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The Arlington Connection

Matthew Hobbs wipes ink over his rubber stencil while his brother Ryan waits a turn. They are imprinting personalized cards that will be inserted into the bagged A-SPAN lunches at Marymount University on Saturday as part of the Martin Luther King Day of Service.



Day of Service

NEWS, PAGE 3

Staying Active During Shutdown

NEWS, PAGE 3

'A Village With My Name'

PEOPLE, PAGE 4

PHOTO BY SHIRLEY RUHE/THE CONNECTION ENTERTAINMENT, PAGE 6 ❖ CLASSIFIEDS, PAGE 10

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BULLETIN

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

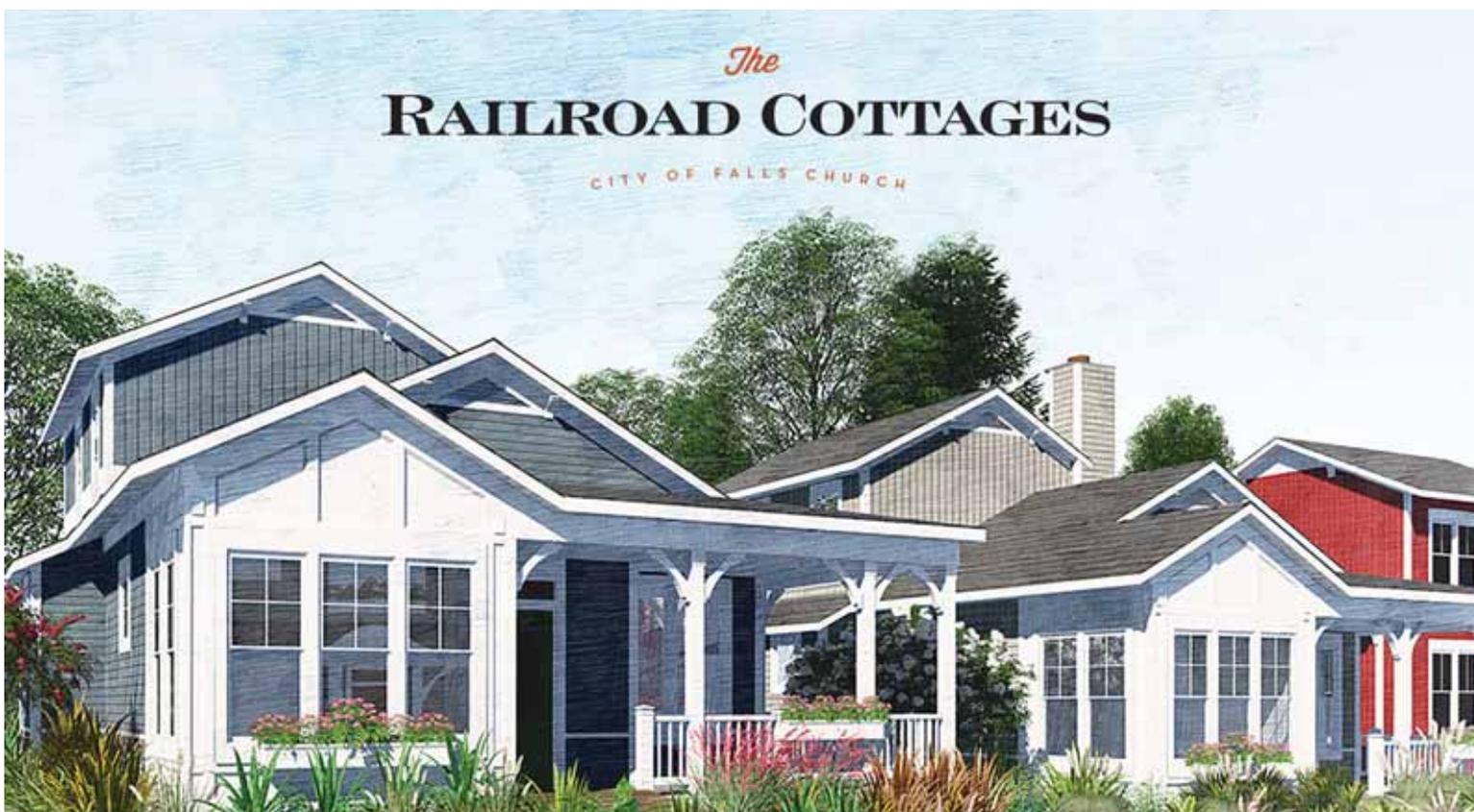
THURSDAY/JAN. 24

School Board Meeting. 7 p.m. at Syphax Education Center, 2nd Floor School Board Room, 2110 Washington Blvd. MLK awards and Superintendent's annual update. Full agenda posted one week prior. Visit www.apsva.us for more.

Community Outreach Teams – South. 7 p.m. at Fairlington Community Center, 3308 S. Stafford St. The Community Outreach Unit, joined by the Arlington County Fire Department, will host its winter quarterly meetings. The meetings will cover community issues, crime prevention tips and addressing resident concerns. The Arlington County Fire Department will provide attendees with fire prevention tips and information on some of their programs aimed at improving service delivery and making the County safer by educating and equipping community members. Visit police.arlingtonva.us for more.

SUNDAY/JAN. 27

Saint Ann Open House. 10 a.m.-1 p.m. at Saint Ann Catholic School, 980 North Frederick St. Tour the school, check out the Preschool program and discover primary, intermediate and middle school curriculums. No reservations required. La escuela Santa Ana ofrece visitas guiadas en español. Free. Call 703-525-7599 or visit stann.org for more.



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MLK Day of Service Volunteers Brave the Cold

Nearly 1,000 sign up to participate in community service.

By SHIRLEY RUHE
THE CONNECTION

Volunteers fanned out across Arlington on Martin Luther King Day of Service on Monday, Jan. 21 with the theme of “Make MLK’s birthday a ‘day on,’ not a day off.”

Service and training opportunities were available to meet every interest. At Culpepper Garden, families roamed the yard removing invasive plants while at Marymount University participants learned briefly about homelessness and then prepared bagged meals for A-SPAN’s homeless clients.

Both Bridges to Independence and Doorways for Women and Families held scavenger hunts to meet the needs of the clients served by their organizations. Offender Aid and Restoration held an

introductory session and tour followed by writing Valentine’s Day cards to about 400 of their supporters. The Arlington Rotary Club held another family-friendly event where volunteers made fleece blankets to support ASPIRE: Afterschool Learning.

If you felt comfortable using a power saw, you could build small bookshelves of children’s books for Read Early and Often to give to the families of their partner organizations.

This was the second year that Volunteer Arlington sponsored this day of service with nearly 1,000 volunteers signing up for service or volunteer training.

In 1994 Congress designated Martin Luther King Jr. Federal holiday as a day of service and charged the Corporation for National Community Service with leading the effort.

SEE DAY OF SERVICE, PAGE 11



Linda Pratt, Arlington Food Assistance Center (AFAC) volunteer, sorts packets of seeds to be planted next season by over 30 community gardens, as well as churches and individuals. Three large boxes contain thousands of seed packets include tomatoes, beans, turnips and radishes as well as spinach and beets. The fresh produce will be given to the low-income families served by AFAC next summer.

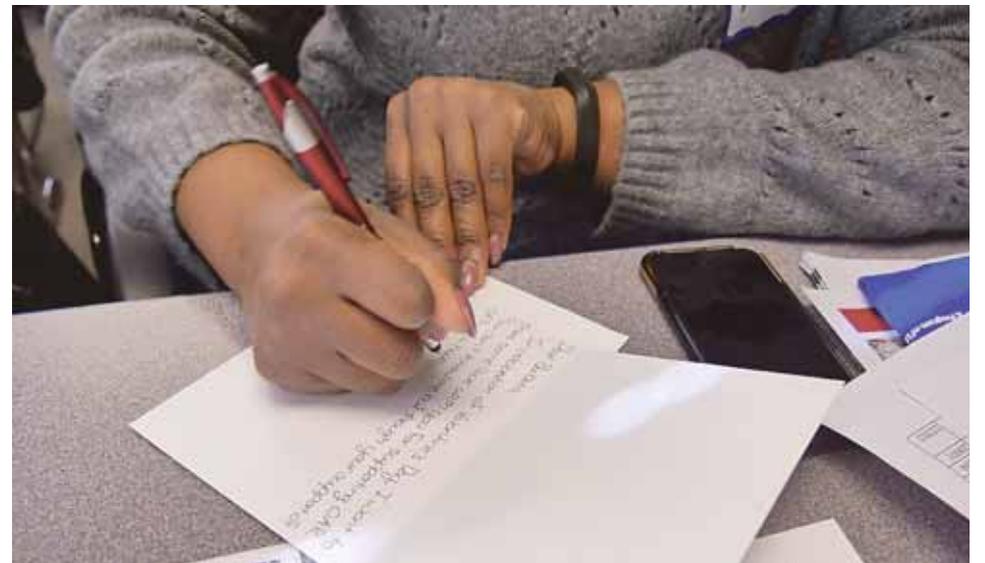


Nearly 50 volunteers have gathered at Marymount University to make bagged lunches for A-SPAN’s homeless bagged meal program. An assembly line of willing hands loads an orange, sack of crackers, package of cookies, and home made meat and cheese and peanut butter and jelly sandwich into a brown paper bag.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Sixteen participants are writing personal thank you notes sharing their love for the support of Offender & Aid Restoration volunteers, which has helped change their lives. Some stick on address labels, others write the notes and some stamp pink hearts on the front. They hope to complete 400 notes on Saturday morning.



Furloughed Government Employees Burn off Stress

Climbing, dodgeball and more at SkyZone are free for every Thursday in January.

By MIKE SALMON
THE CONNECTION

When the SkyZone in Springfield opened their doors on Thursday, Jan. 17 to the government furloughed workers, Adam Ferguson put down his Chinese textbooks and headed over with his wife Natalie. Adam is a State Department employee that’s learning Chinese for his next assignment in China when the government gets funded.

“It’s kind of a mess, we’re headed to China,” he

said. While out of work, he’s meeting with others in the class to keep up on the curriculum and they appreciate support from the outside, like SkyZone.

“It’s so nice to know that businesses care about us when the government doesn’t seem to,” said Natalie Ferguson.

They are from Arlington and attended another event with Chef Jose Andres for dinner one night. “We went with our family and they fed all of us,” she said.

Over at SkyZone, a gym-like place where partici

SEE STAYING ACTIVE, PAGE 9

By MIKE SALMON/THE CONNECTION



Adam and Natalie Ferguson of Arlington are happy SkyZone has a furlough day.

OPINION

Local Author Tells Story of Discovery

“A Village With My Name” explores Chinese roots.

BY EDEN BROWN
THE CONNECTION

Scott Tong’s book about looking for his family’s roots in China is more than a book about roots. It is a book about China, its difficult relationship with the West, the hand-me-down guilt that continues to plague Chinese whose grandparents may have been too western, or too willing to work with Japanese occupiers. It’s about abandoned children and adoption. It’s about being an American and trying to explain American politics and culture to foreigners even if those foreigners are, technically, family.

Tong’s book is like a banquet of dim sum you ordered in Kowloon — you are not sure what you are getting — then you take a bite and it’s clear you are in for a treat. It opens a door to the yin and yang of traditional and foreign ways tugging on the Chinese, particularly students and young people.

“Chinese always struggle with the question of how to be modern and Chinese at the same time. I’m not sure they’ve found the answer yet,” Tong said.

Talking about his book at Politics and Prose last January, Tong said: “I’m going to go back eventually and see some of the people who are in the book. Not everyone likes it. One of my father’s best friends told my father,

‘I would never let my son write a book like that.’ Some people aren’t painted the way they wanted to be,” Tong said.



PHOTO BY EDEN BROWN/THE CONNECTION

Scott Tong (right) joined in conversation at Politics and Prose by Jason Beaubien, NPR’s Global Health and Development correspondent on the Science Desk.

His audience at Politics and Prose murmured, “It was a brave thing to do.” Tong replied, “It’s more ... trustworthy. It’s another case of the American worldview clashing with the Chinese worldview: an American wants to tell the story, warts and all, and in the telling, in being truthful, become the exorcist. But the Chinese view reflects generations of Confucian rules about key relationships: teacher- student, parent-child, elder-younger. You don’t disrespect an elder by telling his story if he ended up being arrested for collaboration with the enemy.”

Tong and his father travelled to a China to find the village with their surname. They couldn’t find it. They ran into Communist Party apparatchiks who alternately made things difficult or — almost worse — easy. They ran into relatives who could hardly wait to tell him sto-

ries, particularly graphic ones like his grandfather’s habit of spitting. It was strange being in a village where everyone had the same name. “When my father and I went there, my dad introduced himself as Tong Hu,” Tong said. “Guys looked at him and said, ‘Huh? Everyone has the same last name here! Why say that!’” Tong tells of the characters he met with humor, mostly, and sometimes an American edge, the subtext of which is: “Seriously?”

A question from the audience: Which character in your book would you ask what question? “I would ask: ‘why did my grandfather work for the Japanese?’”

The book is also about taking a long trip with one’s mother and father, and watching them discover things they too did not understand

SEE ‘A VILLAGE’, PAGE 10

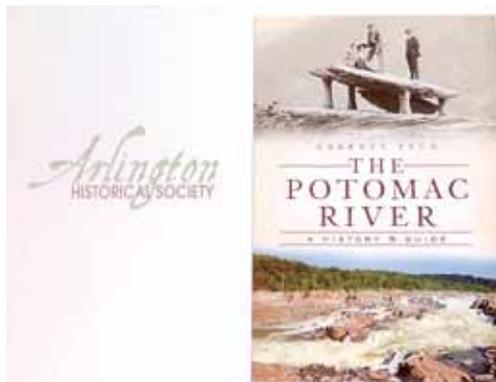
Learning about the River **Arlington Historical Society** hosts author Garrett Peck.

BY CATHERINE FRONDORF
THE CONNECTION

Marymount University’s Reinsch Library Auditorium swelled to 132 people on Jan. 10 as author and speaker Garrett Peck submersed the audience in his book, “The Potomac River: A History and Guide.” There are few metropolitan areas that has a river flowing through it and the book is meant to get people out on the river, all 384 miles of it.

The name “Potomac” means “meeting place” and comes from the Native Americans who used the river to hunt and fish, said Peck. However, all that remained from the native peoples was the name; they were largely wiped out by the Europeans thanks to smallpox and other viruses, says Peck.

The Potomac was utilized in Revolutionary War, the Civil War and became especially famous as part of John Brown’s Raid, which was the catalytic moment that led to the Civil War and thus the end of slavery. The Potomac became the boundary for the union and the confederacy and many battles were fought along the river, including the bloodiest day in American history: The Battle of Antietam, in which



23,000 soldiers died.

Today, the river is the lifeblood of the Washington Aqueduct and provides clean water to approximately one million citizens living, working, or visiting in the District of Columbia, Arlington and Fairfax County, and the City of Falls Church; it pumps out an average of 155 million gallons of water per day.

However, the river has a history of flooding and the U.S. Army Corp of Engineers states that in 1939 the Potomac Park Levee System was congressionally authorized to provide flood risk reduction for a flood event up to 700,000 cubic feet per second (cfs) on the Potomac River. Originally, the levee was con-

structed of sandbags and earthen fill to form a temporary closure across 17th Street. Today, the Park Service has reconstructed the levee and in the event of high water, the removable structure can be erected 17th Street NW south of Constitution Avenue NW to reduce flood risk to human safety and critical infrastructure downtown and in southwest parts of the district from flooding of the Potomac River.

Arlingtonians took an interest in more than just history and asked Peck questions about the health of the river and what can be done to improve it. For people who are interested in helping, he suggests going online to the Potomac Riverkeeper Network: www.potomacriverkeepernetwork.org.

The river is not just a source of water but also one of discussion and the first step in generating ideas for making the community a better place. Public Programs Manager for Arlington Historical Society (AHS) Annette Benbow, said: “We provide the story behind the story and once you understand community history then you become a better community.”

The AHS invites local authors and historians to speak at events 10 times a year and is sponsored by Marymount’s Department of His-

SEE RIVER GUIDE, PAGE 11

The
Arlington
Connection

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Sparking Curiosity Workshop teaches fire-building for women.

BY CATHERINE FRONDORF
THE CONNECTION

Culf Branch Nature Center and Park conducted a “Women-Only Fire Building Workshop” on Saturday, Jan. 12 and supplied all the necessary materials – tinder, kindling, matches, newspapers and plenty of other flammable objects. A total of eight women attended the event led by instructor Jennifer Soles, who is also a naturalist for Arlington County Parks.

The idea for the workshop sparked Soles when she taught a group of young students fire-starting techniques. She noticed that the boys immediately took initiative starting a fire and the girls were much more reluctant, which is something she wants to change. Soles said, “Girl Scouts don’t seem teach the same things as Boy Scouts and I’m not sure if that has to do with identity or gender-roles, but building a fire still seems to be much more of a ‘boy-thing’ than a ‘girl-thing’ and of course girls are just as capable.”

SEE TEACHING, PAGE 10

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ENTERTAINMENT

TAP To Present 'Arsenic and Old Lace'

Comedy about two aunts who poison lonely men with elderberry wine laced with arsenic.

By STEVE HIBBARD
THE CONNECTION

Murder, mayhem and madcap lunacy abound when The Arlington Players (TAP) present "Arsenic and Old Lace" from Feb. 1-16 at the Thomas Jefferson Community Theatre in Arlington. Mortimer Brewster is a drama critic whose two spinster aunts have a unique hobby — they poison lonely old men with elderberry wine laced with arsenic. One of his brothers thinks he's Teddy Roosevelt, and another murderous brother is on the run from the law. All are getting in the way of Mortimer's plans to marry the woman he loves. Playwright Joseph Kesselring's masterpiece became an instant classic when the film version was released in 1944 directed by Frank Capra and starring Cary Grant.

According to Director Liz Mykiety of Ashburn: "It's when family secrets come out and you didn't know what was happening in the cellar. There're these sweet aunts that you would never think have been murdering people. The irony is they think they're being kind but they're not. Thus, Mortimer comes in and tries to resolve everything in the end."

She added: "Because the movie is so popular today because Cary Grant was in it — he's so handsome and debonair, you have that stereotype of where we're going to find Cary Grant. You're not going to. You have to take the script, have auditions and start from scratch and see what chemistry you can build from those actors. I feel that's true in all these plays that are done again and again. You're going to start from scratch but you want to maintain the integrity, whether it's comedy, drama or musical, and that's the challenge for the director."

Richard Isaacs of Old Town Alexandria plays the role of Mortimer Brewster, a critical theater critic. "He's in this family and he's always wondered about them because they are so odd. The original Brewster was on the Mayflower and scalped Indians. The grandfather tried patent medicine on dead people so he wouldn't kill them. His one brother tried to kill his girlfriend and the

other brother thinks he's President Roosevelt. So, Mortimer is always wondering when am I going to go crazy," he said.

He said he thought he was too old to play Mortimer, but was pleasantly surprised because he had wanted to play him for years but he thought his time had passed.

He added about the play: "It's a lot of laughter. I want (audiences) to leave feeling so good because it's such a fun play. This isn't one of those message plays — it's really just fun."

Catherine Lyon of Alexandria plays the eldest of the aunts, Martha Brewster. "They live together in the old Brewster home where they are very kind; they're very generous and they poison old lonely gentlemen to help them find peace and relief from their loneliness. They both have two nephews and a very lovely nephew Mortimer who is going to marry a lovely woman named Elaine and they have a troubled nephew whose name is Jonathan," she said.

She added: "I think the challenge is to find her age; she's a little older than I am. I don't want to make her infirm but she's not as spry as I am, so there are physical challenges to creating the character and the other thing is to find justification in my heart for murder because she believes devoutly in the rightness of her cause, and I, Catherine, have some doubts about it. I think it's wrong what she's doing."

As far as audience takeaways, she said: "I hope (audiences) have fun; that they howl. The physical comedy is wonderful. The interaction of the cast is lively. I hope they have fun and enjoy the complete and utter hilarity that ensues from the two sisters in their quest to relieve old men of their loneliness."

Beth Hughes-Brown of Fairfax plays the other aunt, the role of Abby Brewster. "I'm playing an old lady who kills people out of kindness. I'm the Kevorkian of the 1940s set, New Englander, very proper and very kind."

She added: "I'm not really a murderer in real life so I had to dig deep in there. The sweetness of the character was fun to play because it contrasts so much with what she does in her spare time — avocation as it



PHOTOS BY STEVE HIBBARD/THE CONNECTION

The cast of TAP's production of "Arsenic and Old Lace."



Martha, Mortimer, and Abby in a scene, played by Catherine Lyon, Richard Isaacs, and Beth Hughes-Brown.

were."

Lora Buckman is the show's producer, and a production staff includes Nicholas Queyrane as set designer, Robbie Snow as costume designer, Ken and Patty Crowley as lighting designers, Rick Dulick as sound designer, and props designer Charlene Sloan.

The Arlington Players' production of "Arsenic and Old Lace" will runs Feb. 1-16 at the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road, Arlington. Friday and Saturday performances begin at 8 p.m.; Sunday matinees begin at 2:30 p.m. Adults, \$25; juniors, \$15 (18 & under); and \$22 seniors and military. Visit theartingtonplayers.org or call 703-549-1063.

CALENDAR

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

ONGOING

Arlington's Holiday Kitchens.

Through January, at Arlington Historical Museum, 1805 S. Arlington Ridge Road, Arlington. Nothing says holiday celebration more than food, so the Arlington Historical Museum is raiding the kitchen. In this new holiday exhibit, see all the tools grandma used and those used by her forebears long before electricity.

Some artifacts will be like what today's kitchens have while others you may ponder what they would have been used for. Visit arlingtonhistoricalsociety.org.

Convergence: Works by AAC's Resident Artists.

Through March 10, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Featuring a diverse selection of works by AAC's twelve resident artists, this exhibition examines the current trajectories of individual artists, while embodying the creative dialogue that characterizes AAC's residency program. Visit

arlingtonartscenter.org.

Art Exhibit: Over, Under, Forward, Back.

Through March 30, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. AAC presents Over, Under, Forward, Back, an exhibition featuring ten contemporary artists working in fibers, textiles, and related materials whose work embodies and reflects on labor, time, and history. Visit arlingtonartscenter.org.

Rachel Schmidt / Distort Displace.

Through March 30 at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Distort Displace reflects Rachel Schmidt's ongoing exploration of

future landscapes, climate change, and artificial habitats, as well as her interest in the response to the drastic changes human activity has brought about in the natural environment. Visit www.arlingtonartscenter.org.

WEDNESDAY/JAN. 23

Sustainable Landscaping: Building Soil Health.

7-8:30 p.m. at Columbia Pike Branch Library, Westmont Room, 816 South Walter Reed Drive. Healthy soil is the key to success in gardening. Learn how to build soil health by feeding the soil's biome, how to create great compost,

and how to prevent or mitigate both erosion and compaction by choosing plants with the right root systems. Free. Advance registration requested at mgmv.org. Questions? Call 703-228-6414 or email mgaralalex@gmail.com.

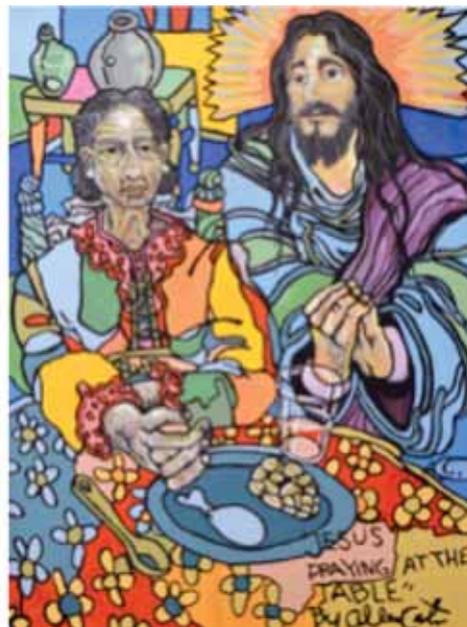
WEDNESDAY-THURSDAY/JAN. 23-24

Fresh Citrus, Pecans & Maple Syrup Fundraiser.

Lions, Arlington Northwest, Charity Fundraising — at the Overlee Pool (Bath House - Lower Level), 6030 Lee Highway, Arlington, LOWER Entrance off John Marshall Drive.

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ENTERTAINMENT



Big Al Carter Reception

Kickoff Black History Month with the opening of local artist Allen “Big Al” Carter’s exhibit, “Big Al Carter: A Retrospective,” at the Fred Schnider Gallery of Art. Carter (1947-2008), born in Washington, D.C., was a multi-talented artist – painter, printmaker, sculptor, muralist – who drew inspiration from his experiences and knowledge of man’s universal problems, art history and everyday life. Friday, Jan. 25, 6-8 p.m. at Fred Schnider Gallery of Art, 888 N. Quincy St., Suite 102, Arlington. The exhibit runs through March 3, Wednesdays-Sundays, noon-5 p.m. Visit fredschnider.com.

CALENDAR

Wednesday, Jan. 23, 8 a.m.-1:30 p.m.; Thursday, Jan. 24, 8:30 a.m.-2 p.m. Call 703-528-1130.

THURSDAY/JAN. 24

“Shut Up & Write.” 7 p.m. at Arlington Central Library, 1015 N. Quincy St. Polish writing skills with the bimonthly panel series “Shut Up & Write” at Arlington Central Library. Founded by local YA authors Jon Skovron (Hope and Red) and Jessica Spotswood (The Last Summer of the Garrett Girls), the authors will take questions from the audience as they discuss the ins and outs of writing YA fiction. Call 703-300-9746 or visit www.onemorepagebooks.com.

FRIDAY/JAN. 25

Flying Squirrel Lore & More. 5:30-6:30 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Learn about these engaging nocturnal acrobats. After an indoor presentation, tiptoe outside to see these little pixies glide in for an evening meal. These creatures are truly one of the natural wonders of the Arlington. Call 703-228-6535.

Big Al Carter Reception. 6-8 p.m. at Fred Schnider Gallery of Art, 888 N. Quincy St., Suite 102, Arlington. Kickoff Black History Month with the exclusive opening of local artist Allen “Big Al” Carter’s exhibit, “Big Al Carter: A Retrospective.” Carter (1947-2008), born in Washington, D.C., was a multi-talented artist – painter, printmaker, sculptor, muralist – who drew inspiration from his experiences and knowledge of man’s universal problems, art history and everyday life. The exhibit runs through March 3, Wednesdays through Sundays, noon-5 p.m. Visit fredschnider.com.

JAN. 25-FEB. 24

Exhibition: ARTECH. At The Barry Gallery, in the Reinsch Library at Marymount University, 2807 North Glebe Road, Arlington. Featuring multi-media works by Susan Eder, Alexis Gomez, and Jonathan Monaghan. The exhibition focuses on the advancements of modern day technology, its influence on the world, and the ways it can be incorporated into the creation of artwork. Monday-Thursday, 10 a.m.-8 p.m.; Friday-Saturday, 10 a.m.-6 p.m. Admission is free.

SATURDAY/JAN. 26

Yoga at Long Branch. 10-10:45 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Start with a fun short walk, return to the nature center to practice poses representing the plants and animals found, then end with a short relaxation. No prior experience needed, bring a

yoga mat if possible, but not required. Ages 7-10. \$5. Register at registration.arlingtonva.us using #622929-B.

Tree ID Hike. 11:15 a.m.-12:30 p.m. At Long Branch Nature Center, Arlington. Learn to identify the trees of Arlington by their bark and shape without the easy leaf to give clues. Wear weather appropriate clothes, group will be outside the whole time. \$5 per person. Ages 14+. Visit parks.arlingtonva.us/locations/long-branch-nature-center-park/.

Author: Sarah Glenn Marsh. 3 p.m. at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. Welcome back Sarah Glenn Marsh for the sequel to her gorgeous, creepy, queer Young Adult fantasy about a world of necromancers and ghosts. In Song Of The Dead, Odessa faces the fight of her life as the boundaries between the living and the Dead are challenged in a way more gruesome than ever before. Call 703-300-9746 or visit www.onemorepagebooks.com.

Native American Survival Skills. 3-4:30 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Learn about living in the forest in the dead of winter. Practice animal stalking, throw a spear, and start a real fire. \$5 per person. Ages 8-12. Visit parks.arlingtonva.us/locations/long-branch-nature-center-park/.

Mouse in House. 4 p.m. at 3700 S. Four Mile Run Drive, Arlington. Presented by Jane Franklin Dance, this family-friendly performance is a lively movement and theatre presentation for the young and young-at-heart. The performance incorporates spoken word, movement, music, and an interactive participatory introduction for young children. Cost is \$15/adults; \$10/children under 10; \$45/family of four. Visit www.JaneFranklin.com.

Ooey Goey Campfire. 6-7 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Use all sorts of cookies, marshmallows and toppings for the most decadent campfire s’mores ever. \$5 per person. Ages 3+. Register online using activity code 622959 at registration.arlingtonva.us to register.

Picture This. 7:30-8:30 p.m. At Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. A picture is worth a thousand words. A story churns up recollections or leads to new reflection. The show features excerpts from Jane Franklin Dance’s The Migration Project and new work in collaboration with Fine Art Photographer Fax Ayers. Cost is \$22. Visit www.janefranklin.com/performances/tickets.

SUNDAY/JAN. 27

Singles Brunch and Movie. 11:30 a.m. at Copperwood Tavern, 4021 Campbell Ave.,

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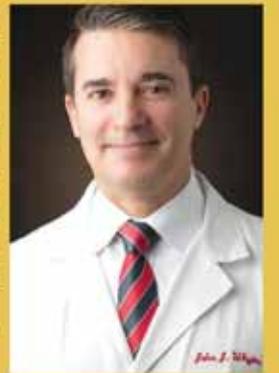
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Physician John Whyte has become a popular Smithsonian Associates speaker in recent years, empowering audiences to be better advocates for their own health. With his trademark clarity and humor, Whyte explains how to sort through conflicting advice, sensational headlines, and short-lived fads to make yourself stronger, healthier, and better educated about your own body. Now Whyte gathers all his best advice in a one-day seminar, designed to guide you through a comprehensive look at critical aspects of personal health. Participants leave educated, engaged, and entertained and with new tools to approach the job of staying healthy.

Whyte, a board-certified internist and author of several books on health, is the chief medical officer at WebMD.



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SAVE THE DATE!

Thursday, Apr. 18, 2019 at 8 p.m. featuring Joe Lulloff, saxophone

ENTERTAINMENT

Shirlington, Arlington. Fixed price brunch followed by choice of movie at AMC Shirlington 7. Cost of \$35 at door includes brunch, coffee/tea, tip and movie ticket. Advance RSVP required for reserved seats at movies: NewBCarol@verizon.net. Sponsored by New Beginnings, a support group for separated/divorced men and women. Visit www.newbeginningsusa.org.

Pilates Open House. 1-4 p.m. at Praxi Pilates, 4141 N. Henderson Road. Praxi Pilates is hosting an open house with demos and a raffle to win a free class pack (\$300 value). Praxi Pilates is a contemporary pilates studio offering group and private pilates instruction. Free. Email carey@praxipilates.com or call 703-525-3430. Visit www.eventbrite.com/e/praxi-pilates-open-house-ballston-tickets-54204991589 for open house tickets.

Author: Olivia Hinebaugh. 2 p.m. at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. Celebrate the launch of local author Olivia Hinebaugh's debut novel, *The Birds, The Bees, And You And Me*. This contemporary Young Adult novel follows 17-year-old Lacey Burke, who's never been kissed yet somehow finds herself becoming her school's unofficial sex expert. Call 703-300-9746 or visit www.onemorepagebooks.com.

Spellbinders Story Fest. 3-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. The Arlington Spellbinders will unleash the power of oral storytelling with favorite tales from around the world. Since ancient times in all cultures, this tradition has passed on wisdom, connected elders to youth, and engaged the imagination. Free. Ages 4+. Register online using activity

code 622959 at registration.arlingtonva.us to register.

JAN. 28-FEB. 1

Singing Valentines. Send a singing Valentine on Feb. 14, 2019, from The Arlingtones, a Close Harmony Chorus chartered in 1957 as the Arlington chapter of the Barbershop Harmony Society. Included are a singing quartet to your selected location, a rose and a box of chocolates. The Arlingtones are supported in part by the Arlington Cultural Affairs Division of the Arlington Economic Development and the Arlington Commission for the Arts. Contact Rob Kahrs at SingingValentines@arlingtones.com to hire an Arlingtones Quartet.

MONDAY/JAN. 28

School Holiday Workshop: January Teacher Workday. 10 a.m.-4 p.m. At Arlington Arts Center (AAC), 3550 Wilson Blvd., Arlington. (Ages 5-7 and 8-10). Students will spend their day off in Art School. Students will first learn about and discuss the work of contemporary artists. Then, they will explore materials and compositional elements using the techniques and concepts derived from the works of the artists they studied. Each class session is unique, covering the work of different artists and techniques. Visit www.arlingtonartcenter.org.

Intro to Modern Music. 3-4:30 p.m. at Arlington Central Library, 1015 N. Quincy St., Arlington. Encore Learning will present a screening of Leonard Bernstein's 1957 "Intro to Modern Music," followed by a Q&A session with Verne Vance of



Susan Eder – Pink-Speckled Moon (Normal Blossom/ Surprise Mutation), 2013, LightJet print, 18 x 29.5 inches matted, edition of 5.

Exhibition: ARTECH

Featuring multi-media works by Susan Eder, Alexis Gomez, and Jonathan Monaghan. The exhibition focuses on the advancements of modern day technology, its influence on the world around us, and the ways it can be incorporated into the creation of artwork. Exhibition runs Jan. 25-Feb. 24 at The Barry Gallery, located in the Reinsch Library at Marymount University, 2807 North Glebe Road, Arlington. An opening reception is planned for Friday, Feb. 1, 6-8 p.m. Admission is free. Monday-Thursday, 10 a.m.-8 p.m.; Friday-Saturday, 10 a.m.-6 p.m.

Arlington. Alastair Cooke hosts the film in which Bernstein discusses several modern music composers. Verne Vance, distinguished lawyer and encore Learning instructor, will hold a question and answer session after the film showing. Call Encore Learning at 703-228-2144.

McKinley Road, Arlington. Give plants a healthy start with grow lights that can ensure seedlings get great light indoors, even when it's snowing and freezing outside, and even without a bright south-facing window. Free. Advance registration requested at mgvnv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

TUESDAY/JAN. 29

Urban Agriculture: Grow Lights Show and Tell. 7-8:30 p.m. At Westover Branch Library, 1644 North

THURSDAY/JAN. 31

This is My Brave Film Event. 6:30-8:30 p.m. at Arlington Cinema 'N'

Drafthouse, 2903 Columbia Pike, Arlington. The Ashburn-based mental health non-profit This Is My Brave, Inc (TIMB) will celebrate five years of storytelling with the debut of a new documentary short film and a screening event. In the film, director Beth Murphy chronicles the experiences of Co-Founder Jennifer Marshall and four This Is My Brave cast members. The event will include a Q&A with the filmmaker and This Is My Brave representatives following the screening. The first 100 people to purchase tickets will receive a complimentary \$10 food and beverage voucher (not valid on alcohol). Tickets \$10 each; to purchase visit bit.ly/BRAVEMINIDOC.

FRIDAY/FEB. 1

Opening Reception: ARTECH. 6-8 p.m. at The Barry Gallery, in the Reinsch Library at Marymount University, 2807 North Glebe Road, Arlington. Featuring multi-media works by Susan Eder, Alexis Gomez, and Jonathan Monaghan. The exhibition focuses on the advancements of modern day technology, its influence on the world, and the ways it can be incorporated into the creation of artwork.

SATURDAY/FEB. 2

Fort C.F. Smith Park Walking Tour. 9-10 a.m. at Fort C.F. Smith Park, 2411 N. 24th St., Arlington. Fort C.F. Smith was one of the last Union forts built to protect Washington during the Civil War. Learn about the park's history, the role of the fort and the soldiers stationed there in the Civil War. Dress for the weather. Terrain will be uneven and possibly muddy. Call 703-228-4775.

Fort Scott Park Walking Tour. 4-4:30 p.m. at Fort Scott Park, 2800 Fort Scott Drive, Arlington. Built by the Union Army in 1861, this fort had a commanding view of the Four Mile Run Valley and protected approaches to Washington from the south. Explore the remaining earthworks while we discuss how and why the fort was built. Visit www.parks.arlingtonva.us.

Mouse in House. 4 p.m. at 3700 S. Four Mile Run Drive, Arlington. Presented by Jane Franklin Dance, this family-friendly performance is a lively movement and theatre presentation for the young and young-at-heart. The performance incorporates spoken word, movement, music, and an interactive participatory introduction for young children. Cost is \$15/adults; \$10/children under 10; \$45/family of four. Visit www.JaneFranklin.com.

MONDAY/FEB. 4

Sips and Civility: Trivia Night. 7-8:30 p.m. at Heavy Seas Alehouse, 1501 Wilson Blvd. Compete for prizes in the League of Women Voters of Arlington's Women's History Trivia Game while celebrating the 75th anniversary of the Arlington chapter with cake. Tickets free (patrons are encouraged to order dinner off the menu) with online reservation at www.eventbrite.com/e/sips-and-civility-womens-trivia-night-tickets-54179155312. Visit www.lww-arlingtonva.org.

New Play Readings. 7 p.m. at Signature Theater, 4200 Campbell Ave., Arlington at Ali's Bar in the Mead Lobby. Free. Reading of the play, "Wire in the Garden" by Alona Bach. In rural England in 1925, electrical engineer Margaret Partridge is a woman in a man's world. Visit www.sigtheatre.org.

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Staying Active During Shutdown

FROM PAGE 3
 pants can play dodgeball, climb, jump, and balance on platforms high in the sky, “We support families impacted by the government shutdown,” their information stated. “Federal government employees currently without pay and up to three immediate family members are invited to Sky Zone Park for one free 60-minute jump every Thursday until Jan. 31, 2019.”

Burke father Rob Gates came in with the family to take part. He’s furloughed too. “Being out of work for 27 days causes stress, this is good to burn off stress,” he said. They’ve been “cutting back on extras, if it goes much longer, more stuff,” he said, adding that “the outpouring of everyone is amazing.”

SkyZone General Manager Terry Fife likes the contact he gets with the furloughed workers. “We want members of the community to know we’re here for them,” he said.

Arlington residents Kim Sikora and her husband are both government employees, and she’s been to SkyZone before, but came back for this perk. “When I heard about this I figured it would be a treat to come back again,” she said, right before getting on the climbing wall. The SkyZone opened in mid-December and is a gym-like facility with extreme games to get out and take an active approach instead of staring at a computer. Inside there is a climbing wall, a balance course high above, a slam-dunk basketball court, dodgeball, and one of those activities where participants dodge a bar that is constantly circling. Everyone wears vests, helmets and is hooked up to safety lines so to minimize injuries.



PHOTO BY MIKE SALMON/THE CONNECTION

Furloughed employee Kim Sikora of Arlington climbs the wall.

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Obituary



Gregory Blair Gould rounded third base for the last time on Monday, January 7, 2019. Greg was born on November 28, 1951 in Philadelphia, Pennsylvania but lived in Arlington and Alexandria, Virginia most of his life. Greg was predeceased by his parents, George Blair and Dorothy Edwards Gould and his brother, Russell Barry Gould. He is survived by his sister Lynne Gould Parks and her husband Scott; nieces and nephew, Blair Hill Parks, Melissa Gould Allen and Kyle William Parks.

Greg graduated from Francis C. Hammond High School and earned a B.A. in Religion from the University of Richmond in 1973. Professionally, Greg made a 40-year career with Red Top Cab of Arlington, but his first love was sports of all kinds. Greg, nicknamed "Maz", was a gifted baseball and softball player, so much so that he garnered a tryout with the Kansas City Royals and is a member of the Fairfax Adult Softball Hall of Fame as part of the RAVCO Softball team. He leaves a legacy where he touched many youths' lives coaching multiple sports in the Alexandria Recreation League in the George Mason Elementary School Neighborhood. A memorial service will be held at Everly-Wheatley Funeral Home, 1500 W Braddock Rd, Alexandria on January 26 at 11:00 a.m. The family will receive guests at 10:30 a.m. In lieu of flowers, contributions can be made to the National Kidney Foundation.

Announcements

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Obituary

NEWS

Teaching Fire-building for Women

FROM PAGE 5

Her own difficulty starting fires on backpacking trips also inspired her to take action and create the workshop and said, "regardless of where you are, it's an important skill to have."

Jessica Althaus, who became a first-time fire-starter at the workshop said, "My parents never taught me nature skills growing up and it's not something you learn in schools. I wanted to take this opportunity to empower myself and now I will be able to teach my daughter how to do that too. Often, I tell my daughter to "go get dirty and play in the trees" because she had an unhappy Girl Scout experience "where we did nothing but sell cookies ... we didn't even go camping, so now I'm a big advocate of learning outdoor skills."

Nadene Bradly discovered the event through the local catalog "The SNAG: Guide to Arlington County's Nature and History Programs," which provides both hardcopy and web subscriptions: <http://arlingtonparks.us/snag/mobile/index.html>. Bradly said, "I never knew how to build a fire before this workshop and I can say it helped me a lot, now I feel confident enough to start one on my own — Jennifer explained everything really well."

For more learning opportunities, Arlington County offers a list of workshops and events they update weekly on its website: <https://parks.arlingtonva.us> and will also deliver the "Enjoy Arlington" class catalog to one's home. However, Soles recommends vis-



PHOTO BY CATHERINE FRONDORF

Jessica Althaus and her first fire during a workshop at the Gulf Branch Nature Center and Park.

iting your local nature center as one way to fire up your adventurous side.

'A Village With My Name'

FROM PAGE 4

about the previous generation.

In an interview this January, Tong talked about what he learned about his mother and father going back to China with them. It was his trip back to his mother's village that was the most elucidating. His mother had left China in 1950 when she was seven. She had lived a lifetime in the West and had never talked about her father. This trip showed Tong the wounds of war, losing her father at a young age, experiencing shame about his role during the war ... had not healed. Once day at lunch she said, "The story about my father is very embarrassing; it would be better if you don't put it in the book." Tong acquiesced, but as they found out more, they learned her father's decision wasn't a black and white one. Others whose parents had been alive during the war told Tong, "a lot of us had collaborators in the family."

Tong and his mother also learned about the horrors her father and others were subjected to at Delingha Prison Labor Camp. In the end she gave Tong permission to keep his grandfather's story in the book, "because others who have held this in and felt shame, can now talk about it. Tong said: "My whole life I saw my mother as a mom, but on this trip, I saw her as a daughter." About his father, Tong learned how grateful he was to have gotten out of China when he did. He had never really talked about



PHOTO BY EDEN BROWN/THE CONNECTION

Scott Tong greets the crowd after his talk on "A Village With My Name."

it. He had a younger brother who was left in China and suffered his whole life because he had overseas relations. "But as we went along and asked questions, and gleaned more about life in the village, my father talked more about his past, and was more emotive about how, but for the grace of God, he would still be there."

For Tong, it was equally revealing to write the book. He had learned that in Taiwan and Hong Kong, he was different, but in mainland China he was an outsider, and he reported on China as an outsider. The more he researched the story, the more he realized his family's story was

China's story. His people, like the Chinese people, thought about the outside world long ago, and then were interrupted by war, Mao, retribution, and the Cultural Revolution. He was no longer such an outsider. He found himself telling his father's brother: "This story has to be told in a real way — setbacks, infidelity, arrests, labor camps — to humanize what so many people have overcome." Tong, known to many from his role in on the public radio business show, "Marketplace," is a graduate of Georgetown University. He has lived in Arlington and raised his three children here, with his wife, Cathy, since returning from his journalism assignment in China. His book is for sale on Amazon.com. Paperback and audiobook versions are due out in March 2019.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Feb. 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: Brunch at Arties,

Fairfax, Sunday, Feb. 3, \$5 (transportation only); lunch at Peking Gourmet, Falls Church, Wednesday, Feb. 6, \$28; National Museum of African American

SEE FLOURISHING, PAGE 11



PHOTO BY SHIRLEY RUHE/THE CONNECTION
Personalized cards will be inserted into the bagged A-SPAN lunches at Marymount University on Saturday as part of the Martin Luther King Day of Service.

Day of Service

FROM PAGE 1

Each year the third Monday of January is observed as a way to empower individuals, strengthen communities and break down barriers.

River Guide

FROM PAGE 4

tory and Policy. Associate History Professor for Marymount University and Museum Director of AHS Mark Benbow, said, "Our purpose is to promote and preserve local history and get the public interested." Events are held at Reinsch Library Auditorium every second Thursday of the month. The Arlington Historical Society is a non-profit organization funded solely by donations and membership dues. To help support them and for more information visit www.arlingtonhistoricalsociety.org.

"FLOURISHING AFTER 55"

FROM PAGE 10

Museum and Culture, D.C., Thursday, Feb. 7, \$6; National Gallery of Art, D.C., photographer Gordon Parks exhibit, Friday, Feb. 8, \$6. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Informal current events discussion, Monday, Feb. 4, 10 a.m., Walter Reed. Register, 703-228-0955.

Just Playin' Country musicians, Monday, Feb. 4, 11:15 a.m., Fridays, 1 p.m., Lee. Register, 703-228-0555.

Foreign language conversation groups, Spanish, French Italian, German, Langston-Brown. Details, 703-228-0955.

Presentation on Ghana, The Gold Coast, by Ghana native Maxwell Osei Anokye, Wednesday, Feb. 6, 1 p.m., Aurora Hills. Register, 703-228-5722.

Local history discussion, Wednesday, Feb. 6, 12:30 p.m., Lee. Details, 703-228-0555.

Local history group to discuss haunted homes and buildings, Wednesday, Feb. 6, 12:30 p.m., Lee. Register, 703-228-0555.

Arlington Walking Club for seniors will travel to Tenleytown area of D.C., Wednesday, Feb. 6, 9:30 a.m., \$4. Register, 703-228-4403.

One-on-one tutoring for Mac, iPhone, iPad users, Wednesday, Feb. 6, 10a.m.-12:15 p.m., Aurora Hills. Call for appointment, 703-228-5722.

Workshop for making creative pendants, Wednesday, Feb. 6, 1:30 p.m., Walter Reed. Limited space; register early, 703-228-0955.

Sample different plant proteins, Wednesday, Feb. 6, 6:30 p.m., Arlington Mill. Register, 703-228-7369.

Arabic for beginners, Thursdays, 11:15 a.m., Arlington Mill. Details, 703-228-7369.

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Worried About What Awaits



By KENNETH B. LOURIE

Not that there's anything wrong with me – other than having cancer that is – but I've been going to see doctors – other than my oncologist – fairly regularly in the past few months: internal medicine, three times; otolaryngologist, two times.

The reason/symptoms vary, but in general, nearly 10 years into my "13 month to two-year" prognosis, I am finally erring on the side of taking a precaution and scheduling appointments with doctors as often as I see fit. Apparently, waiting isn't the hardest part after all, it's the dumbest part – if you have cancer.

So far, in all five instances, the various symptoms were not cancer-related, they were life-related. Meaning, they had nothing to do at all with my have cancer and/or its progression, and everything to do with living life outside of the bubble.

However, surviving life inside the cancer world for as long as I have has now made me a bit trigger happy, so to speak. At the drop of a hat or for most any other reason, I am scheduling an appointment with my primary care physician to confirm or debunk any medical suspicions that I might have.

Henceforth, I am going to let the professionals tell me what I need to know and what I need not worry about. It has become time for me to no longer fool around with my health presuming that whatever ails me is merely a blip when in fact it could be a sign of things potentially to follow.

Sort of like the oil warning light illuminating on your car's dashboard – it likely means the damage has already occurred. And the next steps you take might even be too little, too late.

As concerns my health, there is no warning light as such. Knowing there's only so much I can do to preempt (some of which I've been doing) what trouble possibly awaits, at the very least I shouldn't be stupid or stubborn anymore. Instead I have to be vigilant and proactive.

Since my life is at stake here, I can't worry too much about what the doctor might say when I show up at my appointment with less-than-life altering/cancer-connected symptoms. Until they tell me otherwise, which they haven't yet, I will continue to overreact to any symptoms I experience because for all I know about such matters, it just might matter.

And lately, when my exams have indicated there was nothing to matter, I've often felt the need to apologize for taking up the doctor's time. Time which I realize is very valuable. But they would hear none of it. Instead, they have encouraged me not to hesitate making future appointments should the need arise.

And I suppose that's the issue: 'should the need arise.'

But how will I know when the need arises? How will I know if the need is genuine? How will I know if the need is cancer-related or merely life-related, and should I act differently depending on the answer? Or should I not care about any of these questions and simply schedule appointments as soon as possible because, as I was advised years ago when I was first diagnosed: "It's all about you now, Kenny."

In thinking about where all this anxiety is coming from, I believe it has something to do with my switching to an immunotherapy drug – which we've been discussing for a few months, and being aware of the many possible side effects. Side effects which, should they manifest, I am to contact my oncologist immediately.

My concern is however, will I know and will I be too early or too late. Or maybe it won't matter, and that's what scares me. Moreover, I'm afraid we might not be able to stop what we've already started.

Granted, it's all speculation, and it's all premature.

Either the side effects prevent me from infusing the drug or it doesn't. And if I am able to be infused, the tumors, especially the "Adam's Apple" tumor, shrink in the process. And if I have to see multiple doctors during my treatment, so be it.

This is no time to wait and see. It's time to be seen without waiting.

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

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