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The Arlington Connection

Maryam Bibi, leader
of Khwendo Kor that
sponsors education
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PHOTO BY SHIRLEY RUHE/THE CONNECTION

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PHOTO CONTRIBUTED

From left: Jeanne Zeidler; Michelle Cottrell-Williams, 2018 Virginia Teacher of the Year and 2019 Commemoration Schools Ambassador; H. Benson Dendy; Paul D. Koonce; and Frank Atkinson.

Highlighting State's Early History

Wakefield teacher honored.

Virginia's 2018 Teacher of the Year Michelle Cottrell-Williams, a social studies teacher at Wakefield High in Arlington, was recognized by both houses of the Virginia General Assembly on Jan. 30 for her service as an Ambassador for the 2019 Commemorations Schools program.

The 2019 Commemorations Schools program is a

statewide initiative to make the themes of the 2019 Commemoration, democracy, diversity, and opportunity, relevant to students across the Commonwealth. The 2019 Commemorations Schools program provides tools and resources to accompany schools as they promote these themes and incorporate 2019 spirit and knowledge into the state's school communities and classrooms.

American Evolution Executive Committee Members Jeanne Zeidler, H. Benson Dendy, Paul D. Koonce

SEE HIGHLIGHTING, PAGE 10

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E-bikes: Friend or Foe

Parks agencies present proposed changes allowing e-bikes on their trails.

BY MERCIA HOBSON
THE CONNECTION

“Electric-assist bikes are not coming, they are here,” said Chris Pauley, director of park operations, Northern Virginia Regional Park Authority (NOVA Parks). The recent popularity in electric-assist bicycles, e-bikes and the fact they are not allowed on trails in Fairfax County and NOVA Parks prompted NOVA Parks and Fairfax County Park Authority to take steps to understand the issues and then share facts with the public and listen to their comments.

On Thursday, Feb. 7, NOVA Parks and Fairfax County Park Authority Northern Virginia came together at a joint public meeting in Lorton to present their proposed recommendation to modifying §1.14 B. (3) of the Park Authority Regulations. “Because both state law and technology changes, we have to update our regulations, and that’s why we are here tonight,” said Michael Nardolilli, chairman and representing Arlington on the board of directors for NOVA Parks, addressing the gathered crowd of approximately 80 individuals. “We are seeing a positive shift in society where bikes are not just for fitness and fun, but increasingly for transportation,” he said.

As the presenter for the public meeting, Pauley described to the crowd how e-bikes are replacing traditional bicycles for both recreation and transportation. “(They) create an inclusive environment from the recreation perspective.

People from all ages and abilities are being reintroduced to riding ... As a transportation option, people are riding further and



Presenter Chris Pauley, director of Parks Recreation NOVA, describes the recreational and lifestyle benefits of e-bikes during the Fairfax County Park Authority and Northern Virginia Regional Park Authority joint public meeting on Thursday, Feb. 7, on proposed changes to regulation on the use of e-bikes on park trails in northern Virginia.

riding more often if they have an e-bike,” Pauley said.

PAULEY EXPLAINED the steps taken on the issue as it relates to the parks. NOVA Parks worked with Toole Design Group, a consulting agency with 16 years of experience. Its stated focus is “... developing creative yet practical solutions that move people more efficiently while improving the quality of life of the community.”

According to Pauley, one of the most critical issues was to look at user and safety behavior, as it was not something other localities had done yet. “We are on the cutting edge,” said Pauley.

Fairfax County Park Authority took a different approach, Pauley said. They established a staff led e-bike study team, which, among other things, reviewed jurisdictional

practices. It also “... looked at local bike associations and talked with them about what they saw... (and) the different impacts on their facilities,” said Pauley. H

e added that the county developed recommendations in concert with state law by working with the county attorney. “A pretty involved process from both ends,” he emphasized.

Pauley circled back to user behavior. He requoted key monikers stated in comments provided by people who were opposed to e-bikes on the trails: “The trails are too crowded; these bikes are too fast.” Pauley disputed the concerns. He stressed their white paper studies showed e-bike cyclists and traditional cyclists behave the same. “They don’t behave any differently. They don’t behave any better, but also don’t behave any worse,”

Pauley said.

Pauley confirmed that on the roads e-bikes tend to go a little faster than traditional bicycles but he surprised many in the audience when he said, “On multi-use trails, they are a little slower.” Crash rates are similar he added. As for other people on the trail, Pauley revealed people did not recognize when an e-bike was on a trail with them. “Studies showed that most people if you didn’t tell them there was an e-bike on the trail, didn’t know that it was there,” he said.

Pauley highlighted the Virginia Code authorizes the park authorities to regulate uses of all land and facilities under control of the authority. “But there is a caveat. We can’t create any regulation that is in conflict with state law ... state law is at the top; it’s the king of everything,” said Pauley. “Park regu-

Proposed Amendment

The Altered Sections of the Proposed Amendment Read:

1.14 Motor Vehicles and Traffic:

B: Prohibited Vehicles.

(3) Mopeds are permitted only in areas where motor vehicles are permitted.

(Added)

E. E-Bikes. Electric power-assisted bicycles (e-bikes) equipped with pedals that allow propulsion by human power are considered bicycles and non-motorized vehicles for the purpose of these regulations and are allowed in the same places that traditional, pedal-powered only bicycles are allowed.

lations fall in the middle ...The way it works is our park regulations are enforceable by law. It is a Class IV misdemeanor. So technically someone riding an e-bike yesterday could be cited with a Class IV misdemeanor. That’s probably not where we want to be.”

STATE LAW is pretty wide-open, said Pauley. He cautioned, “That might not be the best fit for some of our trails from the perspective of safety.” Pauley said the proposal they were presenting that evening was to strike the motor-assist piece to clearly define mopeds are not permitted on trails, only where motor vehicles are allowed to go.

Pauley stated that they added a section that would define what a power-assist or e-bike would be.

“That’s basically operable pedals, with an assist motor,” he said. “The proposal would be to discount the e-bike as a motorized vehicle thereby allowing it to travel any place a traditional bike would be able to go,” Pauley said.

In the draft guidelines, Pauley said they defined an e-bike, its performance level, where e-bikes can be operated and how it can be used. “This is a significant first step, a positive step to get these people back on the trails, get them into the parks, get them to be inclusive in their recreation, help them with the lifestyle they want to live and get them back on the bike to enjoy themselves,” said Pauley.

VIEWPOINTS

Comments from the Public



Henry Dunbar, Arlington

“There are so many park authorities ... local, national, regional that have been putting their head in the sand for a while, and not really addressing ‘the elephant in

the room.’ That is e-bikes, and the revolution is happening before us ... It is a paper issue, not an equipment issue, and we should work on that ... It’s not just e-bikes that are here; we are talking about scooters, boosted boards, and all manner ... I think the policies would be more inclusive if they were considered.”



Paul Wagner, District of Columbia

“The definition in both the regulation and suggested amendments have a huge loophole. Namely, they simply have pedals that ‘allow’ for human propulsion but they do

not ‘require’ them for propulsion ... 20 mph is just the suggested speed limit as far as bikes go ... I’m worried about dealing with the throngs of high-speed assisted-riders, plus 750 watts zipping through the remote loops of Fountainhead in an hour and the slippery slopes of some e-folks de-restricting their speed.”



Todd Ketch, Owner, Pedego Electric Bikes, Alexandria

“(E-bikes) open the door for more people of all ages to ride a bike, more often and for longer distances and durations. Fantastic opportunity for exercise enjoyment of the outdoors and alternative transportation ... We must hold them (e-bikes) to the same rules as those on conventional bikes.”



Cary Petrovich, Lorton

“The e-bike has given me this whole new level to go riding with my friends. I had a knee issue ... that’s why I acquired my e-bike.

It allowed me to do everything I wanted to do and still enjoy the outdoors ... I ride at a lower (tire) pressure. My mountain bike tires do not rip up the trails. It is not a throttle. It is pedal-assisted.”

PHOTOS BY MERCIA HOBSON
THE CONNECTION

Fighting for Girls' Education in Pakistan

Bibi pursues interfaith experience in Arlington.

BY SHIRLEY RUHE
THE CONNECTION

Maryam Bibi is in Arlington for two reasons. First is to raise funds for girls' education in Pakistan where she lives. "It costs about 800 rupees per month to support all of the costs for one student including teacher's salary and books. This is about 8-10 American dollars. "Currently we have two thousand three hundred and some girls enrolled in our NGO sponsored schools. Education is my passion; it gives girls the ability to think, analyze." The second reason is to develop trust and increase understanding. "You breathe the same air as we do." Bibi said. In Pakistan, despite the dollars poured in, the perception of America is not good and in America the same is true due to the Taliban. But there is a lot of goodness in both places. "Truth and justice don't have boundaries."

Bibi was lucky that her father was courageous to get his own daughters educated in



Maryam Bibi serves homemade lunch to SEEC workers in south Arlington.

Pakistan. "He had a job and was educated. One of my sisters is a doctor." But when Bibi got married her struggle was within her own family. "I was not allowed to work. They feared an honor issue. 'Why should you work outside the home?' Her mother used to say women's income is haram (illegitimate) as opposed to halal (legitimate)." And that is the reason she would stop me with this argument."

"I didn't like to be dependent on my in-laws. I was very helpless; mobility was an issue and I had no money of my own." But she didn't let it stop her from trying to get a job. "But every time I got work I have to listen to my in-laws." Finally the seventh time they didn't support her but they didn't stop her. "I never looked back."

Twenty-five years ago Bibi says she realized the situation in Pakistan. "I could see it was only men in mosques. This was just my thinking." Later after a number of experiences with projects that taught her about the needs of women and gave her managerial skills, Bibi founded Khwendo Kor, an NGO in Pakistan to sponsor education for girls. "In my own village I realized a lot is needed for girls' education, to stand on their own feet and to have their own opinions."

She said women have to collaborate to improve their own conditions. "It's like a little bird in a nest; you have to work for it." Bibi said that their country is conditioned in the way to reinforce social norms that don't support education for the girls.

She started going to villages to see whether they would be open to investing in girl's education. "We visit 30-40 villages to select one ready for girls' education. There were 14-15 criteria." Bibi says once they allowed Bibi to come she had to work hard to overcome the mistrust that was deeply entrenched with the local chiefs in control.

They had to build trust slowly in the villages. "They considered us as alien coming from a different village, driving a car, etc. It would take 3-4 months to allow people to meet us. We would ask really difficult questions. Why no girls in school? How many of your girls die

in childbirth? How many boys' schools do you have (3)? How many girls' schools (0)?

"Engaging them was really important. She says her sister would go to the villages and see the sick children. "I would say to the men, 'Why are you bringing your girls to the doctor but not allowing them to be educated.'" They would say to her, "Niece, my goodness, you are right. But God has made us poor. This is our fate. And this is your fate." She thought, "Don't you see we are the same people. What's the difference? Education."

Bibi stresses to be successful with girls' education it was necessary that the villages make the decisions. They decide where the school will be. "A school is not a building ... maybe under a shed." Who would be the teacher? How would they provide for the security of the teacher who could be a target for kidnapping or anger from anti-education villagers?

"We give the village people the task; they do the job." She says when the school was being attacked by the Taliban the villagers would call and say, 'don't come until 11 today.'" Only after the village buy-in would Khwendo Kor go in with the money to pay the teachers.

While in Arlington, she is staying with Margaret Miller who worked with Afghan refugees in Bibi's hometown of Peshawar in the 1980s. But they only met locally coincidentally in 2017.

Bibi has participated in cooking and delivering meals with Miller at the outside pavilion for Shirlington Employment and Education (SEEC) workers with Rock Spring UCC members. Bibi says in Pakistan they have a more hands-off approach to feeding the poor and she thinks she will take the American way back with her.

Bibi says religion has misused power. She explains it can be used for bad or good and in the name of Islam a lot of bad has happened. "It is very powerful but not used for women's empowerment." Bibi says she gives a lot of importance to personal experiences and to her recent interfaith interactions. How can Islam claim to be universal? I think God has a role in everything. It is just humans being equal."



PHOTO BY MICHAEL MCMORROW/THE CONNECTION

Where Is It?

See page 11 for answer.

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Inspiring Change Arlingtonian's film puts spotlight on Styrofoam.

BY CATHERINE FRONDORF
THE CONNECTION

"Hold the Foam" is Miriam Gennari's motto, an Arlingtonian, grassroots activist, and the creator of the documentary film "Styrofoam Mom." She hopes to inspire Arlington to change its ways on a seemingly hopeless cause.

"The film is really about is raising your voice — even one person, by asking the right questions and taking action can have a say in what our future looks like," Gennari said.

After she watched the documentary "An Inconvenient Truth" by Al Gore, Gennari felt compelled to start making changes within her life. When she became aware of the volume of single-use Styrofoam trays being discarded in her children's schools, she took the issue to the county board. What began as a call-to-action to rid our school systems of the non-recyclable material evolved into a 10-year journey influencing people within the region. Arlington County schools no longer use single-use, non-recyclable lunch trays because Gennari spoke up and changed the community — and she has no plans to stop.

Gennari launched her radio show, "Sustainable Scoop," with Arlington Independent Media and began a movement to limit Styrofoam in the community. The local action group, Freedom Is Not Free, invited Gennari to present her film at its monthly meeting last month. The founders of the group, Alicia Korten and Lorne Epstein, are focused on a values-driven economy and became inspired to "do something" after the 2016 election. What initially began as a get-together discussing politics and grassroots issues with friends grew into a "community innovation hub," said Korten.

Gennari spoke to the 20 people in attendance before the film, many of them long-time Arlingtonians, parents, entrepreneurs, and Libby Garvey, vice chair of Arlington County Board.

For a country that produces bil-



Miriam Gennari

lions of tons of trash annually, many advocates of recycling seek out one solution, which is to ban Styrofoam entirely. However, it still begs the questions: "Is Styrofoam absolutely necessary?" Gennari's response: "The goal is to start a conversation — the opportunity to recycle exists in regional cooperation; we don't need to send it off to China, we need to create a marketplace here."

The goal that was merely an idea is now taking form through tangible ways. Jim Schulman, an ar-

chitect for over 30 years and a friend of Gennari, founded the non-profit Alliance for Regional Cooperation that is dedicated to creating buildings with reused materials (JSchulman@ARCdmv.org). Linda Staheli, founder of Global Collaboration Laboratory Network (<https://www.globalcolab.net>), is geared

toward "building new initiatives around youth empowerment and youth optimism" and plans to join Gennari's movement by bringing youths into the effort.

Gennari's documentary excited others at the meeting to take initiative and limit the amount of Styrofoam within their own lives and influence others to do the

same. Allison Johnson plans to end the use of it in her workplace and said, "I work for a construction company that uses Styrofoam cups and trays for water and lunch, among other things, when they could be using reusable items and I want them to use reusable, recyclable items."

SEE 'HOLD THE FOAM', PAGE 11

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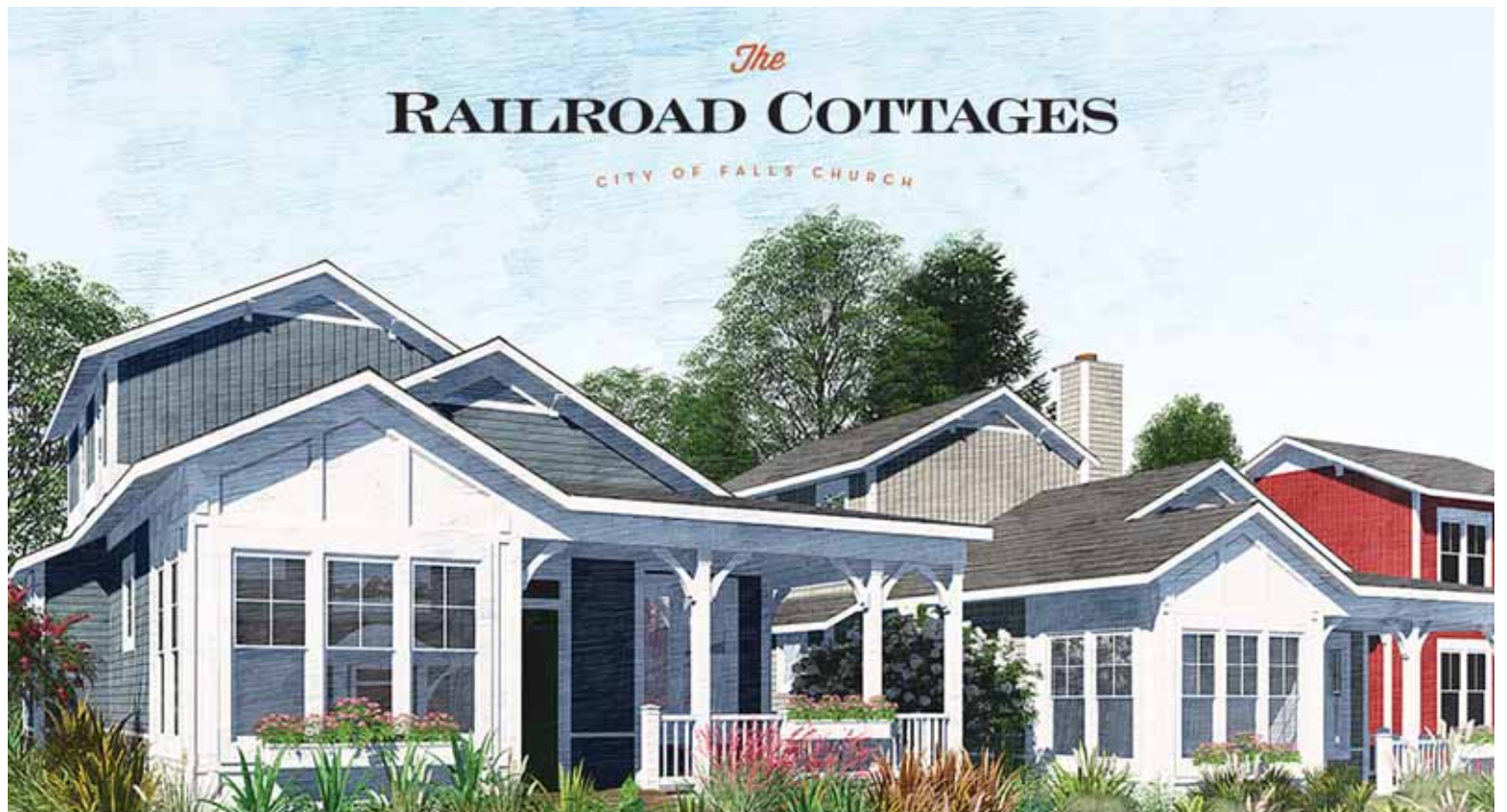


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ENTERTAINMENT

Synetic Theater Presents 'Cyrano de Bergerac'

Vato Tsikurishvili, son of Synetic co-founders Paata and Irina Tsikurishvili, makes directorial debut.

BY STEVE HIBBARD
THE CONNECTION

Synetic Theater in Arlington is presenting "Cyrano de Bergerac" from now through March 10. 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.

Making his directorial debut is Vato Tsikurishvili, the son of Synetic co-founders Paata and Irina Tsikurishvili. A native of the Republic of Georgia, Vato is an award-winning actor, choreographer, and educator with more than a decade of experience imparting Synetic's style to audiences and students of all ages. He has been performing since age 4 and has an athletic background, having trained in fencing under Olympic coach Vladimir Nazlymov and in gymnastics with his grandfather, Olympic coach

Arnold Kvetenadze. The show's choreographer is his mom Irina.

According to Vato Tsikurishvili: "First, 'Cyrano' is very timely. Especially if we treat the story as metaphorical rather than literal, parallels can be drawn to many facets of our everyday lives — especially in a world where social media reigns supreme, where the number of followers and likes we get directly correlates to false feelings of self-worth and value. Today, one must produce an image that fits a subjective aesthetic, yet what is real and true must be locked away and only revealed to those closest to us. The adage of 'don't judge a book by its cover' is lost and flipped in today's daily interactions, and Cyrano is the ultimate example of that. He's the most intelligent character in the play, and yet he holds himself hostage to his misshapen nose because it doesn't conform to his society's ideal of beauty."



Vato Tsikurishvili

He continued: "As a result, his priorities are flipped. Instead of valuing the little time life gives him to spend with the one he truly loves, he chooses to suffer, hiding his anguish in her presence. I wanted to show this loss, the tragedy of this huge misconception on Cyrano's part, which results in a devastating missed opportunity."

Since this was his first time as a director, he said it was a definite learning process. "The hardest part for me was getting over my own 'nose.' By nature, I am not one that likes to make the decisions; I often defer and

go with the artistic flow. I can adapt to various situations, but it's still an ongoing battle. I catch myself asking rather than telling," he said.

He added: "Another challenge is simply my name — a name that is associated with two geniuses who achieved the American



PHOTO BY JOHNNY SHROCK

Synetic Theater in Arlington is presenting "Cyrano de Bergerac" from now through March 10.

Dream and became a staple in the D.C. theater community. There's some pressure there, to say the least, and there's also a different energy when Paata is in the room. For example, he was at rehearsal one night, watching a scene. He pitches an idea that's just genius, and boom, we incorporate it and the scene's amazing. I had spent about two months prepping for this show, and he just rolls into rehearsal with all these great ideas in his back pocket. It's remarkable. For me, the challenge here is not being too hard on myself for not yet being at that level."

He said probably the biggest challenge was cutting the cast down to six actors. "My original cast size was 12 but the actors we have are great, so as daunting as the number was, we certainly overcame that obstacle. As an audience member, you won't be missing the other six actors; you'll swear you saw all 12 of them onstage. What they're doing is really amazing stuff that

truly fills the space."

For audience takeaways, he said the answer was simple: Don't waste time. "Don't be a victim to your metaphorical nose. Overcome your self-consciousness. Whatever's bothering you about yourself, chances are that it's nowhere near as bad as you think. You are beautiful. You are great, so go live your best life and be happy while you can. Cherish every moment, because, even reading this is now, it's already in the past. That's how fast time passes, so don't be Cyrano; he made the mistake for you."

Synetic Theater in Arlington is presenting "Cyrano de Bergerac" from now through March 10. Performances are Wednesdays through Saturdays at 8 p.m. Sundays at 2 p.m. Tickets start at \$30. The venue is located at 1800 South Bell St. Call the Box Office 866-811-4111 or visit www.synetictheater.org.

CALENDAR

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

ONGOING

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

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.

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

White Nationalism Discussion. 7 p.m. Meet and greet, 7 p.m.; dinner, 7:30 p.m. (optional); program begins, 8 p.m. At Marymount

University, Phelan Hall, 2807 N. Glebe Road, Arlington. Featuring speakers Charlie Clark and Amaka Okechukwu. Sponsored by the Arlington Committee of 100. Hard as it may be to believe, the White Nationalist movement post-World War II has roots in Arlington. Through the 1980s, Arlington was the home to the American Nazi Party headquarters. Explore this history, understand the resurgence of White Nationalism in the United States, and discuss implications for today. Visit www.arlingtoncommitteeof100.org.

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.

Get Ready for Summer. The 2019 Summer Camp Catalog is now available. Check out the searchable 2019 Camp Listings to target an age, interest or location. Camps contracted with Arlington have various registration dates. Whether

they want to refine a sports skill, go fishing, be in a play, learn magic, play mind-adventure games or just plain hang, Arlington has a number of programs to suit varied interests. Visit parks.arlingtonva.us/programs/summer-camps/ for more.

THURSDAY/FEB. 14

Arlington School Desegregation. 7-9 p.m. At Reinsch Library Auditorium, Marymount University Main Campus, 2807 N. Glebe Road, Arlington. In 1954, Brown vs. Board of Education ended "Separate, but Equal" in the U.S., but it was not until 1959, that Arlington County Public Schools allowed the first African American students to attend its schools. This panel will discuss the legal and community story behind Arlington's struggle to desegregate APS during the mid-1950s including the difficult fight against Virginia's policy of "Massive Resistance." It will focus on the role of the NAACP and local African American activists, like Dorothy Hamm and Carroll Deskins, and examine how our culture remembers and teaches

ENTERTAINMENT

desegregation. Recollections of Arlington students and their families will also be shared. Visit www.arlingtonhistoricalsociety.org.

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

FRIDAY/FEB. 15

Backstage with Aging Matters. 11 a.m.-noon at Virginia Hospital Center, Carlin Springs Campus, 601 S. Carlin Springs Road, Arlington. Featuring Cheryl Beversdorf, producer and host of "Aging Matters," a radio and television program via Arlington Independent Media. Cheryl will describe details of producing this show, including identifying topics of interest to older adults, preparing guests for each broadcast, and sharing stories of favorite shows. Free, but register for each event. Call Senior Health at 703-558-6859, or email lifeline@virginiahospitalcenter.com.

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.teatrodela luna.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 (can or box of food) to donate to AFAC, the Arlington Food Assistance Center. Visit stjohnsarlingtonva.org.

SUNDAY/FEB. 17

President's Day Party. 1:30-3:30 p.m. At Market Common Clarendon, 2800 Clarendon Blvd., Arlington. Take a selfie with George, Tom, Abe, and Teddy from the Washington Nationals, and then watch them race around The Loop at 3 p.m. They'll have a photo booth with presidential props, complimentary hot cocoa from Nicecream, and children under 13 can spin the prize wheel to win a paper George (\$1 bill) or a Lincoln (\$5 bill). Free. Visit www.facebook.com/events/709717029424226/.

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 mgaralex@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,



ARTECH

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

Alexis Gomez – Prometheus, 2018, MDF and AR activation, 41 x 16 inches

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-SATURDAY/FEB. 22-23

Darwin and his Fabulous Orchids. Friday at 7:30 p.m.; Saturday at 6:30 and 7:30 p.m. At David M. Brown Planetarium, 1426 N. Quincy St., Arlington. Aesthetic, unique, and intriguing, this introduction to the largest and most varied family of plants and to the research carried out by Charles Darwin is an intense, but also entertaining experience. Never look at orchids the same way again.

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SAVE THE DATE!
Thursday, Apr. 18, 2019 at 8 p.m. featuring Joe Lulloff, saxophone

ENTERTAINMENT

Sponsored by Friends of the Planetarium. Visit friendsoftheplanetarium.org.

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.

FEB. 22-27

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.; and Wednesday, 8 a.m.-2:30 p.m. Call 703-528-1130.

FEB. 22-MARCH 8

“She Kills Monsters.” 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://mounttolivetumc.com/youthplay/>.

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.

The Arlington Chorale. 7:30-9 pm. At Westover Baptist Church, 1125 Patrick Henry Drive, Arlington. Join The Arlington Chorale for “Light in the Darkness” – a diverse selection of songs to warm the soul and lighten the spirit. Free with donations accepted. Visit arlingtonchorale.org/.

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



PHOTO COURTESY OF ARLINGTON HISTORICAL SOCIETY

Early Attempt at Desegregation, 1957

Arlington School Desegregation

In 1954, Brown vs. Board of Education ended “Separate, but Equal” in the U.S., but it was not until 1959, that Arlington County Public Schools allowed the first African American students to attend its schools. This panel will discuss the legal and community story behind Arlington’s struggle to desegregate APS during the mid-1950s including the difficult fight against Virginia’s policy of “Massive Resistance.” It will focus on the role of the NAACP and local African American activists, like Dorothy Hamm and Carroll Deskins, and examine how our culture remembers and teaches desegregation. Recollections of Arlington students and their families will also be shared. Thursday, Feb. 14, 7-9 p.m. at Reinsch Library Auditorium, Marymount University Main Campus, 2807 N Glebe Road. Visit www.arlingtonhistoricalsociety.org.

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 use #622929-C.

Natural Selection. 1:30 p.m. At David M. Brown Planetarium, 1426 N. Quincy St., Arlington. This screening of “Natural Selection” celebrates the landmark publication of “On the Origin of Species” and the anniversary of Charles Darwin’s birth. Join Darwin on his voyage with the HMS Beagle to the Galapagos Islands where he was inspired to develop his later theory of transmutation by natural selection. From the comfort of Down House in Kent, Darwin himself will explain the mechanism of natural selection to the audience, and support it by showing many beautiful examples in nature. The thrill of a scientific discovery, the adventure of science and the beauty of nature are central in this show. Sponsored by Friends of the Planetarium. Visit friendsoftheplanetarium.org.

Celestial Navigation. 2:15 p.m. At David M. Brown Planetarium, 1426 N. Quincy St., Arlington. How to get from here to there? Darwin’s theory of evolution has its roots in his voyage on the HMS Beagle, on which he spent five years as the naturalist. Explore storm glasses and sextants, the 19th century technology that brought Darwin and his specimens safely home. Sponsored by Friends of the Planetarium. Visit friendsoftheplanetarium.org.

Cell. Cell. Cell. 3 p.m. At David M. Brown Planetarium, 1426 N. Quincy St., Arlington. This is the story of the trillions of cells that form human bodies, from the beginning as a single cell to the complexity of a whole body. Join Raj and Sooki on a totally ex-CELL-ent immersive journey. Get shrunk down by the Shrink-a-tron, go back in time with the Retroscope and see an exploded view of all the body systems courtesy of the Cell-o-tron. Sponsored by Friends of the Planetarium. Visit friendsoftheplanetarium.org.

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‘Living Coral’ Named 2019 Color of the Year

“... can help to brighten a space lacking natural light.”

By MARILYN CAMPBELL

A breeze of warm air to heat the winter chill is how some designers are describing one of the trendiest colors on tap for this year. “Living Coral” was selected as the 2019 Color of the Year by the Pantone Color Institute, the self-described global authority of color. It’s a shade that is expected to have a prominent presence in interior design, home accessories and fashion this year.

“It works well with most of the foundation colors everyone has in their homes including white, taupe, gray, and brown,” said designer Amanda Mertins of Patina Polished Living in Alexandria. “If you choose to paint, it can help to brighten a space lacking natural light.”

Described as a nurturing color that can be found in nature, Living Coral is a shade of orange with a golden undertone. “It can be used as a wonderful accent color,” said Mertins. “Introduce it with artwork, toss pillows, rugs and throws.”



PHOTO COURTESY OF NICELY DONE KITCHENS AND BATHS

Life-affirming and reminiscent of coral reefs, Living Coral is credited with the ability to breathe life into any space in one’s home. “[It’s] is vibrant, energizing shade ... that can be incorporated as a light accent or bold statement in both a kitchen or bath,” said designer Natalia Fabisiak of Nicely Done Kitchens and Baths in Springfield. “As the timeless trend of white kitchens continues, Living Coral offers the perfect pop of color an all-white kitchen may need.”

“Coffee mugs, dish towels, trays and trivets are an easy and inexpensive way to introduce the trending color of the year into your kitchen,” added Fabisiak.

Home accent pieces are the way that de-

When used on a wall in a kitchen or bathroom, Living Coral can make a bold statement, says designer Natalia Fabisiak of Nicely Done Kitchens and Baths.



PHOTO COURTESY OF PATINA POLISHED LIVING
Living Coral can be introduced into one’s home through art, says designer Amanda Mertins.

signer Julie Ackerman of Home Polish in Bethesda recommends using the Pantone pick. “Dishware, serveware or decorative accent pieces and porcelain figurines, like those by Herend are a great way to incorporate Living Coral into your home,” she said.

For a more long-term commitment, Fabisiak says, “In a bathroom, Living Coral can be used as a wall color that can be easily paired with neutral tile and fixtures. If painting the walls is too drastic, bath accents like coral towels or a rug can brighten up the space beautifully as well.

In announcing the selection, Leatrice Eiseman, executive director of the Pantone Color Institute, said, “Color is an equaliz-

ing lens through which we experience our natural and digital realities and this is particularly true for Living Coral. With consumers craving human interaction and social connection, the humanizing and heartening qualities displayed by the convivial Pantone Living Coral hit a responsive chord.”

Each year, the Pantone Color Institute makes a prediction about the color that will be on trend for the upcoming year. The selection process, which takes about nine months, has color gurus at Pantone spanning the globe, taking note of the trends in industries that run the gamut from ranging from film and entertainment to art and interior design.

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OPINION

Maintaining Focus in Richmond

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



As controversies seem to arise with each news cycle, the General Assembly is continuing its work, convening floor sessions and committees with its customary unflinchingly-courteous efficiency. Despite the emotional toll of the last two weeks, our state government must maintain the trust of our diverse constituencies by coming together to pass a budget and complete the work we were sent here to do.

Thirteen of my bills have made it through the Senate to the House of Delegates. My bills to ban discrimination in housing and public employment against LGBT Virginians faces tough opposition in the House. I am optimistic about my bill to establish “municipal net-metering” pilot programs, enabling localities to offset the cost of electricity used by energy-intensive buildings with power generated by renewable sources at another city- or county-owned location. Another bill would ensure independent oversight of \$1 billion in energy efficiency funding.

COMMENTARY

Despite overwhelming bipartisan support in the Senate, my legislation to end the modern-day debtors’ prison caused by the practice of suspending driver’s licenses for non-driving (often drug-related) offenses was defeated in subcommittee on a party-line vote. My bill to ban all governmental use of software prohibited by the Department of Homeland Security passed unanimously, as did my bill to lower employment barriers for community college professors seeking to teach career and technical education/dual enrollment classes in high schools. This legislation would strengthen our employment pipeline for students who do not have access to in-demand courses in fields such as cybersecurity, emergency medical technician (EMT), veterinary science, and culinary arts.

With so much at stake, we cannot afford to lose focus. It is my continued honor to serve the 30th district.

In addition to debating legislation, we have begun considering amendments to the biennial budget. Major changes to the federal tax code and an infusion of revenue due to the Supreme Court decision in *South Dakota v. Wayfair, Inc.* that will bring in additional out of state internet sales tax revenue complicated both the “caboose” budget and tax conformity — normally perfunctory procedural matters that include addressing the difference between projected and actual revenue, and aligning Virginia’s tax code with the federal tax code.

A compromise plan was adopted that returned money to taxpayers through a mid-October refund of \$110 per person and funding was retained for several key priorities. For the first time since 2005, the plan also included conformity legislation that raises the standard deduction by 50 percent to \$4,500 for individuals and \$9,000 for couples. When the Governor signs this legislation, the state will be able to begin preparing tax software to process returns.

I voted in favor of the Senate budget that includes important education priorities, including: increasing teacher pay by 5 percent, replacing federal funding for the Virginia Preschool Initiative grant, and providing \$70 million in school construction loans to help rebuild older derelict facilities. Several key floor amendments, proposed by Senate Democrats, included increased funding for school counselors, mental health supportive housing, water quality improvement, and staff to decrease evictions in the state.

I passed a floor amendment to increase funding for the Virginia Housing Trust Fund (VHTF) by \$1.5 million per year.

The VHTF provides “gap funding” to help bring affordable housing projects online. The funds invested will help finance an additional \$78 million in affordable housing development over the biennium. Much work remains to be done to invest more in affordable housing, but I was proud that the Senate budget takes a step in the right direction.

With so much at stake, we cannot afford to lose focus.

It is my continued honor to serve the 30th district.

Highlighting State’s Early History

FROM PAGE 2

and Frank Atkinson joined Cottrell-Williams for the Morning Hour sessions of the Virginia General Assembly. The 2019 Commemoration Schools program recognizes the 400th anniversary of 1619 Virginia events that changed the trajectory of Virginia and America’s history. These 1619 events include the First Representative Legislative Assembly in the New

World, the arrival of the first recorded Africans to English North America, and the recruitment of English women in significant numbers to the Virginia colony, and the first official English Thanksgiving in North America.

For more information about American Evolution’s upcoming events, programs and educational initiatives, visit AmericanEvolution2019.com.

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.

DONATIONS

Pet Food Bank. AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner’s ability to afford pet care, the AWLA Pet Food Bank program’s goal is to keep family pets

out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYWdZm4tPw2

FRIDAY/FEB. 15

Healthy Aging Lecture Series. 11 a.m.-noon at Carlin Springs Campus, 601 S. Carlin Springs Road, Arlington. “Backstage” with Cheryl Beversdorf, producer and host of Aging Matters, who will describe details of producing the show, including identifying topics of interest to older adults, preparing guests for each broadcast, and sharing stories of favorite shows. Free, but registration required at

703-558-6859 or lifeline@virginiahospitalcenter.com.

FEB. 20-MARCH 5

High School Voter Registration.

The League of Women Voters of Arlington County will conduct voter registration in high school classrooms. Since 2015 LWV-Arlington has been conducting voter registration presentations in high school government classes. The League is again partnering with Arlington Public Schools and Inspire Virginia to register Arlington high school students who will be 18 by Nov. 5, 2019. Inspire is a nonprofit, nonpartisan organization which supports high schools in planning and conducting student peer-to-peer voter registration activities. Visit www.lwv-arlingtonva.org/.



PHOTO BY MICHAEL MCMORROW/THE CONNECTION

Here

Constitutional Garden: Corner of Wilson Boulevard and George Mason Drive.

'Flourishing After 55'

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Feb. 24-March 2.

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: National Portrait Gallery, D.C., Monday, Feb. 25, \$6; National Museum of African American History and Culture, Wednesday, Mar. 27, \$6; open rehearsal at The Kennedy Center of Eugene Onegin opera, Thursday, Feb. 28, \$20; National Museum of Natural History, Friday, March 1, \$7. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

55+ Social Art Swap, Sunday, Feb. 24, 3-4:30 p.m., Arlington Mill. Details, 703-228-7369.

Digital borrowing at Central Library, Monday, Feb. 25, 1 p.m., Langston-Brown. Register, 703-228-6300.

Podcast followers meet, Monday, Feb. 25, 1 p.m., Langston-Brown. Details, 703-228-6300.

Artist Claude Monet's love of the sea, Monday, Feb. 25, 1:30 p.m., \$6, Aurora Hills. Register, 703-228-5722.



'Hold the Foam'

FROM PAGE 5

"Styrofoam Mom" has not been released on an official platform as of yet but welcomes locations for screening; contact Gennari at: miriam@styrofoammom.com.

Action group Freedom Is Not Free will hold its next meeting on Feb. 21 in the Maywood neighborhood from 6:30-8:30 p.m.; speaker David Schwartz will discuss OneVirginia2021 and the topic of gerrymandering in Virginia. For details contact: CommunityInnovationHub@gmail.com.

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So Far, So Good



By KENNETH B. LOURIE

This column will be the definition of premature.

After subjecting you regular readers to multiple columns discussing my anxiety – and fear – about the potential/presumptive and possibly debilitating and life-changing/life-ending side effects of immunotherapy, I am here to say that after my first pair of bi-weekly infusions – occurring over the past three weeks, I am no worse for the experience.

I'm feeling better than I felt while undergoing chemotherapy: No eating issues, less fatigue, less shortness of breath and more energy. The only caveat to this empor is whether the infusions are actually shrinking my Adam's Apple tumor, which was the primary reason for making the medicine change we did.

Now whether the side effects are still coming; I certainly don't know, but should they still be on the way, I can't help but wonder: Will they change the quality of my life – for the worse? Because, for the bi-weekly moment, I am less impacted by my treatment than I have been for years.

I can't say with any degree of certainty however, or recall what my oncologist might have said concerning the likely onset of the "over 30 percent report some side effects" as the reprint from "chemocare.com" indicated. Generally speaking, my oncologist would rather not discuss future scenarios: What happens when? What do we do if? When do we do what? And so I don't ask nearly as many questions as I used to.

It's not that I'm less curious, it's that I'm more experienced. And I have learned through my experience, that part of being a cancer patient is unfortunately, waiting and seeing – and of course, hoping. Talking/anticipating/being told what to expect is helpful – up to a point.

The point which is most helpful is when something actually happens. Knowing what to expect is less important than knowing what to do/how to manage expectations should they manifest. It may be something or it may be nothing. Trying not to make matters worse is the key.

Being a cancer patient/survivor is a series of challenges – both emotional and physical. Finding a stride in which you can take the ups and downs and all-arounds will help you live life in the cancer lane. And just because the road is bumpy, doesn't preclude you from smoothing it out.

Actions and reactions, plan "A" and plan "B" are par for the course. So be grateful for today because tomorrow the course may play much more difficult. Being positive about the negative offers the path of least resistance.

Today, I am not experiencing any side effects, thankfully.

"Tomorrow" however, as Scarlet O'Hara said at the end of "Gone With The Wind," "is another day." Worrying, as I had been admitting to in previous columns, about something which as yet had not happened, is especially unhelpful and wastes precious time.

As a cancer patient, there's plenty of actual bad news, generally, so there's no benefit in rushing it along. Let it happen naturally, or not at all; and occasionally, you might be pleasantly surprised, as three weeks into my new immunotherapy regimen, I am, as what side effects I anticipated/feared have not affected.

I realize I'm probably early in assessing the likely side effects of my treatment but, for the time being, I can find some peace and quiet; and when you're a cancer patient diagnosed originally as "terminal," "peace and quiet" is never to be taken for granted.

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

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