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The Arlington Connection

Senior Living

PAGE 9

Arlington County Department of Human Services (DHS) outreach worker Miguel Carpio-Castanas spots an 18-inch gap between buildings in the middle of Shirlington. That is "a great place" for a homeless person to sleep. "People would walk by and never even see them."

Sleep and Be Counted

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Off Again, On Again ... At Least Until Feb. 15

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Celebrating Halls Hill Fire Station 8

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JANUARY 30 - FEBRUARY 5, 2019

NEWS

Off Again, On Again ... at Least Until Feb. 15

Federal furloughed employees share stories.

BY SHIRLEY L. RUHE
THE CONNECTION

Almost 100 Federal furloughed employees from the area and their families gathered at the second Missing Payment Protest lunch on Friday, Jan. 25 at St. George's Episcopal Church to show solidarity for furloughed Federal workers. Two hours later President Trump was on television announcing the temporary reopening of the government until Feb. 15 under a continuing resolution.

A buffet of sandwiches, spinach salad, chicken and pizza donated by local businesses sat alongside lasagnas and donated casseroles from attendees.

Federal workers sat around the tables exchanging stories. Sam Shirazi said, "The biggest impact on me is my daughter whose daycare is in a Federal building that is shut down. So I've been taking care of her. It's tough; so many places are closed. A lot of people don't really appreciate it's not all about getting the paycheck. There are other things that happen. And you have to pay daycare costs even though it is closed. I'm worried about when we reopen and get back into the routine. My daughter is only two; she doesn't understand."



Bob McCabe,
National Science Foundation



Julie Ciccarone,
U.S. Agency for International Development

Bob McCabe, who works for the National Science Foundation, said, "I miss my job. It's not financial hardship because I have retirement from my first job in the auto industry for 36 years. But I feel my job is essential. We supply research funds at academic institutions. It's research that is important for the future of the country." He says the unpredictability can interrupt research in the middle and force hiring decisions out of the regular cycle and then they can't find people. "I love my job and I can't wait to get back."

Julie Ciccarone is the U.S. Agency for International Development desk officer for



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Furloughed federal employees showed their solidarity at the Missing Payment Protest on Jan. 25 at St. George's Episcopal Church in Arlington.

Mexico and Honduras. "My financials are OK but I actually work on the program that addresses the very drivers that force the people that Trump complains about to come here, the program that could address the

root causes — violence, corruption, poverty." She says Trump has threatened several times to take away the money for these

SEE SHUTDOWN, PAGE 5

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Sleep and Be Counted

Sixty-five volunteer for Arlington Point in Time homeless count.

BY SHIRLEY RUHE
THE CONNECTION

Team D heads for county van 2051 to begin their Point in Time (PIT) homeless count on Jan. 23. Keleigh Neyhart is an A-SPAN housing case manager. Miguel Carpio-Castanas is an outreach worker “who knows where to find them.” Crystal Thomas works at the Department of Human Services (DHS) with adults with intellectual and developmental disabilities. “It’s a calling. That’s why.”

They are part of a group of 65 volunteers who will man six teams between two shifts at the 14th Arlington PIT homeless count from 6-10 p.m. and from 10 p.m.-2 a.m. “It’s warm tonight. They’ll find more homeless during the second shift.” The volunteers include DHS, A-SPAN board and staff members, Arlington Teen Network Board and the Urban Institute staff.

Their van heads for the Assembly of God church on N. Pershing along Route 50 to arrive before the dinner hour is over. A church member stands at a long table behind a big pot of chili that she has made with hamburger, three kinds of beans, tomato sauce and a little onion ... with a touch of cinnamon. She says, “We average about 50-75 people a night.”

“Some are homeless. We had 10-12 homeless tonight but the only one left is that woman over there. People come from the community, immigrants, people from Culpepper Garden who are in independent living, but without the meal plan.” She said they also have a deaf ministry which meets at the church. Matt Martin hand gestures for a large bowl of chili. “His grandmother plays the organ here.”

Carpio-Castanas looks around the room.



Crystal Thomas heads for the bleachers at Jennie Dean Park, usually a good location for spotting some street homeless.

He doesn’t recognize anyone he knows there tonight. “You recognize the guy with long hair, right?”

“I think he used to be homeless but not anymore.” Carpio-Castanas says, “The risk we run is figuring out who. I’ve made that mistake before.” It can be embarrassing to ask a person and then find out they aren’t homeless.

Neyhart adds, “I ask ‘do you know anyone who is homeless,’ and sometimes they say ‘me.’” If the volunteers find a homeless person, the volunteers have a questionnaire they hope to fill out that helps identify the services the homeless person is currently receiving and additional help they might need.

Neyhart studies their list of sites for the evening. “It’s close by; let’s head to Pershing.” The group of three parks alongside a neighborhood grocery and head for the alley in the back. Neyhart shines her high-powered flashlight behind a dumpster. No one here. “We’re having a warm spell, and it’s a little early to find someone here.” An abandoned building around the corner that formerly provided a good sheltered spot has been torn down.

Next they head for the Shirlington Branch Library where they ask the librarian if she has seen any homeless people tonight. She

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Keleigh Neyhart, A-SPAN case manager, checks down a narrow space for homeless during the PIT homeless count Jan. 24.

says there are two or three regulars that she knows but they aren’t there now. “But we don’t always know who they are. They just sit quietly.” Neyhart says when the homeless are there, they probably stay until the library closes because it is a warm spot. Carpio-Castanas decided to take a walk around but doesn’t spot anyone.

As they leave the library and head back to the parking garage, Carpio-Castanas spots an 18-inch gap between two large buildings. “See this? It is a great place. You could be

SEE HOMELESS, PAGE 10



Team D chats with local people having dinner at Assembly of God church to check up on their status and current welfare and inform them about services available through Arlington County.



Two men sit at a weathered picnic table playing checkers in the dark at a worker’s pavilion in Shirlington. Neither is currently homeless but one comments to Arlington County Department of Human Services (DHS) outreach worker Miguel Carpio-Castanas that he used to sleep around the corner on the loading dock for a year when he was without funds.

Celebrating Halls Hill Fire Station 8

A centennial, and going strong.

By MICHAEL MCMORROW
THE CONNECTION

This could be a story, with faded photographs, of firehouses near the intersection of Lee Highway and North Culpeper Street. But it isn't.

It also could be a story of firetrucks and other wheeled vehicles beginning with a cart pulled by the firefighters, again with old photographs. But it isn't.

It is a story of intangibles worth more than all the firehouses and all the rolling equipment put together. Many words could capture the heart of Engine Company 8, including responsibility; character; commitment; service; trust; perseverance; and dignity in the face of indignity. To embrace such concepts for 100 years itself is remarkable. Beginning toward the end of the Civil War, Basil Hall and his family disposed of real property straddling today's Lee Highway. It is still called "Halls Hill."

Over time, the majority of residents who bought lots and built houses were African Americans. For decades the authorities and community-at-large simply ignored the community. Elements of basic infrastructure, such as paved streets and curbs and gutters, never reached the neighborhood. Neither was there firefighting capacity dedicated to protecting local lives and property.

A century ago, 14 men decided to do something about the situation, and the Halls Hill Volunteer Fire Department was born. The way would not be easy. While all firefighters donned bulky fire-resistant clothes and wielded heavy



Hartman Reed, Captain ACFD, Ret.



Kitty Clark Stevenson scans an old fire department identification card from family records.

tools, the members of Engine Company 8 also bore the heavy burden of official policy and tradition known as Jim Crow. Slavery had ended decades earlier but suppression of African Americans had not. It appeared in many forms, one of which was the fact that companies of white firefighters would not respond to alarms triggered at Halls Hill.

Jerome Dale Smith, retired Battalion Chief of Arlington County



Boots on right belong to the first African American fire captain in Arlington: Hartman Reed. Those on left belong to his son, Donald, who also achieved rank of captain.

Fire Department, tells of a situation encountered more than once when Engine Company 8 was first to arrive at a fire north of Lee Highway. A white homeowner would block the African Americans from entering the property, choosing to wait for a white fire company to arrive. When all they wanted was to serve, Smith said, "It was hard when nobody wanted you."

Other manifestations of Jim Crow involved sleeping quarters and hand-me-down equipment. For years, Engine 8 was the only fire station with no place for those on duty to sleep until the alarm sounded. The fire company and the community solved the problem on their own: Funds were raised, adjacent property was obtained and the firefighters designed and invested sweat-labor to build their own sleeping quarters.

Again, when a white fire company procured new equipment, the old would be transferred to Engine 8. The men studied and disassembled and learned to repair what had come to hand. Brought to maximum potential, the refurbished equipment successfully entered service.

According to Marguarite Gooden, daughter of one of the first paid members of the fire company, the most blatant form of Jim Crow came from the dispatcher's office. All the fire stations were on the same open line to receive assignments. It was routine to hear "Company X respond to fire at so-and-so address" followed by "The 'N-word' company at Halls Hill is to stand down."

Before such overt racism was erased from the fire service, the men of Engine Company 8 retained their sense of wry humor. The famous instance involved Rosslyn when it was an industrial area filled with lumber yards, metal fabricators and builders' suppliers. On a cold, windy and miserable night, virtually every Arlington fire company was ordered to the scene for an unusually large fire, with one the exception: "The 'N-word' station at Halls Hill." Warm and dry in their station house, Marguarite Gooden's

SEE FIRE STATION, PAGE 11



Jerome Dale Smith, Battalion Chief, ACFD, Ret.



Margarite Gooden recalls family involvement in Engine Company 8.

The
Arlington
Connection

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NEWS DEPARTMENT:
arlington@connectionnewspapers.com

Steven Mauren
Editor
703-778-9415
smauren@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

Shirley Ruhe
Contributing Photographer and Writer
arlington@connectionnewspapers.com

Eden Brown
Contributing Writer
arlington@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Art/Design:
Laurence Foong, John Heinly, Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com



Coping with a Shutdown

FROM PAGE 2

programs. Ciccarone said, "Morale is terrible. People keep asking me 'should we prepare to shut down.' I keep saying do what you do."

U.S. Sen. Tim Kaine's Chief of Staff Mike Henry said, "This has been weighing on the senator's mind since the moment it happened." He said, "I've been asked to talk to the group today about the state of affairs. The thing I saw last night was [Senate Minority Leader Chuck] Schumer and [Senate Majority Leader Mitch] McConnell starting to talk. I don't want to be too encouraged or predict anything but when two guys in the Senate are talking again I feel better. Now there is political pressure."

Later Henry told the group that Kaine had voted to open the government Thursday and had twice objected to adjourning the Senate until the government reopened. "He got a bill passed with Cardin that makes sure everyone gets back pay. It passed the House and Senate and was signed by the President. He's working on a bill to make contractors whole."

Henry told the audience: "This is really meaningful for me. Nobody is nonessential. The amount of calls we get — serious, mad, frustrated. We're doing

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Mike Henry, chief of staff for U.S. Sen. Tim Kaine



Sam Shirazi

everything we possibly can." Henry told the group that he would stay as long as the audience wanted to answer their questions but he hoped to get back to the Senate to see what was developing. By the time he returned a couple hours later, the impasse had been temporarily resolved, the mechanics were in place to reopen the government and the negotiations were ready to move forward.

The Missing Payment Protest event was organized by several Democratic organizations "to show the workers we have their back," according to Rebecca Theim, public relations spokesperson for the Democratic party.




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ENTERTAINMENT

Signs of the Times at Gallery Clarendon

Artists' works offer social commentaries.

BY TERESA CARANDANG
THE CONNECTION

The “Signs of the Times” exhibit at the new Gallery Clarendon is an absorbing display of art in different mediums. Presented by the Arlington Artists Alliance, this national juried show highlights the work of 75 artists sharing their perceptions and thoughts of life today.

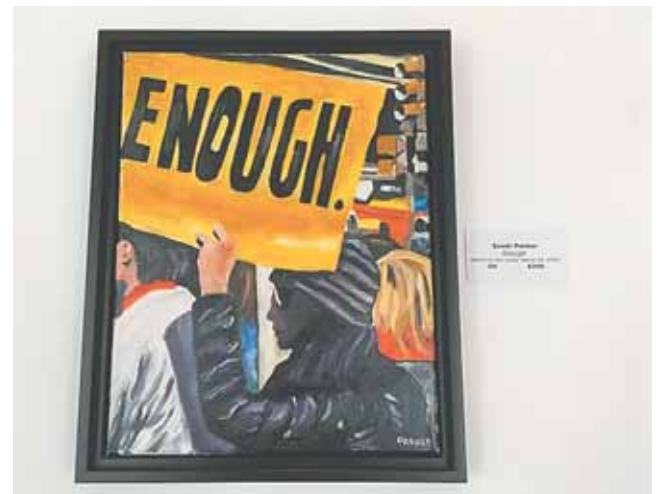
Steen Fullmer Anderson, deputy director and studios manager of Gallery Clarendon said the organizers wanted a “thought-provoking show” and believes they achieved this goal. The participants are from all over the country including one artist from the Czech Republic, Martin Dosek.

Many artists provided social commentaries on issues plaguing Americans. These include immigration, climate change, social media, gun violence, and the “Me Too” movement.

Artists expressed themselves in different formats such as paintings, photographs, sculptures, textiles, mixed media, and collages. Suzanne Yurdin’s mixed media paintings, “He Said” and “She Said” were inspired by the Kavanaugh hearings. Alicia Hagadom’s “Global Temp Since 1880: a warning” showed an oil painting of a desert landscape but across it is an embroidered graph showing the rising global tempera-



PHOTOS BY TERESA CARANDANG/THE CONNECTION



Sandi Parker’s “Enough”

Justyne Fischer’s “Black Icons” was awarded first prize.

Details

Sign of the Times Exhibit
Ends Jan. 31, 11 a.m.-7 p.m.
Gallery Clarendon
2800 Clarendon Blvd. #R-800
Arlington, VA 22201
www.galleryclarendon.org

tures as she addressed the growing concern over climate change. Jane McElvaney Coonce’s “Family Time” demonstrated the changing dynamics of family interactions as her painting shows family members ignoring each other as they use their phones.

Justyne Fischer’s “Black Icons” was awarded first prize. Her portrait woodcuts are memorials of unjust killings. The portraits of victims Tamir Rice, Walter Scott, Jordan Davis, Freddy Gray and Sandra

Bland are arranged on a cross, “placed on an iconographic format to remember them as saints.” According to her artist’s statements these explorations of “Social Memorials” are “meant to highlight the absurdity of the event while respectfully memorializing the human being beyond a one-day headline.”

All this artwork is displayed on the first floor of the Gallery Clarendon. Members of the Arlington Artists Alliance converted the

space — formerly the restaurant Fuego Cocina y Tequileria — last year to house exhibits on the first level and studios and art classes on the second floor.

The Arlington Artists Alliance is a non-profit group that “encourage and support both established and emerging artists who work on all forms of visual art.” They offer classes and workshops for adults and children in drawing, painting, writing, mixed media, photography and wearable art.

CALENDAR

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

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.

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, people who are living and thriving with mental illness, as they prepare to share their personal stories live onstage for the first time.

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.

Wine and Chocolate Tasting. 6:30 p.m. at One More Page Books, 2200 Westmoreland St., Arlington. Featuring Kingsbury Chocolate, where local Arlington-based chocolatier Robert Kingsbury will match his chocolates with wines selected by Sharon of Republic National. Visit www.onemorepagebooks.com.

FRIDAYS/FEB. 1-22

My 1st Portfolio: Session B. At Arlington Arts Center, 3550 Wilson

Blvd., Arlington. This offering is for young children ages 2-4 and their caregivers. Children, along with moms, dads, grandparents, or nannies, will participate in a formative creative experience that develops cognitive, sensory, and motor skills. Together, experiment with diverse materials and processes while enjoying an artistic bonding experience. Caregivers will be active in each class, helping children to realize their own budding artistic vision. Visit www.arlingtonartscenter.org.

SATURDAYS/FEB. 2 AND 9

Introduction to Oil Painting. 12-4 p.m. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. Learn about the materials and techniques of oil painting, including layering and alla prima paint application, color mixing, and studio safety. Students will complete one to two paintings, working from a still life and/or photograph of their choice. Oil paintings by classical, modern, and contemporary artists will also be referenced. Recommended for students with previous painting experience. Experience with oil paint is not essential. Ages 14-18. Visit www.arlingtonartscenter.org.

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. Brush up on women’s history while celebrating the 75th anniversary of the League of Women Voters of Arlington and the 99th anniversary of the League of Women Voters and the Women’s vote. 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.lwv-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 – and her fight to shape the future of the electrical industry faces resistance at every turn. Visit www.sigtheatre.org.

TUESDAY/FEB. 5

Speaker Event. 7-8 p.m. at Westover Library, 1644 North McKinley Road, Arlington. From Eleanor Roosevelt, to Michelle Obama, to Melania Trump...First Ladies are as unique as the administrations they represent. Dr. Janette Muir, Associate Provost for Undergraduate Education at George Mason University, will discuss the changing role of First Ladies, and the way the Office of the First Lady

ENTERTAINMENT

has evolved over time. Free, Registration required. Visit arlingtonva.libcal.com/event/4739000.

WEDNESDAY/FEB. 6

Sustainable Landscaping: Water Conservation. 7-8:30 p.m. At Columbia Pike Branch Library, 816 South Walter Reed Drive, Arlington. Learn how to capture and absorb storm water on your property to benefit your garden with the right landscaping techniques and plant choices. Free. Advance registration requested at mgmv.org. Call 703-228-6414 or email mgaralalex@gmail.com.

FEB. 6-MARCH 10

"Cyrano." At Syntetic Theater, 1800 S. Bell St., Arlington. Directed by Vato Tsikurishvili and based on the play by Edmond Rostand. A brilliant poet and soldier, Cyrano de Bergerac apparently has it all – except the confidence to win the heart of his beloved Roxane. Lacking traditional good looks and the ability to truly "fit in," Cyrano partners with his handsome friend Christian, also in love with Roxane but lacking Cyrano's way with words. Together, the two make a formidable suitor as Cyrano expresses his true feelings for Roxane in the only way he feels he can – through love letters apparently written by Christian. Syntetic Theater will apply their unique physical storytelling and a stylistic twist to this commedia-inspired wordless adaptation of Cyrano. Tickets are \$20 and can be purchased online at www.syntetictheater.org or via phone at 866-811-4111.

THURSDAY/FEB. 7

Social Walk and Cozy Coffee Hour.

6:30-8:30 p.m. Meets at The Coffee Pub, 1737 Wilson Blvd., Arlington. Get curious about Arlington's neighborhoods and what makes them unique. This month, WalkArlington is checking out Courthouse and its coffee spots that give neighbors something to feel cozy about. The evening will conclude with a social, warm beverages, and snacks at CoworkCafe, 2719 Wilson Blvd. Beverages and snacks will be available for purchase. Register at bit.ly/Febrcoffeealk.

Valentine's Card-Making

Workshop. 6:30-8:30 p.m. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. Join AAC instructor Jennifer Penick for a night of Valentine's card-making. This art workshop has been crafted for all skill levels, from advanced makers to those of us with fewer skills to brag about. \$40. Visit www.arlingtonartscenter.org.

Author Garrett Peck. 7 p.m. At One More Page Books, 2200 Westmoreland St., Arlington. Join local author, historian, and D.C. tour guide Garrett Peck in a discussion of The Great War in America. Arguably the most important war of the 20th century, the Great War presents an opportunity to reexamine this country's role on the global stage and the tremendous political and social changes that overtook the nation in the wake of the war. Visit www.onemorepagebooks.com.

FRIDAY/FEB. 8

Personal Finance. 6:30 p.m. At One More Page Books, 2200 Westmoreland St., Arlington.

Personal Financial Specialist Robin Gordon shares from her book, *Living the Best Life You Can with The Money You Have: Create a Financial Plan that Works for You*. Visit www.onemorepagebooks.com.

Concert Chorus Debut

Performance. 8 p.m. at St. Thomas More Cathedral, 3901 Cathedral Lane, Arlington. Oakcrest School's Concert Chorus will perform its first ever full-length concert with the premier of an original piece composed for them by Berklee College of Music Composition Professor Arnold Friedman – a setting of the poem "Pied Beauty" by Gerard Manley Hopkins. Meet the performers at a post-concert reception. Visit www.cathedralstm.org/music-ministries/cathedral-concerts.

Le Joie de la Danse. 8 p.m. At St. George's Episcopal Church, 915 N. Oakland St., Arlington. Dances and music from the courts, ballrooms and theaters of 18th century France and England. Performed by renowned Baroque Dancer Caroline Copeland in costume with authentic choreography. Admission is \$30/ students \$10. Visit capitollearlymusic.org.

SATURDAY/FEB. 9

Winter Exhibitions Reception. 6-9 p.m. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. Artists will be in attendance and residents' studios will be open throughout the night. The exhibitions are currently on view at AAC, so stop by to view Over, Under, Forward, Back and Convergence: Works by AAC's Resident Artists. Convergence artists include AAC's 10 long-term and two short-term residents: Negar Ahkami,



Muir

The First Ladies

From Eleanor Roosevelt, to Michelle Obama, to Melania Trump...First Ladies are as unique as the administrations they represent. Dr. Janette Muir, Associate Provost for Undergraduate Education at George Mason University, will discuss the changing role of First Ladies, and the way the Office of the First Lady has evolved over time. Tuesday, Feb. 5, 7-8 p.m. at Westover Library, 1644 North McKinley Road, Arlington. Free, registration required. Visit arlingtonva.libcal.com/event/4739000.

Michèle Colburn, Roxana Alger Geffen, Sarah Hardesty, Stephanie Lane, Marissa Long, Ryan McCoy, Olivia Tripp Morrow, Jen Noone, Jung Min Park, Austin Shull, and Dawn Whitmore. Over, Under, Forward, Back features artists April

Camlin, Steven Frost, Rania Hassan, Sarah J. Hull, Robin Kang, Julia Kwon, Olivia Tripp Morrow, Natalia Nakazawa, Danni O'Brien, and Sarah Stefana Smith. Visit arlingtonartscenter.org.

WEDNESDAYS/FEB. 13-APRIL 3

Drawing: The Art of Seeing. 6:30-8:30 p.m. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. For two hours each week, exercise natural perception skills and learn to see and think like an artist. Process-oriented exercises in line, value, mark-making, and gesture will help participants record what they see in pencil or charcoal. Render a range of 2D and 3D subjects, including still life, people, master reproduction, and photographs. Beginning and returning students welcome. Visit www.arlingtonartscenter.org.

WEDNESDAY/FEB. 13

Galentine's Celebration. 7 p.m. At One More Page Books, 2200 Westmoreland St., Arlington. Wine will be on hand while visitors create a romance book cover, make a card or collage for a friend or lady they admire, or bring in a crafty project they've been working on. Visit www.onemorepagebooks.com.

THURSDAY/FEB. 14

Singing Valentines. Send a singing Valentine from The Arlingtones, a Close Harmony Chorus chartered in 1957 as the Arlington chapter of the Barbershop Harmony Society. The Arlingtones are supported in part by the Arlington Cultural Affairs Division of the Arlington Economic Development and the Arlington

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Commission for the Arts. Contact Rob Kahrs at robertmk2012@gmail.com to hire an Arlingtonges Quartet.

SATURDAY/FEB. 16

My Bloody Valentine. 5 p.m. At One More Page Books, 2200 Westmoreland St., Arlington. A meet and greet with local authors of the Mystery Writers of America association whose books run from cozy to downright creepy. New York Times best-selling author Donna Andrews (Meg Langslow Mysteries), Agatha Award Winning author G. M. Malliet (Max Tudor Mysteries) and others will be on hand to talk mysteries and murder. Visit

www.onemorepagebooks.com.
My Sweet Heart Sings – Night of Ballads. 7 p.m. at NRECA Conference Center, 4301 Wilson Blvd., Arlington. Presented by Teatro de la Luna with musical direction by Jorge Anaya. Call 202-882-6227 or visit www.teatrodelaluna.org.
Family Game Night. 7-9 p.m. At St. John's Episcopal Church, 415 S. Lexington St., Arlington. Spend an evening with family, friends or new acquaintances playing a favorite board, strategy or kids game at St. John's family game night. Games will be available, but participants are welcome to bring their favorites and are encouraged to bring a non-perishable food item to donate to

AFAC, the Arlington Food Assistance Center. Visit stjohnsarlingtonva.org.

TUESDAYS/FEB. 19-MARCH 5

Creative Smartphone Photography. 6:30-8:30 p.m. At Arlington Arts Center (AAC), 3550 Wilson Blvd., Arlington. Today's smartphone cameras can produce extraordinary images, but how many people know how to take full advantage of these powerful tools to capture, edit, and share pictures? This hands-on, three-week course teaches participants the art and science of creating great pictures with smartphones. Photography basics, learning the controls, picture

composition, making the most of available light, creative effects, free photo apps, image editing, sizing, sharing, and archiving are among the areas covered in this fun, informative, and practical workshop. All skill levels are welcome and only one supply is required – a smartphone. Visit www.arlingtonartscenter.org.

WEDNESDAY/FEB. 20

Sustainable Landscaping: Selecting Native Plants. 7-8:30 p.m. At Columbia Pike Branch Library, 816 South Walter Reed Drive, Arlington. There's a palette of plants that is just right and that will thrive in any site's conditions. Learn how to select appropriate plants for a site, what is meant by a native plant versus a cultivar, and some best management practices for installation and maintenance of planting bed designs. Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

THURSDAY/FEB. 21

Talk on Hillwood Estate's Garden. 11 a.m. At Little Falls Presbyterian Church, 6026 Little Falls Road, Lower Level Friendship Hall, Arlington. Sponsored by Rock Spring Garden Club, Hillwood's Horticulturist and Garden Manager, Drew Asbury, will speak about the Hillwood Estate's cutting garden and adding cut flowers to a garden's plantings. Club meeting begins at 10 a.m. Optional lunch available after the program with small donation. Visit www.rockspringgardenclub.com or email rockspringgardenclub@gmail.com.
Mystery Writers. 7 p.m. At One More

Page Books, 2200 Westmoreland St., Arlington. David Swinson, in celebration of his detective thriller, Trigger, David will be in conversation with Bill Beverly, author of Dodgers, a dark, coming-of-age journey.. Visit www.onemorepagebooks.com.

FRIDAY-SUNDAY/FEB. 22-24

"Robin Hood." Friday, 7:30 p.m.; Saturday, 11 a.m. and 3 p.m.; and Sunday, 3 p.m. at Gunston Arts Center – Theatre One, 2700 S. Lang St. Arlington. Presented by Encore Stage & Studio – Theatre by Kids, for Kids. Robin Hood and his merry men are on a mission to help by taking from the rich and giving back to the poor. Tickets are \$15/adults; \$12/children, students, military and seniors. Visit www.encorestage.org or call the box office at 703-548-1154.

SATURDAY/FEB. 23

Author M.K. England. 3 p.m. At One More Page Books, 2200 Westmoreland St., Arlington. England will discuss her YA sci-fi adventure, The Disasters. The Breakfast Club meets Guardians of the Galaxy when hotshot pilot Nax Hall is framed for a terrorist attack on the elite Ellis Station Academy, from which he's just been expelled. Visit www.onemorepagebooks.com.
Jane Franklin Dance's Border. 5:15 p.m. At Atlas Performing Arts Center, 1333 H St., NE, Washington, D.C. Experiences and perspective on bias told through personal stories, movement and visual art. Featuring Emily Crews, Carrie Monger, Kelsey Rohr, Amy Scaringe, Brynna Shank, Rebecca Weiss with Ken Hays and Richard Nyman. \$25. Visit www.atlasarts.org/events/border/ or call 202-399-7993, ext. 2.

SUNDAY/FEB. 24

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-C.

MONDAY/FEB. 25

Talk on Urban Agriculture. 6:30-8:30 p.m. at Westover Branch Library, 1644 N. McKinley Road, Arlington. Discussion on Urban Agriculture - "Grow What You Eat: Starting Your Own Vegetable Garden." Learn easy-to-implement practices for selecting a site, and evaluating and improving soil. Find out which plants grow best locally, which are best planted directly via seeds and which are typically transplanted as seedlings. Discover how to attract pollinators and other beneficial insects. Get free seeds and a vegetable garden calendar customized for the region. Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

FRIDAY-SUNDAY/MARCH 1-3

"Robin Hood." Friday, 7:30 p.m.; Saturday, 11 a.m. and 3 p.m.; and Sunday, 3 p.m. at Gunston Arts Center – Theatre One, 2700 S. Lang St. Arlington. Presented by Encore Stage & Studio – Theatre by Kids, for Kids. Robin Hood and his merry men are on a mission to help by taking from the rich and giving back to the poor. Tickets are \$15/adults; \$12/children, students, military and seniors. Visit www.encorestage.org or call the box office at 703-548-1154.

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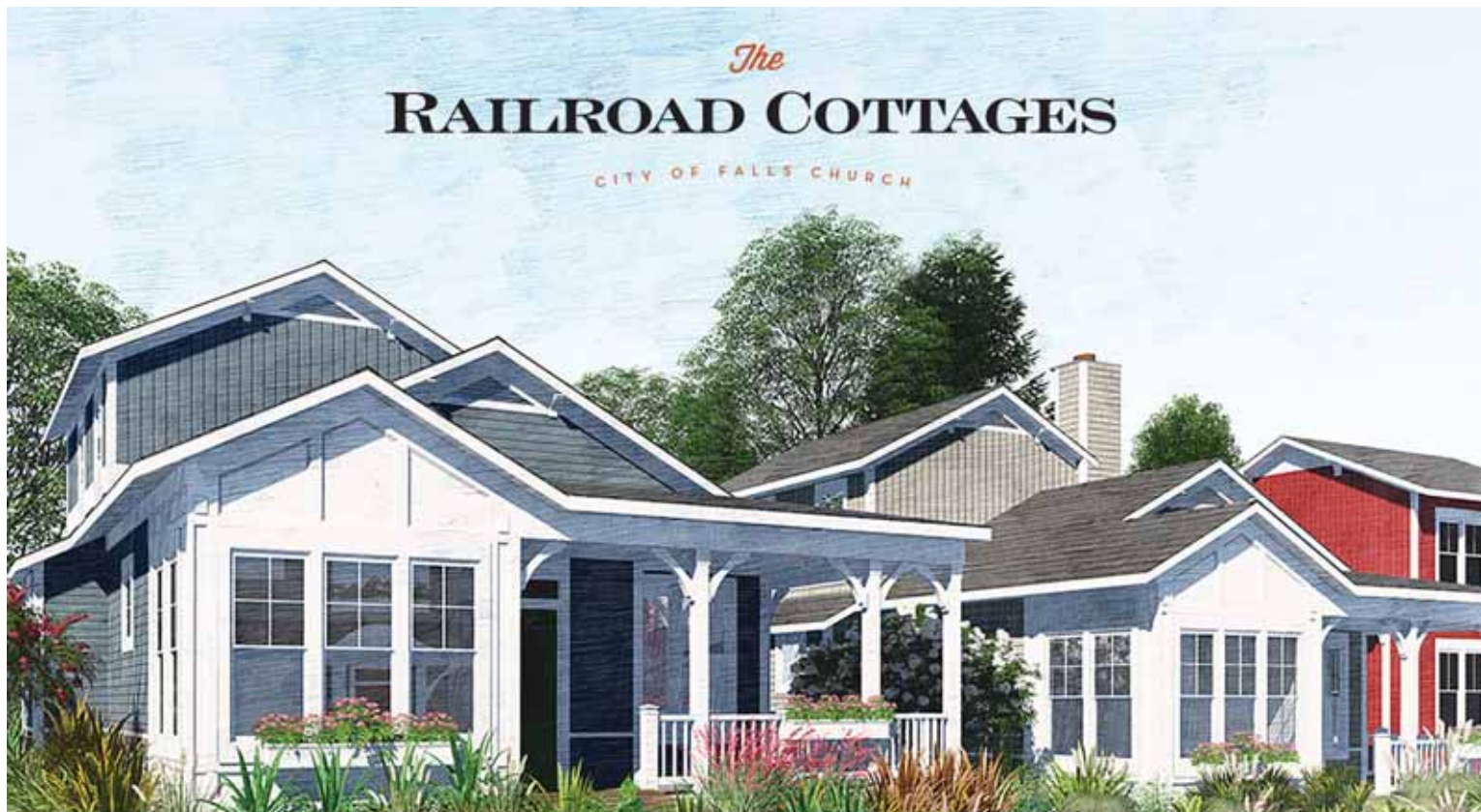


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Senior Living

Weight Lifting in Golden Years

When done properly, strength training can have tremendous benefits for seniors.

BY MARILYN CAMPBELL

Richard Foley of McLean says he hits the gym at 7:30 five mornings a week. He spends about 40 minutes lifting weights followed by 40 minutes of walking on the treadmill and 10 minutes of sit-ups and crunches.

"I've always been physically active," he said. "I've actually slowed down a little, but it's important to me to keep going for as long as I can."

A National Institutes of Health (NIH) study of Americans over the age of 60 showed that strength training, such as lifting weights, reduced the risk of osteoporosis and chronic conditions such as heart disease and diabetes. It also found that strength-training exercises has the ability to increase muscles strength and mass and allows seniors to stay mobile longer, while also combating weakness and frailty.

"Improving and increasing the muscles in your legs for example, makes them stronger, which means that you'll be able to maintain your ability to walk without assistance longer than you might otherwise," said Rita Days, RN, a gerontological nurse in Falls Church who was not involved in the study. "For seniors who enjoy traveling, shopping or any activity that requires walking, having strong quadricep and hamstring muscles means that you'll be able to enjoy those activities longer. It also means that you'll have the strength and endurance to navigate difficult terrain during vacations and other activities that involve walking."

Strength training can lead to a sense of independence for everyday activities like grocery shopping or even getting up from a chair, says Jay Rader, a private health and fitness coach based in Arlington. "When you strengthen the muscles around your joints, you can prolong and even improve your range of motion," he said.

Weight training for seniors, says Days, comes with caveats. "Just because it's beneficial doesn't mean that an 89-year-old should go out and start trying to lift 50 pound weights so that he can regain the ability to walk up three flights of stairs like he could 30 years ago," she said. "The benefits of strength training are tremendous, but they also come with risks and must be done safely. You should definitely consult with a doctor before beginning any kind of exercise program, and it would be my strong recommendation that any one over the age of 50 hire a personal trainer if they're starting any kind of exercise program."

In fact, David Schwartz, a personal trainer in



Strength-training exercises has the ability to increase muscles strength and mass and allows seniors to stay mobile longer.

Bethesda says that he has four clients who are over the age of 60, and while he personalizes each client's workout, there are specific exercises that are particularly beneficial to seniors. "I have one client who is 72 and began training with me when she was 68," he said. "The workouts that I do with her include lunges and squats which strengthen the quadriceps, or the muscles in the thigh area. It's been interesting to watch her gain leg strength and be able to walk longer distances. But strengthening the quads can also protect your knees and prevent injuries and other problems."

The bicep and tricep muscles of the arm are also important to building strength. "All you need are a pair of light to medium weight dumbbells," said Kat Chetrit, a personal trainer in Fairfax. "Two great exercises, that are also relatively simple are bicep curls where you hold the weight in your hand and bend your arm at the elbow and curl the weight in the direction of your shoulder; and hammer curls, which are very similar except that you hold the weight like you would a hammer. Those are both great exercises for maintaining arm strength."

Days however, underscores the fact that there are risks involved "You can strain a muscle or drop a weight on yourself or even fracture a bone," she said. "With the elderly, these injuries can take a longer time to heal than they would in a person who is much younger. The benefits definitely outweigh the risks, but you want to be safe and smart. That includes talking with your doctor and getting help from a personal training, especially if you've never or rarely exercised before."

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Legals

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Soigne Ballston LLC trading as Mi & Yu Noodle Bar, 4238 Wilson Blvd., Arlington, VA 22203-1823. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer on Premise license to sell or manufacture alcoholic beverages. Edward Kim, President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals

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DIRT Ballston, LLC trading as DIRT, 4121 Wilson Boulevard, Arlington, Arlington County, Virginia 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On; Mixed Beverage (seating capacity 1 to 100 persons) license to sell or manufacture alcoholic beverages. Jeffrey J. LaTulippe, Member, authorizing advertisement. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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

Announcements

NEWS



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

A group of volunteers pauses for a group photo before heading out to begin the 14th annual Arlington Point in Time (PIT) homeless count Wednesday, Jan. 23. This is part of a nationwide effort each year that takes place in January.

Volunteers Count the Homeless

FROM PAGE 3

right in the middle of Shirlington and no one would know you were there. They can be very inventive." He inches his way back about 30 feet, his pinprick of light pointing the way. The space opens up just enough for someone to sleep scrunched up. "Someone has been here. There are empty beer cans and soda cans and carry out wrappers. But not here now."

It's getting darker and starting to get colder. "I think we should check out the pavilion across from the Weenie Beanie," Neyhart says. As the van pulls into the parking lot, two men sit in the dark at a weathered picnic table playing checkers. Neither is currently homeless but one comments that he slept on the loading dock around the corner for a year when he didn't have funds. "Then it got rowdy and the police came all the time and we couldn't do it anymore." He pointed out that there are definitely some homeless sleeping under the bridge down a nearby path.

"While we're here, let's look around Jennie Dean Park." Carpio-Castanas heads for the picnic benches followed by Neyhart and Thomas. They spot two abandoned bicycles and flash the beam of light around the picnic shelter and head for the bleachers. Carpio-Castanas says, "There was a homeless man who used to sleep sitting up at a picnic bench

with his head on a pillow on the top. I don't know how he did it."

Neyhart checks in with the other PIT teams and discovers they are not finding many homeless either — one by the Central Library and one by St. George's. "It's too nice out tonight, and they haven't settled in yet." She says some of the popular spots like the Rosslyn Metro won't be occupied until the Metro closes and there is no one to kick them out.

Carpio-Castanas says sometimes people call to report homeless sleeping in a parking structure around St. George's. "We follow up by checking on them to see if they are willing to get services." He says neighbors complain that we give them sleeping bags. "But we're not police. We can't arrest them."

Carpio-Castanas adds, "We try to keep sleeping bags as a carrot. Maybe a homeless person won't talk to me for months, but then when they need something ... we assist with whatever they need. Patience is the name of the game." But he continues, when you have their confidence, you better do what you say or you break their trust."

They walk further toward the loading dock. "That's a good spot," and around the corner where a number of dumpsters and nooks and crannies could offer haven. No one yet tonight but they'll keep looking. The results of this year's count will be available in several weeks.

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.

WINTER SHELTERS

Find homeless and cold weather drop-in centers and shelters that serve Northern Virginia at www.novaregion.org/174/Homeless-Shelter-Lists.

THURSDAY/JAN. 31

School Board Work Session. 7 p.m. at Syphax Education Center, 2nd Floor School Board Room, 2110 Washington Blvd. With Advisory Council on Instruction (ACI). Work sessions are open to the public but no public comments are accepted. Visit www.apsva.us for more.

FRIDAY/FEB. 1

Monthly Memory Café. 1-3 p.m. at

7910 Andrus Road, Suite 6 Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, will be held on the first Friday of every month. Registration is free and highly recommended to reserve a spot, which are open on a first come first served basis. To reserve a spot, call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacareconnections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

FEB. 1-MARCH 15

StormwaterWise Landscapes Program. The StormwaterWise

Landscapes program provides matching grants for Arlington property owners to reduce stormwater runoff and improve drainage on their property. Single family homeowners, businesses, churches, and HOAs are all eligible to apply. Visit environment.arlingtonva.us/stormwaterwise/ for more.

SATURDAY/FEB. 2

Winter Open House. 10 a.m. at St. Agnes Catholic School, 2024 N. Randolph St. Parents of children aged for Pre-K and Kindergarten are welcome. Visit SaintAgnes.org/ School or call 703-527-5423.

Fire Station 8

FROM PAGE 4

father, Hartman Reed, observed “Thank goodness for Jim Crow.”

Perhaps more important than fighting fires was the role of Station 8 in maintaining community spirit. Neighbors constantly came and went at the fire station. Gossip was exchanged and elements of truth were identified. Spats were resolved before friendships were fractured. A word from one of the men at Engine 8 carried weight and was trusted. In a wider form of community service, communications outside the neighborhood were facilitated when a pay telephone was installed in the firehouse. Calls were made and messages relayed at a time when many could not afford service or, even if affordable, would not be granted service by the telephone company.

Children of Halls Hill never were excluded from the Engine 8. Marguarite Gooden and Kitty Clark Stevenson both recall gatherings to watch television programs at Engine 8, and to be amazed at first seeing the new TV with color. On other occasions, the firefighters would set up a projector to show the youngsters moving pictures on the wall of the firehouse. Members of Engine company 8 were community role models. They had pledged to serve, and they kept their word. The firehouse was in perfect order and ready to respond at all times. The males, and in time the females, were admired as local heroes.

Through decades of daily example, residents of Hall Hill, and especially the young, saw people just like themselves who were responsible and self-sufficient and respected for adhering to high standards of personal character. Buildings and vehicles were important and valuable to fire service. However, the intangible qualities displayed by the men and women of Fire Station 8 for over a century have contributed something of greater importance that has been priceless for the residents of Halls Hill.

“FLOURISHING AFTER 55”

“Flourishing After 55” from Arlington Office of Senior Adult Programs for Feb. 11-16.

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: Washington Performing Arts, D.C., “Rob Kapilow: What Makes Music Great?” Sunday, Feb. 10, \$35; Queen of Hearts Valentine Tea, The Tea Cart, Berryville, \$58; Maryland Live! Casino, Hanover, Md., Saturday, Feb. 16, \$8. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Traveler to share experiences at U.S. National Parks, Monday, Feb. 11, 1 p.m., Langston-Brown. Details, 703-228-6300.

Winter skincare with Essential Oils, Monday, Feb. 11, 11 a.m., Langston-Brown. Register, 703-228-6300.

Organizing important documents, Tuesday, Feb. 12, 10 a.m., Walter Reed. Register, 703-228-0955.

History roundtable to discuss ancient civilizations, Tuesday, Feb. 12, 11:15 a.m., Lee. Details, 703-228-0555.

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

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-Thomas Fuller

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Cat It Again



By KENNETH B. LOURIE

As my white cat, Twinkle, continues to walk left to right and right to left across my writing pad with various stops in between for scratching, nudging, belly-rubbing and paw patty cakes, I can't help wondering if there's a method to her non-madness. She doesn't appear to be the least bit agitated. She's not meowing her presence or seemingly demanding anything – other than attention, that is. In fact, she's purring and seems quite pleased with herself.

What's puzzling to me is exactly what the attraction/need is here? I don't have any treats. Her food and water bowls are not here. Neither is her litter box. It's in the adjacent room. Yet here she sits and rolls and scratches herself with what appears to be not a care or concern in the world. She seems extremely content with her situation.

I would have expected her to be sleeping in the house somewhere like our other four cats. I mean, it is 2:15 in the afternoon, many hours after her 6:30 breakfast and hours still to go before her 5:30 dinner. Heck, I've even dozed off myself for a bit before I sat down to try and write this column. But here she is, wide awake, and back and forth.

My wife, Dina, maintains that cats and dogs have a sixth sense when it comes to people being sick, and tend to hang around those afflicted with something or other, providing aid and comfort, if you will.

And so, she gets nervous when multiple cats surround me when we're sitting on the couch watching television: a black cat, usually “Sleeky,” lays on top of the couch behind where I'm sitting; Twinkle, sits on the couch next to me and cuddles up against my left thigh; and Biscuit (one of our two buff-colored brothers) “sphinxes” on the coffee table staring at me while I'm having to stare through him to watch television. The other two cats, “Chino” and Andrew are usually sleeping in their spots, out of sight, but never out of mind.

A shift change, apparently. “Chino” has just jumped on my desk and Twinkle has jumped off, no doubt to find a warm spot to sleep perchance to dream. Chino is now laying on his side/back – partially on my writing pad, with his rear end pressed up against my left forearm with all four paws raised up in the air not exactly in my direction but definitely in my proximity.

This cat exchange sort of reminds of how my brother and I would alternate our visiting time with our parents on Sundays, splitting the day so that one of us was always present and accounted for.

But I'm not sick (OKAY, diseased then), and I don't feel as if I need 24/7-type cat companionship. Though I am home alone a lot – and left with my own thoughts, I don't view the cats shifting around me as anything more than there considering me as a big toy.

A toy whose movements and appearance are stimulating to them, sort of like a giant scratching post infused with catnip. A combination they couldn't possibly ignore, like peanut butter and chocolate is to me.

So as much as I feel nurtured and loved and comforted by this cat behavior, I don't feel it's because I'm sick, or rather about to be sick (again, their sixth sense at work), I feel simply that we have some very affectionate cats whose indoor-only lives have caused them to become dependent and appreciative of those who feed and water them. (We won't mention that we're also the ones who stuff them into cat carriers and drive them to the vet, an experience which they collectively hate.)

But if I do get sick (I guess I should be honest: get sicker, I do have cancer) I know I can count on “Chino,” Biscuit, Twinkle, Andrew and “Sleeky” to always keep me company. I don't know how much better their presence will make me feel, but I do know their presence will keep me from feeling worse.

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

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Jack Taylor's
**ALEXANDRIA
TOYOTA**



SERVICE & PARTS DEPT HOURS:

Monday - Friday, 7:00am to 7:00pm
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF.
THAT'S EXACTLY WHY WE DON'T!**

**ToyotaCare
Customers**

Don't Forget Your **FREE** Service.
5,000 • 10,000 • 15,000 • 20,000 • 25,000
Now Available Mile Services
Call your ASM for details
ToyotaCare Plus \$329⁰⁰
Covers up to 4 years/45,000 miles

OIL & FILTER CHANGE

\$29⁹⁵ **\$44⁹⁵**

NON-SYNTHETIC SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*,
inspect windshield wipers, check tire condition, check battery (with
print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/19.

ALIGNMENT SPECIAL

\$69⁹⁵

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

\$79⁹⁵

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

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WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/19.

**SIGHT LINE
WIPER BLADES**

\$10 OFF

Sight Line only.

NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. COUPON
MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA
TOYOTA PARTS CENTER ONLY. GOOD THRU 2/28/19.

VARIABLE DISCOUNT

\$15.00 OFF when you spend \$100.00 - \$199.99
\$30.00 OFF when you spend \$200.00 - \$299.99
\$45.00 OFF when you spend \$300.00 - \$399.99
\$50.00 OFF when you spend \$400.00 or more

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED
AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/19.



ALEXANDRIA TOYOTA

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**FREE
BATTERY CHECK-UP**

Check cold cranking amps and visual inspection of
battery condition. Includes battery condition print out.

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WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/19.

TRUESTART™ BATTERIES

\$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 OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/19.

Check your windshield. Does your sticker say **12/18, 1/19,**
or **2/19**? If so, your VA Safety Inspection is now due
VIRGINIA STATE INSPECTION

FREE

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CALL FOR AN APPOINTMENT AT 703-684-0710 OR SCHEDULE ONLINE AT ALEXANDRIATOYOTA.COM