

A crowd lines the table full of hand crafted bowls at the Empty Bowls event at St. Andrew's Episcopal Church on Sunday, Feb. 4.

# Empty Bowls Filled For Local Families

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## NEWS

# Cristol: Get Involved

**Being an activist can  
take many forms.**

BY EDEN BROWN  
THE CONNECTION

**C**oming on the heels of the second Women's March, a We of Action Virginia (WofAVA) meeting at Ireland's Four Corners pub (which donated the meeting space) on the evening of Jan. 23 was pumped with energy. Michaela Pond, a WofAVA leader, addressing the group, told members, "They thought they would bury us after the last women's march ... they didn't realize we were seeds."

Arlington County Board Chairman Katie Cristol addressed the meeting as the featured speaker. Cristol told the group that there are a few links to things the group might be interested in checking out on the Arlington County webpage, in order to effect local change, like what role counties can play in climate change — such as updating energy consumption, such as the Commission on the Status of Women, and such as Arlingtonians for a Clean Environment.

"We want you involved," said Cristol. "Arlington has an incredible network for volunteerism." She handed out small business card-sized reminders to urge attendees to get involved. "I will be in Richmond tomorrow lobbying for dedicated funding for Metro," Cristol said. "I have a lot of confidence in Metro General Manager Paul Wiedefeld." This is a system we all depend on." Cristol said last year the county's contribution to Metro as a locality went up 330 percent.

Asked about DACA, and what Arlington is doing about it, Cristol said, "DACA (Deferred Action for Childhood Arrivals) is important to Arlington. It would represent a huge loss of potential human capital. So Arlington County has put in \$100,000 into a fund for legal issues like setting up powers of attorney or other needs. Arlington County is also continuing to work on police/community relations: If the U.S. Immigration and Customs Enforcement (ICE) officer is coming to pick up people who have been pulled in for being drunk in public, is there an alternative? These people are not



PHOTOS BY EDEN BROWN/THE CONNECTION

**Arlington County Board Chair  
addresses We of Action Virginia  
(WofAVA) meeting on Jan. 23 at  
Ireland's Four Corners on Wilson  
Boulevard.**

a danger to the public." For more information, see: <https://topics.arlingtonva.us/resources-immigrants/>

WofAVA addressed a host of issues on its political to-do list including lobbying to make Virginia one of the two states needed to pass the Equal Rights Amendment (ERA), which, as clarified at the meeting, is not moribund but can still be passed. The fight to ratify the ERA in Virginia has gained momentum with the current discussion of sexual harassment and gender equity. The ERA would guarantee that "Equality of rights under the law shall not be denied or abridged by the United States or by any State on account of sex." The deadline for the ERA ratification expired in 1982, but there is a legal basis for waiving the deadline. The Nevada Legislature ratified the amendment last year, and groups like Women Matter think Virginia can do the same. Several resolutions have been introduced before the 2018 General Assembly to have Virginia ratify the ERA: House Joint Resolution 2, sponsored by Del.Kaye Kory (D-Fairfax) and 14 other Democratic House members; House Joint Resolution 4, filed by Delegates Alfonso Lopez of Arlington and Chris Hurst of Blacksburg, and Senate Joint Resolution 4, introduced by Democratic Senators Scott Surovell of Fairfax and Jennifer Wexton of Loudoun County. They remain stuck in committee, according to WofAVA activists. For more information on joining WofAVA, see their website: [www.wofava.org](http://www.wofava.org) and for more information about funding for legal issues related to DACA, see: <https://newsroom.arlingtonva.us/release/arlington-funds-legal-aid-for-immigrants/>.

**Arlington  
County online  
resources for  
getting  
involved.**



**Handy  
Arlington  
County  
contact  
numbers.**



# Empty Bowls Filled for Arlington Families

Annual event benefits  
Arlington Food Assistance Center.

BY SHIRLEY RUHE  
THE CONNECTION

**D**espite the rainy weather, the parking lot is full at St. Andrew's Episcopal Church on Sunday, Feb. 4, for the annual Empty Bowls fundraising event. Inside the church a line of hungry people are examining a table full of hand made bowls, choosing the perfect one to fill with their choice of soup. Colin Smith carefully studies the bowls, picking up one at a time to show his mother, and finally settles on a shiny green one.



**Charles Meng, executive director of AFAC, says Empty Bowls has offered the lobster bisque from Carlyle for six years and it always disappears. Regretfully he has never been able to taste it. Meng tells the group attending the event that last month, with their support, AFAC was able to feed 2,376 families.**

Arlington Food Assistance Center (AFAC) held its sixth Empty Bowl fundraiser at St. Andrew's Episcopal Church with two seatings. The sold-out event has grown from 125 guests in 2013 to 320 this year. Charles Meng, executive director and CEO of AFAC, tells the group that with their support AFAC was able to feed 2,376 families last month in Arlington.

Pick your own bowl, then choose between lobster bisque, chicken corn chowder, chicken noodle, tomato bisque and lentil soup donated by local restaurants. Avery Dick stands in front of a large pot

of chicken noodle soup where she ladles a hearty portion for Suzanne McMenamin who says she has chosen chicken noodle because "It is a chicken noodle soup kind of day." This is her second year because it is such a great



**Colin Smith walks around the table studying each bowl and finally chooses a green one.**

event. Dick is volunteering to serve soup as part of her community service as an honor student at H-B Woodlawn. Beside McMenamin in line Jennifer Toma has filed her bowl with tomato bisque "because I just love Cheesetique."

Each soup is served in an originally designed bowl donated by one of 18 ceramics studios, high school students and university arts departments including Jimmy Potters Studio, Lee Arts Center, Pig Pen Pottery, Marymount University and the Field School and Episcopal High School as well as individual donors. Bread donated by local bak-



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

**Suzanne McMenamin holds her bowl up for chicken noodle soup from Clarendon Grill.**

eries and desserts baked by volunteers round out the lunch.

Funds will be used for operat-

ing costs to provide groceries for the over 2,300 families served each week by AFAC.

## Make Clarendon Funky Again

BY VERNON MILES  
THE CONNECTION

**I**OTA is gone, but the bands play on in Clarendon. In the block formerly occupied by the IOTA Club and Cafe, closed last September, a new plan for a sweeping redevelopment of the block was approved at the Arlington County Board's Jan. 30 meeting.

The Market Common Phase II plan transforms a block of Clarendon into an open ground-floor retail section with office space above, a design becoming commonplace across Arlington's Metro corridor. The currently vacant building will be renovated and expanded. Of note for many in the community was the expanded sidewalks at the site. Currently, at its narrowest, the sidewalk narrows to just 2.8 feet, but will be widened now to 6.5 feet.

"We're fairly excited to now have a proper sidewalk," said Scott Pedowitz, president of the Clarendon Courthouse Civic Association. "I fancy myself a fairly agile pedestrian and I have trouble with that one block, I can only imagine what it's like for people



Map of Market Common Phase II

who are less mobile. This will be a notable improvement."

The current site is 138,751 square feet, and the renovations will add 27,495 square feet to that.

The shadow of IOTA and other retail in the area lingered over the site. County Board Member Erik Gutshall said this concern wasn't necessarily leveled at this par-

## County Board approves Phase II of Market Common.



PHOTOS CONTRIBUTED

Project rendering for Market Common Phase II

ticular redevelopment, but in general Gutshall said he was worried about applicants driving out beloved local tenants before coming in for a site plan amendment.

There was also concern, noted by Pedowitz, that the site was bringing new retail and new office space into an area already struggling with vacancies and restaurant turnover. County Board member John Vihstadt noted that the whole region faces

pressure on its retail environment, and County Manager Mark Schwartz admitted that turnover is a problem for Clarendon.

"There is a perception, and I'm one of the people who has it, when I drive through Clarendon that there's been a lot of change over and restaurants closing," said Schwartz.

SEE REDEVELOPING, PAGE 13



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## NEWS

### Culpepper Gardens Loan Approved

**T**he average age at Culpepper Gardens is in the late 70s, around 78. You must be 62 to live there, and a few residents have passed 100. But don't think for a second that life isn't spry in Arlington's only affordable retirement home. For a service day on Martin Luther King Day, County Board member John Vihstadt worked calling Bingo at a game between the residents and a local Girl Scout troop, and said the elderly residents were locked in a fight to the finish with their younger competition.

At the County Board meeting on Jan. 30, the board approved a \$10 million loan to the Arlington Housing Investment Fund to provide rental assistance to the residents of Culpepper Gardens and fund renovations.

There are 210 affordable units at the site, 208 of them affordable at 60 percent of area median income and two units affordable at 80 percent of area median income. The rent is supplemented with Housing and Urban Development Vouchers and County Housing Grants. The site, originally built in the 1970s, is undergoing a 14-stage renovation expected to be completed by 2020. The total project budget is \$59 million, paid for with tax exemptions, tax credit equity, funding from the Virginia housing trust, property seller loans and deferred developer fees.

Sources of Funds	
VHDA Tax-Exempt	\$12,500,000
Tax Credit Equity	\$16,571,999
AHIF Loan - New	\$9,386,579
AHIF Loan - Existing	\$1,350,000
VA Housing Trust Fund	\$700,000
Property Seller Loans	\$16,966,350
Deferred Developer Fee	\$1,572,910
<b>Total Sources</b>	<b>\$59,047,838</b>
Uses of Funds	
Acquisition Costs	\$ 20,373,320
Construction Hard Costs	\$ 25,814,608
Soft Costs & Reserves	\$ 4,433,738
Financing Costs	\$ 3,200,399
Transition Reserve	\$500,000
Developer Fee	\$ 4,725,733
<b>Total Uses</b>	<b>\$59,047,838</b>

**Funding and expenditures for the new Culpepper Gardens development.**

"This project is not only efficiently financed, but I think we do a disservice if we don't reiterate that Culpepper Gardens is the only game in town to serve a population that couldn't be more vulnerable," said County Board member Christian Dorsey. "It's a population that deserves more than most to be treated with generosity."

"There are a number of things that make me proud to live in Arlington," said County Board member Libby Garvey. "Culpepper Gardens is one of them."

The loan request was unanimously approved.

— VERNON MILES



PHOTO CONTRIBUTED

### Helping Workers

Rene Segovia is one of 12 Shirlington Employment and Education Center (SEEC) clients who recently received a new pair of work boots. The funds were contributed by Rock Spring United Church of Christ during the holiday season. SEEC is a county-funded program established in 2000 to match day laborers with employers who are in need of temporary labor.



## VALENTINE'S DAY GIFTS

# A Valentine's Treat for Everyone Including the dog.

PHOTOS BY SHIRLEY RUHE  
THE CONNECTION

### Romantic Dinner

Surprise your special someone with a romantic dinner at home. Step into The Italian Store and select from spinach-stuffed shells, meat cannelloni, or mushroom ravioli. Of course, a favorite this time of year is the pink heart-shaped ravioli. Michael Tramonte, the owner of the two Italian stores located at Lyons Village and Westover Center, says every Valentine's Day they have offered the heart-shaped cheese ravioli but last year decided to add lobster ravioli, too. It was a good seller so they brought it back again. He suggests pairing the lobster ravioli with Vodka sauce.

A good accompaniment to the cheese ravioli is the sweet Italian sausage made from the Tramonte family recipe. Tramonte says, "It is my dad's recipe from when he started the store back in 1980. We get a couple of hundred pounds made for us every week." He suggests a good wine to accompany the Valentine's Day dinner would be Bebé sparkling rosé.

For dessert Tramonte shows off his shiny new machine by filling a fresh beignet with a large squirt of fresh Nutella. Or you could try the toasted almond, tiramisu, or amaretto cherry gelato made by



**Brad Miller dishes up Tramonte Italian sausage for a customer to accompany heart-shaped cheese ravioli at the Italian Store for a surprise do-it-yourself Valentine's dinner.**

**Michael Tramonte, owner of the two Italian Stores in Arlington, shows off his new Nutella machine to fill a fresh beignet for a Valentine's dessert.**



Gianluigi Dellaccio, the gelato ambassador to the U.S. Tramonte says, "I wanted to offer the same

kind of Italian gelato that my kids always want to eat in the summer when we go to Italy."

### Sticking to Sweets

Want to be traditional this year? Stop by your neighborhood candy store owned by Jason Andelman for handcrafted candies in unusual flavors, each an artistic creation. Choose the special heart-shaped salted butter caramels for Valentine's Day or create your own one- or two- pound box with ancho chili, Tahitian vanilla bean, old fashioned, orange blossom honey, coconut rum or a caramel marshmallow bar or bittersweet bark with candied ginger.

A 10-year old regular customer (just because it's Saturday) points to the glass case and exclaims to her dad, "Look, cookies and cream. That's new. We have to try it."

Emily Anderson says, "It's one of the



**A 10-year-old regular customer spots new flavor of cookies and cream created for Valentine's Day**

five flavors we introduced for Valentine's Day. We also have coffee and donuts which was my suggestion." She explains they had to test it three times because the ratio of chocolate to cream varies in different flavors and, "We had no idea how adding the glazed Krispy Kreme donuts would change the mix."

Since the small batch candies have



**Heart-shaped salted butter caramels, one of five new offerings created for Valentine's Day at Artisan Confections.**

real cream and local fresh ingredients, like mint, they have a shelf life of three weeks although the candy is guaranteed to disappear in a hurry.

For a long distance valentine, order a surprise through the mail with a two-day delivery. Artisan Confections is located on Fillmore in Arlington with a second store in the Mosaic District in Fairfax.

### Treat Four-Legged Loved Ones

Make everyone happy, including the dog, with a treat from Wolf Gang Bakery & Grooming at 4550 Lee Highway. Bring in your Irish setter for an organic donut with yogurt frosting. Your poodle will love the cheese and liver stars and your terrier might need a couple of whimzees, a vegetarian dental treat. But for Valentine's day, tuck in a few apple crunch hearts for your favorite mutt from the shelter.

Since dogs can be picky, Kelly Clements, a store employee, says your dog can taste a treat free to see if he likes it. She points to the peanut butter and carob. "It tastes literally like chocolate chip cookies but it's healthy." The all-natural dog bones are made at the home store bakery in Florida. Wolf Gang Bakery has been open six weeks but will have its official grand opening Feb. 11.

— SHIRLEY RUHE



**Kelly Clements points out a table loaded with natural, grain-free dog treats in all flavors and shapes.**



**Heart-shaped apple crunch hearts.**

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# OPINION

## An Opportunity To Improve TJ

To the Editor:

*The following open letter was addressed to state Sen. Steve Newman, chair of the Education and Health Committee.*

**A**s graduates of Thomas Jefferson High School for Science and Technology (TJHSST), we were deeply troubled to read that the Education and Health Committee of the Virginia State Senate struck down Senate Bill 787, the proposal by state Sen. Scott Surovell to make the admissions policies at Governor's Schools such as TJHSST more equitable. While debates will continue about whether Senator Surovell's legislation is the right instrument, its intent to significantly alter Jefferson's admissions procedure to account for class is sound. No serious action has been taken on this issue at the state or local level since the school was designated as a magnet school and that has to change. Outreach efforts have had modest success in the past, but they are not enough to make Jefferson equitable. For this reason, we strongly support the intent of the senator's bill and ask the committee to work with Senator Surovell to draft legislation to make progress on this urgent issue.

All of us attended Fairfax County Public Schools. There's one among us who still has her yearbooks and class pictures from kindergarten through 12th grade. And in those images from schools like Saratoga Elementary School and Mark Twain Middle School are the smiling faces of friends and classmates of all races, as well as friends and classmates who lived in a nearby HUD housing development. None of the kids from that housing development made it into TJ, not one. And virtually none of the Black and Hispanic students in those other photos were admitted either.

The racial and economic composition of Jefferson has been an annual news story just about every year since it became a magnet school, and it's never good news. Last year, only 17 Black and Hispanic students were admitted — 3.4 percent out of 490 students. And only eight students (1.6 percent) eligible for free or reduced-price lunches (an indicator of students living in low-income or poor families). This despite the fact that Fairfax County Public School students overall are 25.4 percent Hispanic, 10.1 percent Black, and 29 percent are eligible for free or reduced-price lunches.

This disparity between Jefferson's enrollment and the racial and socioeconomic composition of Fairfax County is unacceptable and easily remedied. Countless elite institutions — especially elite colleges — have modified their admissions procedures and requirements in recent years because they have realized that their old criteria have long been leaving talent on the table. They have softened their standardized testing requirements, engaged in admissions outreach, and sought out partners in high schools and middle schools to create a pipeline of under-represented and low-income students to draw from. These students (who would never have been admitted under the old admissions protocols) have thrived at these elite institutions — often overperforming their standardized test scores. Yet Jefferson's admis-

sions policies proceed ignorant of these developments.

We live in a time when headlines and Twitter feeds constantly observe the pernicious effects of systemic inequality and racism in the daily lives of the poor and people of color. And the state of Virginia has a long legacy of racism that the world was reminded of last year during and after the events that took place in Charlottesville. White supremacy is not just Nazis marching in the streets; it also lies in maintaining a high school that excludes the poor, African-Americans, and Latinos, and then calls itself the greatest, most meritocratic high school in the country. You and the other 12 members of the committee who struck down this modest change to Jefferson's admissions policies have voted to maintain a blatantly racist and classist flagship school.

This is a shameful display when it would have been so easy for you to answer the impassioned requests of so many parents and alumni, as well as Senator Surovell. We understand that the committee has framed its objections to this bill in terms of local rights. While in many cases local school boards are best situated to make local educational decisions, when a board ignores a pressing issue affecting its most vulnerable and disempowered constituents over decades, the state has an obligation to step in and remedy the injustice.

The one way that Jefferson, with the help of the Fairfax County School Board and the Virginia legislature, could truly differentiate itself is by showing that it is working deliberately and intentionally to combat the structural and systematic racism and class privilege that feeds students into the school. Thousands of schools and nonprofits around the country have already made meaningful change in this area, it's time for Jefferson and those in charge to take responsibility for this problem and do the same.

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## OPINION

# Making Election Process More Accessible, Efficient

BY ADAM P. EBBIN  
STATE SENATOR (D-30)



**T**he Privileges and Elections Committee is the oldest in the nearly 400-year-old General Assembly. It's hard to believe that I have the honor to serve on the same committee that George Washington served on in his first year in the House of Burgesses. Voting forges an essential connection between citizens and their representatives; the integrity of elections grants government legitimacy and is central to democracy. As the 2018 session nears its midpoint, here are highlights of election laws that we have considered.

In coordination with voter registrars, electoral boards, and former Gov. Terry

McAuliffe's administration, I introduced eight pieces of legislation to make our election process more accessible and efficient. An interim joint committee will be established to consider a large volume of legislation regarding election reform in the wake of several incidents arising in the 2017 election and to consider the implementation of no-excuse absentee voting. Five of the bills I have introduced were referred to this interim committee, including SB602, which I introduced at the request of former Governor McAuliffe, and would make it easier for voters to cast an absentee ballot. Currently, a voter must present one of 20 valid excuses to vote with an in-person or mail-in absentee ballot. My bill would eliminate the need for an excuse, allowing all eligible voters to use this option.

Sen. Jill Vogel (R-Fauquier), the chair of

the Senate Privileges and Elections Committee, has asked me to serve on the committee. It will meet after the conclusion of our current session and before we convene in 2019. I look forward to an in-depth review of more than a dozen bills and seeking potential solutions to the 2017 irregularities in House District 28. During that election, around 650 voters, more than the margin of victory, were given the wrong ballot in a precinct split among legislative districts; 55 additional mail-in absentee ballots were left uncounted because of a disputed point of law. Voters were unquestionably denied the right to vote.

I co-sponsored legislation introduced by Sen. George Barker (D-Fairfax) to remedy the issue of "split precincts." Our bill has been rolled into SB 983, introduced by Mark Obenshain (R-Rockingham), and with bipartisan support hopefully we can remedy the errors that disenfranchised so many in HD 28. We need to correct inefficiencies for

our poll workers, safeguard the integrity of our elections, and facilitate and encourage the participation of more citizens in the democratic process.

As we adjourned last week, Majority Leader Tommy Norment (R-James City County) praised the pace at which the Senate has been able to consider legislation over the first four weeks. I have presented all but four of 29 bills to the relevant committees. In the Senate General Laws and Technology Committee we have completed our docket of legislation, and we have only five bills left to consider in the Privileges and Elections Committee.

Please consider following me on Twitter @AdamEbbin, liking my facebook page at facebook.com/ebbincampaign, emailing your views to me at district30@senate.virginia.gov, and taking my survey at www.AdamEbbin.com/Survey.

It is my continued honor to serve the people of the 30th District.

## LETTERS TO THE EDITOR

### Short Bridge Cooperation

To the Editor:

Last week's article in the Alexandria Gazette Packet and Arlington Connection ("Short Bridge, Big Compatibility Issues") may lead readers to believe cooperation between Alexandria and Arlington has been lacking in the planning of our border at Four Mile Run between Route 1 and Potomac Avenue. This is simply not the case.

Since the early 2000s, residents and staff from both localities have worked to develop and implement the Four Mile Run Restoration Plan. Completion of the Four Mile Run Park Tidal Wetlands and Living Shoreline is evidence of the two jurisdictions collaborating through a complicated and rewarding project to improve ecology and recreational opportunities. Alexandria has also coordinated the removal of one of the former industrial bridges over Four Mile Run, and has acquired new public park land along both banks within the city.

Alexandria is approaching the Short Bridge Park project with the same fervor and engagement as these previous joint projects, and fully recognizes the impact the transformation of this site will have on both communities. Alexandria staff have been fully involved in the Short Bridge Park planning process and understand the enormous benefits the park and bridge will bring to residents seeking outdoor experiences in one of the area's most urban settings.

Funding for capital projects in both jurisdictions comes from a variety of sources. While funds for the trail connection in Phase 1 of the Short Bridge plan were secured from a transportation grant, future Alexandria funding is de-

pendent on contributions from continued development in Potomac Yard.

Alexandria staff have participated in Arlington's public meetings on Short Bridge Park and have shared the conditions called for by

the Potomac Yard North Coordinated Development District. These include the developer designing and constructing a new 2.3-acre Crescent Park at the southern end of the bridge over Four Mile Run (approximately at the current lo-

cation of the Shoppers Food Warehouse), and either providing Four Mile Run Park improvements or contributing \$10 million to the city to do so. Enhancements would in-

SEE LETTERS, PAGE 14

## Let's Talk Real Estate

### Free Seminar Series from Local Real Estate Experts

#### Learn How to Protect Your #1 Investment

#### Getting Your Affairs in Order for Your Next Move

Hear from local loan officer Heather Devoto NMLS #186983 with First Home Mortgage on how to maximize your buying power.

- Monday, February 12th from 4:30-6:00 pm – Madison Community Center in Arlington, VA.
- Thursday, February 15th from 6:00-7:30 pm – The Italian Store in Westover.

#### Right Sizing

Is it time to upsize or downsize? Hear from local expert Patty Lundy from "Downsize Today" on what she recommends when selling or purchasing your next home

- Monday, February 19th from 4:30-6:00 pm – The Italian Store in Westover.
- Wednesday, February 21st from 6:00-7:30 pm – The Italian Store in Westover.

#### Should I "Love it" or "List It"?

Eric Mullis from Citizen One Home Loans will discuss options for construction financing as well as alternative products to renovate your existing home or build new.

- Monday, February 26th from 4:30-6:00 pm – Madison Community Center in Arlington, VA.
- Wednesday, February 28th from 6:00-7:30 pm – The Italian Store in Westover.

RSVP- [WWW.TALKREALESTATE.NET](http://WWW.TALKREALESTATE.NET)



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# ENTERTAINMENT

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

## CAMPS

**Arlington's summer camp registration** starts Wednesday, Feb. 14, 7 a.m. Children can become a Wellness Warrior or explore a full day of gymnastics fun while teens enhance nutrition skills in the Fabulous Fun Fixin' Foods camp or completes nature adventures. And of course, Arlington offers classic camps. Arlington County has offerings to fit different skills, hobbies and interests for a variety of ages and abilities. Learn more about Arlington's summer camps at [parks.arlingtonva.us/programs/summer-camps/](http://parks.arlingtonva.us/programs/summer-camps/).

## 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. 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](http://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-span.org/a-spans-25th-celebration](http://a-span.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. 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. Take a Deep Dive into natural history. Explore the strange and unusual mating rituals and reproductive behaviors of local wildlife. For adults. \$5. #622848-C. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us).

## 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

## Signature Presents 'Light Years'

### World premiere musical with Robbie Schaefer of the band, Eddie From Ohio.

BY STEVE HIBBARD  
THE CONNECTION

Signature Theatre in Arlington is presenting the world premiere of "Light Years" by Robbie Schaefer now through March 4 in the Max Theater.

Folk/rock/indie band Eddie From Ohio's Robbie Schaefer crafts a touching and funny world premiere musical portrait featuring Bobby Smith. A master storyteller, Schaefer journeys from his childhood in India to the joys and struggles of growing up, pursuing his passion and raising a family. Entwined throughout is his cherished relationship with his father — and his father's haunted past.

Enriched with folk-rock music, inventive lyrics and Schaefer's humor, "Light Years" is a personal tale of immigration, musical gifts and the bond between father and son.

According to Artistic Director and Co-Founder Eric Schaeffer, "At Signature, we always try to give audiences different experiences and 'Light Years' does not conform to a typical musical form. The show's structure and presentation is very unique and fresh. It's exciting to see such a contemporary musical on our stage by a local writer."

Schaeffer said that while the story of the show focuses on a father and son story, the show is much bigger than all of that. "Perhaps the biggest challenge with any new musical is to know the story you are telling and why you want to tell it. We have not had a day of rehearsals that we weren't making changes to the script or music," he said.

"And the wonderful thing is every change we've made has made the show stronger. It's wonderful to work with collaborators who want nothing more than the best experience for our audiences."

He added: "I think 'Light Years' is a story that everyone can relate to. It's about parents, it's about relationships and it's how we all strive to be the best we can be. And in life, it's about passing down traditions to your children. It's a really beautiful story told through an indie/folk/rock score which is something very original and accessible. I think people are going to be really surprised of the journey that 'Light Years' takes you on."

Luke Smith plays the role of the middle Robbie, when he enters young adulthood. "The play is the story of Robbie and his father, Konnie, and examines their relationship over the course of Robbie's life," he said.

His most significant challenge is that he serves as an actor and musician in the play — playing guitar and bass, he said. "Although I treat it more as an opportunity than a challenge," he said.

He added: "It's wonderful to have the opportunity to do so many things I love in one play. Throughout the rehearsal process we've been figuring out how to make the transitions from musician to character seamless, which I think we are doing well."



PHOTO BY CHRISTOPHER MULLER

**Bobby Smith and Robbie Schaefer star in Signature Theatre's production of "Light Years."**

He said people should know that the show is a collection of beautiful songs. "And I'm confident people coming will get that immediately," he said. "Beneath the music is this really universal story that deals with the difficulties that arise when a parent and their child don't know how to communicate. Even when the two parties have the best intentions, there can be road blocks along the way that occur for a multitude of reasons, but they usually come down to each person perhaps not matching the other's expectation of what they're 'supposed' to be."

He added: "I suppose I hope that when people watch our story, they'll recognize how their own relationships are reflected in the one we are depicting, and recognize the beauty in the way we are different from our parents or children, embracing those differences in place of challenging them."

Eddie from Ohio formed in 1991 in Northern Virginia and won four local Wammies (Washington Area Music Awards). Its members include: Robbie Schaefer - guitar, vocals; Julie Murphy Wells - vocals; Eddie Hartness - percussion, vocals; and Michael Clem - guitar, bass, harmonica, vocals.

*Signature Theatre in Arlington is presenting "Light Years" now through March 4. Show times are Tuesdays through Saturdays at 7:30 and 8 p.m.; Sunday matinees at 2 p.m. and 7 p.m. Tickets are \$40 to \$89. Specialty Nights are Discussion Nights on Feb. 27 and 28, 2018; Pride Night on Feb. 23, 2018; and Open Captioning on Feb. 25, at 2 p.m. The venue is located at 4200 Campbell Ave., Arlington. Call the Box Office at 703-820-9771 or visit [www.sigtheatre.org](http://www.sigtheatre.org).*

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](http://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](http://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. No registration required. For information: 703-228-3403. Free. Meet at Gulf Branch Nature Center.

**Secrets of Squirrels.** 2-3:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. These rodents 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? For information: 703-228-6535. 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](http://registration.arlingtonva.us).

## 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](http://registration.arlingtonva.us).

**"Night Of Ballads."** 7 p.m. at NRECA Conference Center, 4301 Wilson Blvd. 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.teatrodelaaluna.org](http://www.teatrodelaaluna.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

**Cell! Cell! Cell!** 1:30 p.m. at David M Brown Planetarium, 1426 N Quincy St. We are each made of 70 trillion living cells. They work. They talk. They think. They are what make us alive. Duration: 24 minutes. \$3.50-\$5 at the door or at [friendsoftheplanetarium.ticketleap.com/cell-cell-cell/](http://friendsoftheplanetarium.ticketleap.com/cell-cell-cell/).

## 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](http://registration.arlingtonva.us).

## Magic Tree House Space Mission.

3 p.m. at David M Brown Planetarium, 1426 N Quincy St. Travel with the brother-sister duo, Jack and Annie, in their Magic Tree



# ENTERTAINMENT



## Natural Selection

Celebrate the 150th anniversary of the publication of "On the Origin of Species" and the 200th anniversary of Charles Darwin's birth. Join Darwin on his voyage with the HMS Beagle to the Galapagos Islands where he was inspired to develop his later theory of transmutation by natural selection. Friday, Feb. 9, 7:30 p.m. at David M Brown Planetarium, 1426 N Quincy St. Suitable for children 6 and older, and adults. Duration: 29 minutes. \$3.50-\$5 at the door or online at [friendsoftheplanetarium.ticketleap.com/natural-selection/](http://friendsoftheplanetarium.ticketleap.com/natural-selection/).

House as they discover a note that asks them to answer a series of six questions about space. With the help of the astronomer, the Internet, an astronaut, books and the writer of the mysterious note, Jack and Annie are taken on a journey of adventure and learning. Suitable for children all ages. Duration: 30 minutes. \$3.50-\$5 at the door or online at [friendsoftheplanetarium.ticketleap.com/magic-treehouse/](http://friendsoftheplanetarium.ticketleap.com/magic-treehouse/).

**Notable Nature.** 3-4:15 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. Join for lessons in nature journaling and sketching. Includes an optional 15 minutes of practice time following the one hour program. For information: 703-228-6535. Meet at Long Branch Nature Center. Free. #622958-I. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us).

**Seashell Workshop: Mollusks Project 2.** 3:30-4:30 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-F. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us).

**Synetic Dinner and Talkback.** 6-8 p.m. at Synetic Theater Lobby, House and Stage, 1800 S. Bell St. Dinner and talkback with Paata Tsikurishvili and the cast and crew of "The Trial." Door prizes, buffet and wine reception with table seating. \$75, includes ticket for "The Trial," at [www.eventbrite.com/e/dinner-and-talkback-with-the-synetic-cast-february-11-at-6pm-tickets-42318736480](http://www.eventbrite.com/e/dinner-and-talkback-with-the-synetic-cast-february-11-at-6pm-tickets-42318736480) or call 703-824-8060, ext. 110.

### MONDAY/FEB. 12

**Meet the Speaker.** 3-4:30 p.m. at the Arlington County Central Library, 1015 N. Quincy St. Encore Learning will present a lecture by Charlie Clark, speaking on "Arlington's Hidden History: Little-known Facts and Anecdotes." The public is invited. Call 703-228-2144.

**Hamiltunes NOVA Singalong.** 7:30 p.m. at Signature Theatre, 4200 Campbell Ave. Family-friendly sing-along. Young performers from our Signature in the Schools, Overtures and Stage One programs will join professional actors and members of the Mount Vernon Children's Community Theatre to lead the audience through "My Shot," "Wait for It," "Dear Theodosia," and other favorite Hamilton songs. \$12, general admission. Visit [www.sigtheatre.org](http://www.sigtheatre.org).

### TUESDAY/FEB. 13

**Make-Your-Own Storytime.** 10:30-

11 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families ages 2 and up. Register child only, but caretakers must attend. For information: 703-228-6535. Meet at Long Branch Nature Center. will get a blank book to create their own stories they can share with the class. Free. #622918-X. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us).

**Winter Raptors Birding Trip.** noon-7 p.m. Meet vans at the Lubber Run Community Center, 300 N. Park Drive, Arlington. Adults. Search for Short-eared Owls and other winter raptors in the fields and parks of Fauquier and Loudoun Counties. Participants should dress for the weather and bring binoculars, a bag lunch, a drink and snacks for the day. For information: 703-228-3403. \$38. #622848-H. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us).

### WEDNESDAY/FEB. 14

**Singing Valentines.** Potomac Harmony Chorus is delivering singing Valentine phone grams. Quartets are available to sing two lively Valentines from 11 a.m.-1 p.m. and 6-9 p.m. \$20 for two songs. Call 703-764-3896 to schedule.

**We Love Animals.** 4-5 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Ages 6-10. Happy Valentine's Day! Which animal at the nature centers – or in the whole world – do you love the most? Come show your love by making them a valentine, and learn ways you can help them in the wild. For information: 703-228-3403. \$5. #622828-G. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us).  
**"Princess Bride" and Live Comedy.** 7 and 9:45 p.m. at Arlington Cinema 'N' Drafthouse, 2903 Columbia Pike. Join ACDH for one of the classic cult love stories, "The Princess Bride" plus live comedy for an 'inconceivable' Valentine's Day. \$10. Visit [arlingtondrafthouse.com/](http://arlingtondrafthouse.com/).

### FRIDAY/FEB. 16

**Celebrate the Chinese New Year.** 6-7:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Register children and adults; children must be accompanied by a registered adult. Meet some live animals, make New Years and dragon crafts, then take a short hike with paper popper "firecrackers" to chase away the New Year's beast Nian. \$7. #622958-Q. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us).

### SATURDAY/FEB. 17

**Winter Babies.** 10-11 a.m. at Gulf Branch Nature Center, 3608 N. Military Road. Ages 6-10. Discover why some animals lay eggs or have babies in the cold of winter. Who are they? Bear with us and find out

as we celebrate winter birthdays. For information: 703-228-3403. \$5. #622828-H. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us).

**Pola Negri Movie Afternoon.** 1-3 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Adults. Pola Negri was a famous silent screen siren who took Hollywood by storm. Legend has it she lived at Gulf Branch when it was a private home. See a screening of her film "Barbed Wire." Teens ages 14 and up are welcomed, but must be accompanied by a registered adult. For information: 703-228-3403. \$5. #622848-I. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us).

**Learn To Build a Cold Frame.** 1-4 p.m. at Walter Reed Community Center, 2909 S. 16th St. Come learn how to get close to year-round gardening. Participants will be able to make their own Cold Frame and take it home. \$65 per person wishing to take home a cold frame that is ready to use. Reserve space by Feb. 9, 2018. Contact the VCE Hotline at 703-228-6414 or [mgaralalex@gmail.com](mailto:mgaralalex@gmail.com).

**Animal Costume Theater.** 2-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Ages 3 to 6. Register child only, but caretakers must attend. Be the star of the show while wearing animal costumes. Act out fun and magical stories while disguised as favorite creatures. For information: 703-228-6535. Free. #622918-Y. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us).

**Winter Challenge Trivia Night.** 7-9 p.m. at St. Michael's Episcopal Church, 1132 N. Ivanhoe St. Bring friends and form a team to participate in an evening of trivia fun and light refreshments. Non-perishable food donations and entry fees will benefit the Arlington Food Assistance Center (AFAC). \$10. Call 703-241-2474 or visit [stmichaelsarlington.org](http://stmichaelsarlington.org).


### SUNDAY/FEB. 18

**Presidents' Day Celebration.** 12:30-3:30 p.m. at Market Common Clarendon, 2800 Clarendon Blvd. The Nats mascots are taking over Market Common Clarendon. Take a selfie with the Mascots and cheer as they race on The Loop at 3 p.m. Take a free photo booth pic, enjoy free Nicecream hot cocoa, and children can try to win a \$5 bill. Free. Call 703-442-4341 or visit [www.facebook.com/events/2122237181331322/](http://www.facebook.com/events/2122237181331322/).

**Remove Invasive Plants.** 2-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Adults, teens, and families ages 8 and up. Restore habitat and increase species diversity right here in Arlington. No registration required. For information: 703-228-6535. Free.


**Hanssen Spy Talk.** 2:30-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Adults. The infamous spy and traitor Robert Hanssen worked in secrecy all around the nation's capital for years before being discovered. Some of those clandestine affairs were conducted in the woods of the Long Branch Nature Center. Teens ages 16 and up are welcomed, but must be accompanied by a registered adult. For information: 703-228-6535. \$7. #622948-D. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us).

**Flying Squirrel Lore & More.** 6-7 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families ages 4 and up. Children must be accompanied by a registered adult. Learn about these engaging nocturnal acrobats. After an indoor presentation, tiptoe outside to see these little pixies glide in for an evening meal. For information: 703-228-6535. \$5. #622958-F. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us).



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# Playing Whack-A-Mole with Predatory Lenders

Senate panel takes action to limit one kind of high-interest loan while leaving a loophole for another.

BY MICHAEL LEE POPE  
THE CONNECTION

**B**y this time next year, high-interest lenders may be prohibited from making consumer finance loans — at least ones they find profitable at 200 percent interest. So that loophole may be closed by the end of the General Assembly session. But it seems likely lawmakers will leave Richmond this year creating no restrictions on open-end lines of credit, raising concern among some that lawmakers are playing a game of whack-a-mole.

“All of a sudden, in the last five, six, seven, eight years we’ve got title lenders, payday lenders, revolving lenders and now internet lenders jumping the fence and coming over into the consumer finance act that had never contemplated this kind of lending,” said Jeff Smith, executive director of the Virginia Financial Services Association. “So not only do we support this legislation, we



PHOTO BY MICHAEL LEE POPE/THE CONNECTION

**Check Into Cash lobbyist Robert Baratta testifies before the Senate Commerce and Labor Committee. Last year, his company donated more than \$8,000 to members of the committee, which killed a bill that would have created new consumer protections on his company.**

drafted it.”

That legislation would create a cap of 36 percent interest rates for all consumer finance loans, closing one loophole that has allowed loans for as much as 950 percent interest. Car-title lenders were using these kinds of loans in a bait-and-switch operation until 2016, after a series of investigative reports exposed the practice and lawmakers took action to rein in the industry. Since that time, internet lenders have moved to an unregulated product known

as open-end lines of credit. Last week, lawmakers rejected a bill that would have prevented lenders from allowing lenders to have more than one loan at a time.

“The only way I would know that someone has an installment loan is if they were trying to get it from me,” said Robert Baratta, lobbyist for Check Into Cash, which contributed more than \$8,000 to members of the committee last year. “I don’t know if they’ve gone down the street to somebody else and took one out unless there’s some

kind of database we can access.”

**CRITICS OF PREDATORY LENDING** say payday lenders and car-title lenders already have to comply with that restriction, which prevents people down on their luck from taking out new loans to cover old loans. Of all the consumer protections considered in a series of bills this year, this is one of the most important to people who want to make sure these companies don’t take advantage of people who are already experiencing hefty medical bills or family emergencies.

“We’d like to close this loophole to ensure that some of the most vulnerable Virginians aren’t taken advantage of,” said Kevin Mauer, associate director of the Virginia Catholic Conference.

Opposition to high-interest loans isn’t coming just from consumer groups and religious organizations. It’s also coming from businesses in the consumer-finance industry, who believe unscrupulous businesses are using their section of the code to make predatory loans. That’s why they worked with state Sen. Scott Surovell (D-36) to craft the 36-percent cap. Although that bill got out of committee, his other bill that would have created similar restrictions on open-end lines of credit did not.

“They’re using these open-end credit loans to evade the laws that we passed,” said Surovell. “We can’t keep playing whack-a-mole.”

## Washington-Lee Name Change Debate Deferred

It will be almost a full year until the Arlington School Board decides whether Washington-Lee High School will remain named after two slave-owning national icons. Discussions about the school’s name come up over the years, but the effort to rename them gained force as part of a national dialogue around confederate iconography in 2016 and 2017. The name has staunch defenders and opponents, who will have the opportunity to discuss it as part of an upcoming year-long public process.

The name change was part of Superintendent Patrick Murphy’s update to the 2017-2018 action plan presented at the Feb. 1 School Board meeting. According to the report, throughout February and March the school staff will develop a naming criteria proposal, continued in April and May through an ad hoc committee. In addition to Washington-Lee High School, the committee will develop criteria used for the naming of the new middle school at the Stratford site, the new elementary school at the Drew Model School site, the county’s new Montessori school, and a name for the building at the Wilson site that will house H-B Woodlawn and the Stratford Academy.

— VERNON MILES



**Volunteers from Excella, an Arlington-based IT consulting firm, helped with repairs and painting at an area shelter as part of an Afternoon of ImpaX.**



PHOTOS CONTRIBUTED

## Helping Out During an Afternoon of ImpaX

For the 10th consecutive year, Homestretch and Arlington-based Excella Consulting sponsored an Afternoon of ImpaX to serve homeless children and their families in Northern Virginia. In one afternoon, 240 volunteers across six sites helped pack 6,600 meals to feed hungry families, assembled 80 home

starter kits to help homeless families settle into new apartments, and provided maintenance support on facilities for families in need.

The event also helped draw attention to the homeless population in our community. The event took place on Jan. 15 at the Northern Virginia Com-

munity College Ernst Cultural Center and shelters in Arlington, Falls Church, and Fairfax.

Excella recently developed an open source app (mySpot) to help homeless youth access resources in conjunction with data from HUD, Department of Education and Census.



# HOME SALES

In December 2017, 190 Arlington homes sold between \$3,258,000-\$149,900. This week's list represents those homes sold in the \$500,000-\$175,000 range. For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

Address	BR	FB	HB	...	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision
4085 COLUMBIA PIKE	3	2	1	...	...	ARLINGTON	\$500,000	Townhouse	0.02	22204	ALCOVA ROW
4232 35TH ST S	2	2	0	...	...	ARLINGTON	\$500,000	Townhouse	...	22206	FAIRLINGTON GLEN
1024 UTAH ST #119	2	2	0	...	...	ARLINGTON	\$495,000	Mid-Rise 5-8 Floors	...	22201	WESTVIEW
2029 GLEBE RD	3	2	0	...	...	ARLINGTON	\$495,000	Townhouse	0.03	22204	GLEBE
3074 GLEBE RD	3	3	1	...	...	ARLINGTON	\$490,000	Townhouse	...	22206	ARLINGTON RIDGE TERRACE
888 QUINCY ST #1106	1	1	0	...	...	ARLINGTON	\$485,000	Hi-Rise 9+ Floors	...	22203	BALLSTON
1530 KEY BLVD #231	1	1	0	...	...	ARLINGTON	\$482,500	Hi-Rise 9+ Floors	...	22209	THE ATRIUM CONDOMINIUM
3445 STAFFORD ST #A	2	2	0	...	...	ARLINGTON	\$472,000	Townhouse	...	22206	FAIRLINGTON MEADOWS
5225 11TH ST S	2	2	1	...	...	ARLINGTON	\$466,625	Detached	0.16	22204	S ARLINGTON
4856 10TH ST S	3	2	2	...	...	ARLINGTON	\$462,500	Semi-Detached	0.02	22204	ARLINGTON
3650 GLEBE RD #252	2	2	0	...	...	ARLINGTON	\$457,500	Hi-Rise 9+ Floors	...	22202	ECLIPSE ON CENTER PARK
2100 LEE HWY #G13	2	2	0	...	...	ARLINGTON	\$457,000	Garden 1-4 Floors	...	22201	ASTORIA
3284 UTAH ST	3	2	0	...	...	ARLINGTON	\$457,000	Townhouse	...	22206	FAIRLINGTON COMMONS
1012 N. GEORGE MASON DR	3	1	0	...	...	ARLINGTON	\$452,500	Detached	0.13	22205	LACEY FOREST
2931 COLUMBUS S #B1	3	2	0	...	...	ARLINGTON	\$449,000	Garden 1-4 Floors	...	22206	FAIRLINGTON VILLAGES
888 QUINCY ST #505	1	1	0	...	...	ARLINGTON	\$446,400	Hi-Rise 9+ Floors	...	22203	RESIDENCES AT LIBERTY CTR
3835 9TH ST N #504E	1	1	1	...	...	ARLINGTON	\$442,500	Hi-Rise 9+ Floors	...	22203	LEXINGTON SQUARE
2321 25TH ST S #2-202	3	2	0	...	...	ARLINGTON	\$440,000	Garden 1-4 Floors	...	22206	THE GROVE AT ARLINGTON
1220 FILLMORE ST #605	1	1	0	...	...	ARLINGTON	\$440,000	Hi-Rise 9+ Floors	...	22201	STATION SQUARE
888 QUINCY ST #1107	1	1	0	...	...	ARLINGTON	\$437,900	Hi-Rise 9+ Floors	...	22203	LIBERTY CENTER
1600 OAK ST N #929	2	1	1	...	...	ARLINGTON	\$430,225	Hi-Rise 9+ Floors	...	22209	THE BELVEDERE
1200 NASH ST N #238	1	1	0	...	...	ARLINGTON	\$430,000	Hi-Rise 9+ Floors	...	22209	PROSPECT HOUSE
1206 BUCHANAN ST S	3	1	0	...	...	ARLINGTON	\$429,500	Semi-Detached	0.08	22204	COLUMBIA FOREST
1800 WILSON BLVD #303	1	1	0	...	...	ARLINGTON	\$427,500	Garden 1-4 Floors	...	22201	1800 WILSON
2705 1ST RD S	2	1	0	...	...	ARLINGTON	\$426,000	Detached	0.11	22204	HOLMES SUBDIVISION
851 GLEBE RD N #107	1	1	0	...	...	ARLINGTON	\$425,000	Hi-Rise 9+ Floors	...	22203	CONTINENTAL
1201 GARFIELD ST #618	1	1	0	...	...	ARLINGTON	\$410,000	Hi-Rise 9+ Floors	...	22201	STATION SQUARE
3459 STAFFORD ST S	1	2	0	...	...	ARLINGTON	\$410,000	Townhouse	...	22206	FAIRLINGTON MEADOWS
2400 CLARENDON BLVD #402	1	1	1	...	...	ARLINGTON	\$405,000	Hi-Rise 9+ Floors	...	22201	THE CHARLESTON
1800 WILSON BLVD #122	1	1	0	...	...	ARLINGTON	\$405,000	Garden 1-4 Floors	...	22201	1800 WILSON
1201 S BARTON ST #141	2	1	0	...	...	ARLINGTON	\$399,900	Attach/Row Hse	...	22204	ARLINGTON VILLAGE
2055 26TH S ST #5-B02	2	2	0	...	...	ARLINGTON	\$398,000	Garden 1-4 Floors	...	22206	THE GROVE AT ARLINGTON
2841A WAKEFIELD ST #A	3	2	0	...	...	ARLINGTON	\$398,000	Garden 1-4 Floors	...	22206	THE ARLINGTON
2600 16TH ST S #699	2	1	0	...	...	ARLINGTON	\$395,000	Townhouse	...	22204	ARLINGTON VILLAGE COURTYARDS
851 GLEBE RD N #1016	1	1	0	...	...	ARLINGTON	\$385,000	Hi-Rise 9+ Floors	...	22203	CONTINENTAL
1600 N OAK ST #224	1	1	0	...	...	ARLINGTON	\$385,000	Hi-Rise 9+ Floors	...	22209	BELVEDERE
3600 S GLEBE RD #301W	1	1	0	...	...	ARLINGTON	\$380,000	Hi-Rise 9+ Floors	...	22202	ECLIPSE ON CENTER
1020 HIGHLAND ST #306	0	1	0	...	...	ARLINGTON	\$374,000	Hi-Rise 9+ Floors	...	22201	CLARENDON
1530 KEY BLVD #229	1	1	0	...	...	ARLINGTON	\$373,000	Hi-Rise 9+ Floors	...	22209	ATRIUM
3547 UTAH ST	1	2	0	...	...	ARLINGTON	\$368,000	Townhouse	...	22206	FAIRLINGTON GLEN
1001 RANDOLPH ST #112	1	1	0	...	...	ARLINGTON	\$349,500	Hi-Rise 9+ Floors	...	22201	EASTVIEW AT BALLSTON
2100 LEE HWY #335	1	1	0	...	...	ARLINGTON	\$345,000	Mid-Rise 5-8 Floors	...	22201	THE ASTORIA
4270 35TH ST S #B2	2	1	1	...	...	ARLINGTON	\$337,000	Garden 1-4 Floors	...	22206	FAIRLINGTON GLEN
900 STAFFORD ST #1414	1	1	0	...	...	ARLINGTON	\$333,000	Hi-Rise 9+ Floors	...	22203	BALLSTON
4139 FOUR MILE RUN DR S #401	1	1	0	...	...	ARLINGTON	\$332,000	Garden 1-4 Floors	...	22204	WEST VILLAGE AT SHIRLINGTON
4111 FOUR MILE RUN DR #404	1	1	0	...	...	ARLINGTON	\$330,000	Garden 1-4 Floors	...	22204	WEST VILLAGE AT SHIRLINGTON
4360 LEE HWY #203	2	2	0	...	...	ARLINGTON	\$330,000	Garden 1-4 Floors	...	22207	BALMORAL CONDOMINIUM
4500 FOUR MILE RUN DR S #409	2	2	0	...	...	ARLINGTON	\$320,000	Hi-Rise 9+ Floors	...	22204	THE BRITTANY
2001 15TH ST N #601	0	1	0	...	...	ARLINGTON	\$315,000	Hi-Rise 9+ Floors	...	22201	ODYSSEY
4067 FOUR MILE RUN DR S #201	1	1	0	...	...	ARLINGTON	\$314,900	Garden 1-4 Floors	...	22204	WEST VILLAGE AT SHIRLINGTON
2637 S WALTER REED DR #A	2	1	0	...	...	ARLINGTON	\$314,000	Garden 1-4 Floors	...	22206	THE ARLINGTON
2820 ABINGDON ST S #B2	2	1	0	...	...	ARLINGTON	\$311,000	Garden 1-4 Floors	...	22206	FAIRLINGTON VILLAGES
2100 LEE HWY #207	1	1	0	...	...	ARLINGTON	\$310,000	Mid-Rise 5-8 Floors	...	22201	ASTORIA
4500 FOUR MILE RUN DR #613	2	2	0	...	...	ARLINGTON	\$310,000	Hi-Rise 9+ Floors	...	22204	THE BRITTANY
1501 EDGEWOOD ST S #569	1	1	0	...	...	ARLINGTON	\$307,000	Townhouse	...	22204	ARLINGTON VILLAGE
1920 RHODES ST #74	1	1	0	...	...	ARLINGTON	\$292,500	Multi-Family	...	22201	COLONIAL VILLAGE
2902 13TH ST S #2201	2	1	0	...	...	ARLINGTON	\$291,000	Garden 1-4 Floors	...	22204	COMMONS OF ARLINGTON
2321 25TH ST S #2-313	1	1	0	...	...	ARLINGTON	\$289,000	Garden 1-4 Floors	...	22206	THE GROVE
1300 ARLINGTON RIDGE RD #706	2	1	0	...	...	ARLINGTON	\$285,000	Hi-Rise 9+ Floors	...	22202	ARLINGTON
1745 TROY ST #8-433	1	1	0	...	...	ARLINGTON	\$280,000	Garden 1-4 Floors	...	22201	COLONIAL VILLAGE
2906 13TH ST S #101	2	1	0	...	...	ARLINGTON	\$278,000	Garden 1-4 Floors	...	22204	COMMONS OF ARLINGTON
2832 ABINGDON ST S #B2	1	1	0	...	...	ARLINGTON	\$272,000	Garden 1-4 Floors	...	22206	FAIRLINGTON
3080 S. ABINGDON ST #B2	1	1	0	...	...	ARLINGTON	\$263,000	Garden 1-4 Floors	...	22206	NONE
4437 36TH ST S #B2	1	1	0	...	...	ARLINGTON	\$263,000	Garden 1-4 Floors	...	22206	FAIRLINGTON
3000 SPOUT RUN PKWY #B610	1	1	0	...	...	ARLINGTON	\$256,000	Mid-Rise 5-8 Floors	...	22201	CARDINAL HOUSE CONDO
2915 WOODLEY ST S #H	1	1	0	...	...	ARLINGTON	\$254,900	Garden 1-4 Floors	...	22206	COURTBRIDGE I
3000 SPOUT RUN PKWY #B304	1	1	0	...	...	ARLINGTON	\$253,000	Mid-Rise 5-8 Floors	...	22201	CARDINAL HOUSE
4312 2ND RD N #2	2	1	0	...	...	ARLINGTON	\$246,100	Garden 1-4 Floors	...	22203	ARLINGTON OAKS
4501 ARLINGTON BLVD #218	2	2	0	...	...	ARLINGTON	\$245,000	Mid-Rise 5-8 Floors	...	22203	THE CHATHAM
3000 SPOUT RUN PKWY #D204	1	1	0	...	...	ARLINGTON	\$244,900	Mid-Rise 5-8 Floors	...	22201	CARDINAL HOUSE
2021 21ST ST N #20	1	1	0	...	...	ARLINGTON	\$230,000	Garden 1-4 Floors	...	22201	PALISADE GARDENS
2903E WOODLEY ST #5	1	1	0	...	...	ARLINGTON	\$225,000	Garden 1-4 Floors	...	22206	COURTBRIDGE
3000 SPOUT RUN PKWY #C608	1	1	0	...	...	ARLINGTON	\$215,000	Mid-Rise 5-8 Floors	...	22201	THE CARDINAL HOUSE
4500 FOUR MILE RUN DR #1206	1	1	0	...	...	ARLINGTON	\$205,000	Hi-Rise 9+ Floors	...	22204	CENTURY SOUTH
900 TAYLOR ST N #1423	2	2	0	...	...	ARLINGTON	\$190,000	Hi-Rise 9+ Floors	...	22203	THE JEFFERSON
5353 COLUMBIA PIKE #309	1	1	0	...	...	ARLINGTON	\$176,000	Mid-Rise 5-8 Floors	...	22204	THE PALAZZO
1121 ARLINGTON BLVD #542	1	1	0	...	...	ARLINGTON	\$175,000	Hi-Rise 9+ Floors	...	22209	RIVER PLACE

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# Feeding the Flu

What to eat when fighting the flu.

BY MARILYN CAMPBELL

**F**lu season is in full swing and, according to the latest statistics from the Centers for Disease Control and Prevention, it's packing a powerful punch. According to the most recent CDC report, the flu is widespread in most states, and healthcare providers report an uptick in influenza-related hospitalizations and deaths.

**“One of the best sources for protein when you have the flu is real, bone-based soup.”**

— Sara Ducey, Professor of Nutrition and Food, Montgomery College

While the thought of eating might be unappealing to someone who is battling the flu, nutritionists and health care providers say certain nutrients are essential for keeping up one's strength. Soothing and healing ingredients are key allies when fighting this season's virus.



COURTESY OF SARA DUCEY

**Turmeric, powdered ginger, honey and almond or coconut milk can create a soothing and healing drink for those who are battling the flu, says nutritionist Sara Ducey.**

“The thing you need most is water,” said Sara Ducey, professor of Nutrition and Food at Montgomery College. “You need sufficient water to bring nutrients to your cells and take away the waste. As you hydrate it gives your immune system more of a boost.”

Protein, says Ducey, will help one's body build and maintain strength. “It's important for supporting the immune system and for helping your body breakdown medicines like Tylenol,” she said. “One of the best



PHOTOS BY MARILYN CAMPBELL

**Fresh ginger can be a soothing ingredient for those who have the flu.**

sources for protein when you have the flu is real, bone-based soup, not ramen noodles that have chicken flavoring.”

Bone broths, like those made from chicken or beef, offer hydration, protein and amino acids, added Ducey. Broth can be sipped or used as the base for a soup. “It's a natural healing and restorative food,” she said. “At this point, everyone can assume that they're going to get the flu and prepare some bone-based broth ahead of time and keep it on hand in the freezer. You can also buy boxes of it.”

Fresh ginger can work as an anti-inflammatory, soothe an upset stomach and boost one's immune system, says nutritionist



**Garlic is credited with having antibacterial properties.**

Debbie Hynes of Practical Ayurveda. “Warm water with grated ginger and honey can soothe a sore throat or upset stomach,” she said.

Foods that are high in Vitamin C like orange juice, particularly a variety that contains pulp, can boost your immune system, says Ducey. “It's a powerful antioxidant which is important for keeping your muscles strong especially when you're sick.”

Garlic is another ingredient that Hynes likes to include in flu-fighting recipes. “It has antibacterial properties, especially when it's raw,” she said. “I add it to chicken broth along with chili flakes to sip when someone in my family has a stuffy head. The combination can clear the sinuses. And if you can stand to eat it, raw garlic has the strongest antibacterial properties.”

Turmeric works as an anti-inflammatory and antioxidant, says Hynes. “It's been known for those properties in Chinese medicine for centuries,” she said.

Ducey uses the spice in a creamy drink she creates called Golden Milk. “I take a cup of milk, a teaspoon or two of honey and a little black pepper and put it in the microwave to warm it,” she said. “You can use almond or coconut milk if you can't tolerate dairy. Turmeric is very poorly absorbed by the body, so adding a little black pepper helps absorb it. It sounds bizarre, but it's strangely comforting.”

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# News



PHOTOS CONTRIBUTED

Project rendering for Market Common Phase II

## Redeveloping

FROM PAGE 3

The applicant, however, noted that retail is continually evolving and their goals with the Market Common project is to turn the site into a destination.

"What you're doing, what we all are trying to do," said County Board member Libby Garvey, "is make [Clarendon] a place where people want to be."

"We're working to bring a little funkiness back into Clarendon," said County Board member Christian Dorsey. "That's been lost over the years."



The narrow sidewalks of Wilson Boulevard

### 'FLOURISHING AFTER 55'

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Feb. 19-24.

**Senior centers** will be closed Monday, Feb. 19.

**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:** The Strathmore, N. Bethesda, "The Bernstein Story," Sunday, Feb. 18, \$6; Banneker Douglass Museum, Annapolis, Wednesday, Feb. 21, \$9; The Kennedy Center, National Symphony Orchestra Coffee Concert, Friday, Feb. 23, \$37. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

#### NEW PROGRAMS:

**Travel editor shares websites and apps for booking and planning,** Tuesday, Feb. 20, 6:30 p.m., Walter Reed. Register, 703-228-7369.

**Rubber Stamp workshop,** Tuesday, Feb. 20, 110 a.m., Lee. Details, 703-228-0555.

**Ukulele class, basic strumming,** Tuesday, Feb. 20, 6 p.m., Walter Reed. Details, 703-228-0955.

**Technology Tuesday focuses on Excel,** Tuesday, Feb. 20, 1 p.m., Walter Reed. Register, 703-228-0955.

**Dining out without sacrificing**

**nutrition,** Tuesday, Feb. 20, 1:30 p.m., Lee. Register, 703-228-0555.

**Tech guru discusses cloud-based storage,** Wednesday, Feb. 21, 7 p.m., Arlington Mill. Details, 703-228-7369.

**Healthy, affordable seafood demo,** Wednesday, Feb. 21, 11 a.m., Walter Reed. Register, 703-228-0955.

**Senior ice skating,** Wednesday, Feb. 21, 7:40-8:40 a.m., \$1, Kettler Capitals Iceplex, Ballston Mall. Details, 703-228-4771.

**Arlington Walking Club** will walk along the Southwest Waterfront, D.C., Wednesday, Feb. 21, 9:30 a.m., \$4. Register, 703-228-4403.

**"Home Fit" program offered by AARP,** Wednesday, Feb. 21, 10 a.m., Walter Reed. Details, 703-228-0955.

**History discussion group,** Thursday, Feb. 22, 1 p.m., Walter Reed. Details, 703-228-0955.

**Ask A Nurse program to focus on diabetes,** Thursday, Feb. 22, 11 a.m., Langston-Brown. Register, 703-228-6300.

**Black history luncheon,** Friday, Feb. 23, 11 a.m., Southern food and entertainment, Langston-Brown, \$5. Register, 703-228-6300.

**Ballroom Dance,** Friday, Feb. 23, 1 p.m., Arlington Mill. Details, 703-228-7369.

**Lee Walkers** will walk in Old Town Alexandria, Friday, Feb. 23, 10 a.m., \$3. Register, 703-228-0555.

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### ABC LICENSE

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](http://www.abc.virginia.gov) or 800-552-3200.



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## LETTERS

FROM PAGE 7

clude the Urban Deck at Short Bridge Park, promenade and bank improvements, and near-term trail connections.

Until the development contributions are available and the bridge can be fully designed and transformed from a heavy industrial use to a park, Alexandria is committed to keeping the site safe and maintaining access to the adjacent trail. These are merely different mechanisms for achieving the same goal of creating a vibrant, park site along Four Mile Run for residents of both jurisdictions to relax, recreate, and enjoy nature within an urban environment.

**Mark Jinks**

Alexandria City Manager

### Football Scholarships

To the Editor:

The National Capital Region Chapter of the National Football Foundation is accepting nominations for its 2018 Scholar-Athlete banquet. The Chapter awards five \$1,000 scholarships annually to

deserving high school senior scholar athletes who played high school football. Nominees are evaluated on academic and athletic excellence, as well as contributions to their school and community. Nomination packets have been mailed to each high school head coach in the National Capital Region. Deadline for submission of nomination packets is April 6. The 12<sup>th</sup> Annual Awards Banquet will be held on April 22 at the Army-Navy Club in Arlington.

The National Football Foundation was founded in 1947 to promote and develop amateur American football on all levels. The National Football Foundation has more than 115 chapters nationwide. The National Capital Region Chapter has awarded over 65 scholarships and honored over 230 deserving student-athletes in the past 10 years.

The National Capital Region Chapter requests and urges participation from all high schools in the National Capital Region.

For additional information, contact your head football coach.

**Bob Jarrell**

Scholarship Selection  
Committee Chairman  
NCR Chapter, NFF

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## Employment

Professional lady in McLean. Looking for live-in childcare and/or someone to cook for a busy family? Italian professional cook - very clean - very organized. Live-in, call 703-786-2632.

## Legals

Cellco Partnership and its controlled affiliates doing business as Verizon Wireless is proposing to replace telecommunications antennas and equipment inside of a steeple of an existing 147' tall church at 1125 Patrick Henry Drive, Arlington, Arlington County, VA 22205. Public comments regarding potential effects from this site on historic properties may be submitted within 30-days from the date of this publication to Virginia Janssen at Dynamic Environmental Associates, Inc., 3850 Lake Street, Suite C, Macon, GA 31204, (877) 968-4787, Sec106@DynamicEnvironmental.com. Re: 21709022.



## BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Deadline is Thursday at noon, at least two weeks before event.

### THROUGH APRIL 17

**Tax Assistance.** Tuesdays, 10 a.m.-7 p.m.; Thursdays, 10 a.m.-4 p.m. at Arlington Central Library, 1015 N. Quincy St. AARP Foundation Tax-Aide has helped low- to moderate-income individuals for more than 40 years in every state and the District of Columbia. AARP Foundation Tax-Aide is offered in cooperation with the IRS. No need to be a member of AARP to receive help with completing taxes. Some appointments available. Call 703-829-6192 for more.

### WEDNESDAY/FEB. 7

**Coffee and Conversation.** 10-11 a.m. at the Madison Community Center at, 3829 N. Stafford St. Join Arlington Neighborhood Village (ANV) at any of their Coffee and Conversation events. Rachel Coates, Arlington Agency on Aging will provide an update on Arlington's services for seniors. Open to all - bring your own coffee, no RSVP needed. Visit [www.arlnvil.org](http://www.arlnvil.org).

### SATURDAY/FEB. 10

**AFAC Plot Against Hunger Spring Garden Kickoff.** 9 a.m.-noon at St. Andrew's Episcopal Church, 4000 Lorcom Lane. The Arlington Food Assistance Center's "Plot Against Hunger" program will host a Spring Garden Kickoff with information about how Plot Against Hunger gardens provide fresh produce for AFAC clients and how to start one, short presentations, displays, hands-on tables to practice basic gardening skills, exhibit tables for Northern Virginia Extension Service, 4-H in the Schools, Master Gardeners, and other local organizations. Light refreshments will be served. All are welcome. RSVP to [afac.org/spring-garden-kickoff](http://afac.org/spring-garden-kickoff).

**Work for Fair Redistricting.** 2-4 p.m. at Arlington Mill Community Center, 909 South Dinwiddie St., Room 527. The Arlington League of Women Voters is partnering with One Virginia 2021 ([www.onevirginia2021.org](http://www.onevirginia2021.org)) as they work to bring non-partisan and fair redistricting to Virginia. One Virginia needs a stronger presence in Arlington to help spread the word about the importance of this issue. Work for change on a grass roots level. All residents of Arlington interested in getting involved are invited. Admission is free but an RSVP is requested at [www.eventbrite.com/e/an-opportunity-to-work-for-fair-redistricting-in-virginia-this-is-a-call-for-grass-roots-action-tickets-41879274036](http://www.eventbrite.com/e/an-opportunity-to-work-for-fair-redistricting-in-virginia-this-is-a-call-for-grass-roots-action-tickets-41879274036)

### TUESDAY/FEB. 13

**Pancake Supper.** 7-9 p.m. at St. John's Episcopal Church, 415 S. Lexington. St. John's will hold its annual Shrove Tuesday, also called Mardi Gras (Fat Tuesday), Pancake Supper. \$5 for adults, \$3 for children 6-12 and free for children under 6. The supper, traditionally hosted by the men of the parish, will feature pancakes, ham and applesauce. Visit [www.stjohnsarlingtonva.org](http://www.stjohnsarlingtonva.org) or call 703-671-6834.

### WEDNESDAY/FEB. 14

**Coffee and Conversation.** 10-11 a.m. at the Madison Community Center at, 3829 N. Stafford St. Join Arlington Neighborhood Village (ANV) at any of their Coffee and Conversation events. We will share our favorite love stories - from books, movies and real life. Open to all - bring your own coffee, no RSVP needed. Visit [www.arlnvil.org](http://www.arlnvil.org).

**Grant Application Deadline.** The Community Investment Funds are the signature grant cycle managed by the Community Foundation in which funds are invested in organizations serving the Northern Virginia community. This year funding will be provided in four areas of focus: Child and Youth Development, Education, Poverty Relief, and Aging. Visit [www.cfnova.org/for-grant-seekers/community-investment-funds](http://www.cfnova.org/for-grant-seekers/community-investment-funds).

### SATURDAY/FEB. 17

**Game Night.** 7-9 p.m. at St. John's Episcopal Church, 415 S. Lexington. St. John's will host a game night on Feb. 17 from 7-9 p.m. Bring a favorite game to play or enjoy one that we have. Bring a non-perishable food item for AFAC. Game nights are held on the third Saturday of each month. Visit [www.stjohnsarlingtonva.org](http://www.stjohnsarlingtonva.org) or call 703-671-6834.

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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>			

## "Chronic Ken"



By KENNETH B. LOURIE

Nearly nine years into a "13 month to two-year" prognosis, I can hardly believe my good fortune. And though I rarely look a gift-oncologist in the stethoscope, I am happy nonetheless to count my blessings as I continue to look ahead rather than stress behind, and try not think about what was said and when.

At the initial "Team Lourie" meeting with my oncologist, I was told that there was no cure for lung cancer. I could be treated though. As to whether I might live beyond two years, I remember my oncologist responding to our desperate query by saying: "Could you be the one? Sure." Reassuring it wasn't, but hopeful? It sort of was.

As the years have passed and research into lung cancer has grown, an interim step to a cure has evolved: treating lung cancer as a chronic (has opposed to acute/dire) disease, similar to diabetes, as an example. Not as yet curable, but manageable over a longer period of time. A disease with which, I'm fond of saying, one can live. Live beyond the applicable word because, I have to tell you, at the beginning of my treatment, based on what my oncologist had described, living was a long way from what he was anticipating my outcome would be. Nevertheless, I began treatment the following week and the rest is history you regular readers have been privy to since June of '09 when I first published a "cancer" column (as I call them).

Feb. 20, 2018 will be nine years since my internal medicine office called me at work with the results of my previous week's biopsy. He said the tumor was malignant. I remember asking him what that meant. (Duh!). He said he'd rather let the oncologist answer any questions and referred me to the doctor, the same doctor with whom I've been a patient all these years. Sure enough, a week later we heard the news: non-small cell lung cancer, stage IV. And I've been up to my whistles in real or imagined anxiety ever since.

And I'm still present and accounted for as are more and more of us previously-characterized-as-terminal, non-small cell lung cancer "diagnosees." We are not just patients any more. We are survivors, surviving longer than ever before. We are not cured but neither are we dying. Our treatments are modified when the results warrant it and life continues to go on. As much as a cure would be, and continues to be, the goal, life continues, relatively normally, for many of us. It's unlikely however, that we'll ever get out from underneath the weight of our cancer diagnosis. Rather than dying from it though, we're now able to live with it months/years longer than many patients previously diagnosed within the disease.

So what's the next step? Maybe a bigger, bouncier, longer step than before, but more than likely, more of the same, moving forward, one step at a time. To one whose present was hardly a given nine years ago and whose future seemed like a taken - away, being able now to actually live in the present without fearing/forfeiting the future is the opposite scenario many of us lung cancer patients, especially those of as staged as IV, ever imagined. Day by day was the best we could muster.

Now we're mustering months and years and living longer more fulfilling lives. We're not victims anymore nor are we victimized by our circumstances. We're advocating and being advocated for. We don't exactly have lung cancer on the run, but we may have it on the trot. I don't know if I'll live to see a cure but I have lived long enough to have given myself a nickname, one which I'm most proud to have earned.

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



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