And in gton Connection

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LaDan Nemati holding the American flag in Croatia after winning a gold medal.

Synchronized Skater Follows her Dreams

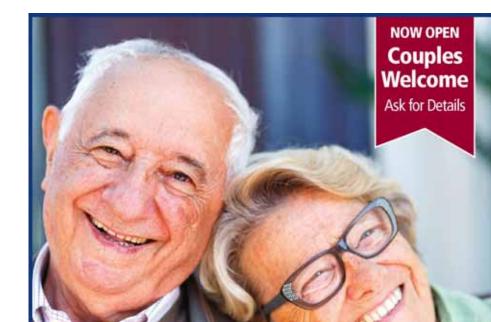
Buried Alive? Hoarding in Arlington

News, Page 3

'She Loves Me' at TAP

Entertainment, Page 6

News, Page 3



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News Briefs

Arlington County holds its biannual Environmental Collection and Recycling Event (E-CARE) on Saturday, April 15, 8:30 a.m.-3 p.m., rain or shine, at Thomas Jefferson Middle School, 125 S. Old Glebe Road.

Candidates for May Democratic Caucus

Over three days, the Arlington County Democratic Committee (ACDC) will host an unassembled caucus to determine the Democratic nominee for the Arlington County Board and endorsee for the Arlington School Board.

On May 9, 11, and 13, voters can arrive at any time during the registered voting period. To cast a ballot, the voter must register and sign a pledge indicating that the voter is a Democrat.

According to the "caucus procedures" section of the ACDC's approved rules for the caucus: all persons present at the caucus facility – aside from credentialed media and facility employees – must sign a pledge indicating that they are a Democrat, believe in the principles of the Democratic Party, and do not intend to support, endorse or assist any candidate who is opposed to a Democratic nominee or endorsee in the ensuing election.

In 2016, the Democratic nominee was decided in a primary. Incumbent Libby Garvey defeated Erik Gutshall, who is running again in the 2017 election.

Four Democratic candidates — Peter Fallon, Vivek Patil, Kim Klingler, and Erik Gutshall — filed for one seat on the County Board.

Three candidates — Maura McMahon, Monique O'Grady, and James Lander — are seeking the Democratic endorsement for one seat on the School Board.

The May 9 caucus event will be held at Key Immersion Elementary School, the May 11 event will be held at Drew Model School, and the May 13 event will be at Washington-Lee High School.

— Vernon Miles

Gala Raises \$50,000 for Youth Program

Leadership Center for Excellence hosted its 12th annual Monte Carlo Night on Friday and raised \$50,000 to support its Youth Program. More than 350 Washington metropolitan community stakeholders registered for the April 1 event.

Proceeds from the evening support the Leadership Arlington Youth Program as well as the mission of Leadership Center for Excellence.



The Youth Program is designed to enhance leadership skills and awareness of the need for philanthropy, community service and civic participation in rising high school juniors and seniors. For two weeks in the summer, the youth program meets at different public, private and nonprofit locations throughout Arlington County. Participants have the opportunity to be exposed to diverse organizations and meet with local leaders during this hands-on experiential program. Skills sessions focus on teamwork, leadership presence, cultural competency and public speaking.

The theme for this year's event was Black & White Ball. Guests were treated to an array of activities from a silent auction to Monte Carlo casino-style gaming tables to cigar sales and scotch, bourbon and rum tastings. Christian Dorsey, member of the Arlington County Board, acted as auctioneer during the live auction.

Police Investigate Death

At approximately 12:02 p.m., March 28, an Arlington County Sheriff's Deputy was serving an eviction notice in the 2000 block of N. Adams Street when they heard what was believed to be the sound of a single shot fired. Arlington County Police responded to the area and established a perimeter. During the course of the investigation, entry was made into a residence where a male subject was located deceased. The death does not appear suspicious and there is no threat to the public. The Medical Examiner's Office will determine cause of death.

Lane Closing for Bridge Work

The left lane of northbound Route 110 and the left lane of southbound Route 110 at the Route 27 interchange will close for approximately two months to remove and rebuild the bridge pier in the median, according to the Virginia Department of Transportation. Message signs alerting motorists to the lane closures are in place.

The work is part of the Route 27 over Route 110 project, which is scheduled for completion in spring 2018.

Follow VDOT Northern Virginia on Twitter: @vadotnova.

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2 ARLINGTON CONNECTION APRIL 12-18, 2017

News Buried Alive? A look at hoarding in Arlington in the wake of fatality.

By Vernon Miles The Connection

ixty firefighters from Arlington, Alexandria and other departments across the area all came out to respond to a fire at a single family home last month, only to watch helplessly as the building burned. Flames were visible on the first floor; smoke pouring out of windows on every level. As firefighters tried to enter the building, they found the front entrance impassable due to so much trash piled up inside.

According to a statement by the Arlington County Fire Department, widespread clutter inside the home not only delayed search, rescue and suppression operations, but was also later found to be a factor in spreading the flames. When firefighters were finally able to enter the house, one of the residents was dead and the other was found critically injured.

The fire on March 6 showed the hazards of hoarding. Reggie Lawson, Arlington Department of Human Services' supervisor of Adult Protective Services, says the county sees between two or person multiple times. Hoarding is a mental illness, but Lawson

says the victims aren't "just crazy."

"There's a distinction between hoarding and inability to self care," said Lawson. "I see hoarding as people who are intentionally accumulating items, sometimes go out and bring things in, sometimes accumulate items over years. These are people who are physically or mentally unable to care for themselves or environment. Peel away the layers ... they have a situation or condition that has precluded them from taking care of themselves."

Hoarding is a mental health crisis that extends beyond just collecting objects or



A hoarding situation in an Arlington home.

being disorganized. Those who have worked with hoarding situations say it's almost always immediately recognizable.

"Hoarding disorder is a type of obsessive compulsive disorder, which falls under the broader umbrella of anxiety," said Ted Dumas, an associate professor of psychology at George Mason University. "The victim either saves individual items or everything. It's saving what other people would view as worthless. For most people, that's associated with childhood trauma. Often there's some kind of loss, so they save."

Dumas says hoarding is dangerous to the victim in several ways.

"If they save everything, it can become very cluttered," said Dumas. "They can fall or be tripped. They also aren't the only ones living there anymore, there's germs and vermin. With all the piles, it's not usual for the kitchen to be full of stuff, including the stove top. That makes it harder to get help to that person."

Philip Pugh started out as a mental health worker in Arlington and now serves as the acting deputy director of code enforcement for Alexandria. Hoarding is a problem that grows in both Arlington and Alexandria as the population of both localities ages, Pugh says. With more elderly residents, code enforcement is starting to find more houses packed full of clutter and blocking egresses.

"There is a community of folks still among us who went through the depression era," said Pugh. "During the depression, families tended to hold onto things, thinking they will need them at some point as a resource. That behavior was passed down through

generations. We find folks in their 70s and 80s still tend to collect. It's a combination of economic conditions, the aging population, and stressful life events.'

In Arlington and Alexandria, Pugh says the programs combating hoarding tend to mirror each other.

"Inspectors who work in property maintenance are assigned areas or communities," said Pugh. "They see the parcels and properties in the that community every day or at least several times a week. They note changes in conditions, like overgrown yards or trash improperly disposed of."

Often Pugh says a home with a hoarding situation inside can appear perfectly normal from the outside. Still, in other cases hoarding is a problem which slowly takes over every part of the property. When the house starts to overflow with clutter, Pugh says victims will often start to pack their garage, then their trash areas, then their car.

"When we see that, that tells us we need to knock on the door to get the attention of the inhabitant," said Pugh.

THE PROCESS OF HELPING someone with a hoarding situation starts with a conversation. If a potential hoarding situation is spotted, Pugh says code officials will begin with a knock on the door.

'Working as a young code enforcement [inspector] in Arlington, it was frustrating to know what was going on inside," said Pugh. "We'd see curtains pressed together or stuff pushed up against the windows. But the knock on the door sometimes ends with just that. People aren't obligated to open for a code inspector."

If they receive no response, Pugh says

See Hoarding, Page 8

Synchronized Skater Follows her Dreams Abroad

LaDan Nemati wins gold medal with Team USA.

> By Bonnie Hobbs The Connection

ver since Arlington student LaDan Nemati was a little girl, she wanted to do synchronized skating for a toplevel team and represent Team USA in international competitions. Now 17, she's already reached that goal — and with flying colors.

She's been skating 10 years; prior to 2016, she skated competitively with Team Ashburn for three years and then with Team Delaware for two years. Then in March 2016, she decided to try out for the Skyliners team in New York.

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The Skyliners skating the pivoting block element in Croatia.

"I wanted to compete internationally, and the only two teams doing that on the East Coast are the Skyliners and one in Massachusetts - which is too far away," said Nemati. "New York is still far, but manageable. A hundred girls tried out for 20 spots, so I wasn't expecting anything. But when I got on the ice, the coach saw the potential in me and I was accepted."

Pre-season practice began that April, once every two weeks in Stamford, Conn., so her

parents drove her back and forth until prac-

tice ended in June. After a July break, the team held a one-week boot camp in August at Lake Placid, where the girls skated all day.

See People, Page 11 Arlington Connection & April 12-18, 2017 & 3

OPINION Your Award Winning Papers

Richmond Times-Dispatch (daily) and the Mount Vernon Gazette/Local Media Connection (non-daily), win the VPA's highest awards.

irginia Press Association's highest award, the VPA Award for Journal istic Integrity and Community Service, went to Local Media Connection/Mount Vernon Gazette for coverage and editorials throughout 2016 relating to police reform in Fairfax County.

The Richmond Times-Dispatch won in the daily category for its series about the death of a mentally ill prisoner, Jamycheal Mitchell, in a Portsmouth Jail.

The judges noted, "The Mount Vernon Gazette covered the complex issue of police reform from February through December 2016, sparked by the shooting of an unarmed man by a Fairfax County police officer. ... The Gazette focused community attention on the case, particularly on the efforts of citizens and representatives of law enforcement agencies working together on reforming police practice. This led to the creation and implementation of a Civilian Review Panel to provide oversight of police policy, procedures and activities. ... The approach of the Gazette in this matter provides a good illustration of the positive role a community newspaper can play when it takes an activist approach to issues of importance to its readers." Editor Mary Kimm and reporter Tim Peterson accepted the award.

Virginia Press Association honored its 2016 award winners on Saturday, April 8, 2017 in Richmond at its annual dinner. The Connection papers, including the Alexandria Gazette Packet, garnered more than 35 awards in many categories, including investigative reporting, education coverage, headline writing, photography, column writing, sports writing, obitu-



Local Media Connection writers and photographers won 37 Virginia Press Association awards for work in 2016, including the Virginia Press Association Award for Journalistic Integrity and Community Service. Pictured here from left, John Bordner, Mark Mogle, Mary Kimm, Shirley Ruhe, Tim Peterson, Vernon Miles, Eden Brown, Andrea Worker and Jeanne Theismann.

aries, environmental writing, food writing, graphics, and more.

Shirley Ruhe was the top award winner, earning seven different awards including two first place awards, one for investigative reporter for her series on sex trafficking.

Other first place award winners include photographer Mark Mogle, who also won two first places; Bonnie Hobbs for General News for her coverage of the rise and fall of the mayor of the City of Fairfax; Eden Brown for Education writing; Tim Peterson for Public Safety writ-

Kluge Farewell, Alexandria Gazette Packet

Homelessness, Arlington Connection

Writing, Oak Hill/Herndon Connection Jon Roetman, 2nd Place, Sports Writing Portfo-

lio. Oak Hill/Herndon Connection

Parks, Fairfax Station Connection

Photo, Vienna-Oakton Connection

Reston Connection

lington Connection

Arlington Connection

ing, Arlington Connection

mental Writing, Great Falls Connection

Kitchen, Mount Vernon Gazette

Makeup, Fairfax Connection

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nection

Shirley Ruhe, 2nd Place, Feature Series,

Kemal Kurspahic and Staff, 2nd Place, General

Marilyn Campbell, 2nd Place, Personal Service

Shirley Ruhe, 2nd Place, Column Writing, In the

Jean Card, Laurence Foong, Renee Ruggles,

Shirley Ruhe, 2nd Place, Personality or Portrait

Ken Moore, 2nd Place, Health, Science & Environ-

Kemal Kurspahic, Andrea Worker, Donald

Sweig, Ken Moore, Geovani Flores,

Laurence Foong, 3rd Place, Front Page Design,

Shirley Ruhe, 3rd Place, Personal Service Writ-

* Steven Mauren, Geovani Flores, Laurence

* Shirley Ruhe, 3rd Place, General News Photo, Ar-

Eden Brown, 3rd Place, General News Writing,

✤ Jeanne Theismann, 3rd Place, Personal Service

Writing, Obituaries, Alexandria Gazette Packet

2nd Place, Informational Graphics, Guide to the

ing and for Sports writing; Joan Brady for Feature Series on foster care alumni success stories; Jeanne Theismann for headline writing; Alexandra Greeley for food writing. Steven Mauren, editor-in-chief, won first place for Editorial Pages in Alexandria Gazette Packet, along with Mary Kimm, cartoonist Steve Artley, and designers Geovani Flores and Laurence Foong.

> — Mary Kimm MKIMM@CONNECTIONNEWSPAPERS.COM

2016 Virginia Award Winners

- Virginia Press Association Award for Journalistic Integrity and Community Service, the association's highest award, went to Local Media Connection/Mount Vernon Gazette for coverage and editorials relating to police reform in Fairfax County
- Shirley Ruhe, 1st Place, In-Depth or Investigative Reporting, Arlington, Investigative Series-Sex Trafficking
- ♦ Mark Mogle, 1st Place, General News Photo, Wreaths Across America, Arlington Connection
- Eden Brown, 1st Place, Education Writing, Arlington Connection
- Shirley Ruhe, 1st Place, Column Writing, People at Work, Alexandria Gazette Packet,
- Jeanne Theismann, 1st Place, Headline Writing, Alexandria Gazette Packet
- Steven Mauren, Mary Kimm, Steve Artley, Geovani Flores and Laurence Foong, 1st Place, Editorial Pages, Alexandria Gazette Packet
- Mark Mogle, 1st Place, Picture Story or Essay, "Plaid Tidings," Alexandria Gazette Packet Tim Peterson, 1st Place, Public Safety Writing,
- Burke Connection ✤ Bonnie Hobbs, 1st Place, General News Writing, avor laught
- Fairfax Connection * Joan Brady, 1st Place, Feature Series or Continu-
- ing Story, Great Falls Connection, Alexandra Greeley, 1st Place, Personal Service Writing, Food Features, Great Falls Connection
- Tim Peterson, 1st Place, Sports Writing Portfolio, Springfield Connection
- * Steve Artley, 3rd Place, Illustrations, Editorial ✤ John Bordner, 2nd Place, General News Photo,
- 4 ♦ Arlington Connection ♦ April 12-18, 2017

cepted the Virginia Press Association Award for Journalistic Integrity and

- Cartoon, Alexandria Gazette Packet
- Vernon Miles, 3rd Place, Feature Writing Portfolio, Alexandria Gazette Packet Jon Roetman, 3rd Place, Sports Writing Portfo-
- lio, McLean Connection Jean Card, Laurence Foong, Renee Ruggles, 3rd
- Place, Informational Graphics, Guide to the Parks, Mount Vernon Gazette * Tim Peterson, 3rd Place, General News Writing,
- /ernon Gazett
- Laurence Foong, 3rd Place, Informational Graphics, Real Estate Map, Great Falls * Mary Kimm, 3rd Place, Editorial Writing, Great
- Falls Connection Ken Moore, 3rd Place, Education Writing, Great
- Falls Connection ٠ Ken Moore, 3rd Place, Feature Writing Portfolio, Oak Hill/Herndon Connection

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Mary Kimm and Tim Peterson ac-

Community Service.

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.

THROUGH APRIL 17

Spring Cleaning for Water Pipes. Crews at the Washington Aqueduct will begin the temporary disinfectant switch from chloramine to chlorine. The annual switch in water disinfection is part of a routine program to clean and maintain the drinking water systems. The Aqueduct also adds a corrosion control inhibitor during the switch to prevent the potential release of lead in system pipes throughout the region. Extensive research in Arlington has never found any lead service lines or lead pipes inside homes. During the cleaning, Arlington's Water, Sewer, Streets Bureau will continually monitor the output for safe chlorine levels as well as conduct system-wide flushing to enhance water quality. Visit water.arlingtonva.us/water.

WEDNESDAY/APRIL 12 **Gardening Talks &**

Demonstrations. 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master Gardeners of Northern Virginia will sponsor a series of talks and demonstrations about gardening. In addition to basic gardening techniques, topics will include wild edibles, pollinators, food preparation and preservation, and more. For a complete schedule, visit www.afac.org/plot-against-hunger/ pah-events/.

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. Parking Working Group Survey Deadline. Share thoughts on the future of parking in the Rosslyn-Ballston and Jefferson Davis corridors. Visit www.surveymonkey.com/r/ RPWGrecs and take the survey.

WEDNESDAY/APRIL 19

Public Meeting. 5-7:30 p.m. at the Reed School gym/multipurpose room, 1644 N. McKinley Road. Discuss Washington Boulevard Enhancements. Visit bit.ly/ 2068GGM.

Gardening Talks & Demonstrations. 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master Gardeners of Northern Virginia will sponsor a series of talks and demonstrations about gardening. For a complete schedule. visit www.afac.org/plot-against-hunger/ pah-events/.

SUNDAY/APRIL 23

Rise Against Hunger. 1-4 p.m. at Christ Crossman United Methodist Church, 384 N. Washington St., Falls Church. Help assemble more than 30,000 meals to help create a world without hunger. Sign up to volunteer at events.stophungernow.org/ ChristCrossman4/23.

"Flourishing After 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for April April 18, 1 p.m., Langston-Brown. Free. Register, 703-228-6300. **Credit basics**, Wednesday, April 19,

1 p.m., Langston-Brown. Register, 703-228-6300. Karaoke Night, Wednesday, April

19, 6:30 p.m., Arlington Mill. Free. Details, 703-228-7369.

Information about air-purifying spider plants, Wednesday, April 19, 1 p.m., Walter Reed. Register, 703-228-0955.

Easy recipes and samples made with healthy nuts and seeds, Wednesday, April 19, 11 a.m., Arlington Mill. Register, 703-228-7369.

Controlling clutter, Thursday, April 20, 1 p.m., Langston-Brown. Register, 703-228-6300.

Crochet instruction for beginners, Thursday, April 20, 11:30 a.m. -1:30 p.m., Lee. Call for appointment. 703-228-0555.







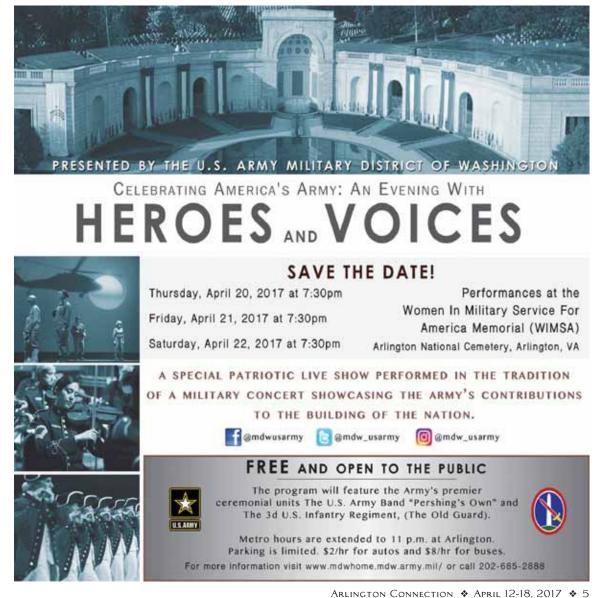


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2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St. Senior trips: Tour Supreme Court, Monday, April 17, \$5; Shenandoah Caverns, Rt. 1 Chip factory, lunch; Wednesday, April 19, \$62; Leesburg Flower and Garden Festival, Saturday,

April 22, \$8. Call Arlington County 55+

Travel, 703-228-4748. Registration re-

Senior centers: Lee, 5722 Lee

Hwy.; Langston-Brown Senior Center,

2121 N. Culpeper St.; Walter Reed,

NEW PROGRAMS:

17-22

quired.

Current events discussion, Monday, April 17, 10 a.m., Walter Reed. Register, 703-228-0955.

Fair Trade explained, Tuesday,



MS program in Biotechnology

One year with rolling admission Fall 2017 deadline is 5/15/17 Contact the Program Coordinator for details 202-687-1070

http://biotechnology.georgetown.edu

Arlington Connection & April 12-18, 2017 & 5

ENTERTAINMENT TAP Presents 'She Loves Me'

Charming musical about pen pals who fall in love in 1930s Budapest.

> By Steve Hibbard THE CONNECTION

he Arlington Players (TAP) is presenting the charming musical, "She Loves Me," from April 14 to April 30. With the book by Joe Masteroff and music by Jerry Brock, the play tells the story of two 1930s European perfume shop employees who don't get along but fall in love as they exchange anonymous pen pal letters. This lighthearted and charming musical proves that opposites really do attract with unexpected romance and marvelous musical numbers.

Director Michael Kharfen said the show is one of his all-time favorites. "She Loves Me' has been called the most charming musical ever written. It has the three elements of an entertaining show: beautiful music, genuine and sympathetic characters, and a timeless story," he said. "It also gave me the chance to work with such a dedicated and talented producer, music director, choreographer, designers and cast."

He said the play is not your typical musical of the era when it was written in 1963. "It has a smaller-sized cast and there are not many large-scale musical numbers," he said, adding that it is not considered much of a dance show either. "But our gifted choreographer Cathy Oh and her assistant choreographer Karinn Cologne added many clever and fun dance elements to the show."

He added, "She Loves Me' is a romance about relationships and aspiration for one's true soulmate. It is an enduring story of how the discovery of love can come to the most unexpected people in the most unpredictable way."

Producer Barbara Esquibel said there is no way that you would walk away from "She Loves Me" not feeling joy. "It is a story about love, and who wouldn't want to feel joy for watching people fall in love," she said. "I also hope [audiences] walk way feeling amazed by the talented cast that was on the stage, the beautiful orchestra they heard, and the amazing design elements

The Arlington Players (TAP) is presenting "She Loves Me" from April 14 to April 30.

CONTRIBUTED

Рното

that bring the show together."

Jolene Vettese plays the role of Amalia Balash, who is romantic at heart but not afraid to go after what she wants. "She's sassy, sweet, and silly," she said. "And she is in love with her dear friend who we find out through the course of the show is Georg."

She said her challenge in the role was tapping back into her soprano voice. "I've been playing roles where I belt or mix a lot the last few years, and to really get to sing these iconic soprano songs was so exhilarating," she said.

Sam Nystrom plays the role of Georg Nowack, a clerk at Maraczek's Parfumerie in 1930s Budapest. "He's joined a lonely hearts club and has been writing letters back and forth to 'Dear Friend,' whom he has never met in person," he said.

He feels a deep connection, only to find out that "Dear Friend" is actually Amalia Balash, a fellow clerk who he does not get along with and cannot stand, he said. Georg is torn about what to do — reveal to Amalia that he is the one who has been writing to her and risk her wanting nothing to do with him, or confess that he is her "Dear Friend," and hopefully end up with his soulmate. He said the show explores how he handles this conundrum.

He added, "The songs were written by

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

Jerry Bock and Sheldon Harnick, who also wrote 'Fiddler on the Roof,' and it's a great show from the 1960s that is not performed all too frequently....it is utterly charming and features individual moments for all the major characters."

Mikel Rios plays the role of Ilona Ritter, a character with a lot of passion. "While not exactly book smart, she knows precisely how to attract a man," she said. "The problem is, she's constantly pursuing the wrong kind of man. I love her exuberance and her gradual discovery that she deserves more when it comes to love."

She said the challenge was not slipping into the temptation of making a caricature. "Ilona is so much more than the ditzy, voluptuous blonde, so I try to bring out her savvy, her vulnerability and her genuine warmth to the people around her," she said. She added, "This is such a delightful, feelgood experience; even in rehearsals I find myself laughing or tearing up when I watch the characters. 'She Loves Me' is the perfect show for anyone wanting to escape to a simpler, happier time; it's a story about love — who couldn't use more of that?"

John Barclay Burns plays the role of Mr. Maraczek, the benevolent owner of the store and something of a paterfamilias to his clerks. "During the play, his suspicion that one of those clerks is having an affair with his wife darkens his geniality. In the end kindliness wins," he said.

He said it was a challenge to sing and dance in rehearsals since he hadn't done so in a while. "The nuances in Maraczek's character had to be addressed successfully," he said.

Trevor Telesz plays the role of Arpad, the delivery boy at the parfumerie who is literally on the cusp of adulthood. "He's not a boy anymore, but people don't quite view him as a man yet. So throughout the show, you see him grow and develop more as an adult, and you see him desperately wanting to be treated as an adult," he said.

He added, "All in all, I think Arpad's individual journey is one that people of all ages can relate to because it touches on people's shared experiences of wanting affirmation and approval, but also brings some humor and innocence."

The Arlington Players (TAP) is presenting the musical, "She Loves Me," from April 14 to April 30, 2017. Show times are Friday and Saturday at 8 p.m.; Sunday matinee at 2:30 p.m. Tickets are \$25/adult; \$22/senior and military; and \$15/child/student. The venue is the Thomas Jefferson Community Theatre. 125 S. Old Glebe Road, Arlington. Call 703-549-1063 or visit thearlingtonplayers.org.

CALENDAR

ONGOING

- Divine Light Art Show. Through April 28, 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
- 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.
- 6 ♦ Arlington Connection ♦ April 12-18, 2017

Crystal Run: 5K Fridays. 6:30 p.m. Fridays in April at 2121 Crystal Drive. An evening race after work.

before event

- Visit www.crystalcity.org for more. "Midwestern Gothic." Various time 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

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.

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 for more.

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 www.arlandriaeggstravaganza.com for more.
- OCEAN Yoga. through May 6 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.

www.ConnectionNewspapers.com

EASTER EVENTS -

Gallery in the Reinsch Library.

ENTERTAINMENT

- 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, allnatural 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 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. Wodposdova 8, 10, p. m

- 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. 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-

APRIL 13-MAY 13

6548.

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.

FRIDAY/APRIL 14

Wiggly Worms Campfire. 7-8 p.m. at Gulf Branch Nature Center, 3608 Military Road. Join us at the Gulf Branch fire ring for lots of oldfashioned fun. The night will be filled with entertaining activities such as stories, special animal guests, games, songs and S'mores. Call 703-228-3403 or visit parks.arlingtonva.us for more.

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 for more.

SATURDAY/APRIL 17

Columbia Pike Blues Festival. 1-8:30 p.m. over three blocks at the intersection of Columbia Pike and Walter Reed Drive. Music, food, crafts and vendors. Three-time Grammy-nominee Bettye LaVette

П



The Blue and White Hydrangeas by John Granada is one artwork that will be part of the April 22-23 show at the Festival of the Arts 10 a.m.-5 p.m. at the plaza, 3003 Washington Blvd. Visit www.artfestival.com, email info@artfestival.com or call 561-746-6615 for more.

headlines the show. Free. Visit columbia-pike.org/bluesfest/ for more.

"She Loves Me" Performances. Various times at the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. After the April 23 matinee, a post-show discussion with the cast and production team to learn more about the process of putting together the show. Visit www.thearlingtonplayers.org for more.

SUNDAY/APRIL 16

Invasive Plants Removal. 2-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Help keep the parks free of destructive invasive plants. Call 703-228-6535 or visit registration.arlingtonva.us. Free, no registration required.

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 for more.

THURSDAY/APRIL 20

Story & Art Classes. 10:30-11 a.m.-9

p.m. at Kinder Haus Toys, 1220 N. Fillmore St. Classes are taught by retired Taylor School art teacher, Elizabeth Ashley. Four-week session is \$120 or \$30 a session. Call the desk to reserve a spot. 703-527-5929.

Photo by John Granada

- Arlandria Eggstravaganza. 11 a.m. 2 p.m. at Four Mile Conservatory Center 4109 Mt. Vernon Ave. Alexandria. Easter bunny and egg hunt. Visit www.arlandriaeggstravaganza.com for more.
- Rotary Awards Banquet. 6 p.m. at China Garden Restaurant, 1100 Wilson Blvd. The Arlington Rotary Educational Foundation annual Fundraiser Banquet featuring speaker Don Beyer. \$50. Visit www.arlingtonrotaryclub.org for
- more. Arlington Young Democrats Debate. 6:30 p.m. at the National Rural Electric Cooperative Association in Ballston, 4301 Wilson Blvd. Michael Lee Pope to serve as moderator for four-way race. Visit www.arlingtonyoungdems.org/ for more.
- Meet the Author. 7 p.m. at the Central Library, 1015 N Quincy St. Meet Elizabeth Strout, novelist, short-story writer, and winner of the 2009 Pulitzer Prize for Fiction for "Olive Kitteridge." Call 703-228-5990 for more.
- South Africa Dust and Thunder. 7:45 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Filmed live on tour with 50,000 fans in Pretoria, South Africa, their performance was shot in Ultra HD and is presented in surround sound. Visit www.ArlingtonDrafthouse.com. SEE Concert. 7:30 at Iota Café, The

Market Common, Clarendon, 2832 Wilson Blvd. SEE is a 21-year-old singer/songwriter and multi instrumentalist. Call 703-522-8340.

FRIDAY-SUNDAY/APRIL21-23

Paul Rodriguez Comedy. Various times at the Arlington Cinema and Draft House, 2903 Columbia Pike. \$26.75. Admission is 21 or over unless accompanied by parent/guardian before 9 p.m.; 21 or older only after 9 p.m. Visit arlingtondrafthouse.com/ or call 703-486-2345 for more.

SATURDAY/APRIL 22

Bike Day. 9:30-11:30 a.m. at the Central Library, 1015 N Quincy St. 10th Street parking lot will be closed for bike practice and demonstrations. Community groups will provide cycling information, and volunteers will assist with bike tune-ups. Call

703-228-5990 for more. **Home Show and Garden Expo**. 10 a.m.-5 p.m. at the Thomas Jefferson Community Center, 3501 2ND St. Learn of new ways to update the home and add value to the property. Visit www.arlingtonhomeshow.org/ for more.

- Finances Expo. 10 a.m.-3 p.m. at the Westin Crystal City Hotel, Crystal City Shops, 1800 Jefferson Davis Highway. "Get Fierce About Your Finances," is the topic. Email info@financiallyfierce.com for more.
- Annual Spring Gala. 6-11 p.m. at the Ritz-Carlton, Pentagon City, 1250 S. Hayes St. Arlington Community Foundation fundraiser. \$300. Visit www.arlcf.org/ or call 703-243-4785 for more.
- Bingo Night. 6:30-8:30 p.m. at St. John's Episcopal Church, 415 S. Lexington St. \$5 for two cards. Prizes will be awarded and refreshments will be available. Call 703-671- 6834 or email familyprograms@stjohnsarlingtonva.org.

SATURDAY-SUNDAY/APRIL 22-23

Festival of the Arts. 10 a.m.-5 p.m. at the plaza, 3003 Washington Blvd. Visit www.artfestival.com, email info@artfestival.com or call 561-746-6615 for more.

APRIL 25-MAY 18

Lunchtime Bootcamp. 12:15-12:45 p.m. at Rosslyn's Gateway Park, 1300 Lee Highway. Work with a professional High Intensity Interval Training trainer. \$25 for all eight classes. www.rosslynva.org.



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News

From Page 3

inspectors will leave an oversized yellow door hanger on the residence letting the owner know that there is a safety concern regarding the property. Sometimes that is as far as the process is able to go. "Virginia is a property rights state," said Lawson. "People in single family homes have the right to live the way they want to live.

If their situation doesn't immediately impact neighbors, [there is]

not a lot we can do, but we try." Lawson and Pugh both noted that hoarding situations are much easier to address in rental properties or multi-family complexes where the situation is also a concern for the safety of other residents.

"That factors a lot more in our ability to encourage or enforce

Home of the \$6,850 Bathroom Remodel

people to resolve their hoarding," said Lawson. "It's a fire hazard."

"Rental properties are the best case scenario," said Pugh. "With rentals, we are able to include the property owner in a solution. Ultimately responsibility rests on the tenant to maintain the rental unit in the same condition they received it. If they fail to do so, the property manager, owner, or community manager can [evict] the resident."

"Sometimes residents will call us back and want to know why the government is knocking on their door," said Pugh. "Normally this opens up avenues for a conversation just to gather baseline information.'

Getting a conversation started about the issue gives code enforcement their foot in the door. In most situations though, Pugh says the code enforcement inspector alone cannot resolve these issues.

"If you're standing there, it's overwhelming at best," said Pugh. "These are places packed floor to ceiling." Depending on the homeowner's situation, Pugh says the code inspector will tap into the broader network of local government services.

"If the resident is elderly, we call adult protective services," said Pugh. If children are involved: child protective services. If animals: we will alert animal control. It's such a tedious task to reach out to them one at a time so we developed a hoarding task force and made a group email."

Both Arlington and Alexandria have hoarding task forces. Lawson says when Adult Protective Services becomes involved, they interview the victim to try to get at the root of the problem and examine what options are available to resolve the problem.

"We're a government, we're here to support them," said Lawson. "If they have the resources we do encourage them to utilize those. If we determine they need financial resources, if we deem necessary, we will provide that support."

Pugh says getting families involved in the recovery process can be crucial to solving the long-term issues.

"Initially people will tell you they don't have anybody, but once their [friends and family] learn [the victim] is living in dangerous conditions and unable to stay in their home, they become a big part of the solution or resolution to get it cleaned up," said Pugh.

DURING THE PROCESS of reclaiming the house, Pugh says he tries not to displace people any longer than necessary.

"We've gotten pretty creative at keeping people in their homes," said Pugh. "Six months ago, a senior citizen was living in a place where there was only enough room to sit in her lazy-boy. She had fallen and was transported to the hospital. When she returned, the owner offered to put her up in a partially finished unit while the property manager went through

her stuff: identifying trash, keepsakes, must haves, that kind of thing. Eventually she was returned to the unit after two weeks and it was cleaned and organized. She was extremely grateful, it had all just gotten away from her."

Like the code inspectors, Lawson says Adult Protective Services work begins with a conversation.

"We operate least restrictive and least intrusive to most," said Lawson "We always start on the low end of the scale, with conversation. We're trying to engage and assess. A lot of times, it doesn't get adversarial: people are willing to work with us. ... For the most part, once we get in there, they're more accepting. It's a mental illness, they recognize 'yeah, this is bad, I'm trying and I'm just not able to work through it."

For those who refuse assistance, Lawson says Adult Protective Services must determine the competency of the victim.

"From a social worker perspective, competent adults have a right to self determination," said Lawson. "That's something we're constantly assessing: how competent is this person? How aware are they of their situation? If we feel it's something that needs to be resolved, we offer services. Competent adults have a right to accept or refuse services. If safety is an issue, we may bring in a more authoritative body to enforce regulations and statutes, like code enforcement."

While the house can be cleaned, the underlying issues that cause hoarding will likely resurface unless addressed. Dumas said there are both pharmacological treatments, particularly anti-depressants, and therapeutic methods to combat hoarding.

"One solution is a non-shopping trip," said Dumas. "The therapist goes to the shopping mall with the patient and convinces them to go home without anything. Do that over and over until they can do it on their own."

The other solution is called the "downward arrow." Dumas says the goal is to reduce distress at the thought of losing these items. The therapist has the victim weigh the costs and benefit of saving things, and through that process helps the the victim understand that the benefits of a healthy life outweigh those of physical collection.

"With hoarding comes the same comment for most psychiatric conditions, it's a disease, should be viewed as such," said Dumas. "These people should be viewed with dignity or respect, same way as cancer or coronary disease."

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HomeLifeStyle Easter Table Design Ideas

Local tastemakers offer spring table setting and centerpiece ideas.

By Marilyn Campbell

he arrival of spring offers fresh inspiration for table setting and home décor, say local designers. "What's really beautiful about spring is that there is such natural beauty outside," said Amanda Mertins, coowner of Patina Polished Living in Old Town Alexandria. "Everything comes to life in spring. It's all so fresh, you don't have to do anything too contrived because decorations present themselves naturally with lovely daffodils and hyacinths. Pastel colored eggs are also part of the scene. You can combine the natural elements with the givens like eggs and bunnies."

"Trim a few branches from a flowering bush or tree," said Courtney Thomas of The Picket Fence in Burke, Virginia. "If you have tulips or daffodils, harvest some and make your own bouquet or place single stems in bud vases."

"You can't beat the amazing color display that's going on outside right now," added Anne M. Walker of Anne Walker Design in Potomac, Maryland.

"The deep magenta blossoms of the Redbud trees combined with the chartreuse color of the budding tree leaves and new grasses makes my heart skip a beat. Bring these vibrant greens and purples into your house any way you can: fresh flowers, throw pillows, candles. A little touch of coral is welcome now and is a wonderful harbinger of the warmer days ahead."

For a simple Easter centerpiece start with a tray, advises Thomas. "Cover the bottom with Easter grass or faux moss," she said. "Place a potted plant or bouquet in the center with decorative Easter eggs nestled in the grass around it. Add a bunny or two and you have a cohesive centerpiece that is easy to move if necessary.'

Small accent pieces can have a big impact on table settings. "Make the table more festive by having place cards at each setting," said Kelley Proxmire, principal at Kelley Proxmire, Inc. "Make each setting a little bit more special by putting individual small flower



PHOTO COURTESY OF KELLEY PROXMIRE, INC. **Designer Kelley Proxmire uses individual** small flower arrangements to personalize the table setting in this Vienna, Virginia home.

arrangements, or perhaps an Easter candy at each place.

To create a sophisticated display, Walker advises forgoing traditional pastel colors and Easter eggs in lieu of vintage white décor. "[Home accessory stores] will all have decorating treasures, and they should be at deeply discounted prices this week," she said.

Mertins creates an "Easter tree" decorated with hand-blown, hand-painted eggs. "They're from Austria and they're really like works of art," she said. "You can hang these eggs from budding branches like those in a Forsythia [shrub] with green leaves and buds."



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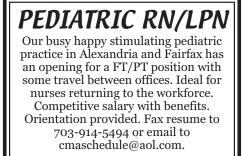
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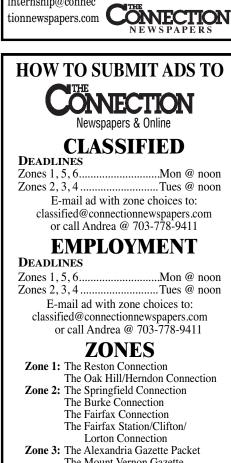




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Exercising A Demon

By KENNETH B. LOURIE

Last night, between 9:30 p.m. and 10:15 p.m., I traveled back in time without leaving my bedroom and without the use of a Time Machine. I went back approximately 41 years to the fall of '73, to my sophomore year in college at The University of Maryland. A group of us decided to go see one of the most talked about movies of the year: "The Exorcist." Talked about because it was filmed locally here in Georgetowr and because it was said to be scary as h-

I believe we saw the movie at the old KB Cinema located on Wisconsin Ave., NW, adjacent to Rodmans. I could be wrong but there's no one to ask, so you'll just have to take my word for it. I remember little else about the eve ning, other than my return back to my dorm room, #103, at Cumberland Hall in College Park. Though I had a roommate, he had gone home for the weekend so I was all alone. And that is what I remember most, closing the door, shutting off the lights, sitting on my bed and staring into the darkness and seeing Linda Blair's face (from the movie) and being extremely uncomfortable being by myself so soon after hav-ing seen the movie. I had a difficult night. I don't remember if I had any nightmares however, but, it was a miserable experience trying to fall asleep. I have not seen "The Exorcist" a second time, in its entirety or in any pieces until last night, despite it being a movie readily available on cable, especially around Halloween.

I would say I saw the last 45 minutes. I saw Linda Blair tied up in her bed. I saw Linda Blair turn her head completely around. I saw projectile vomiting from her mouth. I saw her fiery, yellow eyes and her face all torn up with scars and scabs. I saw her bed shake. I saw her bed levitate. I heard the demon inside her growl screech, curse and speak backwards and verbally attack all the priests held sacred. I heard the bells chiming in the movie score. I saw plenty but not enough to justify the fear that engulfed me all those many years ago. Having watched the move again (and having slept peacefully through the evening), it almost feels as if I've survived a rite of passage somehow, faced off against my past and come out reasonably healthy — all things not considered Nevertheless, I have no interest in seeing

"scary" movies. I guess I don't see the point or rather the point pales in comparison to the fact that I've been diagnosed with cancer: now that's scary. Moreover, having lived over 40 years since having seen "The Exorcist," a few other scary things have happened in life which places a movie in context; it's only celluloid (sort of). it's not real. So I've learned a few things and probably unlearned a lot more. I wouldn't say watching the movie tonight was an epiphany-type moment when the light came on and I realized what I had been missing or perhaps realized what I've been getting. Granted, it's only a movie, and one that's over 40 years old, but it's a movie/experience/ affect that had stuck with me for a long time, and now I'm free of its tentacles.

It reminds of another movie I saw as a young boy, when I was under 10 years old, it scared the - out of me and did give me nightmares: "Invaders From Mars," released in 1953. The Martians landed in a field just within view from a little boy's bedroom window in his family's farmhouse. I remember his wide eyes at seeing the light off in the distance. I remember the music. I remember the Martians having a device that made the ground disappear and then reform. I remember the Martian leader's head being car-ried around in a goldfish-type bowl of something. I don't remember the plot. I just remember being frightened. It wasn't until "The Exorcist" 15 or so years later that I had been similarly scared. And it wasn't until 35 years after seeing "The Exorcist" when I was once again so scared that I had trouble sleeping, and had nightmares, and experienced everything else associated with fear that your life may actually be coming to an end: my non-small cell lung cancer diagnosis in late February 2009. Having survived more than a few years now past my original "13 month to two-year" prognosis, maybe I am ready to go see another scary movie? After all, I could probably use the diversion.

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

PEOPLE Synchronized Skater

"We skated our

best and ending up

winning. It was by

only half a point,

but we still ended

up on top..."

From Page 3

"I wasn't used to these coaches' coaching styles, and they expected us to pick up new choreography immediately and be able to skate on a world-class level already, which was stressful for me," said Nemati. "It took me a while to adjust, but it made me into a much stronger skater, physically and emotionally. I'm able to take criticism better and my skill levels improved."

Before being on the Skyliners, she said, "I didn't have a chance to skate on such a

high-level team where so much is expected of you. So overall, it was a good experience for me." Nemati is a senior at Bishop O'Connell High and, once school began in September, she practiced with her team Fridays for 2-1/2 hours, Saturdays, five hours and Sundays, six hours. Competitions started in November and ran through the end of February.

"It was really difficult balancing school and skating," she said. "But my school scheduled all my AP classes in the morning — with electives and easier classes in the afternoon - because on Fridays, I had to leave early to catch a train to Connecticut for practice. During the week, I'd do a lot of my homework in the library at lunch; and on Fridays, I did some more during the sixhour train ride."

After Friday practices in Connecticut, the teams practiced Saturdays in Monsey, N.Y., about an hour away, returning Sundays to Connecticut to practice until 8:30 or 9 p.m. Then Nemati took the train home to Fairfax, arriving around 3:30 a.m. and waking up at 6 a.m. to go to school.

As if that weren't enough, she also teaches group ice-skating classes Monday afternoons at Reston SkateQuest. Tuesday, Wednesday and Thursday, she practices solo there; and twice weekly, she takes ice-dancing lessons with her private coach. "Ice dancing is an important part of synchronized skating because it deals with edges, knee bends and posture, which you use on the ice," said Nemati.

The 20-member Skyliners vied in five competitions this year. One of them, the end of January, was in Salzburg, Austria. "It was called the Mozart Cup," said Nemati. "We competed against a lot of tough teams including Finland and another U.S. team, which was our main competition. They were college girls from Miami of Ohio University. The Skyliners are ages 15 through 24, with our average age 17-18."

The 10 teams participating did both short and long programs. The short one is just 3 minutes but, said Nemati, "It's jam-packed with five skating elements, so you have to work hard to get them all in, in a short amount of time. And our music was Sia's version of 'California Dreamin' from the movie, 'San Andreas,' so it was very intense. Our coach choreographed it so we'd show Arlington Connection & April 12-18, 2017 & 11

a lot of power and passionate interpretation of the song."

The long program is about 4-1/2 minutes, so it contains more elements. "But it's easier because you have more time to complete them and really express yourself," said Nemati. "You can show blocks, circles and lines, plus extensions of your arms and legs. We did an upbeat medley of Whitney Houston songs that were really fun and got the audience on their feet."

She said they'd been preparing and were ready. "But we were a bit nervous, so we

held back a little and got third place, behind Finland and the other U.S. team," said Nemati. "But it was good motivation for our next international competition in Zagreb, Croatia."

The week-long event in mid-February saw 10 teams vying for the Zagreb Snowflakes trophy. Germany and Hungary were the main competitors, and the teams performed the same programs they had all

season.

— LaDan Nemati

"We improved our scores a lot and felt more confident," said Nemati. "We skated our best and ending up winning. It was by only half a point, but we still ended up on top and it was an amazing experience. We each won gold medals, and the team won a trophy. Germany was second and Hungary, third. It was one of the best experiences of mv life."

At the start, she said, "When the announcer says, 'Representing the United States of America' over the loudspeaker, I knew I had a huge job to do. But I was motivated to go out and do my best and show the judges why we were there and why we were Team USA. Then, at the medal ceremony, they put up the flags of the top three teams and played the winner's national anthem. Hearing that on an international stage was really fulfilling and gave me a huge amount of satisfaction."

That ended the international-competition season, so the girls returned home. But after a day-and-a-half, they flew to Rockford, Ill., for the 2017 Nationals. The Skyliners came in third, but beat the other U.S. team that they wanted to beat in Austria. "It was only by one-tenth of a point, but it was a huge accomplishment," said Nemati.

Now, she's focused on finishing up the school year, graduating and attending UVA in the fall to possibly major in economics or business. On March 18-19, she tried out for the team again — and made it — but then decided not to accept. Instead, she'll concentrate on her solo ice dancing.

Although it was tough going to practices on weekends while her friends were out having fun, Nemati has no regrets because it was her choice. "I also like serving as a role model for younger girls who'd like to follow in my footsteps, but don't think it's possible. I want to show them they can follow their dreams and achieve them."



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We specialize in additions, kitchens, bathrooms and whole home remodels. We are client focused and committed to providing you with personalized service, upfront communications, and expert design and craftsmanship. Call Today 703.672.2249 or online at FosterRemodeling.com

Foster Remodeling Solutions, Inc. • 7211-H Telegraph Square Drive • Lorton, VA 22079 • 703.672.2249 • www.FosterRemodeling.com



Saturday, April 22nd 2017 10:00am to 5:00pm



Cabinet Selection Area

Seminars

We will be providing 3 free educational seminars throughout the day. Our Design Consultants will give you tips and guidelines about remodeling.

11:00am Sean will be providing you with information and tips for Kitchen and Bathroom Remodeling.



1:00pm

Plan for every stage of life, Dory will discuss Aging-In-Place Remodeling.

3:00pm



Are you thinking about remodeling but don't know where to start? Do you need lending options? Come to Chris's seminar on How To Plan a Successful remodel.





Tile and Flooring Selection Room

Please join Foster Remodeling Solutions at our Open House for our newly remodeled and expanded Design and Selection center.

We now feature custom vignettes. You'll see full kitchens and bathrooms on display as well as an inspiring outdoor area featuring a patio with a deck, windows, and roofing. We also have plenty of the latest materials and products for your home.

Guests will have the opportunity to browse through our showroom, attend seminars and talk to the industry experts.

Please rsvp to 703.672.2249 or sign up at FosterRemodeling.com

 Come see our newly remodeled and expanded **Design and Selection Center**

 Enjoy some chef prepared hors d'oeuvres

• Win Raffle Prizes

- Attend a Remodeling Seminar
- Q&A with our Design Consultants
- Browse through thousands of products for your home