step into the spotlight and cry out “Ladies and gentlemen and children of all ages, you are about to see the most extraordinary performers and exotic animals one last time at The Greatest Show on Earth.” Older listeners will recall memories of years past, and the young will file away a memory to be recalled in years yet to come.

The bad news is that the circus is passing away. The good news is that it also is passing through Northern Virginia for a final time, right now.

Details

Ringling Brothers and Barnum & Bailey Circus

Friday, April 7 through Sunday, April 16
EagleBank Arena (formerly Patriot Center)
George Mason University Campus, Fairfax
See www.ringling.com

The
Arlington
Connection

www.ConnectionNewspapers.com

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

**1606 King Street
Alexandria, Virginia 22314**

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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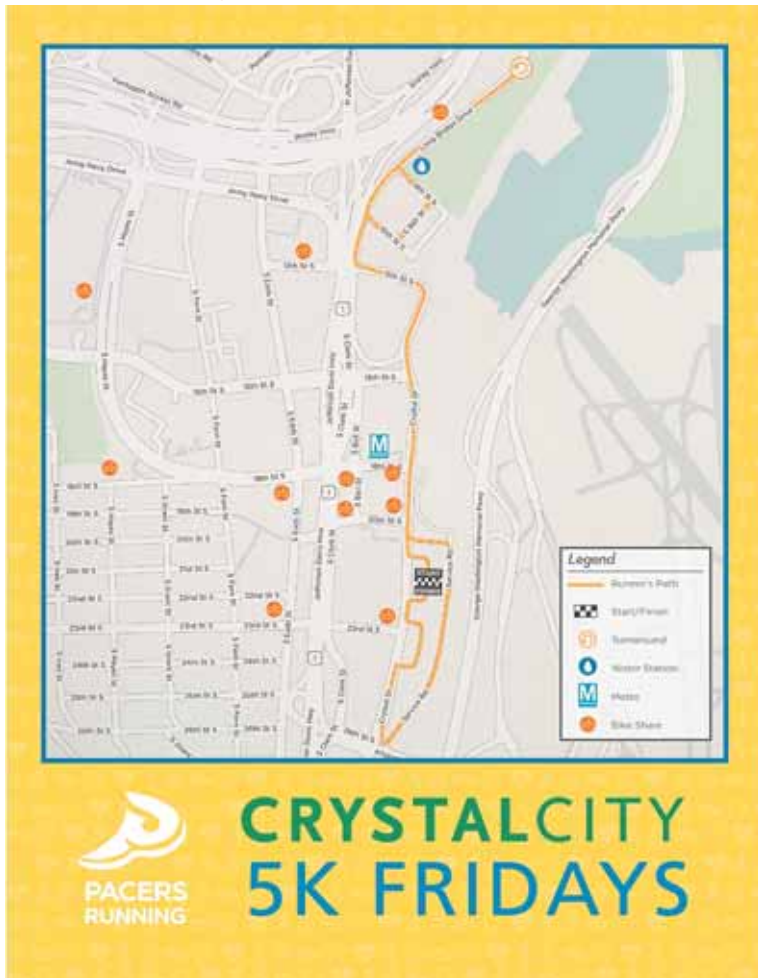
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Crystal City 5k Friday Races

The Crystal City 5k Friday races will take place each Friday evening on April 7, 14, 21, and 28. The Arlington County Police Department will conduct the following road closures from approximately 6:15 p.m. until 8:15 p.m. to accommodate these events:

- ❖ Northbound lanes of Crystal Drive between 26th Street S. and 12th Street S.
 - ❖ North and Southbound lanes of Long Bridge Drive as well as all traffic around 6th, 10th, and Ball Streets S. will be closed.
 - ❖ Southbound Lanes of Crystal Drive will be open during the race.
- In addition to the closures, street parking in the area will be restricted. Motorists should be on the lookout for temporary "No Parking" signs. Illegally parked vehicles may be ticketed or towed. If a vehicle is towed from a public street, call 703-558-2222.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for April 10-15.

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: Gari Melcher's Home

tour, Fredericksburg, plus Studio Pavilion Tea Lunch, Tuesday, April 11, \$47; Arena Stage, "A Raisin in the Sun," Saturday, April 15, \$76. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Car Maintenance 101, Monday, April 10, 11 a.m., Walter Reed. Free. Register 703-228-0955.

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ENTERTAINMENT

Submit entertainment announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Cycling Volunteers Needed. The 20th annual Armed Forces Cycling Classic needs volunteers for the June 10-11 race. Sign up by April 15 and get a free class at CycleBar Columbia Pike. Email info@arlingtonsports.org for more.

Crystal Run: 5K Fridays. 6:30 p.m. Fridays in April at 2121 Crystal Drive. An evening race after work. Visit www.crystalcity.org for more.

“Midwestern Gothic.” Various times through April 30 at the Signature Theater, The Village at Shirlington, 4200 Campbell Ave. Story of a small town and a young girl whose imagination drives her to create more and more diversions. Visit www.sigtheatre.org for more.

Annual Student Exhibition. Through May 5, various times in the Barry Gallery in the Reinsch Library, Marymount University, 2807 North Glebe Road. Featuring art, design, and fashion illustration work. Visit www.marymount.edu/barrygallery for more.

Artomatic Kicks Off 2017. Various times through May 6 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.

OCEAN Yoga. through May 6 at Shirlington Branch Library, 4200 Campbell Ave., Campbell Room.



PHOTO CONTRIBUTED

‘Midwestern Gothic’

Various times through April 30 at the Signature Theater, “Midwestern Gothic” is the story of a small town and a young girl whose imagination drives her to create more and more diversions. Visit www.sigtheatre.org for more.

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.

FRESHFARM Market. 3-7 p.m. on Tuesdays at 1900 Crystal Drive. Shop from local farmers and producers with seasonal fruits and vegetables,

fresh-cut flowers, container plants and herbs, farm-raised eggs, all-natural meats, artisan baked goods, and specialty foods. Visit www.crystalcity.org for more.

Mobile Bike Repair. 8 a.m.-3 p.m. on Thursdays at 1900 Crystal Drive. Drop off your bike on Thursday morning and have it tuned up and ready to ride before heading home. Email DC@velofix.com, or phone 855-VELO-FIX for more.

Food Truck Thursdays. 11 a.m.-2 p.m. at 1900 Crystal Drive & 201 12th St. Actual truck schedules are subject to change so be sure to follow your favorites. Visit www.crystalcity.org for more.

Crystal Ball: Street Hockey. 6:30 p.m. Thursdays at 1900 Crystal Drive. A co-ed social league, In partnership with the DC Fray, hockey enthusiasts compete competitively and recreationally in Crystal City. Games are played weekly and champions are crowned at the end of each season. Visit www.crystalcity.org for more.

Healthy Lifestyle 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

EASTER EVENTS

SATURDAY/APRIL 15

Walker Chapel Community Easter Egg Hunt. 3 p.m. at Walker Chapel United Methodist Church, 4102 N. Glebe Road. Call 703-538-5200 or visit www.walkerchapel.org.

THURSDAY/APRIL 20

Arlandria Eggstravaganza. 11 a.m.-2 p.m. at Four Mile Conservatory Center 4109 Mt. Vernon Ave. Alexandria. Easter bunny and egg hunt. Visit arlandriaeggstravaganza.com.

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

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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.crystallcity.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.

THROUGH APRIL 9

"Godspell." Fridays and Saturdays at 7:30 p.m., Saturdays and Sundays have a 3 p.m. matinee at Encore Stage, 125 S Old Glebe Road. \$10. Visit www.encorestageva.org/ or call 703-548-1154 for more.

APRIL 3-28

Divine Light Art Show. Various times at the Gallery Underground, 2100 Crystal Drive. The opening reception to meet the artist is on April 7 from 5-8 p.m. Visit www.galleryunderground.org/ for more.

FRIDAY/APRIL 7

Book Sale. 9 a.m.-9 p.m. at the Falls Church Community Center, Falls Church, 223 Little Falls St. Sponsored by American Association of University Women. Call 703- 941-5643, or email molliejewel2@gmail.com for more.

Rosslyn CAFÉ project. 6-8 p.m. at the Bennett Park Art Atrium, 1601 Clarendon Blvd. The Community, Arts, Food and Entertainment (CAFÉ), will bring you local food, art and music every Friday night. Free. Visit www.rosslynva.org for more.

APRIL 7-8

Barrier Dance Production. 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Explores stories of flight, migration, climate and the environmental impact of barriers. Visit www.janefranklin.com/ for more.

SATURDAY/APRIL 8

Arlington Poetry Fest. noon-4 p.m. at the Central Library, 1015 N Quincy St. Join Arlington's Poet Laureate Katherine E. Young, along with local poets and artists, for an afternoon exploring poetry through music, dance and visual arts. Call 703-228-5990 for more.

Children's Book Signing. 2 p.m. at Barnes & Noble, Inc. 6260 Seven Corners Court, Falls Church. Local children's author and Arlington resident Paula Bordenkecher to sign her book, "The Adventures of Casey Formoonzago." Email CRM2712@bn.com or call 703-536-0774 for more.

Annual Potomac Cleanup. 2-4 p.m. at Gulf Branch Nature Center, 3608 Military Road. Improve Arlington's part of the Potomac by taking out the trash, bags and gloves will be supplied. An adult must accompany volunteers under 18 years old. Email gulfbranchnaturectr@arlingtonva.us or call 703-228-3403 for more.

Spring SOLOS 2017. 6-9 p.m. at the Arlington Arts Center, 3550 Wilson Blvd. Opening reception for seven artists from Virginia, Pennsylvania, Maryland, and West Virginia. Each will mount a self-contained show in seven separate gallery spaces, resulting in a sampling of never-before-seen art. Visit arlingtonartscenter.org for more.

Bites & Blues Party. 7 p.m. at Arlington Rooftop & Grill, 2424 Wilson Blvd. The second annual Bites & Blues Party benefiting its Oral Health Program, each ticket covers the cost of a first time patient's initial exam, x-rays, and cleaning with the AFC dentist. Visit www.arlingtonfreeclinic.org/ or call 703-528-3030 for more.

Invertebrates Campfire. 7-8 p.m. at Long



Poetry Fest

PHOTO BY
YACOUBA TANOU

Poet Christylez Bacon will be part of the Arlington Poetry Fest, noon-4 p.m. at the Central Library, 1015 N Quincy St. Join Arlington's Poet Laureate Katherine E. Young, along with local poets and artists, for an afternoon exploring poetry through music, dance and visual arts. Call 703-228-5990 for more.

Branch Nature Center, 625 S. Carlin Springs Road. The program will be filled with activities that may include stories, special animal guests, games, songs and S'mores. Email longbranchnaturectr@arlingtonva.us or call 703-228- 6535 for more.

Sounds Of The Caribbean. 7 p.m., at Rosslyn Spectrum Theater, 1611 N. Kent St. Teatro De La Luna presents Joe Falero Band. Call 703-548-3092 or visit www.Teatrodelaluna.org.

APRIL 10-14

Spring Break Theater Camp. 9 a.m.-3 p.m. at Synetic 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 synetictheater.org/ for more.

THURSDAY/APRIL 11

Origami for Beginners. 10 a.m.-noon at Arlington Mill Community and Senior Center, 909 S. Dinwiddie St. Join an experienced origami artist to learn about the art of folding paper, including the history and culture of origami. Seniors age 55+. Free. Call 703-228-7369 for more.

Grandma Lee Live. 7:45 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Grandmother comedian from America's Got Talent, Last Comic Standing. \$15. Visit www.ArlingtonDrafthouse.com for more.

WEDNESDAY/APRIL 12

Planning and Planting the Herb Garden. 7-8 p.m. at the Arlington Central Library, 1015 N. Quincy St. Learn basic techniques on how to plan and plant an herb garden at home. Visit mgnv.org or call 703-228-5990 for more.

APRIL 13-MAY 13


Nature's Grasp Artshow. Various times in Lee Arts Center, 5722 Lee Highway. NATURE'S GRASP: A Printmaking Portfolio. Opening reception, Saturday, April 15, 1-3:00 p.m. Free. Call 703-228-0560.

MONDAY/APRIL 17

Water Use and Gardens. 7-8 p.m. at the Arlington Central Library, 1015 N. Quincy St. Irrigation, hand watering, rain barrels, ollas, storm water re-use. Visit mgnv.org or call 703-228-5990 for more.

APRIL 19-MAY 24

Outdoor Zumba. 6-7 p.m. on Wednesdays, April 19 to May 24 (no class May 10) at Freedom Park, Entrance on Lynn St. at Wilson Blvd. \$20 for all five classes. Visit www.rosslynva.org.



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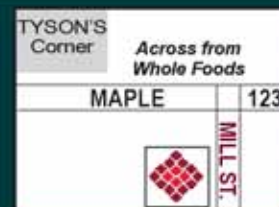
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Looking at Possible Impact of Federal Budget

FROM PAGE 3

Schwartz.

Schwartz also noted that it was too early to make exact predictions about how the national budget will impact the locality. The President's proposed budget must still gain congressional approval and Schwartz said he was skeptical about that.

Some in attendance were wondering if the increase in spending for the military might have a positive impact on Arlington by bringing back jobs lost from base realignment. Schwartz said it was possible, but unlikely.

"It's not really a budget," said Schwartz. "It's a thin document, and the increase in military spending is national. It's unclear how that will manifest. Arlington has always benefited from its proximity to the federal

government and the military. Would it be good? It would offset some job loss. But it's still unclear what impacts it would have."

Schwartz also said as county manager he was wary of hoping too much for the government and military jobs to return after Arlington had been burned before by their loss.

"In Arlington we've been trying not to be so reliant on the federal government ... but we'll take anything that came out way."

But for Schwartz, the biggest impact the Trump presidency is having on Arlington isn't in the budget, but in relations between the county government and the immigrant community.

"There is nothing a locality can do to stop a federal agent with a warrant from arresting somebody," said Schwartz. "The places calling themselves sanctuary cities ... that's

just puffery. Anything we said in the past to say we can stop [immigration police] was misplaced."

The most Schwartz says the county can do is try to mitigate the damage caused by immigration raids.

"Families are being ripped apart, and that's unfortunate," said Schwartz. "We must do what we can to help those families, many of whom are panicking over what to do with their kids if the parents are deported. The county is trying to help pull resources together for those offering legal and food assistance."

In particular, Schwartz says it's going to be important over the coming years to help immigrants understand their rights and to keep an eye on changes in ICE policies.

"ICE has said they won't go into churches

or medical offices," said Schwartz, "But the D.C. agent in charge said to me that it could change based on what their headquarters says. The administration doesn't have enough people to be everywhere, so they're trying to help push fear."

But Schwartz also warned that well intentioned citizens advocating for immigrants can also unwittingly be a part of that.

"A lot of what this administration has announced is hurting our community policing," said Schwartz. "People who would normally be witnesses now won't come forward. It makes [police work] that much more difficult ... There are also [advocates] being less than careful about repeating stories. Fear spreads on both ends of the spectrum."

Ballad of the County Budget

FROM PAGE 3

In the County Manager's initial FY2018 budget proposal, the LHA received \$60,500 total, but all funding was cut as part of the County Board request.

Several residents and civic leaders along Lee Highway came to the event to protest \$60,000 cut of county funding to the Lee Highway Alliance.

"Please continue to support funding for the Lee Highway Alliance," said Chenda Lee, pastor of the United Methodist Church on Lee Highway. "We believe in the alliance and the work it's doing."

Representatives from several civic associations affiliated with Lee Highway urged the County Board to reconsider the funding.

But for several citizens, the budget is already too bloated and the existing tax increase is too much.

"I feel like I am here representing the taxpayer," said John Schoenecker from the Fiscal Affairs Advisory Commission. "Throughout this process, whenever you're asked for more money, ask yourselves ... is it worth squeezing the cost of daycare? For [a daughter's] college education, and the fact that she might lose her job under Donald

Trump's budget? Is the next dollar worth that?"

Schoenecker criticized the County Board's continual funding to the Affordable Housing Investment Fund's reserve and the pay increase to county employees.

"[You're asking us] to give employees a \$3 a quarter pay raise," said Schoenecker. "I'm sure most employees are great, but with all due respect, that's not a serious budgeting process."

Schoenecker wasn't alone. At another public budget hearing on March 30, several citizens showed up to protest the tax increase.

"I'd be a little embarrassed to be trying to raise my own pay while raising taxes on ordinary Arlingtonians," said Gary Lakowski, criticizing the County Budget's proposed pay increase for County Board members. "It sends a signal about how we value the money of people in Arlington."

Final adoption for the County Budget will be on April 22, where many Arlington citizens are hoping, as Liteman sang:

"So when it's time for you to vote and set the final budget

We hope you'll do the right thing and that you won't try to fudge it."

Reynolds on Hemingway

FROM PAGE 2

and the direct access people have to publishers, the literary folks are overwhelmed with things to read and usually, they don't have time to get through the pile. You don't even hear back from them that they received it." But serendipity had a role to play for Reynolds: he and his wife practice Yoga at the Tranquil Space Yoga studio on Wilson Boulevard. Through Tranquil Space they got to know a woman who had worked for a downtown firm which specializes in local non-fiction authors. Pretty soon, they had a meeting with William Morrow in New York, and after a "very long day" of meetings with Morrow and others, his book was accepted.

There was still a lot of work to be done, he said with a smile. "My editor at William Morrow said that I had to put in a lot more detail. I had described a scene where Hemingway's boat 'Pilar' spots a German submarine. A fishing boat spots a U boat. And he said, 'Nick, you have to get some details in there: what was the weather like?' So I researched what the

weather was on that day and you know, you can find that stuff out."

Now Reynolds is on the talk circuit, having done Politics and Prose on March 18, the One More Page Books reading at Arlington Central Library on April 1, and a reading at the International Spy Museum on Monday April 3. He's been on NPR and he leaves soon for a tour around the country, after hosting a private book party for neighborhood friends and supporters at the Lyon Park Community Center.

That's typical of Reynolds: he and his wife Becky are enjoying the sudden success of his book, and wanted to share it. Reynolds credited her, and those who played a role in moving him to this goal: the curator of the CIA museum, the Yoga instructor, the Yale University Press book "Spies", and of course, his agent Howard Yoon, his editor Peter Hubbard, and media relations guru, Sharyn Rosenblum. It looks as though this "writer, teacher, soldier, spy" who really prefers to stay at home in Arlington reading, donating to local charities like Arlington Thrive, rescuing dogs, or teaching at Johns Hopkins, is not going to be semi-retired after all.

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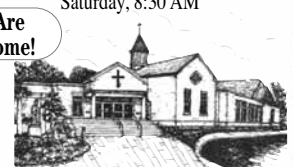
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HOME SALES

In February 2017, 173 Arlington homes sold between \$2,100,000-\$122,500. This week's list represents those homes sold in the \$435,000-\$246,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision
2825 ABINGDON ST #B	2	2	0	ARLINGTON	\$435,000	Townhouse		22206	FAIRLINGTON VILLAGE
2009 QUINCY ST	5	3	0	ARLINGTON	\$430,000	Detached	0.11	22204	OTHERS
1800 WILSON BLVD #102	1	1	0	ARLINGTON	\$425,000	Mid-Rise 5-8 Floors		22201	1800 WILSON BLVD.
1800 WILSON BLVD #107	1	1	0	ARLINGTON	\$420,000	Garden 1-4 Floors		22201	1800 WILSON
1800 WILSON BLVD #123	1	1	0	ARLINGTON	\$415,000	Garden 1-4 Floors		22201	1800 WILSON
1276 WAYNE ST N #406	1	1	0	ARLINGTON	\$414,000	Hi-Rise 9+ Floors		22201	COURTHOUSE
2001 15TH ST N #914	1	1	0	ARLINGTON	\$405,000	Hi-Rise 9+ Floors		22201	ODYSSEY
4139 FOUR MILE RUN DR S #102	2	2	0	ARLINGTON	\$395,000	Garden 1-4 Floors		22204	WEST VILLAGE AT SHIRLINGTON
3800 LEE HWY #206	1	1	0	ARLINGTON	\$395,000	Garden 1-4 Floors		22207	38 PLACE
1530 KEY BLVD #1203	1	1	0	ARLINGTON	\$391,000	Hi-Rise 9+ Floors		22209	THE ATRIUM CONDOMINIUM
4162 36TH ST S	2	2	0	ARLINGTON	\$388,500	Townhouse		22206	FAIRLINGTON GLEN
2868 ABINGDON ST #A1	1	2	0	ARLINGTON	\$378,000	Back-to-Back		22206	FAIRLINGTON VILLAGES
4113 FOUR MILE RUN DR #102	2	2	0	ARLINGTON	\$375,000	Garden 1-4 Floors		22204	WEST VILLAGE OF SHIRLINGTON
1301 COURTHOUSE RD #1411	1	1	1	ARLINGTON	\$374,000	Hi-Rise 9+ Floors		22201	WOODBURY HEIGHTS
1001 VERMONT ST N #309	1	2	0	ARLINGTON	\$372,000	Mid-Rise 5-8 Floors		22201	WESTVIEW AT BALLSTON METRO
2435 OXFORD ST S	3	2	0	ARLINGTON	\$359,500	Duplex	0.07	22206	FORT BARNARD HEIGHTS
1001 RANDOLPH ST N #404	1	1	0	ARLINGTON	\$354,900	Hi-Rise 9+ Floors		22201	EASTVIEW AT BALLSTON METRO
3300 WAKEFIELD ST #B	2	1	0	ARLINGTON	\$347,320	Townhouse		22206	FAIRLINGTON COMMONS
880 POLLARD ST #927	1	1	0	ARLINGTON	\$339,000	Hi-Rise 9+ Floors		22203	BALLSTON
3046 BUCHANAN ST S #B2	2	1	0	ARLINGTON	\$334,900	Garden 1-4 Floors		22206	FAIRLINGTON
2100 LEE HWY #412	1	1	0	ARLINGTON	\$330,000	Hi-Rise 9+ Floors		22201	THE ASTORIA
4163 FOUR MILE RUN DR S #404	1	1	0	ARLINGTON	\$325,000	Garden 1-4 Floors		22204	WEST VILLAGE AT SHIRLINGTON
2804 ABINGDON ST S #A	2	1	0	ARLINGTON	\$320,000	Townhouse		22206	FAIRLINGTON VIL
4709 30TH ST S	2	2	0	ARLINGTON	\$320,000	Townhouse		22206	FAIRLINGTON VILLAGES
4141 HENDERSON RD #402	1	1	0	ARLINGTON	\$319,500	Hi-Rise 9+ Floors		22203	HYDE PARK
1301 ODE ST #124	2	1	0	ARLINGTON	\$315,000	Garden 1-4 Floors		22209	WESTMORELAND TERRACE
2707 WALTER REED DR #A	2	1	0	ARLINGTON	\$311,000	Attach/Row Hse		22206	THE ARLINGTON
4606B 28TH RD S #B	2	1	0	ARLINGTON	\$305,000	Garden 1-4 Floors		22206	THE ARLINGTON
3800 FAIRFAX DR #107	1	1	0	ARLINGTON	\$300,000	Hi-Rise 9+ Floors		22203	TOWER VILLAS
2100 LEE HWY #244	1	1	0	ARLINGTON	\$299,999	Mid-Rise 5-8 Floors		22201	ASTORIA
4617 28TH RD S #B	2	1	0	ARLINGTON	\$299,900	Garden 1-4 Floors		22206	THE ARLINGTON
2723 WALTER REED DR #B	2	1	0	ARLINGTON	\$299,000	Garden 1-4 Floors		22206	THE ARLINGTON
1717 TROY ST N #7-389	1	1	0	ARLINGTON	\$298,500	Garden 1-4 Floors		22201	COLONIAL VILLAGE
4609D 28TH RD S #D	2	1	0	ARLINGTON	\$280,000	Garden 1-4 Floors		22206	THE ARLINGTON
2582D ARLINGTON MILL DR #4	1	1	0	ARLINGTON	\$274,900	Garden 1-4 Floors		22206	WINDGATE VILLAGE III
1200 ARLINGTON RIDGE RD #206	2	1	0	ARLINGTON	\$270,000	Mid-Rise 5-8 Floors		22202	THE CAVENDISH
2590C ARLINGTON MILL DR #3	1	1	0	ARLINGTON	\$266,000	Garden 1-4 Floors		22206	WINDGATE
1900 KEY BLVD #9457	1	1	0	ARLINGTON	\$262,000	Garden 1-4 Floors		22201	COLONIAL VILLAGE
1300 ARMY NAVY DR #730	1	1	0	ARLINGTON	\$262,000	Hi-Rise 9+ Floors		22202	PENTAGON CITY METRO
4366 PERSHING DR #43662	2	1	0	ARLINGTON	\$260,000	Garden 1-4 Floors		22203	ARLINGTON OAKS
4634A 28TH RD S #A	2	1	0	ARLINGTON	\$260,000	Garden 1-4 Floors		22206	THE ARLINGTON
3000 SPOUT RUN PKWY #C405	1	1	0	ARLINGTON	\$257,050	Mid-Rise 5-8 Floors		22201	ARLINGTON
2603 ARLINGTON BLVD #101	1	1	0	ARLINGTON	\$255,000	Garden 1-4 Floors		22201	CAMBRIDGE COURTS
4501 ARLINGTON BLVD #417	2	2	0	ARLINGTON	\$251,000	Mid-Rise 5-8 Floors		22203	THE CHATHAM
2823 WAKEFIELD ST S #C	1	1	0	ARLINGTON	\$250,000	Garden 1-4 Floors		22206	HEATHERLEA
1200 NASH ST N #558	0	1	0	ARLINGTON	\$249,999	Hi-Rise 9+ Floors		22209	PROSPECT HOUSE
900 TAYLOR ST #1420	2	2	0	ARLINGTON	\$249,000	Hi-Rise 9+ Floors		22203	THE JEFFERSON
3008 ABINGDON ST #B1	1	1	0	ARLINGTON	\$246,000	Garden 1-4 Floors		22206	FAIRLINGTON VILLAGES

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Sick & Tired



By KENNETH B. LOURIE

Man o' man was I sick last weekend (that was not a question). It began as a runny nose, followed by an annoying hacking cough, compounded by sneezing and watery eyes, an occasional headache, with zero interest in food and hardly any energy to get myself out of bed where I spent practically the entire two days. I haven't been that sick/incapacitated since, I don't know when. Thankfully, there was no temperature, sore throat or nausea to further complicate my inability to move off the bed. And most thankfully, there was no urgency to visit the bathroom (I don't know if I would have had the wherewithal to even get there). Otherwise, I might have actually had to call/email the doctor and/or make an appointment at the Emergency Room. After all, I do have cancer so I really shouldn't ignore — totally — the times when I'm feeling uncharacteristically bad. This past weekend, had I gone from bad to worse, I would have called.

However, my symptoms, as miserable as they were, especially for two days, didn't meet the this-is-it threshold as set forth by my oncologist. Though the symptoms were new and different versus the everyday norm, they certainly weren't uniquely different (lung cancer related) for a seasonal-type cold. Moreover, the pain/discomfort/cough wasn't coming from my lungs, and the symptoms had only lasted a few days, not a few weeks. I therefore determined that unlike Babe Ruth who felt "just as bad" as he sounded in his famous Babe Ruth Day farewell speech at Yankee Stadium on April 27, 1947, I wasn't dying. I was just sick with a bad cold, one that was worse than any I remember (although maybe I've forgotten. See column titled "I Can't Forget What I Don't Remember" published 3/22/17).

Nevertheless, since I'm not a doctor, just a patient, presumably I should know what my body is telling me. However, I may not be so inclined to listen (fear mostly). Though my life may occasionally be at stake, I still struggle with the facts of my case. I delude myself into thinking that if I don't give in to the pain and suffering — as rare as they usually are, then I won't suffer the consequences: dying before my time. I don't want to believe the worst so I don't. I wouldn't attribute my above-average life "unexpectancy" since diagnosis (eight years — AND ALWAYS COUNTING) as the power of positive thinking since I never read the book written by Norman Vincent Peale. But I try not focus too much on my diagnostic reality.

I mean, it's not as if I laugh in the face of death; heck, I cry more than ever, especially while watching programs on television when heartstrings are pulled. Somehow though, I try not to take my cancer personally, if that makes any sense? I try to take it the same way Curly Howard of The Three Stooges took his many slapstick pratfalls: "I'm a victim of soy-cumstance."

But when I get sick, whether or not I feel anything in my chest/lungs, I cross over into an entirely new realm. No more am I able to talk/humor myself into or out of things, no more am I able to deny my cancer reality and no more am I able to pretend that all is right in my world. It's during these situations when the metaphorical/proverbial you know what hits my emotional fan that I suffer the most. Unfortunately, there's not a shut-off button. I just have to ride it out, as bumpy as it typically is, and hope I come out the other end in better shape than when I went in.

So far, so good. Although I'm still coughing a bit and blowing my nose, all the other symptoms have subsided and no more do I feel worse for the wear. I don't suppose it's cancer-related, but of course, what do I know? What I do know is this: if the remaining symptoms linger, I'll worry, and on Wednesday, April 19 — and for the following week, I'll worry even more awaiting the results from the CT Scan and lower abdomen MRI I have scheduled that day (it's a special: two for one). Granted, these tests are not any newer than catching a cold, but still, I can't help wondering: since I was diagnosed as "terminal," this can't keep going on forever, can it?

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

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Launching Young Entrepreneurs

During the Arlington Chamber of Commerce's Young Entrepreneurs Academy (YEA) Investor Panel on March 30, 11 local middle and high school students, representing 10 businesses, pitched their business plans to investors, who determined the amount of startup capital granted to each student to launch his or her business.

Based on the appeal and merit of the students' plans and presentations, panelists awarded each business the following funds:

❖ Ethan Mauger, a 7th grader at Williamsburg Middle School, received his full ask of \$465 for his business, Private Perfection, a trumpet tutoring business for fourth and fifth grade students.

❖ Williamsburg Middle School 8th grade student Selam Ghide received her full ask of \$400 for her business, Inquiry, a website that helps students find answers to school-related problems. This includes assisting students with catching up on lessons and classwork after a school absence.

❖ Sofia Brodsky, an 8th grader at Swanson Middle School, received her full ask of \$988 to launch her business, Pink Pineapple, which creates luxury bath products to help women feel comfortable and confident in their bodies. As part of its business model, Pink Pineapple donates a portion of its profit to the National Breast Cancer Foundation.

❖ Langley High School sophomores Ann Chen and Gaoyang Ganjin received \$250 for their business, BINDY, which wholesells a more handy, convenient type of binder.

❖ Williamsburg Middle School 7th grade student Bethel Ghide received her full ask of \$500 to start her business, Dessert in a Jar, which sells delicious and convenient desserts that are simple to make, without all the effort in the kitchen.

❖ Bodhi Patel, a junior at Langley High School, received \$500 for his business, Bodhi's Light, LLC, designed to help children and adults find inner peace, self-love, and growth, despite outside stresses.

❖ Anneka Noe, a junior at Langley High School, received \$500 for her business Tutor Time. This business connects Washington, D.C. metro area high school students, who are seeking community service opportunities, to elementary school students needing tutoring in mathematics

❖ K-12 Academy freshman Tyler Muse received \$250 for his business Replay My Gear, which collects used sports equipment to donate to young athletes who are unable to afford it. In addition to \$250 in capital contributions, Tyler received a Business Startup Package, courtesy of Arlington Law Group.

❖ Sixth grader Charlotte Cunningham re-



Arlington Regional Semi-finalist Tasnim Alam of Heatless Hotness with Kate Bates and Paul Longworth of Fluor.

ceived her full ask of \$483 to start her business, Youth Neighborhood Care (YNC), which neighborhood residents can use to hire youth to assist with everyday chores and tasks.

❖ Tasnim Alam, a senior at Wakefield High School, received her full ask of \$800 for her business, Heatless Hotness, which sells heat-free hair curlers that are convenient to use and create salon-like results.

After deliberation by the investors, Tasnim Alam, the founder and CEO of Heatless Hotness, was selected to advance to the Regional Semi-Finals of the YEA! Saunders Scholars National College Scholarship competition in Rochester, N.Y. in May. Here, she will compete for college scholarships, cash prize packages, and the opportunity to attend America's Small Business Summit in Washington, D.C. courtesy of the United States Chamber of Commerce.

The panel of investors featured the following local business leaders: Kelly Shooshan, representing the Ballston BID; Doug Taylor of Bean, Kinney & Korman, P.C.; David Isaacson of Beach Geeks, Inc.; Paul Longworth of Fluor; Pinkie Dent Mayfield of Graham Holdings Company; Todd Ihrig of H.D. Vest Investment Services; and Kevin Shooshan of The Shooshan Company.

Students will now begin marketing and selling their products and services, while preparing for the YEA! Trade Show to showcase their goods to the general public. The Trade Show is planned for May 18 at the Ballston BID Farmers Market from 4-7 p.m. This event is free and open to the public.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

JOBS PORTAL

Hire Autism Now Open. The Organization for Autism Research (OAR) today announced the launch of its new employment initiative, Hire Autism, for its test run in Northern Virginia. Hire Autism is an online jobs portal that helps individuals with autism of all capacities connect with businesses and employers willing to consider them as candidates for competitive employment. Visit HireAutism.org or www.researchautism.org for more.

APRIL

Coffee for Campers. April is the Month of the Military Child, and to honor our nation's littlest heroes, the National Military Family Association is asking if you'll give up your coffee shop coffee and donate that extra \$5 a day to send a military kid to Operation Purple Camp. Visit www.militaryfamily.org/get-involved/donate/coffee-for-campers.html to learn more.

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21 Announcements

ABC LICENSE
HBC Market Common Corp. trading as Heritage Brewing Co. Market Common Brewpub & Roastery, 2900 Wilson Blvd, Ste 104, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises and Mixed Beverage license to sell or manufacture alcoholic beverages.
Sean Arroyo, CEO
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
The Beer Lot, LLC trading as The Lot, 3217 10th Street North, Arlington VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises; Mixed Beverage license to sell or manufacture alcoholic beverages. Michael Bramson and Naeem Mohd, Managing Members NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 dates from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Senior Living

APRIL 2017

The
Arlington
Connection

Retirement? Arlingtonians Are Busier than Ever

Doing what one wants.

BY EDEN BROWN
THE CONNECTION

More than a half-dozen Arlington women recently answered the question: What can you say about retirement? Jamie Usrey, who was

a teacher in the Arlington County Public School system for 20 years, is hardly letting a lot of grass grow under her feet.

She said, "I feel a little embarrassed when I say I am retired when I look at people who are still working hard ... like Hillary Clinton. I am enjoying being able

to be outside more — biking, playing tennis, working in the yard, going for walks with friends and taking more trips to see national parks where we can hike through the beauty of nature. I have more time to exercise ... love those zumba classes ... and read. I love doing Reading Recovery "light" with three kids where I feel I am kind of still 'working' but don't have to go to meetings or write up

long reports. I do want to find a way to be more helpful in making our government work better ... next week. Lots to still do and lots to still see."

Jan Heininger says she is "happier than ever with even more travel, near daily long bike rides, daily mile swims in the summer, and far more time for reading lots and lots of books. I also get to spend far more time at our beach

house where I can more easily avoid politics."

Ruth Neikirk said: "Retire? I never did retire. I stay busy. It's good to stay busy."

Karen Smagala said: "I'm busier than I ever have been since retirement, and I'm enjoying life so much more. My blood pressure went down when I stopped working. People who aren't retired think that retired people have all this time: but I don't have more time. I had to stop saying 'yes' to people who thought I had free time. I do the Master Gardener program and I work at the library in the tool shed two hours a week."

Sheridan Collins said: "Busier than ever! Docenting at the Textile Museum provides continuing education for the brain, tennis and gym keep me fit, and this year more time on politicking helps maintain a healthy attitude. And then there's grandmothering requiring lots of travel. All good!"

Mary Lanaras said: "Retirement is like: everyday is a snow day!"

Joanna Cameron said: "Retirement? There is no such word! If you retire, you stop moving, and if you stop moving, you get old. Retirement is just a word signifying that your priorities have shifted to ones that are all about enjoying what you love, getting outside more and relishing the things that make you happy. Staying in motion above all."

For many women, retirement is a foreign concept: they didn't necessarily work outside the home earning a salary from 9 a.m.-5 p.m. Lanaras worked to home school her children until middle school and helped her husband, Charles, with his real estate business. And then there are people like Flo Broussard, 88, an Arlington resident from 1960 until she moved to Goodwin House a few years ago: she responded by saying: "Retirement?" I'm a lifelong volunteer. I have volunteered for WETA, The White House, Alexandria Hospital, and several other organizations. Then when I 'retired' to Goodwin House, I still volunteer, doing plantings and making crafts for sale to benefit local charities."

And there she was on April 2 at the Rehydration Salts project at Temple Beth El.

THURSDAY/APR 11

Origami for Beginners. 10 a.m.-noon at Arlington Mill Community and Senior Center, 909 S. Dinwiddie St. Join an experienced origami artist to learn about the art of folding paper, including the history and culture of origami. Seniors age 55+. Free. Call 703-228-7369 for more

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Senior Living Fit for the Golden Years

Exercises for strength, endurance, balance and aerobics are key.

BY MARILYN CAMPBELL
THE CONNECTION

At 7 a.m. each weekday, a group of Del Ray seniors meet at Starbucks to embark on a brisk, 45-minute walk. The women return to their starting point for coffee and conversation. Their goal is to stay active and socially engaged.

"Even those of us who've never exercised and aren't necessarily fit enjoy our walks," said Joyce Herrington, one of the group members. "It's mostly social and we enjoy it. The fact that we're getting some exercise is a bonus."

Late last month, representatives from Go4Life, a program created by the National Institute on Aging (NIA), held a pilot workshop in Potomac, Md., that was designed to test methods for motivating older adults to increase their physical activity. Workshop participants were from Potomac Community Village, one of several Go4Life partner organizations of seniors who are helping to design strategies to engage seniors in exercise programs.

Sheila Moldover, Potomac Community Village Communications Chair believes that local seniors can benefit from Go4Life.

"We're going to include some easy and simple flexibility, balance and strength exercises at each of our Potomac Community Village meetings, and distribute Go4Life materials to our members, including to those who are already exercising," she said. "We want to encourage everyone to pay attention to their balance, flexibility and strength as well as to endurance. We see that as enabling us to age in place, to thrive in place, and be healthy and active."

Go4Life, an exercise and physical activity campaign from the National Institute on Aging (NIA) at the National Institutes of Health (NIH), is designed to help those who are over 50 incorporate exercise and physical activity into their daily lives.

"We want people to know that it's never too late to start an exercise program, and we focus on four types of exercise: strength, endurance balance and flexibility," said



Members of the Potomac Community Village attend a workshop on the Go4Life program, which was designed to help those who are over 50 incorporate exercise and physical activity into their daily lives.

PHOTO BY SHEILA MOLDOVER

"The most important thing is to find an exercise or activity that you enjoy. If you enjoy what you are doing, you will be more likely to continue."

— Susan P Thompson, Ph.D., Northern Virginia Community College.

Stephanie Dailey of the Go4Life program at the NIA. "It's important that they're doing all four components. Older adults can gain a lot from exercising. In fact, people have a lot more to lose by not exercising than by starting exercising."

WHEN BEGINNING an exercise program, Dailey recommends guidelines established by the Centers for Disease Control and Prevention.

"About 150 minutes per week of moderate activity is recommended for adults," she said. "If you are going to start a fitness program, see your doctor first."

For older adults exercise is important for maintaining function, physical strength and fitness, managing and preventing diseases, improving your mood and giving you more energy.

In spite of a popular misconception, older adults can gain strength and improve their

muscles with these exercises, says personal trainer Christian Elliot, CEO, Founder TRUE Health and Wholeness in Arlington, Va. "I work with people who are in their 60s, 70s, 80s and 90s and I've never met a person who couldn't improve their fitness," he said. "We're not going to stop aging, but you can certainly slow it."

Elliot recalls a client who was in her late 50s who didn't have a history of physical fitness, but wanted to get in shape. "She has hit some of the most phenomenal milestones, like being able to hold a 12-minute plank, do 50 push-ups and five push-ups on one arm," he said.

FOR THOSE WHO are new to fitness, there is good news. "There's a lot of evidence that middle age is a great time to get fit," said Julie Ries, Ph.D, professor of physical therapy at Marymount University. "You want to be active and healthy in your middle

age so that will keep dementia at bay in your old age. Exercise is not only for your physical health, but also your cognitive health."

A well-rounded exercise program should include exercises that focus on aerobic exercise, flexibility, muscular strength and muscular endurance, and balance, says Susan P Thompson, Ph.D., assistant dean, Health Physical Education at Northern Virginia Community College.

"Cardiovascular exercises should be done most days of the week for a minimum of 20-30 minutes," she said. "Walking, swimming, cycling, dancing, hiking and any activity that uses your large muscles in a continuous movement will increase your heart rate and improve circulation."

Stretching and moving your joints through their range of motion will keep the joints lubricated and less stiff. "Stretching will also help decrease pain and stiffness in the back, neck, hip and feet," said Thompson. "For the sportsman it will increase your power and ability to improve your follow through motion. For the hiker, it will let you lift your arms and legs higher. You can stretch daily. Yoga and dance are activities

SEE FIT, PAGE 7

Bridge Sharpens Mental Skills

BY SHIRLEY RUHE
THE CONNECTION

Dark clouds and heavy rain didn't deter the 9 1/2 tables of duplicate bridge players from showing up at Madison Senior Center in Arlington on Friday, March 31. Complete silence envelops the room as furrowed brows concentrate on the cards in their hands. An occasional "both of the kings are off" or "I knew I should have stayed home" penetrates the silence.

Mike Zane, coordinator of the group and an American Contract Bridge League (ACBL) certified director said, "we've been going ... well, it's got to be at least 10 years." Zane said that bridge was big in the 1930s-60s. "If you watch any old film, even a war

Madison Senior Center

3829 N. Stafford Street
Arlington, VA 22207
Senior Programming Contact: Anne Peret, 703-228-4878
TTY: 711

film, you'd see a bridge game. Even Ian Fleming played the Earl of Sandwich in a James Bond film. But," he continued, "it's lost its flavor."

Zane said it used to be that in the military academies the two required extracurricular classes were ballroom dancing and bridge, two important social skills.

Zane looks around the room and pulls out a long



Duplicate bridge players concentrate on their next move at the regular ACBL-sanctioned games held Friday mornings from 10 a.m.-2 p.m. at Madison Senior Center.

PHOTO BY SHIRLEY RUHE/
THE CONNECTION

SEE BRIDGE, PAGE 7



The Kensington Falls Church Presents Energized Fitness for Parkinson's

Announcing an Introductory Orientation
with Laxman Bahroo, MD and
Angela Onyekanne, DPT, GCS, CEEAA
Sunday, April 9, 2017 • 2:00pm-4:00pm

at The Kensington Falls Church
700 West Broad Street, Falls Church, VA

Refreshments served • RSVP to Karen Akers at 703-992-9868
or to kakers@kensingtonsl.com

The Kensington Falls Church is pleased to announce its collaboration with the Parkinson Foundation of The National Capital Area (PFNCA) and Genesis Rehab Services to offer Energized Fitness for Parkinson's. The program provides a high-energy fitness experience geared toward improving mobility and strength while participants share time with others facing Parkinson's.

Energized Fitness will be introduced by Dr. Laxman Bahroo, a neurologist who focuses on movement disorders, and Angela Onyekanne, a therapist who is trained in LSVT BIG (a therapy that involves large amplitude, exaggerated movements that lead to smoother, larger, safer movements). Dr. Bahroo and Angela are our allies in striving to maximize health and optimize independence for people with Parkinson's. **Please RSVP to join us.**



Dr. Laxman Bahroo is an assistant professor and co-director of the Neurology Residency Program at MedStar Georgetown University Hospital. He is a board certified neurologist and member of the Movement Disorders program. Primary areas of focus in movement disorders include the medical and surgical management of Parkinson's disease and essential tremor.



Angela Onyekanne, DPT, GCS, CEEAA has ten years of experience working exclusively with geriatric clients in a variety of settings. She is APTA Board-Certified in Geriatric PT and LSVT BIG certified for individuals with Parkinson's disease.

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Senior Living



PHOTO BY EDEN BROWN/THE CONNECTION

Rick Glassco (left) and Linda Oliver (right), joined others from St. Clements, Fairlington United Methodist, and Immanuel on the Hill, to participate in an opportunity to save lives.

How to Save a Life in One Day

BY EDEN BROWN
THE CONNECTION

Mike Oliver says he retired in 2000; he and his wife, Linda, spend 364 days a year doing good things. They work with ALIVE (ALExandrians Involved Ecumenically) and St. Clement's Church, and in November and December, Mike takes advantage of his naturally twinkly eyes to bring joy to children in the area embodying Santa Claus. But on the 365th day, he says, they do something really amazing: they save lives. They spend six hours filling small sandwich baggies with rehydration salts and sugars at the Temple Beth El Synagogue, along with other volunteers, many of them over 55.

Bobbi Gershman, who oversees the project, says she got less of a turnout this year than last. They will only be able to package about 15,000 sachets of rehydration salts. She likes it better when the room is overflowing and she gets numbers like 20,000 sachets; but every little bit helps, she says. For Gershman, it's almost a full time job to run the event, and every year when

she starts out, she feels it is too much work for her. But within weeks she is energized by the thought of what a difference they are making somewhere in the world, and by the time the day comes, and she puts in a really long day from about 7 a.m. to 6 p.m., she is motivated to do it again another year.

Flo Broussard, 88, who lived in Arlington from 1960 until four years ago when she moved to Goodwin House, said she is a lifelong volunteer. She has volunteered for WETA, The White House, Alexandria Hospital, and several other organizations before she "retired" to Goodwin House, where she volunteers, both doing plantings and making crafts for sale to benefit local charities, but also doing things like this rehydration project.

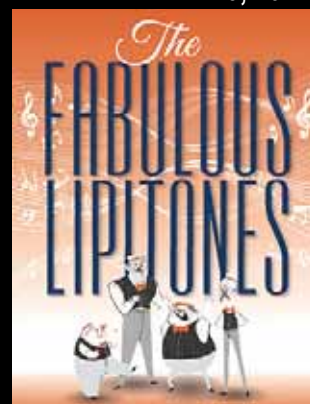
Gershman said she hopes she gets more volunteers next year: she will have to return a lot of salt. Sponsors for the event were Beth El Brotherhoods, Beth El Religious School Children, Immanuel Church on the Hill, Rabbi's Good Deed Fund, and Harris Teeter.

To volunteer next April, check the Temple Beth El Alexandria website, or join ALIVE, www.ALIVE.org.

**We didn't
inherit
the earth
from our
parents.
We're bor-
rowing it
from our
children.**

—Chief Seattle
(1788-1866)
Suquamish/
Duwamish chief

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Senior Living



Fran Field, contra dance instructor at Lee Senior Center, leads a workshop for beginners before the dancing session begins.



"Grab hands and circle to the left."

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



"Do-si-do your partner. Do-si-do your neighbor."

Dance the Rain Away

Thirty-six hands join in a circle and step to the left, then to the right. Fran Field, contra dance instructor at Lee Senior Center, leads the group in a contra step workshop, a dance similar to square dancing. Allemande left, then allemande right. "Wait I'm confused. How do I get from this step to the next one?" Field demonstrates with a partner from the group.

"I think we're ready to do it with music." Field puts on the folk music and the fiddle starts in. "Everyone to the center. Now back." Do-si-do. Two partners pass around each other back to back and return to their original positions. Some dancers turn one direction and others stand in place looking puzzled. "O.K. Let's try it again."

This is the first session of contra dancing and will be offered on fifth Fridays from 1-3 p.m. Participants don't need to come with a partner.

— SHIRLEY RUHE



"Everyone to the center. Woooooowoooo."



"Allemande left your partner. Allemande left your neighbor."



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Senior Living

Mid-Century Classic for Artful One-level Living

In 1950s, Hollin Hills was a mecca for cutting-edge housing design; 60 years later, mid-century modern is a resurgent style ripe for nuanced improvements.

BY JOHN BYRD

Two years ago, Jeff and Jenny Herre, both retired, were living in a five-level townhouse in Old Town Alexandria with a view of the river. Long-term residents, they were satisfied with all the house had to offer. They collected art and fine furniture and their periodic renovations over several years had extended all the way to the attic.

As they approached their 70s, however, they questioned how much effort they wanted to expend getting from room to room.

"We were wondering aloud whether we'd still want to be climbing five flights of stairs in 10 years," Jeff Herre said. "That's when we began thinking about downsizing, and ways we might concentrate our primary living needs on one level."

As the research got under way, Jeff Herre saw that cost would inevitably play a role in their choices. One-level structures in and around Old Town were appreciably beyond the family budget. Looking further out of town, the options boiled down to: a) purchase a ready-to-occupy home which would come at a higher price; or b) find an older home with renovation potential that could be shaped into a place brimming with personal style.

The latter course would entail finding a creative design/build team with whom one could collaborate closely.

After assessing available northern Virginia properties for several months, a Realtor in-



At slightly over 900 square feet, the primary living area the Herres' remodeled home in Hollin Hills is comparatively small. But designer Jon Benson's wall elevations employ texture and color that make the space feel expansive.

PHOTOS BY GREG HADLEY

roduced the Herres to a home in Hollin Hills, a community of some 450 houses in Hybla Valley. Hollin Hills is renowned in architectural circles — even listed in the historic record as one of the first communities in the U.S. to feature modern architecture exclusively, mid-century modern in particular.

"In the 1950s, most progressive modern homes were owner-commissioned," said Roger Lataille, a design consultant at Sun Design Remodeling. "But Hollin Hills was an entire development focused on the advanced architectural concepts that emerged after World War II."

Part of the enduring appeal was that architect Charles Goodman and landscape architect Dan Kiley had sited each Hollin Hills residence to maximize privacy. Even though lots are seldom more than one acre, it's difficult for your neighbor to see you from their house, and vice versa.

"We loved the wooded setting right away," said Jeff Herre. "The problem was, the house itself didn't look like anything we'd want to live in."

For starters, there were the obstructed sight lines starting from the front entrance. Walking in, one looked left at interior drywall that defined the parameters of a 10-foot-by-10-foot galley kitchen. To the immediate right, a floor-to-

ceiling exposed brick hearth with a masonry niche designed for firewood. To the left, a floor-to-ceiling bookcase and an odd chandelier. Straight ahead, an open stairwell descending to ground level.

Further back, a door leading to the master suite, which included the original 70-square-foot tile-clad bathroom. Two closets less than two feet deep provided the only wardrobe accommodation.

While floor-to-ceiling windows dominating the eastern and western wall elevations boasted a dramatic view of surrounding woodland, the Herres also soon learned that much of the glazing was single pane.

Herre's question for Lataille from the start was right to the point: "Can you make the changes we want within our budget?"

Topping Herre's wish-list: an open plan with places for art display that will work well for entertaining; design that allows the couple to mainly live on one level; a master bath with a walk-in shower and a new powder room; additional storage; a visually compelling interior design; replacement of single pane windows with insulated double-ply thermal glass.

"There have been significant developments in open floor plan design in recent years," Lataille said. "Part of this is driven by demand: more people want spaces that allow for both privacy and easy interaction."

A kitchen-centric floorplan a popular option for a home's primary living space, and offered a practical solution for amateur chef Jenny Herre, who enjoys regaling guests with her original dishes while otherwise fully engaging in the party all around her.

"We thought an open kitchen would really work in this house," Jeff Herre said, "but we needed to see well-developed ideas

before moving forward with the purchase."

Enter Jon Benson, Sun Design's lead designer, master craftsman with several published books on woodworking to his credit.

"When you're removing kitchen walls, the goal is to develop a space plan that meets all functional requirements, yet really supports the room aesthetically," Benson said. "That's why it's important to design elevations that present an appropriate combination of color, texture and tone."

On this score, Benson designed a cook top island and dining counter perfectly positioned between the dining room and the seating area around the fireplace.

Light maple Shaker-style cabinet facings combined with quartz Caesarstone counter surfaces present clean lines and reinforce the light, accessible ambiance of a room surrounded by windows.

Collectibles from India, Lebanon and Brazil are now on view in Benson-designed display spaces.

"This really feels like our home now," said Jeff Herre. "We've made the transition we wanted, and are pleased with it."

Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. Headquartered in Burke, the Sun Design also maintains an office in McLean. Sun Design will be sponsoring an open house in a recently remodeled home on April 29 and 30 from 11 a.m. to 5 p.m. daily. For more information: www.SunDesignInc.com

John Byrd (byrdmatx@gmail.com) has been writing about home improvement for 30 years.



Light maple Shaker-style cabinets combined with quartz Caesarstone counter surfaces reinforce the ambiance of a light-filled room.

Senior Living

Mike Zane, coordinator of the Friday morning duplicate bridge group at Madison Senior Center and an ACBL certified director, says he is hoping to copy European schools and get bridge into American high schools. "That's the only way it will survive."

PHOTO BY SHIRLEY RUHE/
THE CONNECTION



Bridge Sharpens Mental Skills

FROM PAGE 3

computer sheet of names. "The players at the tables go up (clockwise) and the board goes down (counter-clockwise)." He explains each player has 13 cards and you play with a partner against the other two players at your table. The highest card wins. Each table will rotate and play the same set of cards. The object is 24 hands or 24 problems to solve. "It's the easiest game in the world."

The duplicate bridge group plays on Fridays from 10 a.m. to 2 p.m., about the time it takes to play one game with a half hour lunch break. Zane says he started playing bridge because his mother, father, and sister played. "Bridge takes four people."

In European high schools every student is required to take bridge according to Zane. "I am interested in getting bridge into schools in America. That's the only way it will survive."

Fit for Golden Years

FROM PAGE 3

which focus on stretching."

Improved muscular strength and endurance will allow you to do everyday tasks with less energy with less chance of injury, advises Thompson. "Leg strength will enable you to walk faster, get up and down from chairs with more ease," she said. "For resistance, [you can use] hand weights, resistance bands, weight machines, water walking and exercise or your own body weight. Resistance training should be done two-three times a week working the major muscles. Pilates and other floor work focus on the core muscles."

Balance training is important to prevent falls, one of the leading causes of death and disability in the senior population. "Although muscular strength, muscular endurance, flexibility and cardiovascular exercises contribute to better balance, specific balance training is focused on body awareness, controlling your center of gravity, being able to navigate your envi-

ronment and react quickly," said Thompson. "The most important thing is to find an exercise or activity that you enjoy. If you enjoy what you are doing, you will be more likely to continue."

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Senior Living

Elaborating a Log Cabin

Retirees find special satisfactions in pair of art studios, and front porch with view.

BY JOHN BYRD

Blissful retirement often validates of the old homily: “Busy hands mean happy hearts.”

On this point, it is hard to imagine a more fruitful environment than the home of Kirby and Helen Thornton, two 70-something retirees who recently completed focused renovations to a log cabin style home in Lorton they have occupied for more than 20 years.

The changes were all about tweaking to even higher relevance aspects of the home that had gradually become a sources of distinctively personal satisfaction to both seniors.

Kirby Thornton, a former electrical engineer, has been exploring his passion for woodworking for many years. Helen Thornton, a one time research analyst, revels in creating shimmering objets d’arte from fused glass. When not pursuing their hobbies, the couple might otherwise be found taking in the scenery from the wide, rustic-style front porch that now graces the home’s front elevation.

For all the quiet simplicity that abounds in every direction though, the Thornton’s lifestyle accommodation has been decades in the making, beginning with purchasing the 2,900 sq foot house and garage in the late 1990s.

“We were attracted to the relaxed ambience of a log home,” Kirby Thornton said. “There were changes we wanted to make from the first, but since we were both busy, modifications would have to occur in phases.”

The first step was acquiring more storage space.

As Kirby Thornton tells it, the couple hired Foster Remodeling Solutions of Lorton to remove an unneeded balcony, add a floor above the open garage and apportion the space for storage and other uses to be determined.

Soon Kirby Thornton decided that the windowless garage loft would work fine as a place to take up woodworking. He had actually purchased a lathe from the home’s previous owner. Helen Thornton, seeing the loft’s potentials as a studio, acquired a kiln and began fusing glass.

The pursuit of one’s muse being all-absorbing, the pair spent little time worrying about the fact that the workspace provided zero natural light, or that it was hard to stand erect under the four foot high ceiling that dominated much of the floorspace.

About the only change to the physical



PHOTOS BY LARRY COLFER

Rough-hewn timbers — the handiwork of Foster master carpenter Mike Borman — is integral to the aesthetics of a new front elevation that is both inviting and whimsical. Red cedar trim and molding provides sympathetic color accents.

space in this interval was the introduction of a partition designed to keep wood dust on Kirby Thornton’s side of the studio.

Even so, as full retirement dawned, both saw there was now time to reconsider the larger “wish list” of remodeling preferences.

“We knew we would have to change the studio roof line to get the head room and natural light we wanted,” Kirby Thornton said. “About this time, Helen was looking into front porch ideas in log home magazines. We sketched out several designs of what we thought we wanted. That’s when we called Foster Remodeling back in.”

But the first surprise inspired another pause: Turned out the front porch seen as spanning the entire front elevation couldn’t be built because of its proximity to a part of the home’s septic system.

“The symmetry, the curb appeal, was important to us,” Helen Thornton said. “We wanted a balanced facade on both the house and the garage. We were kind of at a loss.” Fortunately, Foster’s team led by Chris Arnold came up with an innovative solution.

Foster’s architectural concept call for a faux peak on the main house at exactly the same pitch as the one above the garage which is, in turn, reinforced by the peak of a front-facing archway that defines the ground-level entrance to the porch.

A porch swing occupying the far corner now fleshes-out the portrait of a restful care-free idyll amidst flowers and trees. For an expanded view, there’s a large Velux skylight overhead.

Underfoot, a flagstone patio lends color and texture, a natural tonal complement to the dark-stained log siding. Kirby Thornton says the couple selected the color palettes

at a nearby stone yard over several days, and played with combinations until they found what they wanted.

Rough-hewn timbers, the handiwork of Foster master carpenter Mike Borman, is integral to the aesthetics of a new front elevation that is both inviting and whimsical. Red cedar trim and molding, meanwhile, provide sympathetic color accents.

To fashion studio space useful to all, Foster found a way to elevate the headroom to fully six feet, freeing up all 770 square feet of floorspace. A front-facing dormer featuring a pair of double hung windows invites generous southerly light. Kirby’s wood shop — equipped with a lathe, a drill press and table saw — is tucked snugly behind a new partition. Helen Thornton uses two kilns to produce her work.

Matching the logs needed to “pop up” the second level also entailed a close examination of existing details.

“We spent quite a while researching options with various vendors, which is a challenge when you’re working with a 30-year-old exterior,” said project manager Chris Arnold.

Summarizing the well-planned lifestyle shift, Kirby Thornton says the couple are frequently in the studio at the same time.

A window in the interior partition allows each spouse to witness the other’s progress, if so inclined. It’s a working environment, but also a place of interaction and play.

The distinctive by-products of the Thornton’s labors are mostly donated to friends, children and grandchildren. Kirby Thornton is keen on picture frames and book cases; Helen Thornton recently completed a glass bird bath.

“This is a very sweet place to be spend-



Underfoot, a flagstone patio lends setting-appropriate color and texture. The Velux skylight allows needed available light.

ing this time in our lives,” Kirby Thornton said. “Perfect in fact.”

Foster Remodeling Solutions will be holding an open house in its expanded design and selection center Saturday, April 22 from 10 a.m. to 5 p.m. There will be three seminars. A workshop on Aging-In-Place will be held at 1 p.m. The design center is located at 7211-H Telegraph Square Drive, Lorton, VA 22079. To RSVP call: 703/550-1371, or contact us at www.fosterremodeling.com

John Byrd (byrdmatx@gmail.com) has been writing about home improvement for 30 years.