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**Senior
Living**
PAGE 5

“Our beloved lab-pit mix, Charlie, was a blessing who was put on this earth to bring joy and unconditional love to each member of our family. We got him in 2005 at 15 weeks old and we loved him dearly till very end of his life.” — Margaret Frondorf

The Arlington Connection

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Cherishing Pets

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NEWS

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

Snow Day

Brothers Arhan and Rahil Menta decide to try a new terrain for their scooters in the cul de sac outside their house on 38th Street on Feb. 20. They were taking advantage of the school closings due to the snow and sleet storm in Arlington.

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Second Annual Shining a Light on Hunger Event in 2018.



Charles Meng, executive director and CEO of AFAC, leads a tour of the newly renovated warehouse space on S. Nelson Street.

Join 'Shining Light on Hunger' Fundraiser

Support Arlington Food Assistance Center.

BY SHIRLEY RUHE
THE CONNECTION

Wear off your carved beef, mezzo and tacos and mac and cheese poppers by dancing the night away at the third annual "Shining a Light on Hunger" Arlington Food Assistance Center

(AFAC) event March 21.

The event will honor the individuals from the small hands who sort food and re-bag and repackage food donations with their family members each week to corporations, churches and community members who drive and pick up donations, garden and grow vegetables, teach healthy food habits, and perform food demonstrations to corporations, churches and community members.

County Board chair Christian Dorsey is the honorary guest with a short program in the middle of the evening. The event will be held at the Army-Navy Country Club on

Thursday, March 21 from 6:30-9:30 p.m. Tickets and sponsorships may be purchased at www.afac.org/shine. An individual ticket is \$175 with two tickets at \$300 and other packages available.

For those who bring their 5-14 year-old children along, there will be limited tickets to a children's program including Lorenzo the great, a food bagging activity and an interactive learning program to teach children about hunger in the community. A child's ticket is \$50 with the program from 7-8:45 p.m. with dinner provided from 6:30-9:30 pm.

AFAC is a non-profit organization that

supplies supplemental groceries to Arlington families in need. It was established in 1988 by a small group of citizens and six congregations to feed 59 families who were facing life's struggles. Ten years ago the average was around 1,100 families and five years ago the average was 1,700. Now 30 years later AFAC in its newly renovated facility on S. Nelson Street, is serving 2,400 families weekly.

Families who come to AFAC receive 30-40 lbs of supplemental groceries that include fresh fruits and vegetables, milk, eggs, fresh chicken, canned items, cereal, and breads.

Firefighter's Death Prompts Highway Safety Legislation

BY BENJAMIN WEST
CAPITAL NEWS SERVICE

In October, Lt. Bradford Clark, a Hanover County firefighter, was killed when a tractor-trailer failed to "move over" as mandated by Virginia law. Now, the

General Assembly plans to memorialize Clark through a specialty license plate and strengthen the state's "move over" law.

As Tropical Storm Michael pummeled Virginia, Clark responded to an accident in the left lane and shoulder of Interstate 295. A tractor-trailer crashed into his fire truck,

killing him.

"Public safety officers have repeatedly expressed their concerns to me of dying in the same manner my husband did," Clark's widow, Melanie Clark, told lawmakers as she testified in favor of legislation to strengthen the "move over" law.

"They fear they will not come home to their families because of the increased life-threatening dangers that exist while working on highways and byways."

Enacted in 2002, the "move over" law requires motorists to change lanes for station

SEE MOVE OVER, PAGE 11



Seniors Celebrate Black History Month

Karen Lovejoy, vocalist and band conductor with the Lovejoy Group, entertains at the Black History Month celebration and luncheon Feb. 22 at Langston-Brown Community Center. She says she has chosen a selection of tunes from Nat King Cole to celebrate the Cole Centennial as well as traditional blues and jazz.



Festive red and green star balloons decorate the tables at Langston-Brown Community Center as seniors celebrate Black History Month with a lunch of traditional Southern specialties including fried chicken, macaroni and cheese and apple pie.

OPINION

Seniors: Need Help with Repairs

Or with modifications to age in place?

BY DAPHNE LATHOURAS
RT-AFF COMMUNICATIONS COORDINATOR

Everyone deserves a safe and healthy home. That's our fundamental belief. Rebuilding Together helps homeowners in need with critical repairs, and we help low-income seniors with repairs and modifications to safely age in place. These services are provided at no cost to the homeowner.

REBUILDING TOGETHER Trust and pride are two reasons that people — especially seniors — don't always reach out to Rebuilding Together to help them with home repairs. But it's for those very reasons that people should. "We are the caring neighbor next door," said Patti Klein, executive director of Rebuilding Together Arlington/Fairfax/Falls Church. "And our volunteers often say they get as much from the experience as the homeowner."

Like any service, the best way for people to connect with Rebuilding Together is through a referral from someone they trust. This is espe-

cially true since many of the homeowners we assist are older or have disabilities and feel vulnerable or too embarrassed to ask for help. That's why we are encouraging neighbors, friends, and families to introduce us to them.

The application process is easy. Applications can be found on our website at <https://rebuildingtogether-aff.org/>. Or give us a call at 703-528-1999. Priority is given to the elderly, disabled and families with children.

Volunteers from Rebuilding Together recently added an exterior railing with an easy-to-grip handrail at Mrs. Jones' Arlington home, making it safer for her to use her back steps. They also installed a comfort height toilet and gfcı outlet in her bathroom, a new smoke and co alarm and repaired her kitchen cabinets. "I am really pleased with their work, and everyone was nice and friendly," remarked Mrs. Jones. "They did a good job."

If you're interested in becoming a volunteer or making a contribution to our program, please visit our website at <https://rebuildingtogether-aff.org/>. You can also call 703-528-1999 or email info@rebuildingtogether-aff.org.

We have a Home Safety Checklist to assist all homeowners in making important changes in their homes to decrease the likelihood of an injury from a fall, fire or other accidents. Please



From left: Doug Chapin, John McCreary, Bill Marshall, Mrs. Jones, Pat Hupalo (seated), and Wayne Wittig.

call or email us and we'll send you a copy. You can make your own home safer, and with your help we can make sure that all of our neighbors are safe in their homes too.

Work Continues After Session Ends

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

COMMENTARY The 2019 Session adjourned "sine die" on Feb. 24. With its end, single- and double-digit license plates flooded onto I-64 and I-95 leaving Richmond. My staff and I stayed behind for several days, re-reading and responding to over 1,000 constituent emails and letters received throughout the session.

Many of these letters helped me make decisions on bills; others provided ideas for next

year's legislative agenda.

Seven bills I introduced have passed both chambers and await the Governor's signature. SB1231, which I put in at the request of Alexandria Commonwealth's Attorney Bryan Porter, will ensure that individuals accused of capital murder, but found to be permanently mentally incompetent and unable to participate in their own defense, cannot be released without a court order. SB1233 will ban state agencies like the Department of Elections from using software banned for federal use by the Department of Homeland Security, safeguarding Virginians' personal data and our state elections from foreign interference. Working with Del. Marcus Simon (D-Fairfax), I introduced SB1736, which bans the distribution of revenge pornography videos known as "Deepfakes." These are convincingly-edited videos that falsely portray individuals in sexual acts in order to humiliate them.

But all successes don't occur on the legislative floor. I am pursuing alternative solutions in the interim for several bills which failed this session.

This year I introduced SB1498 to address concerns over abuse at the Shenandoah Valley Juvenile Center (SVJC), a youth detention center which contracts with the federal Office of Refugee Resettlement to hold undocumented youth until their immigration hearings. Last summer, pro-bono attorneys chronicled a number of disturbing allegations, including physical abuse, lack of mental health care, and the use of extended solitary confinement at the facility. In response, the Virginia Department of Public Safety conducted a study of the facility and suggested changes to SVJC protocols. However, since it is not a state-owned center,

SVJC was not required to comply. These recommendations failed to address all of the issues at the facility and were unenforceable. My legislation would have required the promulgation of enforceable regulations including hiring additional mental health counselors and bilingual staff, as well as providing training for trauma-informed care. While this bill failed in committee on a tie vote, I am now engaging with stakeholders and the Department of Juvenile Justice, which oversees this facility. I will work to ensure we are providing these youth with adequate mental health services, protecting them from abuse, and giving them language-appropriate education.

I will also be working in the interim with the Board of Housing and Community Development to create safety regulations for trampoline parks. A burgeoning and unregulated industry in Virginia, trampoline parks pose a high risk of injury. Without regulation, those who suffer debilitating injuries are often left without any legal recourse — even if the park was in violation of basic, nationally recognized safety standards. My bill passed the Senate with bipartisan support but died in a House subcommittee. I have taken my concerns directly to the board that will consider this idea during this year's regulatory cycle.

Now that the session has ended, legislators will begin putting a great deal of effort into Virginia's 2019 campaigns. The stakes are especially high this year since all 100 House of Delegates seats and all 40 Senate seats are up for re-election. The razor thin Republican advantage in both bodies means legislators will be working hard to hold their seats while supporting challengers in other districts, seeking to sway the partisan balance of both chambers.



PHOTO BY MICHAEL MCMORROW/THE CONNECTION

Where Is it?

See answer on page 11.

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Giving Up the Car Keys?

Recognizing warning signs that it might be time to stop driving.

BY MARILYN CAMPBELL

Tracy Palmer didn't see the accident, but she received a frantic call that every parent dreads: her 11-year-old son had been hit by a car.

"We were on vacation visiting my brother and I'd gone to get coffee and my phone rang," she said. "My brother told that an 82-year old woman hit my son while he and a few of his cousins were sitting just off the driveway drawing with chalk. She never saw the kids and when she hit my son she thought she'd hit a ball, so she kept going. Thank God one of the neighbors saw it and stopped her."

After eight days in the intensive care unit, Palmer's son is on the mend, but Palmer who works as an attorney in Arlington, however, is furious that the elderly driver was allowed behind the wheel of a car in the first place.

Monitoring one's driving abilities is an essential part of our overall healthcare, especially as one ages. "There's no cutoff age for when a person should stop driving. But as we age, our joints can become stiff, our reflexes slow down and our ability to make split-second judgement calls or stop on a dime can become impaired," said Dana Kilgore, MSPT. "Our bodies also become more frail as we age, so the impact of a car accident would probably do more harm to a 85-year old than a 25-year old."

It is important for seniors and their families to pay close to attention to the warning signs that it's time to reduce one's driving or stop it all together, says psychologist Donna Goldstein, Psy.D. "If you notice an increased number scratches or dents on

that mom or dad's car, especially if they've always been a good driver, that could be an indicator," she said. "Getting traffic tickets, getting lost frequently, running stop signs

or traffic lights, those are all signs that it might be time to leave the driving to someone else."

Accepting the fact that it's time to stop driving can be difficult. "A driver's license isn't just a plastic card with a bad picture that you keep in your wallet," said Lisa Dombo, LPC, Ed.D, a marriage and family therapist in McLean. "It means freedom and independence. It's hard for anyone to want to give that up. That's one of the reasons why it can be so hard for people to convince someone that they need to stop driving."

That is a lesson that Naomi O'Conner learned one weekend this winter when she made plans with friends to take in a designer sample sale that was happening about two-miles from her house. Her 86-year old mother had agreed to babysit her 7 and 9-year old children. But the weather took a frosty turn and threw her plans into a tailspin.

"My mom lives a mile away from me and has always been my most dependable backup babysitter for weeknights, but when the snow started falling, I knew that I could not let her get on the road in that weather," said O'Conner who lives in Bethesda. "It was for her safety and everybody else who'd be on road. Unfortunately, she kept insisting that

she would be fine and even became a little peeved that I was suggesting that she was too old. Too keep her off the road, I had to concoct a story about one of my friends getting sick and canceling the plans."

The thought of suggesting to a loved one that it's time to give up their car keys can be daunting. Dombo says that there are steps that one can take to make such a conversation less intimidating. "This is a very sensitive issue for many people because it means dramatic change in lifestyle and having less control over ourselves," she said. "It's important to be respectful and not talk to them like they are a child. Give specific examples instead of making general statements and try not to have the conversation alone. It's usually more effective to have the conversation with a group of family members."

Demonstrating an understand of the what reduced driving means is also important, suggests Goldstein. "You must show empathy," she said. "This type of transition can lead to depression for some seniors. Offering alternatives like gift certificates for cab rides or Uber or Lyft can be good. Coming up with a plan to remain socially active and to run errands and get to doctor's appointments. But this type of life transition is not easy, but it is possible to live a rich, full life without a car."

"... a very sensitive issue for many people because it means dramatic change in lifestyle and having less control over ourselves."

— Lisa Dombo, LPC, Ed.D

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ENTERTAINMENT

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

ONGOING

“She Kills Monsters.” Through March 8, at Mount Olivet United Methodist Church, 1500 North Glebe Road, Arlington. Show times are Fridays, Feb. 22, March 1 and 8 at 7:30 p.m.; Saturdays, Feb. 23, March 2 and 9 at 7:30 p.m.; and Sunday, March 10 at 2 p.m. Written by Qui Nguyen, this comic romp captures the power of role-playing fantasy games to catapult us from hum-drum lives into worlds of infinite possibilities. Cost is \$13/adult; \$7/child. Donations will be taken to support the youth summer mission trips. Visit the website: <http://mountolivetumc.com/youthplay/>.

“Cyrano.” Through March 10, at Synetic 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. Synetic 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.synetictheater.org or via phone at 866-811-4111.

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 for more.

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 for more.

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. Every year, massive ice shelves break apart and reform at the poles, a dramatic and violent, naturally occurring process that is accelerating and shifting due to climate change. Distort Displace introduces the cracking forms of an ice shelf onto the grounds of AAC, prompting viewers to ponder the dissolution and instability of the very ground beneath their feet. Visit www.arlingtonartscenter.org.

THRU APRIL 7

“Masterpieces of the Oral and Intangible Heritage of Humanity.” At Signature Theatre, 4200 Campbell Ave., Arlington. Three women— an art restorer, her

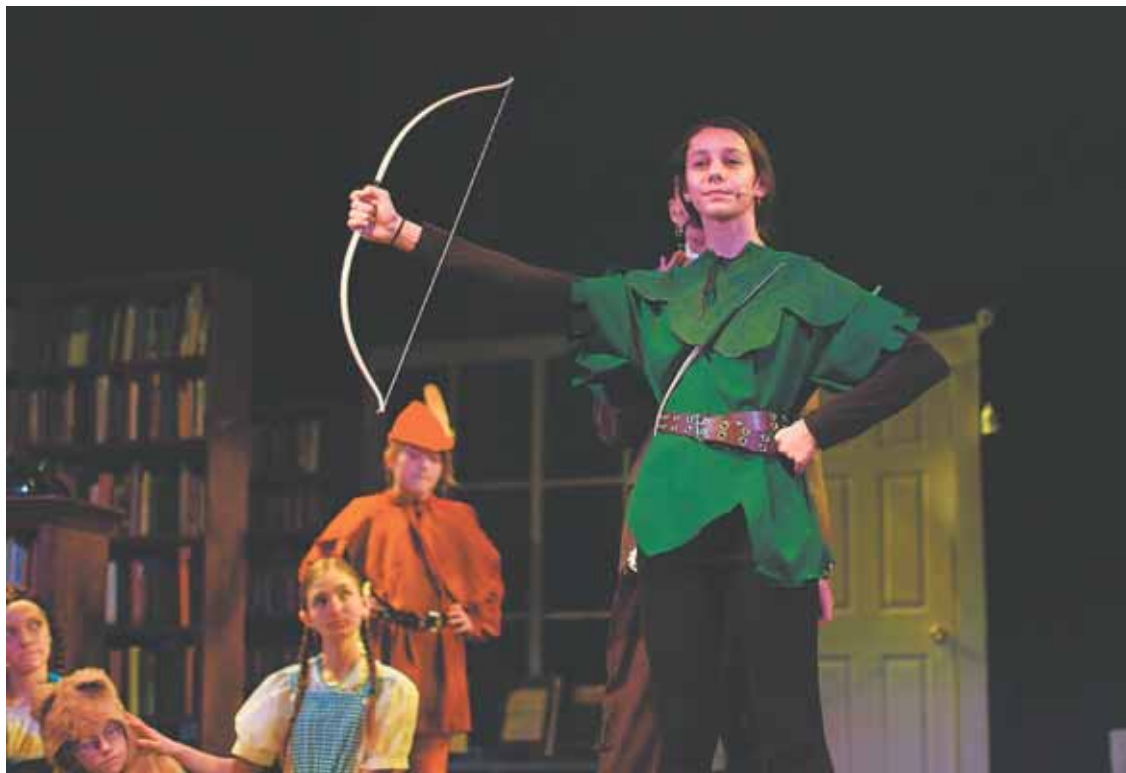


PHOTO BY CINDY KANE

Encore Stage & Studio

Robin Hood and his merry men are on a mission – taking from the rich and giving back to the poor. Presented by Encore Stage & Studio – Theatre by Kids, for Kids. Performance dates and showtimes: Fridays, Feb. 22 and March 1, 7:30 p.m.; Saturdays, Feb. 23 and March 2, 11 a.m. and 3 p.m.; and Sundays, Feb. 24 and March 3, 3 p.m. at Gunston Arts Center – Theatre One, 2700 S. Lang St. Arlington. Tickets are \$15/adults; \$12/children, students, military and seniors. Visit www.encorestage.org or call 703-548-1154.

nurse and their military captor — are trapped in a ravaged museum during a catastrophic hundred years war. Tasked with restoring a damaged Rembrandt painting, the women find common shreds of humanity as they try to save a small symbol of beauty in their broken world. Featuring Holly Twyford (A Little Night Music, Sex with Strangers) and Felicia Curry (The Scottsboro Boys). Visit www.sigtheatre.org.

WEDNESDAY/FEB. 27

Crescendo Chamber Music Concert. 7:30 p.m. at Wakefield High School, 1325 S. Dinwiddie St., Arlington. Don’t miss the young string players of the Crescendo program at its winter chamber music concert.

THURSDAY/FEB. 28

Alliance For Housing Solutions. 5:30-7 p.m. At 3100 Clarendon Blvd., Suite 200, Arlington. Come enjoy drinks, networking, and an informal conversation about affordable housing with Arlington County Board Chair, Christian Dorsey. Remarks from Christian at 6 p.m. This free event is open to anyone interested in housing affordability in the community. RSVPs are not required but will help in planning. Email the name(s) of those attending to ahstaff@allianceforhousingolutions.

FEB. 27-MARCH 5

Lions Club Charity Fundraiser. At Overlee Pool, Bath House - Lower Level, 6030 Lee Highway, Arlington. Fresh citrus, pecans, and maple syrup for sale. Sponsored by the Northwest Arlington Lions Club/Charities. Hours are Friday, 8 a.m.-4 p.m.; Saturday, 9 a.m.-3 p.m.; Sunday, 11:30 a.m.-3:30 p.m.; Monday, 9 a.m.-4 p.m.; and Tuesday, 9 a.m.-4 p.m.; Wednesday, 8 a.m.-2:30 p.m. Call 703-528-1130.

FRIDAY/MARCH 1

Jurassic Adventure Family Night.

6-8 p.m. At the Arlington Mill Community and Senior Center, 909 S. Dinwiddie St., Arlington. Step back in time to when dinosaurs roamed the earth at Arlington Mill Community & Senior Center. Family Nights @ The Mill are free drop-in programs for families that take place on the first Friday of every month. Enjoy fun dinosaur games, make your own dinosaur mask and test your skills at our dinosaur egg scavenger hunt. Jurassic times call for Jurassic measures. Visit parks.arlingtonva.us/locations/arlington-mill-community-center/.

Family Fun Night-For Individuals with Disabilities. 6:30-8 p.m. At Langston-Brown Community Center, 2121 N. Culpeper St., Arlington. Families of children with disabilities ages 4-17 can drop by Langston-Brown Community Center. No pre-registration is required during this drop-in event.

Families will be immersed into a monthly theme featuring various therapeutic activity stations including gross motor, sensory, art, large games, a quiet room and more! \$2 per person. Visit parks.arlingtonva.us/locations/langston-brown-community-center-park.

Romance Panel and Wine Tasting. 6:30 p.m. At One More Page Books, 2200 North Westmoreland St., Arlington. Kick off March with a Romance Panel and Wine Tasting featuring Zoey Castile, Adriana Herrera, and Alexis Daria. Will include discussion of contemporary romance and swoon-worthy characters. Visit www.onemorepagebooks.com.

Let Me Break You Up: An Anti-Dating Game Show. 7:30 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Join host Carly Ann Filbin as she tests real life couples to see if they are meant to be together (they aren’t). The couple with the least amount of points at the end of the night will have to break-up because we all die alone anyway and what’s the point of anything really? It’ll be fun. Cost is \$20. Visit the website <http://ArlingtonDrafthouse.com>.

FRIDAY-SATURDAY/MARCH 1-2

Hal Sparks Live. Friday at 10 p.m.; Saturday at 7 and 9:30 p.m. At Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Whether you know him best as the former host of E! Television’s Talk Soup, the boyish Michael on Showtime’s Queer as Folk, or as the bubble-wrap wearing cult leader desperately seeking the “continuum transfunctioner” in Dude, Where’s My Car, comic actor Hal Sparks has been cracking up film and television viewers since his feature debut in the 1989 cult classic Chopper Chicks in Zombietown. Tickets \$25/\$30. Visit <http://ArlingtonDrafthouse.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.

MARCH 1-30

Rinse, Recycle, Repeat by Jenny Wu. At Marymount University’s Barry Gallery, 2807 North Glebe Road, Arlington. A solo exhibition of Jenny Wu’s sculptural work, installation, video and participatory projects. Born in China, Wu integrates an immigrant’s perspective to current events into her work and lets curiosity lead the way in her studio. Visit www.marymount.edu/barrygallery

“Retrospective.” At Gallery Clarendon, 2800 Clarendon Blvd., Arlington. Featuring works by Marina Troy. Marina’s paintings are inner expressions of childhood beaches and bare mountains. Marina’s work is executed in acrylic, with her own technique of paint applied in wide strokes with expired credit cards,

edited with various brushes. Visit www.galleryclarendon.org.

SATURDAY/MARCH 2

Fort C.F. Smith Park Walking Tour. 9-10 a.m. At C.F. Smith Park, 2411 N. 24th St., Arlington. Free. 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.

Plot Against Hunger. 10 a.m.-2 p.m. At Arlington Central Library, 1015 N. Quincy St., Arlington. Learn how to support Arlington Food Assistance Center with fresh produce from your garden or community plot. There will be presentations on seed starting, composting, and lasagna and container gardening; exhibit tables on winter gardening and edible landscapes; and demonstrations of fruit tree pruning. Also free vegetable and herb seeds.

Turtle First Aid. 10 a.m.-5 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Join rehabilitators and vets in this six-hour class to learn the basics of care for rescued local turtles. Morning session: Turtle Care Intro covers natural history, diet, housing, common illnesses and injuries, and how to help wild turtles. Afternoon session: Turtle First Aid with veterinarians on how to recognize and handle a variety of issues with sick and injured turtles. They’ll also do hands-on diagnosing with live turtles. To register go to wildliferescueleague.org. Bring snacks and lunch. Teens ages 15 and up are welcomed, but must be accompanied by a registered adult. Call 703-228-6535. Cost of \$35 covers both sessions.

Plot Against Hunger Spring Garden Kick-Off. 10 a.m.-2 p.m. at Arlington Central Library, 1015 N. Quincy St., Arlington. Learn how to support Arlington Food Assistance Center with fresh produce from a home garden or community plot. There will be presentations on seed starting, composting, and lasagna and container gardening; exhibit tables on winter gardening and edible landscapes; and demonstrations of fruit tree pruning. Also free vegetable and herb seeds. Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

Fort Ethan Allen Park Walking Tour. 12-12:45 p.m. At Fort Ethan Park, 3829 N. Stafford St., Arlington. Free. Fort Ethan Allen was built by the Union Army in September 1861 to command the approach to Chain Bridge and has the most extensive remaining features of any Civil War fort in Arlington. Explore the earthworks and discuss how and why the fort was built. Dress for the weather. Terrain will be uneven and possibly muddy. Call 703-228-4775.

Family Skate Nights. 6:30-9 p.m. At Thomas Jefferson Community Center, 3501 2nd St., South, Arlington. Time to add roller skating to the calendar of weekend evening fun. Enjoy a live DJ, moon bounce and fun on wheels. The cafe will be open for snacks./ \$2 per person; skate rental is \$3. This is a cash only event.

SUNDAY/MARCH 3

Author Lenore Appelhans. 2 p.m. At One More Page Books, 2200 North Westmoreland St., Arlington. Author Lenore Appelhans will discuss “The Manic Pixie Dream Boy Improvement Project.” Riley is sent to group therapy for going off-script in his role, where he starts to fall for Zelda. He soon discovers that TropeTown

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ENTERTAINMENT

has a dark secret that threatens them all. This YA meta-fiction romantic comedy affectionately satirizes its own literary category. Visit www.onemorepagebooks.com.

TUESDAY/MARCH 5

Lecture Series: Intelligence. 11-11:45 a.m. At DEA Museum & Visitor's Center, 700 Army Navy Drive, Arlington. Free. Take a peek into the inner workings of the Drug Enforcement Administration in this 2019 lecture series "Who We Are and What We Do." Panel discussion with four members of the Intelligence staff. Visit www.deamuseum.org/lecture-series/2019.

WEDNESDAY/MARCH 6

Northern Virginia Bird Club Walk. 8:30-11 a.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Join members of the Northern Virginia Bird Club for one or all of these informal walks through Long Branch and Glencarlyn Park in search of resident and migratory birds. Experienced and beginning birders welcomed. Bring binoculars and field guides if you have them. Free. Call 703-228-6535.

THURSDAY/MARCH 7

Inside Signature with Felicia Curry. 1 p.m. At Signature Theatre, 4200 Campbell Ave., Arlington. Free. Starring as Mitra in the world premiere "Masterpieces of the Oral and Intangible Heritage of Humanity," Felicia Curry was last seen at Signature in Kander & Ebb's "The Scottsboro Boys." Her most recent D.C. credits include "Jefferson's Garden" at Ford's Theatre, "Nina Simone: Four Women" at Arena Stage and Lela in

"Lela & Co." at Factory 449: a theatre collective, where she is a Company Member. Visit www.sigtheatre.org for more.

Feeding Time. 3:30-4:30 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Ages 6-10. Find out what's on the menu for the center's animals and what they would eat in the wild. Learn about the adaptations that help them find, capture and swallow their meals. Then feed the center's snakes, turtles and frogs. Cost is \$5. Call 703-228-3403.

Author Alma Katsu. 7 p.m. At One More Page Books, 2200 North Westmoreland St., Arlington. Katsu will discuss "The Hunger," a reimagining of one of America's most haunting human disasters, the Donner Party — with a supernatural twist. Visit www.onemorepagebooks.com.

FRIDAY/MARCH 8

Super Slimy Animals. 3-4 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Cost is \$5. Come learn about all things slimy, from fish to amphibians and more. Also meet some live slimy animals. Then, create some slime for you to take home. Call 703-228-6535.

Opening Reception. 5-8 p.m. At Gallery Clarendon, 2800 Clarendon Blvd., Arlington. "Retrospective" features works by Marina Troy. Marina's paintings are inner expressions of childhood beaches and bare mountains. Marina's work is executed in acrylic, with her own technique of paint applied in wide strokes with expired credit cards, edited with various brushes. Visit www.galleryclarendon.org.

Wake Up Spring Campfire. 6-7 p.m. At Long Branch Nature Center, 625

South Carlin Springs Road, Arlington. The whole family is invited for lots of old-fashioned fun. This engaging program will be filled with entertaining activities which may include stories, special animal guests, games, songs and of course, S'mores! Find out where to look for the earliest signs of spring this evening while keeping warm around the fire. Cost is \$5. Call 703-228-6535.

Concert: Bethesda Songwriting Contest Finalists. 7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. The fifth annual Bernard/Ebb Songwriting Awards, produced by the Bethesda Arts & Entertainment District, features a live concert performed by the competition finalists, including Sarah Baumgarten, of Arlington. Tickets begin at \$15 at www.bethesda.org.

MONDAYS/FRIDAYS/MARCH 8-APRIL 9

My 1st Portfolio. 10-11 a.m. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. This is a special offering for young children ages 2-4 and their caregivers. Children, along with their moms, dads, grandparents, or nannies, will participate in a creative experience that develops cognitive, sensory, and motor skills. Caregivers will be active in each class, helping children to realize their own budding artistic vision. No art experience is necessary for children or caregivers. Visit www.arlingtonartscenter.org.

SATURDAY/MARCH 9

Free Yoga Workout. At Ballston Quarter, 4238 Wilson Blvd., Arlington. Join in a free workout SEE ENTERTAINMENT. PAGE 10



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PET CONNECTION



Gus, an adopted terrier mix, is a saving grace to his owner Jeff Knowles who struggled with sobriety. He says, "It can be cliché to say a dog saved someone, but I have been sober for 6 years and Gus has been my best friend and partner through it all."



Adrienne Leff adopted Bingo from her friend who saves dogs on Craigslist that are abused and used for bait in dog fighting. Born on Halloween, Bingo is a 4 month old lab, pit bull, and beagle mix. He is a playful, energetic pup that loves to eat and he once ate her son's homework.



Emily Rich named her chocolate lab puppy, Griz (left), after the birthplace of her first child in Missoula, Montana, which is home of the University Grizzlies. She adopted Griz after their 6 month old puppy Butte (right), a black lab, died from eating toxic shellfish in the Chesapeake.



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PET CONNECTION

Sandy

My pet is a hermit crab I bought two years ago on the Outer Banks at Duck, North Carolina. I call her Sandy because crabs live on the sand at the beach.

She came with a shell for her home. I bought three other shells, but she still lives in the one that was her home when I picked her. It is one with paintings of seagulls and the sun setting, or coming up, over the ocean.

Sandy only knows one trick: Turn her shell upside down and she rolls it over and crawls away with the shell on her back.

— COLLEEN BETT, AGE 7,
ABINGDON E.S., FAIRLINGTON



Colleen Bett with her pet hermit crab.

BULLETIN BOARD

THURSDAY/FEB. 28

Housing Happy Hour. 5:30-7 p.m. At 3100 Clarendon Blvd., Suite 200, Arlington. Come enjoy drinks, networking, and an informal conversation about affordable housing with Arlington County Board Chair, Christian Dorsey. Remarks from Christian at 6 p.m. This free event is open to anyone interested in housing affordability in the community. RSVPs are not required but will help in planning. Email ahstaff@allianceforhousingolutions.com.

FRIDAY/MARCH 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.

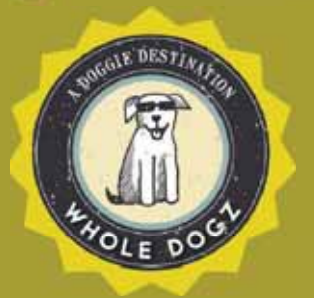
TUESDAY/MARCH 5

Pancake Supper. 6-7:30 p.m. At St. John's Episcopal Church, 415 S. Lexington St., Arlington. Annual Shrove Tuesday, also called Mardi Gras (Fat Tuesday), Pancake Supper. Prices are \$5/adults; \$3/children 6-12; and free for children under 6. Fat Tuesday gets its name not because it is a time to overeat, but from the practice of using up fats and other foods that were traditionally not eaten during Lent. The supper, traditionally hosted by the men of the parish, will feature pancakes, ham and applesauce. Visit www.stjohnsarlingtonva.org.

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-Werner Heisenberg

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ENTERTAINMENT

FROM PAGE 7

every second Saturday of the month with classes taught by OneLife Fitness instructors. Bring your own mat. Tickets at www.eventbrite.com/e/2019-burn-series-free-workouts-at-ballston-quarter-tickets-55410233500.

R.I.P. - Remove Invasive Plants.

9:30-11:30 a.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Want to restore habitat and increase species diversity right here in Arlington? Work parties are held every month and are making a real difference, with the return of ferns and wildflowers, and the animals that depend on them, in areas once covered in destructive invasive plants. No registration required. Free. Call 703-228-3403.

Families Unplugged: Puppet

Playtime. 10 a.m.-noon. At Walter Reed Community and Senior Center, 2909 16th St., South, Arlington. The experts at Blue Sky Puppet Theater will present their show "Pig Tales," an engaging show about sharing, working together, and friendship. After the show, each child will get to create their own puppet to take home. A chance to "unplug" from the electronics, puppetry is artistically, educationally and socially engaging for the entire family. \$8 per person (resident), \$9.20 per person (non-resident).

Four Mile Run Stream Cleanup. 10 a.m.-1 p.m. Arlington County Park Rangers are calling on volunteers to help clean Four Mile Run at Madison Manor, Glencarlyn, Barcroft and Shirlington Parks and by Arlington Mill Community Center. Volunteers should wear waterproof boots and bring gloves. Bags will be provided. An adult must accompany volunteers under 18 years old. Call 703-525-0168 or visit environment.arlingtonva.us/events/annual-four-mile-run-stream-cleanup/.

Free Play Days. 1-2:30 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Ages 6-10. Give kids unstructured time they can call their own. Your child will love this chance to explore our woods, make mud pies, throw rocks in the creek and just be free. Dress to get wet and dirty, and wear closed-toe shoes. Free. Call 703-228-3403.

Crafternoon at Fairlington. 1:30-3:30 p.m. At Fairlington Community Center, 3308 S. Stafford St., Arlington. Feeling crafty? Come enjoy an afternoon of crafty fun with blown ink art.

Author E.A. Aymar. 6 p.m. Will discuss "The Unrepentant," accompanied by vocalist Ayana Reed. Set in the DC/Maryland/Virginia triangle, "The Unrepentant" combines action and black comedy, with a no-holds-barred examination of the dark corners of the human mind. But for someone who writes

such edgy and hard-boiled thrillers, he's an awfully nice, funny guy. Visit www.onemorepagebooks.com.

Family Skate Nights. 6:30-9 p.m. At Thomas Jefferson Community Center, 3501 2nd St., South, Arlington. Time to add roller skating to the calendar of weekend evening fun. Enjoy a live DJ, moon bounce and fun on wheels. The cafe will be open for snacks./ \$2 per person; skate rental is \$3. This is a cash only event.

THROUGH MARCH 10

"Ain't Misbehavin'. At Signature Theatre, 4200 Campbell Ave., Arlington. Step into Harlem for a swinging, dancing celebration of big band and the songs of Thomas "Fats" Waller. This Tony Award-winning musical tribute features all of Waller's beloved tunes including "The Joint is Jumpin'," "Honeysuckle Rose," "Handful of Keys" and more. A cast of Signature favorites including Nova Y. Payton (Jelly's Last Jam), Kevin McAllister (Titanic) and Iyona Blake (Titanic) strut the stage while Jelly's Last Jam's Mark G. Meadows tickles the ivories. Visit www.sigtheatre.org.

SUNDAY/MARCH 10

Notable Nature. 3:30-4:30 p.m. At Long Branch Nature Center, 625 South Carlin Springs Road, Arlington. Lessons in nature journaling and sketching. Construct a nature journal, hone writing and drawing skills and talk about the season while hiking. Call 703-228-6535.

Revels Pub Sing. 7-9 p.m. At Ireland's Four Provinces, 105 W. Broad St., Falls Church. Raise a glass and sing a rousing tune at Washington Revels' annual Pub Sing in Falls Church. A family friendly event, with sing-along sheets and song leaders provided. Cost is \$10-\$23. Tickets available at <http://revelsdc.org/2018/mar10-pub-sing-falls-church/>

MONDAY/MARCH 11

Mass in Gaelic. 7:30 p.m. At St. Thomas More Cathedral, 3901 North Cathedral Lane, Arlington. The Col. John Fitzgerald Division #1 Arlington AOH will celebrate the Mass in Gaelic. The following organizations are cooperating in this effort: The Virginia State Board AOH and Ladies State Board along with several Divisions. Music will be provided by a choral group directed by John F. Thieman. The group will sing Sean O'Riada's Mass in its original Gaelic with organ and harp accompaniment. The celebrant will be the Rev. M. Valentine Keveny from County Mayo, Ireland.

TUESDAYS/MARCH 12 - APRIL 9

Animals in Art. 4:30-6 p.m. They will use mixed media — cardboard,

collage, paint, and more— as they explore the animal world and learn to use new materials and art techniques. Find inspiration in the work of contemporary artists and illustrators. For ages 8-10. Visit www.arlingtonartscenter.org.

WEDNESDAY/MARCH 13

Fun With Minerals. 3-4 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Ages 7 to 10. Minerals are found in all seven continents of the world. From Amethyst to Zircon and everything in between, learn all about minerals in the classroom and then see how many can be found on a hike. Cost is \$5. Call 703-228-3403.

THURSDAY/MARCH 14

Deep Dive: Amphibian Eggs. 8-9 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Take a Deep Dive into natural history that scratches more than just the surface. Amphibian eggs are different from the eggs we eat for breakfast. What are the advantages of aquatic eggs for a terrestrial animal? How do these soft eggs differ from the firm eggs of birds? Cost is \$5. Call 703-228-3403.

SATURDAY/MARCH 16

MOVE ME Festival. 1-4 p.m. At Kenmore Middle School, 200 S. Carlin Springs Road, Arlington. Bowen McCauley Dance Company is celebrating its 10th Annual MOVE ME Festival, which includes a roster of local artists, musicians and dance companies that will join this professional company. Local artists selected for the 2019 Festival include The Arlingtones, El Tayrona (Colombian Folklore Dance Ensemble), Encore Stage and Studio, Everybody Dance, Halau O 'Aulani, Joy of Motion Dance Youth, Kalavaridhi Center for Performing Arts, Old Dominion Cloggers, Potomac Harmony, Prio Bangla, Utpalasia, Zumbini with Kidovation Stage and Zumbini with Heidi. Visit www.bmdc.org.

Stories of Migration. 1-3 p.m. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. A family friendly, community workshop and artist talk with Over, Under, Forward, Back artist Natalia Nakazawa and curator Blair Murphy. Nakazawa explores human movement through art objects and storytelling. In this workshop, participants are invited to embroider their own ancestral, present, and future paths onto the surface of a world map tapestry, which has been constructed with open source digital images mined from online museum collections. RSVP online at www.eventbrite.com/e/our-stories-of-migration-with-natalia-nakazawa-tickets-56945305943.

'FLOURISHING AFTER 55'

"Flourishing After 55" from Arlington Office of Senior Adult Programs for March 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: Maple Sugar Festival, Frederick, Md., Sunday, March 10, \$7; National Archives, D.C., Tuesday, March 12, \$7; Newseum, D.C., Wednesday, March 13, \$27; Ireland's Four Provinces St. Patrick's Day (early) lunch, Falls Church, Thursday, March 14, \$5 (transportation only); The Kennedy Center, National Symphony Orchestra Coffee Concert, Friday, March 15, \$40. Call Arlington County 55+ Travel, 703-228-

4748. Registration required.

NEW PROGRAMS:

Rarely heard music of Central Asia and video of Moscow Opera Company, Monday, March 11, 1 p.m., Arlington Mill. Register, 703-228-7369.

Android phone users forum, Monday, March 11, 6:30 p.m., Arlington Mill. Register, 703-228-7369.

Monet and Architecture, Monday, March 11, 1:30 p.m., \$6, Aurora Hills. Register, 703-228-5722.

Diabetes peer support group. Monday, March 11, 11 a.m., Langston-Brown. Details, 703-228-6300.

Madison Chess Club welcoming new players, Mondays, 9:30 a.m. – 2:30 p.m., Madison Community Center. Details, 703-228-4878.

55+ Biking Group, contact info,

703-228-4771; email, 55plusbikinggroup@arlingtonva.us.

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

Events that changed history, Tuesday, March 12, 11:15 a.m., Lee. Details, 703-228-0555.

Drumming Circle, Tuesday, March 12, 11:30 a.m., Lee. Details, 703-228-0555.

LinkedIn tutorial, Tuesday, March 12, 6:30 p.m., Walter Reed Register, 703-228-0955.

Men's 55+ basketball, drop-in, Wednesdays, 11:45 a.m. – 2 p.m., Walter Reed. Details, 703-228-0955.

Craft project for grandparents and grandkids, Wednesday, March 13, 2 p.m., Lee. Details, 703-228-0555.

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Move Over

FROM PAGE 3

any vehicles with flashing emergency lights, including police, firefighters, tow trucks and Virginia Department of Transportation crews. A first offense is a traffic infraction with a fine of up to \$250, and a second offense is a Class 1 misdemeanor punishable by up to a year in jail and a \$2,500 fine.

Del. Chris Peace, R-Mechanicsville, said accidents caused by drivers who fail to move over have increased recently. Speaking before the House Courts of Justice Committee, he cited a day in December, during a snowstorm, when four state troopers were rear-ended in a 24-hour period.

In honor of Clark's memory, Peace is sponsoring HB 1911, which would strengthen the current law and make the first offense a Class 1 misdemeanor rather than a simple traffic infraction. The bill passed committee Monday and is on track to be approved by the full Senate before the end of the 2019 session.

Clark called her husband's death entirely "avoidable" and "untimely." She said her husband was aware of the danger and gave his life to warn the other three firefighters on the scene.

To further honor Clark's legacy and bring attention to his death, the Senate passed a bill Monday designating a new specialty license plate inscribed "Move Over" and bearing a picture of Clark. That legislation, HB 2011, also was sponsored by Peace.

Most of the plate's annual \$25 fee will go to the Fredericks Family Fund Foundation, which has pledged to use the money to "honor and help take care of" Clark's widow and four daughters, according to organizers.

To order a Lt. Bradford Clark Memorial Plate, visit <http://bit.ly/clark-plates>.



PHOTO BY MICHAEL MCMORROW/THE CONNECTION

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"Christus" overlooking Arlington Boulevard, one block West of Glebe Road.

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The Following is a Test



By KENNETH B. LOURIE

Although you can adjust your television set, it's probably wise to have juiced the battery in your cellular phone. Better still, use your landline – if you have one – thereby preventing a dropped call right in the middle of your interminable hold. Because the call you're about to make – to a government office – is likely not going to be made to the correct number or the correct person or at the correct time or even to the correct department.

And should you be lucky enough to reach an actual person with your call, the explanation for your call/the problem you're attempting to resolve, will no doubt result in a transfer which most likely will not be to the correct number, the correct person, at the correct time or even to the correct department.

Unfortunately, after perusing the government's website, you're just not smart enough to figure out exactly what number you're supposed to call. (Is anyone that smart?) And therefore you are likely going to experience this loop-de-loop – without the upset stomach.

And what makes your attempt even worse? Hanging up, since your call might be "answered in the order in which it was received."

Now presuming/assuming that a less-than-immediate solution will not be at hand, there are a few steps one should take in preparation to not make a bad situation worse:

* Allow for plenty of time. Do not make this call when you're in a hurry, on break/at lunch or have a limited window of opportunity to complete your task. You will need to be in for the long haul, so to speak.

* Try to make this call when you're able to sit/stand comfortably – for long periods of time. Moreover, make sure you have the privacy you need so that anything you say will not be heard (or held against you in a court of law) and any movements your body makes will likewise not be seen.

There's something about being stuck on the phone for long periods of time waiting, waiting, waiting; talking, talking, talking; hoping (you'll note I didn't say expecting) to reach the right person and/or resolve the problem/get the answer which prompted the call in the first place, which rarely brings out the best in the person on hold. Quite frankly, it's been my personal experience that it brings out the worst.

In addition to having the time and the place, one must also have the patience. That patience comes from proper preparation. And by "proper preparation" I mean the creature comforts: food, water and access to a bathroom.

The order really should be reversed with bathroom access first and foremost. Being uncomfortable, shall we say, after finding the time and place, and then making the effort to navigate the government's website looking for the proper person, phone number, department and then in the midst of any success you might have accomplishing this Herculean feat, to have that very personal need interrupt the proceedings is the definition of poor planning.

Common sense has to prevail or the consequences may be dire; you might have to start your calling process all over again. I wouldn't wish that on any one.

There is no greater satisfaction than surviving making one of these calls, and having done so because you put all of your adult Boy Scout skills to work. There really should be badge of honor one can earn after completing this dreaded and arduous task.

In fact, there should be some kind of reward. Although I imagine reaching nirvana (not listening to Nirvana) is its own reward.

Nevertheless, having survived the ordeal and endured the suffering for as many minutes as I care not to remember, I can say with absolute certainty, it's a hell of a feeling. I wish you all well in your next pursuit of truth and justice despite the American Way.

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

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