

America Caro waves her flashlight into an open door frame in an abandoned structure to check for homeless during the Arlington Point in Time (PIT) homeless count.

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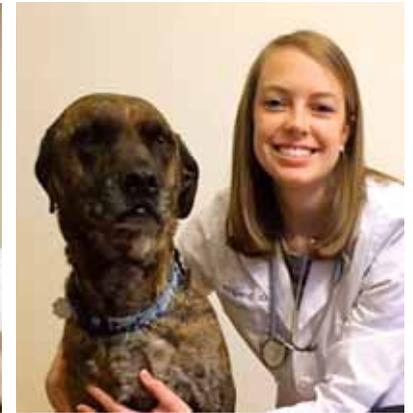
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# Counting the Homeless Arlington Point in Time count identifies street homeless.

BY SHIRLEY RUHE  
THE CONNECTION

**T**eam 4 pulls on warm hats and gloves and heads out the door of the Arlington County Department of Human Services (ACDHS) and climbs into the A-SPAN van. Maria Granados and Bianca Twyman, both A-SPAN case managers, will take turns driving tonight. They are part of the 5:30 p.m.-10 p.m. shift for the Point in Time (PIT) count of Arlington homeless taking place Jan. 24. They are bundled up as the temperatures are expected to plunge during the night.

Forty-eight county staff, non-profit employees and volunteers have signed up to conduct the PIT survey on trails and parks, under bridges, in parking garages, at Metro stops, in alleys and outside some business establishments. The fifth and sixth teams will cover the second shift from 10 p.m.-2 a.m.

It is the first time for the Arlington PIT count for the Rev. Laura Martin from Rock Spring United Church of Christ but, "I have done it at least a dozen times in the past when I worked at the shelter in Falls Church and other places." She says, "It's so important for us to know our neighbors who many of us don't encounter in our everyday lives."

Massen Ma, a diversion specialist for A-SPAN, says this is also his first time here but he participated in the PIT count in Prince William County several times in the past. "It was different there because we went out early in the morning when people were still sleeping on the street."

The team 4 van pulls up at the curb in front of the library at Shirlington. Bianca Twyman explains, "The homeless like to go inside to stay warm. We look for large bags, people who look a little unclean." A quick look around doesn't yield any potential homeless to interview. "They must have left to eat. It's about that time."

The next stop is the Assembly of God Church on Route 50. It is near the end of the 5 p.m.-6:30 p.m. free dinner offered five times a week at the church. Few are left in the dining room eating the chili and spicy rice was cooked for tonight's dinner.



**America Caro waves her flashlight into an open door frame in an abandoned structure to check for homeless during the Arlington Point in Time (PIT) homeless count.**

Maria Granados says, "We know a lot of the people who eat here, and most of them have a home. They eat here to get a free meal and because they know each other and like to be together."

It is getting colder, and a few flurries drift through the air as the van heads to the alleys on Pershing Street. America Caro jumps

out of the van, and the group splits up to take both sides of the street. Caro heads for the alley in back of the Glebe Market. Granados points to the other side of the street, "Usually there is someone sleeping over there. It may be a little early for him to be sleeping and it's so cold tonight that a lot of people will have decided to go to the

shelter."

Caro detours into an abandoned building wedged behind a wall and waves her flashlight through the open door frame. "This is a perfect place to stay because it is protected from the wind." No one inside, "but you can tell someone stays here because there is a bike parked against the wall." She heads around the corner and points her flashlight under the tall dumpster. "We look for large bundles of belongings that they like to hide away." Caro says, "I have a couple of clients who sleep in dumpsters for a few hours and then move somewhere else." Caro is a clinician for the Department of Human Services and does street outreach.

The time for each survey can vary. Ma says, "It can be difficult to get some people to talk and others want to tell you their life story. Of course," he adds, "the \$10 gift cards from McDonalds or Subway for participation can be a good incentive." The survey includes questions about household size, veterans status and homeless status as well as age, gender, ethnicity and race. It lists health conditions and asks about domestic abuse. The final questions ask about employment, income and need for housing.

Kurt Larrick, assistant director of communications and public engagement for the ACDHS, says while they have numbers on those served in shelters and through other programs and these are better for planning and budgeting purposes, the PIT Count is a useful supplement. Larrick says it is also one of the metrics that is important to the U.S. Department of Housing and Urban Development, and the PIT is conducted nationwide during January each year.

Team 4 makes its final stop at Jennie Dean Park. One homeless man waves them off but another agrees to an interview in Spanish. According to one of the team, the homeless man was seeing someone from the county for mental health issues.

In the last 10 years the number of single homeless in Arlington has decreased from 284 to 147 in 2017 with a high of 347 in 2010. The number of families has decreased from 126 to 85 in 2017 with a high of 211 in 2013. The numbers from this year's survey won't be available until spring.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



PHOTO CONTRIBUTED BY LAURA MARTIN

**A homeless man sleeps wedged against a wall under a picnic table at Jennie Dean Park.**



**The Assembly of God church on Route 50 offers free dinner five nights a week to the community, both homeless and housed.**



**Team 4 takes off for its first stop at the Shirlington Library where homeless gather inside to keep warm.**

# Many Immigrant Stories But Similar Fears

Details of immigrant stories differ but the roller coaster of stress and uncertainty is the same.

BY SHIRLEY RUHE  
THE CONNECTION

**L**ourdes (last name withheld to protect the family) came to the United States from El Salvador in 2005 when she was 6 years old to join her parents who had Temporary Protected Status (TPS). Today the tangled web of immigration laws threatens to pull the family in many directions. One family: three different legal categories.

The parents are facing deportation since Temporary Protected Status (TPS) was recently cancelled for El Salvador with an 18-month notice. Unless the law changes, the parents will be forced to leave the country by September 2019. This will affect 200,000 immigrants from El Salvador.

Lourdes will face deportation when her DACA renewal runs out in 2020. This results from President Donald Trump's Executive Order on Sept. 5, 2017 repealing Deferred Action for Childhood Arrivals (DACA). This affects 800,000 immigrants nationwide, with about 2,000 in Northern Virginia since the program was instituted.

The three other children in the family, who were born in the United States, are legally United States citizens.

Lourdes' parents have had TPS for well over a dozen years since El Salvador suffered an earthquake and was just getting over a civil war. This status allows the Department of Homeland Security to designate a country's citizens with TPS if they are already in the U.S. and if their country is suffering a natural disaster, outbreak of disease or armed conflict that would make it dangerous to return.

TPS is not a path to citizenship but individuals are allowed to live and work in the U.S. for the duration of the disaster without fear of deportation. This initial length of the TPS is not less than 6 months or more than 18 months but it can be renewed. Since they arrived, Lourdes' parents have renewed their TPS so many times they can't remember.

The family owns a home in Sterling. Lourdes' father has worked at Costco in Sterling for 15 years, since he came to this country, and her mother has worked at Target for 5 years. The parents have three children born in the United States as well as Lourdes who joined them from El Salvador and has DACA status. DACA is a program that allows individuals meeting certain requirements, that either entered the country illegally or remained, to receive a renewable two-year deferred action against deportation and a work permit. It is not, however, a direct path to citizenship.

So the family lives day to day. Lourdes says she just applied for a renewal of her DACA status on Friday when a Federal judge in Califor-



**Lizzette Arias,**  
Executive  
Director, the  
Dream Project.



**Erin McKenney,**  
Executive  
Director, Just  
Neighbors  
Ministry, Inc.

PHOTOS BY SHIRLEY RUHE

nia reinstated the DACA renewal program ordering the administration to "maintain the DACA program on a nationwide basis." But the Department of Justice has filed a petition with the U.S. Supreme Court to overturn this ruling, bypassing the U.S. 9<sup>th</sup> Circuit Court of Appeals, and that would prohibit DACA renewals once again. Lourdes says the daughter of friends of her parents got caught in the middle. She didn't have the \$500 to renew before the Oct. 5 deadline to terminate the program and before the current judge's decision reinstating the program. She was sent back to El Salvador.

Lourdes says her dad provides most of the family income so when TPS expires he can't work legally. For the past few years, Lourdes says, they have lived like everybody else "but there has been so much indecision lately about what is going to happen. It is very stressful."

She says, "Deportation is in the back of my mind. My parents talk about it so we can be aware of the situation in case they get sent back." But if they were to get sent back to El Salvador, Lourdes said, "There are a lot of gangs, especially in the area where my parents lived. My mom's town was taken over by a gang, and they created basically a gated community to live in because people were so scared."

Lourdes is currently enrolled at Northern Virginia Community College and hopes to become a nurse. Losing DACA status means loss of a driver's license, ability to work legally and state tuition assistance. Erin McKenney, executive director of Just Neighbors Ministry, Inc. said, "You are undocumented; they can make you leave. No protection." Losing TPS for the parents also means deportation and often returning to a country where they have no ties, and maybe no family. "There is definitely a fear factor. These countries are often violent. There is no work opportunity and if you work you are often extorted and have to pay someone off." McKenney says they feel like they have a chance in America; they aren't living in fear of their lives.

Just Neighbors is a non-profit organization

providing legal services to low-income immigrants in Northern Virginia. McKenney said, "We had 20 DACA renewal applications in just three days last week when the judge reinstated the program." Fifty-eight percent of their clients live in Fairfax with 16 percent in Arlington and others in Alexandria, Prince William and Loudoun.

McKenney says DACA recipients live in fear every day. She says comprehensive immigration legislation ranges from one extreme to the other. The hardliners say that anyone who is undocumented should be sent back. Those on the other side say everyone who is here should be able to stay with a path to citizenship. "Then there is everything in between."

Lizzette Arias and her family have their own story in America but face similar daily challenges. Arias is executive director of the Dream Project headquartered in Arlington that gives college scholarships to immigrants. She says a lot of their students are very depressed. They feel like they are studying but at the same time, will they have a work permit after graduation? She says some are having trouble keeping up with their schoolwork; they are too stressed. "If you hear of a raid, you don't know if your parents got caught."

Arias said her parents came to America on a tourist visa in 1989 and overstayed it. She came from Bolivia when she was 4 months old. She said it was tough here for her parents. They couldn't drive or go back to Bolivia to visit without papers. Her mother had left two children behind there.

Arias said her parents had a life of hiding. They didn't have too many friends because they didn't know who they could trust. Her parents couldn't engage in the children's school activities because "you don't know what will be asked of you."

"Finding a job was tough for my father; it is hard without paper. He went day to day with construction jobs and each time he had to get the next one, they would ask for papers. It was tough to survive." And she says it got even worse after 9/11. She adds that her mother was a housecleaner, which wasn't as hard because in that field they never ask for papers. Back home in Bolivia her parents had owned a clothing shop.

Arias didn't find out she was undocumented until she was in high school and they had a fire in their apartment in Arlington. "My father inhaled a lot of smoke but he wouldn't get in the ambulance because he was undocumented and he didn't know what would happen."

She says after she found out, she got very depressed. "I couldn't talk to anyone. I didn't know who to tell." Now Arias has DACA protection until her current certification runs out in October of this year. She applied for DACA when President Obama began the program in 2012 and has renewed every two years since then. "It has been easy for me to pay the renewal fee of \$465 (now \$495) because I was working but for some families it is a big obstacle, especially if you have more than one kid."

Her older sister, born in the United States, turned 21 and was able to legally petition for

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# Short Bridge, Big Compatibility Issues A bridge park with no bridge.

BY VERNON MILES  
THE CONNECTION

**A**nyone who has travelled along Route 1 between Alexandria and Arlington, or taken the Mount Vernon Trail, has passed Short Bridge Park. As the name suggests, it's a short railroad bridge over Four Mile Run that, since the rail fell into disuse, has been overgrown with vegetation. The actual park land in Arlington is a small plateau overlooking Four Mile Run on the Arlington side. While the park is currently a neglected patch along Arlington's southern border, new plans approved at the Jan. 27 County Board meeting will see the park revitalized over the next few years. But plans to actually fulfill the county's dreams of a park that spans Four Mile Run are being held up Arlington's southern neighbor.

At the County Board meeting, the park was officially named Short Bridge Park; a tongue-in-cheek reference to Arlington's Long Bridge Park near the 14th Bridge also undergoing a park planning process. While plans at Long Bridge Park involve an extensive community center and aquatics facility, it's stunted cousin will see a scaled-down renewal. Currently, the only paved trail is a zig-zag jutting into the park created by Alexandria as a temporary connection to Four Mile Run. A new network of paths will cut through the site, connecting Potomac Avenue with Route 1, and connecting the street level with the trail.

The tree canopy on the site will also be expanded, with 82 new trees planted along the trails. An overlook will allow pedestrians to step off the narrow bike trail at the



Master Plan for Short Bridge Park.



Four Mile Run leading under Short Bridge Park.



Four Mile Run trail, with a fence closing off the park.

waterline and enjoy Four Mile Run. Staff reported that public art projects will be implemented under the bridge to try to mitigate the "scary" atmosphere that currently consists of spider-webs and gang tags.

But while plans for the border-spanning park are underway on the Arlington side, one frustration expressed at the County Board was that Alexandria has no plans to develop its side of the park. The Alexandria and Arlington border

crosses Four Mile Run, includes the bridge itself, and technically cuts into the northern banks midway through where the park is currently located. Plans for the park currently include improvements on the Alexandria site on the

northern side of Four Mile Run, but stop at the bridge. So at Short Bridge Park, the bridge itself will remain overgrown and inaccessible. According to Arlington staff, Alexandria's plans for the area currently center around the AMC movie theater site to the south.

"That's a little disappointing," County Board member John Vihstadt said. "I am concerned we're going to be spending significant amounts of money for improvements on Alexandria side."

"I was wondering if we could push a little bit," suggested County Board member Libby Garvey. "Maybe we should talk to our colleagues about making the bridge more usable. That's such a major connection. It's fenced off."

But staff noted that there were problems with building a park on the bridge that added complications to the Alexandria side. Building on a railroad bridge is a double-edged sword, because while its industrial use means the bridge is strong enough to support the load of a park, it also means the bridge has significant potential contamination. Arlington staff said Alexandria is unlikely to make an investment on the bridge until it is able to make improvements, leaving Arlington with a one-sided bridge project.

"It's probably fair to say there are really no plans in what anybody would reasonably call the near term," said County Board member Christian Dorsey. "In effect, if and until that happens, what we do here needs to work both as interim condition and be compatible with anything that might happen long term. We might need to look at this as the park we live with for the next 15 to 20 years. Part of why we're calling the park what we're calling it and why we designed it in such a way is based on anticipation for what they might be calling it later."

Final design will be underway throughout 2018, with construction expected to begin by the end of the year. The trail connection will cost \$750,000 and is 80 percent funded by a Federal Transportation Alternative Grant, with Arlington County matching for the remaining 20 percent unless staff can secure additional funds from the Virginia Department of Transportation.

The park improvements are identified in the 2017-2026 CIP at a cost of \$3,750,000 with final design in 2022 and construction in 2023, but hired consultants suggested the price could go as high as \$5,961,000.



PHOTOS CONTRIBUTED

## 'Eat Sushi. Build Bridges'

**Sushi Zen hosted a fundraiser "Eat sushi. Build bridges" on Jan. 24 to support Bridges to Independence. In honor of Sushi-Zen's 20th anniversary, it is hosting 20 fundraisers in 2018 supporting Arlington non-profits. Twenty percent of the evening's dinner proceeds were donated to Bridges to Independence who have been working with homeless families since 1985 to lead them out of homelessness and into stable, independent futures. Rosie Gordon-Mochizuki, co-owner of Sushi Zen with her husband, says her goal is to raise \$20,000.**

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## ENTERTAINMENT



### From Hubble to Cherrydale

An exhibit of photography from the Hubble Space Telescope will open at the Cherrydale Library Feb. 6 and run through April 16. Greg Embree, the volunteer photo exhibits curator, says these images will brighten the library and make the space a more attractive, appealing and interesting place to visit.

PHOTO CONTRIBUTED

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday.

#### THURSDAY/FEB. 1

**Inside Signature with Kathleen Akerley.** 1 p.m. at Signature Theatre, 4200 Campbell Ave. Signature newcomer and director of 4,380 Nights, Kathleen Akerley, sits down with Education Director David Zobell. Free, no reservation required. Visit [www.sigtheatre.org](http://www.sigtheatre.org).

#### FRIDAY/FEB. 2

**Groundhog Day Campfire.** 6-7 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Families ages 4 and up. Warm up by the fire and enjoy stories about this legendary prognosticator with his own honorary day. And of course, make s'mores. Call 703-228-3403. \$5. #622858-J. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us).

**Gallery Reception – "Lay of the Land."** 6-8 p.m. at The Barry Gallery, in the Reinsch Library at Marymount, 2807 North Glebe Road. Marymount University's Barry Gallery, located on the school's main campus, will open its "Lay of the Land" exhibition. Admission is free. Visit [www.marymount.edu/barrygallery](http://www.marymount.edu/barrygallery).

**Groovin' on the Pike.** 7-9 p.m. at Columbia Pike Branch Library, 816 South Walter Reed Drive. Visit the Columbia Pike Branch Library on First Fridays for an after-hours, all ages dance party. Light refreshments provided, with libations available for sale by New District Brewing Company. Proceeds benefit a project of CPRO's West End Activation Committee – building four "Little Free Libraries" at the West End of the Pike. Visit [library.arlingtonva.us/](http://library.arlingtonva.us/)

locations/columbia-pike-branch-library/.

#### FRIDAY-SATURDAY/FEB. 2-3

**Live Comedy: Dana Gould.** Friday, 7:30 p.m.; Saturday, 7 and 9:30 p.m. at the Arlington Cinema and Drafthouse, 2903 Columbia Pike. In addition to stand-up, Dana is a comedy writer, actor, show creator and producer. Gould is also the creator/writer/executive producer of the IFC comedy horror series Stan Against Evil in which he also stars as "Kevin." Visit [arlingtondrafthouse.com](http://arlingtondrafthouse.com) for tickets.

#### SATURDAY/FEB. 3

**Scatology.** 3-4:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Come learn about the traces our animal friends leave behind! Each animal has its own unique footprints and scat that are clues for naturalists, field biologists and animal investigators. Practice identifying scat and make fake scat to take home. Ages 6-11. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us), or call 703-228-6535. Meet at Long Branch Nature Center. \$7. #622928-F.

**Singles Dinner and Movie Night.** 5 p.m. Dinner at Samuel Beckett's Irish Gastro Pub in Shirlington, 4150 Campbell Ave., followed by choice of movie at AMC Shirlington 7. Cost of \$35 at door includes dinner, soda, tip and movie ticket. Advance RSVP required for reserved seats at movies: [NewBCarol@verizon.net](mailto:NewBCarol@verizon.net). Sponsored by New Beginnings, a support group for separated/divorced men and women. Visit [www.newbeginningsusa.org](http://www.newbeginningsusa.org).

**Country-Western Dance.** 6 p.m. at Lincolnia Senior Center, 4710 North Chambliss St., Alexandria. The Northern Virginia Country-Western

Dance Association offer lessons, 6-7 p.m., with open dancing, 7-9:30 p.m. A DJ provides music. Couples and singles of all ages welcome. Members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Smoke-free, alcohol-free. BYO refreshments. Visit [www.nvcwda.org](http://www.nvcwda.org).

**Flying Squirrel Lore & More.** 6-7 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Flying squirrels are found throughout the wooded neighborhoods of Arlington, but are seldom seen. Learn about these engaging nocturnal acrobats. Families ages 4 and up. Register children and adults; children must be accompanied by a registered adult. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us), or call 703-228-6535. \$5. #622958-E.

#### SUNDAY/FEB. 4

**AFAC's 6th Annual Empty Bowls.** 11:15 a.m. and 12:45 p.m. at St. Andrew's Episcopal Church, 4000 Lorcom Lane. The Arlington Food Assistance Center's 6th Annual Empty Bowls event is a luncheon fundraiser for AFAC featuring uniquely designed handmade bowls. Each \$35 ticket includes a bowl of your choice to take home, plus soup, bread and dessert. Children 5 and under are free. Visit [afac.org/afac-events/empty-bowls-2018/](http://afac.org/afac-events/empty-bowls-2018/).

#### MONDAY/FEB. 5

**Sigworks: Alabaster by Audrey Cefaly.** 7 p.m. at Signature Theatre, 4200 Campbell Ave. A noted photographer sets out to explore the topography of "scars." Her journey lands her in the mysterious realm of an undiscovered folk artist hiding away in a small farmhouse on the outskirts of Alabaster, Alabama. Visit [www.sigtheatre.org](http://www.sigtheatre.org).

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# ENTERTAINMENT

## WEDNESDAY/FEB. 7

**Northern Virginia Bird Club Walk.** 8:30-11 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Join members of the Northern Virginia Bird Club in search of resident and migratory birds. Experienced and beginning birders welcome. Bring binoculars and field guides if you have them. No registration is required. For information: 703-228-6535. Meet at the parking lot at Long Branch Nature Center. Free. #622948-G. Register at registration.arlingtonva.us.

## THURSDAY/FEB. 8

**Salamander Patrol Training.** 6-7 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Every year with the first "warm" rain, a dangerous journey begins for amphibians crossing driveways, parking lots and roads trying to get to ponds. Get trained to be added to our "safety patrol" list, for one- or two-hour shifts some night in late February or early March. Teens ages 13 and up are welcomed, but must be accompanied by a registered adult. Call 703-228-3403. 622948-C. Register at registration.arlingtonva.us.

**Share the Love.** 6-9 p.m. at the Hyatt Centric Arlington, 125 Wilson Blvd. Arlington Street People's Assistance Network celebrates 25-plus years. Festivities will include live music, a tasting of Virginia specialties including carving stations as well as craft beers and wine tasting. Valentine's Day raffles and prizes "guarantees 100 percent happiness." To purchase tickets and learn more

about A-SPAN visit [a-spans.org/a-spans-25th-celebration](http://a-spans.org/a-spans-25th-celebration).

**Race and Democracy.** 7-9 p.m. at Reinsch Library Auditorium, Marymount University, 2807 N. Glebe Road. "Chocolate City: A History of Race and Democracy in the Nation's Capital" co-author George Derek Musgrove tells the tumultuous, 400 year story of race and democracy in our nation's capital which has served as a national battleground for contentious issues, including slavery, segregation, civil rights, the drug war, and gentrification. Before the presentation, visit the Barry Gallery, also in the Reinsch Library, which features an exhibit by African-American artists called "The Lay of the Land." Free. Call 703-892-4204 or visit [arlingtonhistoricalsociety.org](http://arlingtonhistoricalsociety.org).

**Deep Dive: Finding Love.** 8-9 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Explore the strange and unusual mating rituals and reproductive behaviors of local wildlife. What are the physiological costs of these displays? How do these behaviors benefit the offspring? Do other species benefit? For adults. \$5. #622848-C. Register at registration.arlingtonva.us, or call 703-228-3403.

## FRIDAY/FEB. 9

**Music With a View.** 6:30 p.m. for hors d'oeuvres and cash bar. Concert begins 7:30 p.m. at The Waterview, 1919 North Lynn St. The Arlington Philharmonic presents a collage concert in a breathtaking setting where the audience will be surrounded by Philharmonic brass, string, and woodwind ensembles. Tickets \$25/person, at [squareup.com/store/arlington-philharmonic/](http://squareup.com/store/arlington-philharmonic/). Visit



[www.arlingtonphilharmonic.org](http://www.arlingtonphilharmonic.org).

## SATURDAY/FEB. 10

**Reading the Woods.** 10:30-11:30 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. How to tell what animals live in our woods, even if we can't see them? Did the woods always look the way do now or have they changed over time? How have people used this land in past? For information: 703-228-6535. Meet at Long Branch Nature Center. \$5. #622928-G. Register at registration.arlingtonva.us.

**Civil War Discovery: Winter Soldiering.** 1-2 p.m. at Fort C.F. Smith Park, 2411 N. 24th St. Winter was a tough time for Civil War soldiers. Do some winter marching, make hardtack bread and set up camp. For information: 703-228-7033. Meet at Fort C.F. Smith Park, 2411 N. 24th St., Arlington. Ages 7-11. \$5. #622728-C. Register at registration.arlingtonva.us.

**R.I.P. - Remove Invasive Plants.** 2-4 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Adults, teens, and families ages 8 and up. Restore habitat and increase species diversity right here in Arlington. Work parties

are held every month. No registration required. For information: 703-228-3403. Free.

**Secrets of Squirrels.** 2-3:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Come learn about these rodents who are busy in the fall hiding nuts. How do they find them later? Where do they raise their babies? Why are some grey squirrels black? We'll learn the answers in our classroom and on a fun nature hike. For information: 703-228-6535. Meet at Long Branch Nature Center. Free. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. #622958-P. Register at registration.arlingtonva.us, or call 703-228-4747.

**Civil War Discovery: Skirmish Drills.** 2:30-3:30 p.m. at Fort C.F. Smith Park, 2411 N. 24th St. Skirmishers played a special role in Civil War armies. Learn their functions and practice their drills. For information: 703-228-7033. Ages 7 to 11. Meet at Fort C. F. Smith Park, 2411 N. 24th St., Arlington. \$5. #622728-D. Register at registration.arlingtonva.us.

**"Night Of Ballads."** 7 p.m. at NRECA Conference Center, 4301 Wilson

## Special Voices of the Civil War Era

Female Re-Enactors of Distinction (FREED) present Special Voices of the Civil War era. Light refreshments served. Monday, Feb. 5 at 1 p.m. in the auditorium, at the Woman's Club of Arlington, 700 S. Buchanan St. Email [womansclubarlington@gmail.com](mailto:womansclubarlington@gmail.com).

### Female Re-Enactors of Distinction (FREED).

Bldv. Teatro De La Luna presents "Noche de Boleros - Night of Ballads" for those who love romantic music. Ample free parking. Close to Ballston Metro Station. \$35; \$30 (students and seniors 60+). For reservations, call 703-548-3092 or visit [www.teatrodela luna.org](http://www.teatrodela luna.org).

**Romantic Violin For Two.** 7:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd, Arlington. The National Chamber Ensemble continues its 11th season with Romantic Violin For Two - a repertoire of romantic works for Valentine's Day. All concerts are followed by a reception with the artists. \$36 for adults, \$18 for students. Tickets are available online at [nationalchamberensemble.org](http://nationalchamberensemble.org).

## SUNDAY/FEB. 11

**Seashell Workshop: Mollusks Project 1.** 2-3 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Ages 8 to 12. Learn about mollusk seashells (such as sea snails and clams) that can be found from Delmarva to Florida. For information: 703-228-3403. Meet at Gulf Branch Nature Center. \$5. #622828-E. Register at registration.arlingtonva.us.



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## VALENTINE'S DAY



PHOTO COURTESY OF THE PICKET FENCE

Accessories like Moon Melt Lotion Bars by Moon Valley Organics at The Picket Fence in Burke might appeal to those who want to create to a spa at home.



PHOTO COURTESY OF HOME ON CAMERON

A bouquet of felt flowers in assorted colors like these that were handmade in Nepal, is a gift with a charitable flair from Home on Cameron in Alexandria.

# Gifts for Valentine's Day

Local tastemakers offer thoughtful giving suggestions.

BY MARILYN CAMPBELL

One of the most heavily gifted holidays is Valentine's Day. In fact, much of the fun is the anticipation. In preparation for Cupid's Day, a few local style aficionados offer up ideas to sweeten the celebration.

For those deserving some pampering, create a spa experience at home with NW Rainforest Body Cream, advises Isabel Chiotti of Sonoran Rose in Potomac.

"Soaps and candles also make great gifts," she said. "It can also be fun to think outside the box," said Courtney Thomas of The Picket Fence in Burke. "Surprise your Valentine with a gift certificate for a spa day or a shopping spree at her favorite store. Put together a basket of a few of her favorite things."

Among the things that Thomas suggests are Moon Melt Lotion Bars by Moon Valley Organics. Decadent and indulgent, these scented moisturizers combine herbs and beeswax to help fight dry skin, she says.

For the romantics, Susan Nelson and Todd Martz of Home on Cameron in Alexandria suggest a bouquet of felt flowers in assorted colors, handmade in Nepal. These eye-catching, fair trade buds offer bursts of color and benefit women artisans who are heads of households.

For the bedhead, Amanda Mertins of Patina Polished Living in Old Town Alexandria recommends silk charmeuse pillowcases by Branche. "These won-

derful pillowcases help preserve one's hairdo and help to keep away wrinkles," she said.

For the stylish, a fur neck warmer is a cozy suggestion that Mertins offers. And for the traditionalists, "Flowers are always welcome and, of course, the color red being very popular as it conveys deep emotion," she said. "Don't be afraid to give varieties other than roses."

For the nostalgic, Kevin Sweitzer of Thos. Moser, Handmade American Furniture, believes that an heirloom quality beacon box to hold keepsakes would be ideal. "[It's] meant to be passed down from generation to generation," he said. "A really nice and memorable Valentine's gift."

For the entertainers, Nelson and Martz suggest all natural, hand blown glass candles, while Mertins says bar accessories work as gifts for mixologists.

For those with a sweet tooth, Chiotti recommends hot cocoa by the Cocoa Company, brown sugar toffee by Gearharts Fine Chocolates or caramels by Big Picture Farm.

For almost everyone,

Suzie Clayton of Dalton Brody suggests picture frames. "From wood to Lucite to silver, there's something for everyone," she said. "It's more about finding the right thing for the right person."

"Some of the most meaningful gifts are those which are handmade including cards and a home-cooked romantic dinner," added Mertins. "Don't forget the bubbly and always lots and lots of chocolate."

**"It can be fun to think outside the box."**

— Courtney Thomas, The Picket Fence

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PHOTO COURTESY OF SONORAN ROSE

A basket of spa items like NW Rainforest Body Cream from Sonoran Rose in Potomac is an indulgent Valentine's Day gift.



Susan Nelson and Todd Martz of Home on Cameron suggest all natural, hand blown glass candles.

PHOTO COURTESY OF HOME ON CAMERON



**Dorothy Feimster coaxes Zoe through the tunnel with the reward of a treat on the other end.**

PHOTOS BY SHIRLEY RUHE THE CONNECTION

## A Mutual Admiration Society

*Zoe performs tricks and gets hugs in return.*

BY SHIRLEY RUHE  
THE CONNECTION

**Z**oe is prancing around the room sniffing in the corners at Cherrydale Health & Rehabilitation Center waiting for her performance to begin on Jan. 25. “She is a diva,” her owner Chuck Toftoy explains.

By way of introduction, Chuck Toftoy tells the circle of wheelchair-bound and walkers in the audience that Zoe is a Yorkshire terrier who is a nationally certified therapy dog. He says Yorkies were originally trained as ratters to go into the mines and get rats.

Chuck Toftoy explains Zoe is scheduled once or twice a week until next December of this year. Zoe performs at senior adult centers, hospitals, rehab centers and nursing homes in the Northern Virginia area. She appears at Cherrydale Rehab on the third Thursday of each month.

Chuck Toftoy holds up the large pink ring, Zoe’s first trick. She jumps through the hoop, then back the other direction. The audience claps and yells, “Yeah Zoe.” So Zoe does it again. She is rewarded with a small dog treat which Chuck Toftoy explains is organic molasses and peanut butter and very tasty. His wife Patty Toftoy adds, “I tasted one just to see if they are really tasty, and I thought they were pretty bland.” But Patty Toftoy does recall one occasion where they had a party on their patio and she had left a bowl of treats there for the dog along with hors d’oeuvres for the adults. She came back and found one of the guests chomping down on Zoe’s treats by mistake.

Chuck Toftoy lays out a five-foot long expandable tunnel on the floor and urges Zoe to travel from one end to the other. He says a lot of dogs are afraid of tunnels. Again Zoe goes back and forth to the exclamations of the crowd. “She loves praise,” Chuck Toftoy explains.

Patty Toftoy places a large white push button on the floor. “O.K. Zoe, turn it on.”

Zoe’s nose presses down on the button and it lights up. One of the residents exclaims, “Oh, she is so smart.”

“Yes, she is my little sweetheart,” another adds. Chuck Toftoy decides to try the command “speak.” He says, “She’s not too good at that. A loud bark rings out. “Wow, that’s the best she has ever done.” A few more tricks and then it is the time everyone has been waiting for. Zoe gets passed around and everyone who wants to hold her gets a chance. Ronda McDonald cuddles with Zoe, her “pretty girl.” When it comes time to share Zoe with others in the circle, she smiles and says, “I don’t share Zoe.” “Who wants to have Zoe go through the tunnel and you can offer her a treat on the other end,” Chuck Toftoy asks. Dorothy Feimster immediately volunteers. Finally it is time for lunch and Zoe’s audience is marking down the date for next month’s appearance when Zoe will reappear wearing her red Valentine’s bow.



**Ronda McDonald cuddles “her little sweetheart,” as Zoe gets passed around the room after her Helping Paws performance on Jan. 25.**



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### Legals

#### PUBLIC NOTICE

AT&T proposes to modify an existing facility (new tip heights 102') on the building at 2001 N Adams St, Arlington, VA (20180023). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

### Announcements

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### Announcements

### Legals

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Medium Rare Arlington, LLC, trading as Medium Rare, 3601 N. Fairfax Dr., Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage and Beer and Wine on Premises license to sell or manufacture alcoholic beverages. Mark Bucher, CO Managing Member. 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.

### Legals

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MHI Hospitality TRS, LLC trading as Hyatt Centric Arlington, 1325 Wilson Blvd, Arlington, VA 22209. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer & Wine on premises, Mixed Beverage on Premises license to sell or manufacture alcoholic beverages. Anthony Domalski, Manager. David Folsom, Manager. Andrew Sims, Manager. 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.



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## NEWS

**Jill Barker (left) and daughter Lisa Crosswell (pointing to Thrive sign) prepare to train.**

PHOTO BY  
EDEN BROWN/  
THE CONNECTION



# 'It's a Two-fer'

**Mothers and children get healthy together while benefitting Thrive.**

BY EDEN BROWN  
THE CONNECTION

**W**hat's the bigger motivator? Feeling like your bathing suit is going to be snug? Or feeling like supporting a local group that offers temporary assistance to those in need? For most of the runners who began training for the Arlington Thrive fundraiser on Saturday, Jan. 27, it was both.

Coach Denny Pinch, who helps runners get to the finish line without injuries, said there is still time to join the 10 mile training program with Arlington Thrive, to resolve to get in shape and help neighbors in need at the same time.

The purpose of Arlington Thrive's Resolve to Run program is to prepare each participant to compete in a 5K or 10 mile race as part of a team that raises money. The Resolve to Run team will compete in the GW Parkway Classic 10 Mile and 5K races on Sunday, April 22. Runners will also be supporting Arlington Thrive which delivers same-day emergency funds to neighbors in crisis, so they can be secure in their jobs, health, and homes and thrive in a caring community. Participants can raise funds for Arlington Thrive by setting up a personal fundraising page. Sometimes they run to honor a friend or family member who died. Sometimes, they just sign up for the race, which automatically donates to Thrive. Last year, runners raised over \$15,000 in individual donations and brought in \$4,500 from corporate sponsors. The goal is to raise \$25,000 this year.

Arlington Thrive agrees to help those in need on a short-term basis only if they meet other criteria, such as having a clear path to recovery from debt or a medical crisis.

Pinch has a training technique that enables runners who haven't



PHOTO BY SHANDRA NISWANDER

**James Brady is joining his mother Barbara in the 10 Mile race.**

run that far, or half that far, in years. Many of the runners are over 50. This training program will use the Jeff Galloway training method to help people of all fitness levels or running experience prepare to complete their chosen race, 5K, 10 miler, or half marathon. This training method reduces the risk for injury because it reduces the wear and tear on the legs during training sessions. For more information: Contact Pinch at [dennypinch@comcast.net](mailto:dennypinch@comcast.net) or call 703-979-3245.

The 10-mile training will be held at 9 a.m. (8:30 for stretching/coaching) at Bluemont Park, 601 Manchester St. at the corner of Wilson Boulevard in Arlington. The 5K program starts Saturday Feb. 24, same time and place.

The cost for the Resolve training program is \$100 and includes the training, post-run snacks and water, a running shirt, a discount on the GW Parkway Classic race registration fee and a \$40 donation to Arlington Thrive. Registration fees for the GW Parkway Classic race are not included in the cost of the training program. Runners will, however, receive a race discount code from Arlington Thrive via email in February.

For information about registering for the program, contact Shandra Niswander, director of development at [resolvatorun@arlingtonthrive.org](mailto:resolvatorun@arlingtonthrive.org).

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# Fears

FROM PAGE 4

her parents, and the parents got a green card several years ago. "But they are set on me having that American dream and they won't be happy until I am a citizen. They have spent all of these years doing the jobs no one else wants to do. Just for my future."

She says her American dream is to make her parents proud and be successful after all they have done.

It is hard for Arias to see all of her friends who also have DACA. Every day the Dream Act is going to pass and then it isn't. And what provisions will be included? "We were hoping the Democrats would hold out longer. Now a lot of people believe it isn't going to happen. " She says she is part of United We Dream rallies but they have been up on the Hill for one continuing resolution after another. "When is this going to end?"

## "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Feb. 12-17.

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

**Senior trips:** Afternoon tea at The Tea Cart, Berryville, Wednesday, Feb. 14, \$52; lunch at Culinaire Restaurant, Thursday, Feb. 15, \$37; Peking Gourmet Restaurant, Falls Church, Saturday, Feb. 17, \$31. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

### NEW PROGRAMS:

**New, Fishermen's Forum group,** Monday, Feb. 12, 10 a.m., Walter Reed. Details, 703-228-0955.

**Make a decorative tile trivet,** Monday, Feb. 12, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

**Winter pantry items,** Monday, Feb. 12, 11 a.m., Langston-Brown. Register, 703-228-6300.

**Balance and coordination differences,** Monday, Feb. 12, 1 p.m., Aurora Hills. Register, 703-228-5722.

**Technology Tuesday topic, Craig's List,** Feb. 13, 1 p.m., Walter Reed. Register, 703-228-0955.

**Personal safety tips from Arlington County public safety officer,** Tuesday, Feb. 13, 1 p.m., Arlington Mill. Details, 703-228-7369.

**The impact of famous power couples in history,** Tuesday, Feb. 13, 11:15 a.m., Lee. Register, 703-228-0555.

**Valentine's Day concert by The Rocking Chairs,** Wednesday, Feb. 14, 12:30 p.m., Lee. Details, 703-228-0555.

**Hearing loss info and screenings,** Wednesday, Feb. 14, 10 a.m. - 2 p.m., Walter Reed. Register, 703-228-0955.

**Senior ice skating,** Wednesday, Feb. 14, 7:40 a.m. - 8:40 a.m., \$1, Kettler Capitals Iceplex, Ballston Mall. Details, 703-228-4771.

**Arlington Walking Club** for seniors will walk in Georgetown, D.C., Wednesday, Feb. 14, 9:30 a.m., \$4. Register, 703-228-4403.

**Firehouse Jam,** Thursday, Feb. 15, 7 p.m., Walter Reed. Details, 703-228-0955.

**Free blood pressure check,** Thursday, Feb. 15, 9:30 - 11 a.m., Walter Reed. Details, 703-228-0955.

**Ballroom Dance,** Friday, Feb. 16, 1 p.m., Lee. Details, 703-228-7369.

Lee Walkers to walk in Chinatown, D.C., Friday, Feb. 16, \$3. Register, 703-228-0555.

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

# Space In Which I Wouldn't Get Lost



By KENNETH B. LOURIE

As a follow up to last week's column titled "Lost in Space," I have a few recommendations for the medical profession, oncologists particularly, as it relates to their comings and goings and the effect it might have on their patients, many of whom have been characterized as "terminal," as I was.

Respecting and appreciating the fact that on a good day, our anxiety level is likely off the chart, we need you to work with us, not against us.

And though I can certainly recall how I was encouraged to reach out - either by phone or electronically, whenever we had questions or concerns, I believe there needs to be an upgrade to that advisory. That 'encouragement' works fine when you're here/on site. However, based on my most recent experience, I need that 'advisory' to work equally fine when you're not here.

Ergo: I want to meet and develop some kind of relationship with the oncologist who will be covering for you when you're absent. I want that oncologist's name, email address and phone number (none of which I had during this most recent experience). I want some assurance/acknowledgment that this oncologist knows who I am, how I'm treated and is familiar with any special circumstances pertaining to my care and feeding. Moreover, I want "t.l.c.," because I definitely deserve it.

As for the oncologist's goings; on the occasions when, for whatever reason, you're away from your office. I want to know before, not after. I don't want to learn about it by reading a default email saying you're out of the office. Though I appreciate knowing after, it's not good enough. I want to know all the time. In fact, every time you're away, I want to know. Whether or not I have any medical activities (lab work, infusion, scans) planned, I want to know, just in case something unexpected - or even expected, happens.

This would help me to prepare, anticipate, assimilate and coordinate any and all future medical activities so that I could determine in advance, if necessary, an action plan. One that would proactively solve/prevent a problem rather than reacting to one as most recently happened to me. I don't want any more surprises. I don't want to experience any lack of communication at any time. I don't care about how or why. I simply want to know ahead of any potentially complicating circumstances, not behind. I'm already feeling some relief just writing about it.

How can this be implemented? Electronically of course. I don't need any calls. A don't-reply email is fine. I know that system/process works when I want to communicate with you and/or review information which has been posted online. What I want to know next is the doctor's schedule, not hourly, maybe not even daily (although I wouldn't be averse to it), but weekly for sure, electronically in my inbox first thing Monday morning.

Knowing the doctor's availability will help me manage my expectations and minimize my stress. As a cancer patient, I never know what I'll want or when I'll want it. But finding out the easy way (in advance) is certainly preferable to finding out the hard way (during/after).

Medically speaking, I don't want to miss anything nor do I, living forward, want anything to be missed. If you can email an after-appointment summary, you can certainly email me a pre-appointment schedule of when and where my primary care physicians (oncologist and internal medicine) will be. Because out of sight unfortunately doesn't mean out of mind, unless I know otherwise.

And that's my goal: to mind my own business and not have to worry about yours.

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

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