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The Arlington Connection

Inside
PET CONNECTION

Quadruple therapy: Chance carries the official colors and metal tags of Therapy Dogs International, Inc. as he serves clients across the metro region.

Tail-Wagging Therapy

PETS, PAGE 7

Nauck Celebrates
Black History Month
NEWS, PAGE 3

ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10
PHOTO CONTRIBUTED

Neighborhood Health Opens on Washington Boulevard

BY EDEN BROWN
THE CONNECTION

Arlington location offers access to primary care 5 days a week.

Lisa Gittleman, FNP (family nurse practitioner) at the newly opened Neighborhood Health office at Sequoia Plaza 3, is used to managing diverse physical and mental health needs; she is a captain in the Navy Reserve. Gittleman said she enjoys the connection between

behavioral and physical health: she might have a client who is homeless, who has urgent needs for a full spectrum of health services: he might not have taken his meds in a long time, or she may never have had a mammogram.

Gittleman will be at the new offices at 2120 Washington Boule-

vard (near Syphax) three days a week, sharing duties with family physician Dr. Daniel Holtan, who will be there two days a week. Holtan, board-certified in family medicine, has more than 25 years of experience working with underserved communities, and has a special interest and training

in mind/body medicine and mindfulness.

The clinic is now open five days a week, including one evening, to adults and children aged 5 and up. New patients living in Arlington may be referred to this location through human services agencies, schools, and nonprofits. Neighbor-

hood Health provides dental care two days per week at Sequoia Plaza 1.

Harry Ayling, senior adult mental health program manager with Arlington County Department of Human Services, is always looking for resources for his adult mental health clients. He was at the open house celebrating the expansion of service on Feb. 22. He peppered the Neighborhood Health staff with questions: "How many people can you see a day? (They can accommodate between 16 to 18 a day.) "Will you get more doctors?" (As needed.) Other attendees asked, "How about day laborers who can't verify their salaries because they are paid in cash intermittently," and were told Neighborhood Health staff works with applicants to review their qualifications.

Dr. Basim Khan, the face of Neighborhood Health and its executive director, attended the open house and spoke about goals: "We are now at 18,000 patients," he said. "We hope to get to 21,000 by the end of 2018." That may seem like a significant jump, but Neighborhood Health started with a little over 1,500 patients in 1997 and should easily grow by 50 percent from 2016 to 2018 given the demand for its services.

"The biggest issues," Khan said, "are managing the growth and ensuring there are adequate resources to sustain that growth. But we are in better shape in both departments than we were just a few years ago."

SEE NEIGHBORHOOD, PAGE 4

FREEMAN'S INVITATION TO CONSIGN



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Above:
Childe Hassam (American 1859-1935)
"The Norwegian Cottage" (detail)
Sold for \$242,500

Below:
Lynn Chadwick (British, 1914-2003)
"Maquette Jubilee II"
Sold for \$466,000



EDEN BROWN/THE CONNECTION

Harry Ayling (left), senior adult mental health program manager with the Arlington County Department of Human Services, chats with Dr. Basim Khan at the open house.

WWW.CONNECTIONNEWSPAPERS.COM



Balloons are everywhere for Arlington resident 5-year old Sabrina Brundage who is at the 26th annual Feel the Heritage Festival with her 11-year-old brother, Sean, to celebrate Black History Month.



Drew Community Center is crowded with over 20 vendors. Pictured here, Cornelia Lesh from Virginia Hospital Center and Paxton Lepage from the Arlington County Fire Department EMS demonstrate the CPR two-step method to stay alive.



Arlington resident Joan Trumpauer Mulholland discusses her experience as a Freedom Rider with the Civil Rights movement at a table featuring "We Shall Not Be Moved," focused on the Jackson Woolworth's sit-in and the movement it inspired.



"What can make me feel this way? My girl, talkin' 'bout my girl." The Winstons Motown Revue sways and steps to the Motown tunes of the 1960s at the Feel the Heritage Festival at Drew Community Center on Saturday, Feb. 24. Later in the afternoon the Joy of Motion Dance will be followed by winners of the first Cook-Off Contest.

Nauck Celebrates Black History Month

PHOTOS BY SHIRLEY RUHE/
THE CONNECTION



Zakiya Worthey joins the crowd inside Drew Community Center with a platter of fried chicken, mac and cheese and sautéed cabbage as she listens to the entertainment on stage at the 62nd Annual Feel the Heritage Festival. The bake sale table also offers desserts including sweet potato pie and layered coconut cake.

Steady Course

Job loss mingled with pay raises.

BY VERNON MILES
THE CONNECTION

On the surface, there are few surprises in this year's County Budget. The \$1.27 billion budget is a 1.7 percent increase over last year's budget without much by way of flashy new big items and no tax rate increase. But behind the scenes, city facilities will be suffering the brunt of cuts brought about by a revival of the commercial office vacancy spectre that's haunted Arlington's economic development.

The countywide office vacancy rate rose from 17.6 to 19.4, a reversal of the slow downward trend for office vacancy in Arlington over the past several years. County Manager Mark Schwartz says at least some of this is attributable to this year taking the hit of the

Patent and Trademark Office's relocation to Alexandria.

Still, despite the dire economic news, Schwartz did not recommend a tax rate increase. The County Board voted at its Feb. 24 to maintain the existing tax rate to avoid furthering the gap between Arlington's reliance on its residential tax base over its commercial one. At the current tax rate, the average property tax bill will increase by \$297.

As part of \$8.4 million in budget reductions, 48 positions in Arlington County will be cut. Of these, 19 positions are currently vacant, but 29 positions are occupied and will involve laying off staff. The department to take the largest hits is the Department of Human Services, where 14 positions are being eliminated. Six of

SEE STEADY COURSE, PAGE 10

A Balance of Interests

Despite concerns about project size, townhouses at 11th & Vermont are unanimously approved by County Board.

BY VERNON MILES
THE CONNECTION

The County Board room was full of citizens decked out in red and carrying signs, but as many as there were, Kristine Kasserkert said that many more of her neighbors didn't want to come out to the Feb. 24 County Board meeting. Kasserkert said her neighbors knew what the result would be; that the County Board would side with developers against the neighbors and approve a new 84-housing unit structure in Ballston, but that residents still rallied in hopes that the County Board would be swayed.

But Kasserkert's neighbors were right.

After over an hour of testimony with neighbors universally expressing their concerns with the site design and the community engagement process, the board voted 4-1 in favor of NVR Inc.'s condominium and two rows of

townhouses at the former site of the First Baptist Church of Ballston.

Among the criticisms of the site was it would not provide sufficient parking for the number of new residents it was bringing in. But Chris Slatt, chair of the Transportation Commission, argued that Arlington has actually been providing too much parking too close to the Metro stations. Slatt argued that potential residents self-select into developments that meet their lifestyle, and providing an amenity for parking close to a Metro mitigates the car-free benefits from building residences close to public transit.

The comment grew scoffs from the audience, but carried weight with the County Board members.

"[Arlington] needs to implement robust daytime and nighttime parking enforcement," said Annette Lang. "If you're going to treat Ballston like Manhattan,

SEE INTERESTS, PAGE 6

OPINION

Hope for Expanding Health Care

Just say yes to \$400 million, thousands of jobs and health care for 300,000.

\$ 400 million. That's how much the Virginia Senate had to cut from its budget because it refused to include Medicaid expansion in the budget.

The House of Delegates version of the budget has \$400 million more to work with.

\$400 million is a lot of money. The change in the House of Delegates, a small miracle, comes with the change voters created last November. Republicans had a 66-34 in the House but lost 15 seats after the election.

EDITORIAL

The economic boost that comes with expanding Medicaid includes as many as 30,000 new jobs. It's ludicrous that Virginia has bypassed this money, this economic boost, this life-saving measure for poor Virginians. The Commonwealth has forfeited than \$10 billion because of ideological, partisan irrationality.

State Sen. Janet Howell may have captured the cause and effect the best in the floor debate: "We've cut education, both higher and public education. We've cut student aid, public safety, mental-health programs, programs for the disabled, programs to have a reliable election system. Why have we made these cuts? We've made them to deprive low-income people of healthcare."

More than 10 percent of residents of Arlington, Alexandria and Fairfax County have no health insurance.

A Harvard Medical School study determined that the decision by 25 states to reject the expansion of Medicaid coverage under the Affordable Care Act would result in between 7,115 and 17,104 more deaths than had all states opted in.

In Virginia, the number of deaths due to failure to expand Medicaid estimated between 266 and 987.

These are wrongful deaths, caused by the willful action of particular Virginia legislators.

Refusing to accept federal funds to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation or education. Imagine the celebration of the economic stimulus of adding \$400 million and tens of thousands of new jobs by any other means.

In Virginia, 102,000 uninsured people with a mental illness or substance use disorder could qualify for coverage if Medicaid were expanded under the Affordable Care Act.

As Virginia wrestles with heroin and opioid addiction, expanding Medicaid would allow for expanding treatment programs. One of the big obstacles to helping people who are fighting addiction is the availability of treatment when it is most needed. More people die of opioid overdoses in Virginia than in vehicle crashes.

It's time for a change, and there is hope for change. Look towards the budget conferences coming up shortly.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Neighborhood Health Expands Reach

FROM PAGE 2

"It made sense to open up to more patients in this location, offering the full spectrum of health services," Khan said, "because we were in this building already doing just behavioral health. Now we can dovetail with other DHS programs. And those partnerships are a key driver in helping Neighborhood Health reach the people most in need of primary health care. This partnership with Arlington County to expand the days and hours of primary care will have a significant impact on increasing access for low-income, uninsured, and underinsured Arlington residents and we are delighted to

work with the county on this important venture."

This expansion is being funded in part by a grant from the Virginia Health Care Foundation. VHCF is a public-private partnership with a mission to increase access to primary health care for uninsured and medically underserved Virginians via innovative service delivery models.

The new offices can be accessed via ART buses 42, 45, and 77, as well as Capital Bikeshare and via car. The full range of pediatric care, health care for seniors, lab services, low-cost of free medications, cancer screenings, immunizations and TB or HIV testing, and an-

nual, employment, or sports physicals can be done at the offices.

Neighborhood Health provides comprehensive quality medical, dental, and behavioral health care at 11 health centers in Alexandria, Arlington, and Fairfax County. Fifty percent of Neighborhood Health patients do not have health insurance. Neighborhood Health has received national quality award from 2014 through 2017 for exceeding national benchmarks in preventive care and chronic disease management. To learn more about Neighborhood Health, see www.neighborhoodhealthva.org or call 703-535-5568.

BULLETIN BOARD

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

THROUGH APRIL 17

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. 28

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. Author, Toby McIntosh will highlight the New Deal murals located in the Clarendon Post Office and their artist, which are the subject of his latest book. Open to all - bring your own coffee, no RSVP needed. Visit www.arlnvil.org.

SEE BULLETIN, PAGE 11



PHOTO BY EDEN BROWN/THE CONNECTION

Couch to 5K Run

From left: John Morrill, Coach Jeff Myers of Phoenix Fitness, Gwen McQueeney, Shandra Niswander, Lynn Bragan, and Carlin Anderson, signed up for the Couch to 5K run to benefit Arlington Thrive. The "Neighbors in Need" charity is raising funds by running in the George Washington Parkway Classic in April. Those who haven't signed up yet, it's early days on the training path: see www.arlingtonthrive.org for details.

The
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Connection

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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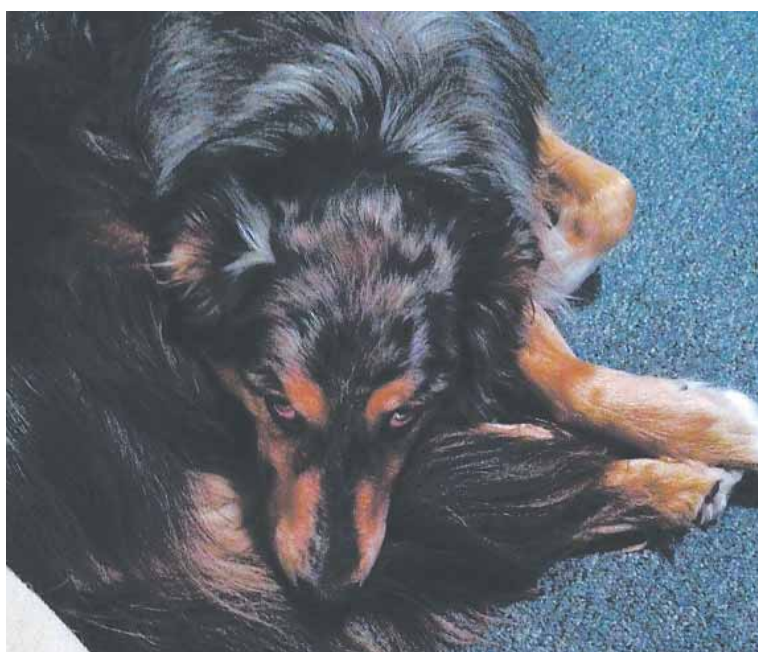
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PET CONNECTION



Lulu

PHOTO CONTRIBUTED

This is Lulu. We brought her in from San Francisco after our daughter and son-in-law were unable to adopt a dog at a local adoption event. They arrived early to the event and chose a puppy. Event organizers, however, later decided to hold a drawing for the puppies. Our daughter and son-in-law lost out. The following week they went to another adoption event elsewhere in the area and were again denied a puppy, because they lived across the river in Maryland. We decided that enough was enough and flew Lulu in from California, where our son had been taking care of her for a neighbor suffering from dementia. A win-win in the end.

— LAURIE AND WILLIAM YOUNG



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PHOTO CONTRIBUTED

Size comparison between the 11th and Vermont development and the surrounding developments.

A Balance of Interests

FROM PAGE 3

you'd better start enforcing like Manhattan. The streets are frequently blocked with cars that ignore the no parking signs. “

Other residents said the size of the building would, literally and metaphorically, shadow the surrounding apartments.

“It's too big, it's too tall, it's too close,” said Justin Heminger.

Following the public comment, County Board member John Vihstadt proposed deferring the development approval indefinitely, but the majority on the County Board voted his proposal down.

“What's been clear, fundamental, irreconcilable divide that's up to us to reconcile,” said County Board member Christian Dorsey. “I recognize it's not perfect for everyone. For neighbors in already built units it will provide a change, one that is not entirely or at all welcome. That is an unfortunate reality in a community like ours. But the neighborhood context is not just buildings next to it, it's also the transit rich area it exists in. It's a block away from a planned and proposed second entrance to the Metro. This is a neighborhood long planned to accommodate a multitude of very intense uses. That, in and of itself, is not a surprise. I'm prepared to accept this proposal. I do have concerns that we're not effectively mitigating all of the traffic impacts, but we can deal with those after the fact.”



PHOTO CONTRIBUTED

Gwendolyn Grewe asks the County Board to consider the welfare of local children when making their decision.

Vihstadt, the lone vote against the project, said the County Board's dismissal of the public concerns came across as victim blaming.

“It seems in a lot of ways like we're blaming the victims that we're at this stalemate,” said Vihstadt. “I thought we could have done better, and I'm disappointed.”

But County Board Chair Katie Cristol said her vote for the project wasn't a vote against residents, but a vote in favor of the broader need of residents across the county.

“I'm supporting the motion because I'm on the side of residents' interests,” said Cristol. “We say all the time that it's too expensive to own homes in Arlington. That's another way of saying there's not enough home ownership. My vote is not because I'm on the take, I'm not overruling the interests of community. I'm seeking to balance interest of residents.”

The motion passed in a 4-1 vote.



PHOTO CONTRIBUTED

Annette Lang protests the NVR Inc.'s development.

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PET CONNECTION

Chance

Chance is a therapy dog. His owners lost their miniature poodle friend Cocoa on his 16th birthday — an experience the owner's found so very hard to bear they determined never again to own a pet. A quarter century later, the pain of their loss had subsided but their love for dog companionship endured. After considerable deliberation, they decided to take a chance. Naming him was the easiest part. Including Chance in their various volunteering experiences has been the most enjoyable aspect.

Eight-year old Goldendoodle Chance enjoys a double life.

Most of his days and nights are consumed by his inside job: guarding and exercising Anne and Don Kelly his human housemates in Old Town Alexandria. For his outside job, Chance carries the official colors and metal tags of Therapy Dogs International, Inc. as he serves clients all across the metro region.

Twice-certified under rigorous TDI standards, Chance's voluntary outreach might take him to an elementary school where he appears as an avid listener to a child's



PHOTO CONTRIBUTED

Chance at the Therapy Dog Program at the U.S. Department of State.

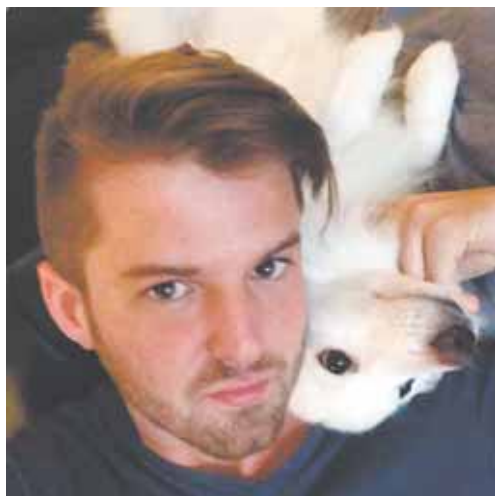
struggling reading efforts — occasionally thumping his tail in appreciation. On other occasions, Chance's assigned duties bring him

to deliver joy and energy to a retirement facility or hospital waiting room, or slip silently into hospice duty where he and his patient cuddle quietly in bed.

What Chance doesn't yet know is his recent designation as a Reagan National Airport greeter for the celebrated Angel Flight Program bringing veterans to view Washington's celebrated war memorials. Chance has demonstrated how to approach a wheelchair and isn't intimidated by the roar of taxiing jets.

In his most recent "professional experience," the accompanying pictures depict Chance doing his best to channel stress from U.S. State Department employees currently undergoing particularly rigorous training.

— DON GRANT KELLY



Ghost

My American Eskimo, Ghost. We live in Ballston and Ghost loves taking walks to Quincy Park or on the Custis Trail.

— JOSH GRIFFIN

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday.

ONGOING

“Light Years.” Through March 4 at Signature Theatre, 4200 Campbell Ave. Eddie From Ohio’s Robbie Schaefer crafts a touching and funny world premiere musical portrait featuring Bobby Smith. A master storyteller, Robbie 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. Visit sigtheatre.org/events/2017-18/light-years/ for tickets.

Family Skate Night. Saturdays through March, 6:30-9 p.m. at Thomas Jefferson Community Center, 3501 2nd St S. Bring the whole family to Thomas Jefferson Community Center for Family Skate Night with a live DJ, moon bounces and snack bar, this is a crowd-pleaser for the entire family. Only \$2 to skate and \$3 to rent a pair of wheels (moon bounce and concessions are additional). Cash only. Visit parks.arlingtonva.us/locations/thomas-jefferson-community-center.

Open Bounce. Saturdays, through March 24, 9:30-10:30 a.m. or 10:45-11:45 a.m. at Madison Community Center, 3829 N. Stafford St. Have an active child (3-9 years old) who loves to bounce? Enjoy Open Bounce Saturday mornings at Madison Community Center. \$3 per child. Purchase tickets online at parks.arlingtonva.us/locations/madison-community-center-park/.

You, If No One Else. Through March 31, Wednesday-Sunday, 12-5 p.m. at Arlington Arts Center 3550 Wilson Blvd. Arlington Arts Center presents You, if no one else, featuring 10 contemporary artists and artist collaborations. You, if no one else, looks at the ways in which artists record, reflect, contribute to, rail against, and engage with politics and civic life, bringing dialogue, beauty, and nuance to their involvement in the public sphere. The title of the exhibition was inspired by poet Tino Villanueva, whose poem of the same name was included in his 1994 collection Chronicle of My Worst Years. Visit www.arlingtonartscenter.org or call 703-248-6800.

Michèle Colburn: The More Things Change. Through March 31, Wednesday-Sunday, 12-5 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Michèle Colburn’s work explores socio-political themes related to domestic terrorism, war, and the costs associated with both. A multidisciplinary artist, Colburn makes mixed-media objects with forays into endurance performance on the streets. Her two- and three-dimensional work incorporates gunpowder, spent bullet casings, and vintage surplus military trip wire. Visit www.arlingtonartscenter.org or call 703-248-6800.

Arlington Farmer’s Market. Every Saturday, 8 a.m.-noon at the corner of N. 14th Street and N. Courthouse Road. A weekly celebration of local food including fresh produce, meats, dairy, cheese, baked goods, free range eggs, specialty items, cut flowers, plants and herbs. Email csingiser@cfwdc.org or call 917-733-6402.

FRESHFARM Market. 3-7 p.m. on Tuesdays at 1900 Crystal Drive. Shop from local farmers and producers with seasonal fruits and vegetables, fresh-cut flowers, container plants and herbs, farm-raised eggs, all-natural meats, artisan baked goods, and specialty foods. Visit

www.crystalcity.org for more.

WEDNESDAY/FEB. 28

DIY Sustainable Yard Series. 8:30 p.m. at Westover Branch Library, 1644 N. McKinley Road. Learn how to retain and absorb storm water using the right landscaping techniques and plant choices. Free. Advance registration requested at mgnv.org. Questions, telephone 703-228-6414 or emailmgarlalex@gmail.com.

THURSDAY/MARCH 1

“The Hello Girls.” 11 a.m., meet and greet; 11:30 a.m.-12:30 p.m., film; at Women In Military Service For America Memorial, Memorial Avenue and Schley Drive. The film will be shown at the Women’s Military Memorial at Arlington National Cemetery in Virginia on March 1, almost 100 years to the day the first ship carrying women phone operators left the U.S. After the film concludes, there will be a short discussion with “The Hello Girls” author and the filmmaker. Visit www.womensmemorial.org.

Inside Signature with Robbie Schaefer. 1 p.m. at Signature Theatre, 4200 Campbell Ave. With charm and humor, folk/rock/indie band Eddie From Ohio’s Robbie Schaefer talks about the process behind writing a world premiere musical based on his life, “Light Years.” Learn about Robbie’s background, his musical career, and what made him decide to craft his musical portrait. “Light Years” is on stage at Signature through March 4. Visit www.sigtheatre.org.

MARCH 1-APRIL 7

“HALO-HALO.” Open 24/7 at Metro Micro Gallery, 3409 Wilson Blvd., on the corner of Kansas Street and Wilson Boulevard. An exhibition of new works by Nico Fertakis. The exhibition’s title, “HALO-HALO,” refers to a popular dessert in the Philippines and means “mix-mix” or “mixed together” in the Filipino dialect, Tagalog. With an opening reception Sunday, March 25, 1-3 p.m. Visit www.metromicrogallery.com.

FRIDAY/MARCH 2

March March. 3-4:30 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. Come march over hill and dale in search of signs of spring. Wear sturdy shoes, as hike may go off the trails at times. For information: 703-228-6535. Free. #632958-H. To register, call 703-228-4747 or visit registration.arlingtonva.us.

Reception: “Personal Worlds.” 6-8 p.m. at The Barry Gallery in the Reinsch Library at Marymount, 2807 North Glebe Road. Marymount University invites the public to an opening reception for the exhibition “Personal Worlds,” which features oil paintings, drawings and prints by faculty member Mary Proenza. Admission is free. Visit www.marymount.edu/barrygallery.

Animal Pajama Party. 6:30-7:30 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Ages 2 to 10. Register child only, but caregivers must attend. Dress in coziest pajamas and bring a stuffed animal friend to the nature center to listen to stories and learn about wildlife at night. \$5. #632818-V. To register, call 703-228-4747 or visit registration.arlingtonva.us.

Under the Sea Family Night. 7-9



A 36” by 24” oil-on-panel image from Mary Proenza. Her exhibition, “Personal Worlds,” will run from March 2 through April 2.

‘Personal Worlds’

Marymount University invites the public for the exhibition “Personal Worlds,” which features oil paintings, drawings and prints by faculty member Mary Proenza. Gallery hours March 2-April 2 at The Barry Gallery in the Reinsch Library at Marymount, 2807 North Glebe Road. An opening reception will take place March 2, 6-8 p.m. Admission is free. Visit www.marymount.edu/barrygallery.

p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Play ocean-themed games like Shipwreck, Cross the Ocean and Reach the Beach Relay. Create two fun under the sea crafts. Snap a selfie at the family photo station. Family Nights are free, drop-in events for all ages. Youth 10 and under must be accompanied by an adult. Visit parks.arlingtonva.us/locations/arlington-mill-community-center/.

MARCH 2-APRIL 2

“Personal Worlds.” Gallery hours at The Barry Gallery in the Reinsch Library at Marymount, 2807 North Glebe Road. “Personal Worlds,” features oil paintings, drawings and prints by faculty member Mary Proenza. Admission is free. Visit www.marymount.edu/barrygallery.

SATURDAY/MARCH 3

Turtle First Aid. 10 a.m.-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Adults. Need CE credits or want to learn about local turtles? Join rehabilitators and vets in this six-hour session to learn the basics of care for rescued local turtles. Bring snacks and lunch. Teens ages 15 and up are welcomed,

but must be accompanied by a registered adult. Meet at Long Branch Nature Center. \$35 covers both sessions. To register go to wildliferescueleague.org. For information, call 703-228-6535.

Pioneer Spring Chores. 1-2 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Families ages 4 and up. Register children and adults; children must be accompanied by a registered adult. Join us at the log house for spring cleaning. Beat the rugs, make twig brooms to sweep the floor, plant peas, and more. For information: 703-228-3403. \$5. #632858-G. To register, call 703-228-4747 or visit registration.arlingtonva.us.

WEDNESDAY/MARCH 7

Northern Virginia Bird Club Walk. 8:30-11 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Adults. Join members of the Northern Virginia Bird Club for one or all of these informal walks through Long Branch and Glencarlyn Parks 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. #632948-A.

THURSDAY/MARCH 8

Deep Dive: Insect Metamorphosis. 8-9 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Adults. Take a Deep Dive into natural history that scratches more than just the surface. What really happens inside a chrysalis or cocoon? Explore the process of metamorphosis in the lives of insects as it differs from one group to the next. For information: 703-228-3403. \$5. #632848-A. To register, call 703-228-4747 or visit registration.arlingtonva.us.

FRIDAY/MARCH 9

Brunch and Mah Jongg. 10 a.m.-4 p.m. at Temple Rodef Shalom, 2100 Westmoreland Drive, Falls Church. Sponsored by Women of TRS, brunch and mah jongg fun day will include food, prizes, raffle baskets (Queen for a Day; Wine Lovers; Curl Up and Read; NiteIn/Nite Out; Timeless Paris), one-of-a-kind silent auction items and more. Proceeds support a number of charities and organizations. \$50 by March 1; \$60 March 2 thru 9 (space permitting). Visit bit.ly/2Arwv08.

Parents Night Out. 6-10 p.m. at Walter Reed Community Center, 2909 16th St. S. Children will enjoy an evening of games, art, and fun while parents enjoy a night out. Brought to you by Teens Making A Difference. \$25 per child. Learn more here. To register, call 703-228-4747 or register online using activity code 720118-F at parks.arlingtonva.us.

MARCH 9-11

Narnia – The Musical. March 9-10, 7 p.m.; March 11, 2 p.m. at St. Peter’s Episcopal Church, 4250 N. Glebe Road. The Lion, the Witch and the Wardrobe, the first and most famous story of the Chronicles of Narnia, is brought to the musical stage by the young people of St. Peter’s Church and their friends (50 in total). Free, tickets required, available at 2018NarniaTickets@gmail.com. Questions, email Narnia2018@comcast.net.

SATURDAY/MARCH 10

NoVa TEEN Book Festival. Opens at 9:30 am at Washington-Lee High School, 1301 N. Stafford St. Forty authors will take part in the NoVa TEEN Book Festival. Author panels and breakout sessions will be held throughout the day-long event packed with books, authors, and activities. Book lovers of all ages are welcome. Free admission. Find a full event schedule and registration information at novateenbookfestival.com.

R.I.P.-Remove Invasive Plants. 9:30-11:30 a.m. at Gulf Branch Nature Center, 3608 N. Military Road. Adults, teens, and families ages 8 and up. Want to 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.

Four Mile Run Stream Cleanup. 10 a.m.-1 p.m. at five locations along the stream. Arlington County Park Rangers are calling on volunteers to help with the 30th Annual Four Mile Run Stream Cleanup. Great project for individuals, families service clubs and school groups. Volunteers should wear waterproof boots and bring gloves. Bags will be provided. An adult must accompany volunteers under 18 years old. Where to meet: ❖ Arlington Mill: Main courtyard area ❖ Barcroft: Rear picnic pavilion

ENTERTAINMENT



#Mine by Kim Beck.

You, If No One Else

Featuring 10 contemporary artists and artist collaborations, "You, if no one else," looks at the ways in which artists record, reflect, contribute to, rail against, and engage with politics and civic life, bringing dialogue, beauty, and nuance to their involvement in the public sphere. The title of the exhibition was inspired by poet Tino Villanueva, whose poem of the same name was included in his 1994 collection *Chronicle of My Worst Years*. Runs through March 31 at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Visit arlingtonartscenter.org.

- ♦ Glencarlyn: 3rd St. entrance by the restrooms
- ♦ Shirlington Park: Foot bridge in-between Jennie Dean Park and Shirlington Dog Park
- ♦ Madison Manor: Main park pavilion

Free Play Days-March. 1-2:30 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Ages 5 to 9. Register child only. Give children unstructured time they can call their own. For information: 703-228-3403. Free. #632828-A. To register, call 703-228-4747 or visit registration.arlingtonva.us.

Saturdays are for Crafting. 1:30-3:30 p.m. at Fairlington Community Center Art Studio, 3308 S. Stafford St. Love crafting (for free)? No fooling! We're metal tooling! Join the Second Saturday Crafternoon Workshop anytime 1:30-3:30 p.m., create and take home a masterpiece the same day. Free. All ages are welcome but children under 16 must be accompanied by an adult. Visit parks.arlingtonva.us/locations/fairlington-community-center-park/.

Singing Frogs and Toads Campfire. 7-8 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Families. Register children and adults; children must be accompanied by a registered adult. The whole family is welcome at the Gulf Branch fire ring for old-fashioned fun like stories, special animal guests, games, songs and of course, S'mores. For information: 703-228-3403. \$5. #632858-A. To register, call 703-228-4747 or visit registration.arlingtonva.us.

SUNDAY/MARCH 11

Documentary Film Screening. 2-4 p.m. at Virginia Hospital Center, John T. Hazel Conference Center, 1635 N. George Mason Drive. The Center for Safer Wireless is hosting the screening of the new documentary *GENERATION ZAPPED* which investigates the potential dangers of prolonged exposure to Radio Frequencies from wireless technology. \$10 suggested donation. Call 703-909-9936 or visit www.centerforsafewireless.us.

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. Lessons in nature journaling and sketching. Construct nature journals, hone writing and drawing skills, and talk about the season while hiking. Includes an optional 15 minutes of practice time following the one hour program. For information: 703-228-6535. \$5. #632958-E. To register, call 703-228-4747 or visit registration.arlingtonva.us.

MONDAY/MARCH 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 Dr. Charlotte Gill on Building Community Safety in Appalachia: Poverty, Hopelessness and the Opioid Crisis. The public is invited. Call 703-228-2144.

TUESDAY/MARCH 13

Birding the Delaware Shore. 7a.m.-5 p.m., meet vans at the Lubber Run Community Center, 300 N. Park Drive. Adults. Join this excursion to the Delaware shore where stops may include Prime Hook National Wildlife Refuge, Mispillion Lighthouse and the Indian River Inlet. Participants should dress for the weather and bring binoculars, a bag lunch, a drink and snacks for the day. The trips may include walking over uneven terrain and gentle slopes. For information: 703-228-3403. \$48. #632848-D. To register, call 703-228-4747 or visit registration.arlingtonva.us.

Dr. Seuss 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. Come have fun, you won't be the only one! Join the Cat in the Hat, the Lorax, and more-ax! For information: 703-228-6535. Free. #632918-V. To register, call 703-228-4747 or visit registration.arlingtonva.us.

WEDNESDAY/MARCH 14

Tour the Solar System. 3:30-4:30 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Ages 8 to 12. Explore the eight planets of Earth's solar system, and Pluto, through interactive activities that compare travel distance, weather conditions, size and the lengths of days and years. For information: 703-228-3403. \$5. #632828-F. To register, call 703-228-4747 or visit registration.arlingtonva.us.

MARCH 21-23

Fundraising: Citrus Sale. 9 a.m.-5 p.m. at the Overlee Community Pool-Bath House (Lower Level), 6030 Lee Highway, lower entrance off John Marshall Drive. Fresh citrus (with honeybells), pecans, and maple syrup for sale to support Northwest Arlington Lions Club/Charities. Call 703-528-1130.



CAREGIVER CONNECT

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At The Kensington, we understand that caregiving for someone with dementia is a demanding responsibility. We also believe it is one you should not undertake alone. That's why we strive to preserve your well-being by helping you stay positive, manage fatigue and make the most of moments as your loved one's memory changes.

Join us on the first Wednesday of each month to share time connecting with other caregivers and discussing common challenges. Guest facilitators offer information, advice and support in a welcoming, private setting.

Dr. Aleksandra (Any) Parpura, an expert in aging and dementia, leads our Caregiver Connect program and brings to us vast knowledge, helpful tips and a kind heart.

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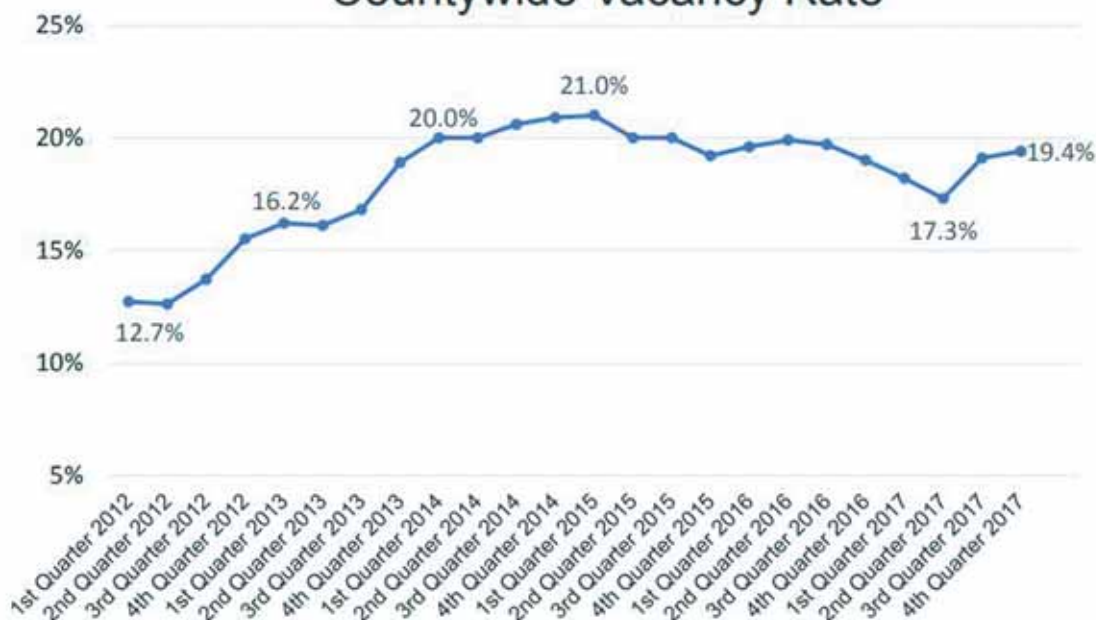
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News

Countywide Vacancy Rate



County vacancy trends

On a Steady Course

FROM PAGE 3

these are from employment services, a department Schwartz says has maintained the same size for years but visits have declined 40 percent over recent years.

The largest new item in the budget is a pay raise for Arlington's fire department and police officers. The fire department will see a four percent increase for new recruits while the police will have a 2.5 percent increase for everyone up to sergeant ranks. For the fire department, the pay increase for all uniformed positions on top of employee pay scale raise means firefighters could be getting a total 7.5 percent raise.

Schwartz says Arlington's main struggle for recruitment is the lack of affordable housing; firefighters

in Arlington generally have to drive to work from places like Loudoun, which are beginning to offer more competitive salaries. For police, Schwartz says the nearby federal law enforcement agencies are a big poacher of local talent.

"We're under a lot of pressure to pay for firefighters," said Schwartz. "It's harder to recruit new firefighters and police officers."

The final budget will be approved by the County Board on April 21.

TOTAL PROPOSED
\$1.274 billion

COUNTY OPERATING
\$775.9 million
1.8% increase over FY 2018
(Most recent CPI: 2.1%)

SCHOOLS TRANSFER
\$498 million
2.8% increase in ongoing funding
(\$13.4 million/year)

Total county budget

Announcements

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AT&T Mobility, LLC is proposing to install new wireless telecommunications antennas on an existing building located at 5055 South Chesterfield Road Arlington, Arlington County, VA 22201. The new facility will consist of the replacing 3 antennas and installing RRHs at +/-69 feet on the rooftop of the existing building. Any interested party wishing to submit comments regarding the potential effects the proposed facility may have on any historic property may do so by sending such comments to: Project 6118000709-TC c/o EBI Consulting, 6876 Susquehanna Trail South, York, PA 17403, or via telephone at (339) 234-2597.

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

BULLETIN BOARD

FROM PAGE 4

YEA! CEO Roundtable. 6-8 p.m. at Marymount University at Ballston Center, 1000 N. Glebe Road, Second Floor Ballston Center Conference Room 2080. This interactive panel discussion will help the audience connect the dots between local businesses and the entrepreneurs and CEOs who lead those businesses to success. YEA! students and audience members will hear from a panel of local CEOs, who will share their inspiring start-up stories and answer questions. Registration is \$20 for adults 18+. Admission is free for middle and high school students and their teachers who register before noon on Feb. 22. Visit arlingtonchamber.org.

DIY Sustainable Yard Series. 7-8:30 p.m. at Westover Branch Library, 1644 N. McKinley Road. Learn how to retain and absorb storm water using the right landscaping techniques and plant choices. Free. Advance registration requested at mgmv.org. Questions, telephone 703-228-6414 or email mgaralex@gmail.com.

THURSDAY/MARCH 1

Avoid Identity Theft. 7-8:30 p.m. at Arlington Public Library, Central Library, 1015 N. Quincy St. Staff from the Consumer Financial Protection Bureau (CFPB) will discuss credit reporting agencies, why and how to freeze a credit, and much more. Free. Registration required at arlingtonva.libcal.com/event/3654515. Email afox@arlingtonva.us, call 703-228-5999, or visit library.arlingtonva.us for more.

SATURDAY/MARCH 3

Understanding Social Security Benefits.

1:30-3 p.m. at Arlington Central Library, 1015 N. Quincy St. In this session, AARP will explain the facets of Social Security (retirement, survivors, and disability benefits), discuss the options for when to claim retirement benefits, and cover implications of working while collecting benefits. This session is a good overview for anyone interested in Social Security, and is especially useful for people considering their retirement benefit claiming options. Register at arlingtonva.libcal.com/event/3837833 or call 703-228-5960.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for March 4-9.

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

Senior trips: Theater J, D.C., "Becoming Dr. Ruth," Sunday, March 4, \$69; Hirshhorn and Free and Sackler Museums, D.C., Tuesday, March 6, \$7; Virginia Museum of Fine Arts, Richmond, Thursday, March 8, \$52; Philadelphia Flower Show, Pa., Friday, March 9, \$71. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Musical Monday, March 5, Just Playin' Country, 11:15 a.m., folk music sing-a-long, 1:30 p.m., Lee. Details, 703-228-0555.

Recipes to enhance flavors of nutritious foods, Monday, March 5, 1:30 p.m., Aurora Hills. Details, 703-228-5722.

Informal current events discussion, Monday, March 5, 10 a.m., Walter Reed. Details, 703-228-0955.

Explore traditional Chinese culture, four part series begins Tuesday, March 6, 10 a.m., Walter Reed. Register, 703-228-0955.

Cooking demo with spring herbs and greens, Tuesday, March 6, 11 a.m., Langston-Brown. Register, 703-228-6300.

Ukulele instruction, basic strumming, Tuesday, March 6, 4:30 p.m., Wednesday, March 7, 11 a.m., Walter Reed. Register, 703-228-0955.

ART bus demonstration, Wednesday, March 7, 7 p.m., Arlington Mill. Program in English and Spanish. Register, 703-228-7369.

Local history discussion group to discuss growth of local universities, Wednesday, March 7, 12:30 p.m., Lee. Register, 703-228-0555.

Dr. Barry Ginsberg will begin a four part series on different aspects of diabetes Wednesday, March 7, 1:30 p.m., Aurora Hills Senior Center. Register, 703-228-5722.

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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. -Werner Heisenberg			

I Can't Forget What I Don't Remember



By KENNETH B. LOURIE

Four score and several years ago, in the course of human marital events, history which had been made/experienced between and husband and a wife was not recalled quite the same, which likely led to a disagreement. Without there being a video tape then – or now, or a Warner Wolf, insults and recriminations may have flown, and not just the coop. Practically speaking, how does one – or two, actually, solve this most unsolvable of problems?

This is not a declaration of independence or the announcement of a change of address from Burtonsville to Gettysburg, but it is a bit of a query as to how one manages times from one's relatively distant past. After a substantial while, and I would say 40 years qualifies, it's particularly challenging to remember the facts and the feelings that corroborate a memory: Who was there? What was said? How did it sound? Why was it even happening?

And after all these years, the recollections are not exactly black and white – for either party. One – or both – are either viewing them through the looking glass, a prism, a filter, a haze, or in my case as a cancer patient, through a now clinically-confirmed side effect of chemotherapy: "chemo brain." A consequence of treatment which erases/alters memories in some disputable way. A way in which what was once front and center is now back and to the rear, or not at all. And not only are these memories irretrievable, when spoken and heard, they are sometimes not believable either.

I know what I remember. I'm clear in my thinking. Time and place and context are all familiar but the assessment and interpretation of the facts and feelings are different. I realize that simply remembering where I was and what I was doing/saying (or not, to be fair), doesn't guarantee accuracy or agreement, but neither should it be discounted. I mean, being present and accounted for counts for something. The question is/remains: What am I missing?

I will admit though, knowing part of the underlying cause of some of these "recollection-disputes" does minimize the stress of it. Nevertheless, most of the recollections to which I'm referring (in the abstract) are not gone (in my opinion), it's more that they're rearranged, maybe even "misremembered," to invoke baseball great, Roger Clemens, in his sworn testimony before the House Committee on Oversight and Government Reform, given back in February 2008. The "Rocket's" situation/status wasn't resolved then any more than my situation has been resolved now. It's a work in progress – for all of us.

But I'm happy and fortunate to say: I can live with it. As a nearly nine-year stage IV, non-small cell lung cancer survivor; in fact, I am now my oncologist's longest living lung cancer patient, I can deal with most things cancer-affected and/or life-related. Because in having so obliterated the "13 month to two year" prognosis I was given back in late February 2009, I wouldn't say I'm living on borrowed time exactly, but I would say that I'm living on unexpected time.

So what's a few missing memories or a few historical references out of context? Not much when you consider the alternative. Besides, life's too short (don't I know it) to long for what I can't remember or worry about what I may have forgot.

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

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ALIGNMENT
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NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/18.

ALIGNMENT SPECIAL

\$79⁹⁵

Your car's alignment suffers, and can
cause uneven tire wear and steering problems.
INCLUDES: Inspect suspension, ball joints, struts
& shocks, tire condition and set tire pressure.

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BRAKE SPECIAL

\$99⁹⁵

Includes: Install Genuine Toyota front brake pads, inspect
front & rear rotors & drums, check tire condition and inspect all
hardware. TCMC pads only.

MACHINE ROTORS AN ADDITIONAL \$199.95.

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SIGHT LINE WIPER BLADES

\$10 OFF

Sight Line only.

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PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/18.

30,000 MILES FACTORY RECOMMENDED SERVICE

\$159⁹⁵

SYNTHETIC \$10 MORE

Includes: Change engine oil & filter (up to 5 qts.), rotate tires, inspect wear
and adjust pressure, measure brake pad thickness & rotor runout, replace
cabin air filter (if equipped), replace engine air filter, reset maintenance
reminder light (if applicable) and multi-point vehicle inspection.

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PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 3/31/18.

VARIABLE DISCOUNT

\$5.00 OFF when you spend \$35.00 - \$49.99
\$10.00 OFF when you spend \$50.00 - \$99.99
\$15.00 OFF when you spend \$100.00 - \$199.99
\$20.00 OFF when you spend \$200.00 - \$499.99
\$50.00 OFF when you spend \$500.00 or more

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ALEXANDRIA TOYOTA

TRUESTART™ BATTERY SPECIAL

\$99⁹⁵



INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty,
24 month **FREE** replacement,
24 month **FREE** roadside assistance.
Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME
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CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**