

The Arlington Connection

WELLBEING

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CES®

LAS Vegas

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Exhibitors and attendees walk through the Las Vegas Convention Center Jan. 6 in preparation for the official opening of CES 2020, which runs Jan. 7-10. Arlington-based Consumer Technology Association is host of CES, the largest technology conference in the world.

Panasonic

A Better Life, A Better

ANALYSIS MOBILITY

Arlington Company Hosts CES in Las Vegas

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JANUARY 8-14, 2020

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Libby Garvey Elected County Board Chair

The Arlington County Board unanimously elected Libby Garvey its 2020 Chair. The Board named Erik Gutshall vice-chair.

First elected to the Board in March 2012, Garvey served as County Board Chair in 2016. She served as Chair five times during her 15 years on the Arlington School Board.

In remarks made during the Board's Jan. 2 Organizational Meeting, Garvey said that as the County celebrates the 100th anniversary of its naming in 2020, she will focus on equity, innovation, and resiliency while honoring the accomplishments of the past. "Equity, innovation, and resiliency all fit together," she said.

"The arrival of Amazon has made the scope of our challenge really clear," Garvey said. "We need to change a paradigm: the paradigm that the most vulnerable in a society are the first to suffer from change and the last to gain from it — if they ever gain at all. Economic change tends not to be equitable. That's the usual paradigm. We want a different one."

In 2020, Garvey said, she will be guided by the Equity resolution the Board adopted in fall 2019, and the four questions it said should be applied to policymaking: "Who benefits? Who is burdened? Who is missing? How do we know?"

As it faces 21st Century challenges, Garvey said, the County must think develop new solutions in many areas. She noted stormwater management, health equity, affordable housing and working across jurisdictions among them. "More and more the big systemic challenges we face will require innovation and cross-jurisdictional cooperation." She warned that innovation will not be easy and said that "While there will be



Libby Garvey.

bumps along the road, we can navigate these bumps if we maintain good communication between our County government and our public ... and if we all keep our sense of humor and goodwill."

Stormwater management is one area where the Board will be considering new solutions when it takes up the Capital Improvement Plan budget in spring 2020, Garvey said. "Our July 8 storm showed clearly that our 20th-century infrastructure and approaches will not work well for 21st-century storms," Garvey said. "When we begin work on our Capital Improvement Plan budget this spring we should see some very different solutions to stormwater management."

Vice-Chair Erik Gutshall, first elected to the County Board in November 2017, will be serving his first term as vice-chair. In his remarks, Gutshall said that Amazon's arrival

in Arlington in 2019 was "a pivotal event," that has given the County the "wherewithal to conquer the obstacle left in our path by BRAC (Base Realignment and Closure) and structural office market disruptions." At the same time, he said, Amazon's arrival requires an increased focus, or "leveling up" by the County "how we grow matters." Arlington's next level of managed growth, he said, "will focus beyond first-order urban design principles of sidewalk widths, building heights, and traffic circulation, and instead level up to an essential focus on equity, infrastructure like schools and stormwater, and a broader definition of quality of life and livability."

To achieve that sort of managed growing, Gutshall said, "will require new tools and a modernized zoning ordinance to expand our housing supply in a way that enhances the livability of our existing neighborhoods." It also requires the development of a long-range, comprehensive Public Facilities Plan "to guide the collaborative, creative, timely and efficient siting and development of County and Schools facilities." Gutshall said he looks forward to continuing to work with County and APS staff, and the Joint Facilities Advisory Commission to begin drafting the plan by July 2020 and looks forward to working with County staff to achieve the ambitious goals of the County's updated Community Energy Plan and to conduct a campaign to highlight and profile small businesses.

About the Arlington County Board

Elected at-large, Arlington County Board members serve staggered four-year terms. The chair and vice-chair are elected at each year's Organizational Meeting, for a one-year term. The chair is the official County head and presides over Board meetings.

Arlington Awards Contracts for Homeless Shelters

Arlington has finalized new contracts for operation of the County's two homeless shelters for single adults beginning in January 2020. A-SPAN will continue to operate the Homeless Services Center in the Courthouse Neighborhood, and New Hope Housing will take over from Volunteers of America – Chesapeake & Carolinas (VOA-CC) to operate the Residential Program Center (RPC) on Columbia Pike. VOA-CC will continue to operate the detox and early recovery programs collocated at the Residential Program Center.

"We are delighted to be entering the new decade with A-SPAN and New Hope Housing as the operators of the County's two shelters for single individuals," said Department of Human Services Director Anita Friedman. "These shelters are a critical part of our Continuum of Care, helping some of the most vulnerable members of the community return to stable housing quickly and sustainably."

Volunteers of America – Chesapeake & Carolinas spent more than 25 years as the operator of the Residential Program Center, expanding its services over time to include diversion, prevention, rapid re-housing, permanent supportive housing, and more.

"We wish to thank Volunteers of America – Chesapeake & Carolinas for their past service at the [Residential Program Center] and continued commitment to serving Arlingtonians through the detox and early recovery programs," said Friedman. Though headquartered in Fairfax, New Hope Housing has been a partner in Arlington's Continuum of Care and provider of Permanent Supportive Housing for more than a decade.

A-SPAN's contract for the Homeless Services Center is for \$1,456,379 in FY 2020. New Hope Housing's contract for the Residential Program Center is for \$857,661. Each contract provides the contractors the ability to request an annual contract price adjustment based on the Consumer Price Index (CPI).

The contracts are performance-based and contractors must meet specific outcomes, specifically ensuring individuals experiencing homelessness return to permanent housing as quickly as possible. Both contracts are for three years and can be reauthorized for an additional two years. Neither contract is funded at 100 percent. While the County assumes the bulk of the cost, the non-profit partners are required to leverage their tax-exempt status, fundraising abilities, and solicitation of in-kind goods or services.

Arlington County Names New Director of Economic Development

Arlington County Manager Mark Schwartz announced today that he has named Telly Tucker as Director of Arlington Economic Development (AED), following an extensive search. Tucker most recently served as the Director of Economic Development for Danville, Va., where he managed business and expansion projects that brought many new jobs to the City. Prior to his position in Danville, Mr. Tucker served as the Assistant Director of Economic Development in James City County, Va., as well as an Economic Development Specialist for the City of Lynchburg, Va. Tucker will step into the role in mid-January.

"Mr. Tucker has a track record of bringing job-creating businesses to Virginia communities," Arlington County Board Chair Christian Dorsey said. "My colleagues on the Board and I look forward to working with him to continue building on our success in attracting and growing high-quality businesses, both large and small, to Arlington."

"Mr. Tucker brings a wealth of experience in economic development across a diverse range of communities throughout the Commonwealth," said Schwartz. "I am thrilled that he will be bringing his talents to Arlington County at an important time in our



Telly Tucker

history, and I look forward to working together to continue to strengthen our community and regional collaboration."

Throughout his career, Tucker has approached economic development plans with an insightful and creative mindset. He will build on the momentum from Amazon's move to ensure all of Arlington's neighborhoods move forward together as one in an effort to attract even more businesses and support existing ones. Tucker has a track record of creating regional partnerships and addressing the needs of the small business community, which will prove to be an invaluable strength in Arlington.

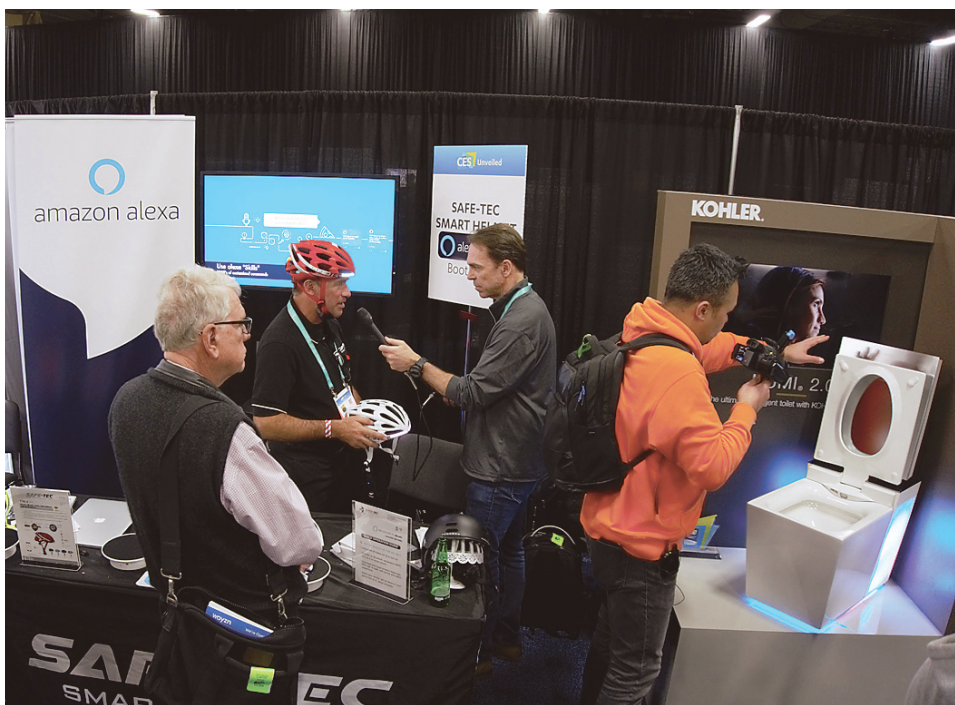
"Telly Tucker is widely known as one of the most collaborative and dedicated eco-

omic development leaders in Virginia," said Stephen Moret, President and CEO of the Virginia Economic Development Partnership. "His experience working with communities across the Commonwealth as well as with our team at VEDP will serve him well in Arlington County. We look forward to supporting Telly, AED, and Arlington County during this exciting time for Arlington's growth and development."

"I am keenly interested in continuing to preserve and enhance Arlington's competitiveness and sustainability through economic development," said Tucker. "I want to work together to foster collaborative partnerships, real estate development and tourism, as well as establish strong relationships with businesses, clients, government officials, regional and local partners and the creative arts community."

Tucker has received the Certified Economic Development (CECdD) designation granted by the International Economic Development Council in Washington, D.C. He is a Lynchburg native and obtained his bachelor's of business administration in international business and Spanish from James Madison University.

NEWS



Attendees interact with products at the CES Unveiled media event Jan. 5 in Las Vegas.



PHOTOS BY JOHN BORDNER/THE CONNECTION

Ryan Herd, center, of CareGiver Smart Solutions, poses for a photo with judges after winning the ShowStoppers LaunchIt pitch event Jan. 6 in Las Vegas. Herd founded the company that provides "aging in place" caregiver monitoring.

Viva Las Vegas! Arlington sets the stage at CES 2020.

BY JEANNE THEISMANN
THE CONNECTION

When it comes to CES, what happens in Las Vegas definitely does not stay in Las Vegas as the Arlington-based Consumer Technology Association kicks off CES 2020, considered the worldwide technology industry event of the year.

"There's no place like CES," said CTA President and CEO Gary Shapiro. "No other place offers as clear a vision of what the future

"There's no place like CES. No other place offers as clear a vision of what the future will hold and how we can get there."

— CTA President and CEO Gary Shapiro

will hold and how we can get there." CTA is based in Arlington.

The show officially runs Jan. 7-10 but media and pre-show news conferences began Jan. 5. According to CTA, more than 170,000 attendees and 4,400 exhibitors are expected this year, a slight decline from the 180,000 and 4,500 last year due partly to fewer Chinese companies attending amid trade tensions with the U.S.

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French start-up Wello debuts its solar-power electric tricycle Jan. 5 at CES Unveiled in Las Vegas.

Now in its 53rd year, CES features more than 2.9 million net square feet of exhibit space at the Las Vegas Convention Center and several locations throughout the city. Showcased are some of the world's biggest companies along

with more than 1,200 startups in an area called the Eureka Park Marketplace.

"Since 1967, CES has attracted innovators from all over the world to unveil their most cutting-edge works," Shapiro said. "Many of the



The Lovot Robot by Groove X makes its debut at CES ShowStoppers LaunchIt, a start-up pitch event Jan. 6 in Las Vegas.

world's most transformative technologies – from the VCR to the tablet to the 3D printer – debuted on the CES stage. And because the show is a proven hub for innovators, the show draws major political leaders as well. Policymakers

at the local, national and international levels come to Vegas, looking for perspective on the latest trends in innovation. They want to see, touch and try products on technology's leading edge to help SEE VIVA LAS VEGAS!.

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Bishop Michael F. Burbidge, Catholic Diocese of Arlington, On National Migration Week (Jan. 5 – 11, 2020)

Bishop Michael F. Burbidge, Catholic Diocese of Arlington, made the following statement in support of people who are migrating:

“This week, as it has for almost half a century, the Catholic Church in the United States observes National Migration Week. This observance allows us to reflect on the circumstances confronting migrants around the world, including immigrants, refugees, and victims and survivors of human trafficking. This year’s theme is “Promoting a Church and a World for All,” which offers Catholics an opportunity to consider that each family has a

migration story, whether recent or long ago.

“No matter where we originate, we are all part of the same human family. Christ calls us to live in solidarity with one another, setting aside our fears or apathy. Within our parishes, neighborhoods and this Diocese, we should seek to encounter all migrants as children of our loving God, serving them in love and compassion. Through this ministry and outreach, may we grow closer to Our Lord and invite others to share in the journey.”

For more information on the Catholic Diocese of Arlington, visit arlingtondiocese.org.

Surovell and Hope Introduce Bill Prohibiting Conversion Therapy Practices

Legislation would prohibit any health care provider from engaging in conversion therapy with a minor patient

Sen. Scott Surovell (D-Fairfax) and Del. Patrick Hope (D-Arlington) introduced legislation to prohibit any healthcare provider licensed by a regulatory board of the Department of Health Professions (DPOR) from engaging in conversion therapy involving minor children. Religious leaders who are not registered healthcare providers and adult patients would not be affected.

The legislation codifies existing regulation which protects minors from providers who claim to be able to change a person’s sexual identity or orientation. There is no evidence that shows conversion therapy works. Any conversion therapy efforts with a person under 18 years old would constitute unprofessional conduct and grounds for disciplinary action by the appropriate health regulatory board within the Department of Health Professions.

Surovell and Hope both worked on this issue in past legislative sessions and successfully lobbied DPOR to regulate the practice last year. Surovell was optimistic about the bill’s prospects this year.

“Not only is this practice harmful to our youth developing their gender identity, but from a legal standpoint, conversion therapy is abusive given the mental health repercussions and has been associated with increased suicide risk. It is a fraudulent practice, found to be malpractice in some states, and this will

protect our children from beliefs rooted in bigotry,” Surovell said. “The General Assembly has a duty to permanently protect children from being targeted and hurt by these dangerous discredited practices. Failure to codify this could result in a reversal of these regulations by a future administration.”

Hope carried the bill in the House of Delegates in past sessions. “So-called “conversion therapy” is not only ineffective it is a harmful and dangerous practice, especially when targeted at our children. It’s based on the evil notion that being a homosexual is a sin or a disease that needs treatment. It’s past time Virginia joined the medical professional societies of the world and outright banned this backwards practice. Virginia is a place of acceptance and inclusion and the General Assembly will take whatever steps necessary to protect our children from this destructive practice,” Hope said.

Equality Virginia Executive Director Vee Lamneck expressed support for the legislation. “Conversion therapy is a dangerous practice based on the false claim that being LGBTQ is mental illness. There is no evidence to support this nor does it hold any scientific merit,” Lamneck said. “Virginia would be taking a positive step into the new decade by prohibiting this practice that only harms our youth for being who they are.”

Zoning Amendments

This past fall, the County Board adopted three amendments to the Zoning Ordinance:

- ❖ ZOA-2019-09, allowing assisted living facilities in four new zoning districts and nursing homes in one new district;

- ❖ ZOA-2019-10, updating standards under which incentive zoning provisions can be used by development applicants to exceed maximum height and density requirements when the applicant makes commitments to affordable housing, community facilities, transportation infrastructure, or similar community priorities; and,

- ❖ ZOA-2019-11, allowing assisted living facilities and similar elder care uses in an additional 14 zoning districts, along with changes to zoning defini-

tions and updates to parking requirements for elder care uses

Copies of the approved text and staff reports for each of these amendments can be found on the Zoning Ordinance Amendments website at <https://building.arlingtonva.us/codes-ordinances/zoning/amendments/>. Click on ‘2019’ under ‘Amendments to the 2013 Ordinance’, and scroll to the bottom of the list.

In addition, visit our Zoning Studies page at <https://building.arlingtonva.us/codes-ordinances/zoning/studies/> to review studies currently underway.

For more information or questions on zoning studies, contact County staff at (703) 228-3525 or cphd@arlingtonva.us.

Police Investigate Shooting in Arlington Ridge Neighborhood

The Arlington County Police Department’s Homicide/Robbery Unit is investigating a shooting that took place in the Arlington Ridge neighborhood in the early morning hours of Dec. 29, 2019.

At approximately 3:45 a.m., police were dispatched to the 1600 block of S. Joyce Street for the report of shots heard. Upon arrival, officers located a male subject suffering from a gunshot wound and immediately began performing emergency first aid until medics arrived. The subject was transported to an area hospital with serious but non-life-threatening injuries.

The investigation determined that a dispute between known

parties preceded the shooting. All parties involved have been identified. This remains an active and ongoing criminal investigation and charges have not yet been sought. Based on the preliminary investigation, this is an isolated incident with no ongoing threat to the community.

Anyone with information related to this investigation is asked to contact Detective G. Seibert of the Arlington County Police Department’s Homicide/Robbery Unit at 703-228-4199 or Gseibert@arlingtonva.us. Information may also be provided anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS(8477).

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.

THURSDAY/JAN. 9

Transportation Open House. 4:30 p.m. At Arlington Mill Community Center, Room 527, 909 S. Dinwiddie Street, Arlington. As two important transportation projects enter new phases of construction, we’re learning more about the impact upcoming construction/roadwork will have on both residents and commuters for much of this year. Arlington County staff will host a drop-in-style open house for the public to ask questions and learn more about the Columbia Pike Multimodal Project and Transit Stations. Visit <http://bit.ly/ColumbiaPikeWestEnd> or email des@arlingtonva.us

VRE TO EXPAND

An agreement between the Commonwealth of Virginia and CSX Transportation will allow the Virginia Railway Express (VRE) to expand service and improve reliability on its Fredericksburg Line over the next decade. Infrastructure improvements and property acquisition by the Commonwealth will result in a dedicated

passenger rail corridor between Franconia, VA and the District. In addition to a second rail bridge, proposed infrastructure improvements include a fourth track between Crystal City and Alexandria, a third track between Franconia and Lorton, a Franconia-to-Springfield flyover for passenger trains, and six sidings to allow trains to pass. The improvements are estimated to cost \$3.7 billion. Learn more at www.vre.org.

BOARD APPROVES MET PARK FOR AMAZON HQ2

The Arlington County Board approved a plan to transform 6.2 acres of Pentagon City’s Metropolitan Park from abandoned 1950s-era warehouses and surface parking into the first phase of Amazon’s new headquarters. The approximately 2.1-million sq. ft. mixed-use project will be built at 1232-1450 S. Eads Street and 501 and 525 15th Street S. Two 22-story towers will front on S. Eads Street and on an expanded public open space within Metropolitan Park.

ARLINGTON AWARDS CONTRACTS FOR HOMELESS SHELTERS

Arlington has finalized new contracts for operation of the County’s two homeless shelters for single adults beginning in January 2020. A-SPAN will continue to operate the Homeless Services Center in the Courthouse Neighborhood, and New Hope Housing will take

over from Volunteers of America – Chesapeake & Carolinas (VOA-CC) to operate the Residential Program Center (RPC) on Columbia Pike. VOA-CC will continue to operate the detox and early recovery programs collocated at the RPC.

ARLINGTON TO ALLOW MORE ELDER CARE FACILITIES

The Arlington County Board voted to allow elder care and assisted living facilities to be built in areas where multifamily development already is allowed, in a bid to increase options for residents seeking to stay in Arlington as they age. The Board voted unanimously to amend the Zoning Ordinance to expand the allowable areas to 18 zoning districts, located near and along Arlington’s major planning corridors, with site plan approval. Elder care uses include independent living facilities, assisted living facilities, nursing homes and continuing care retirement communities.

SATURDAY/FEB. 8

Meeting for Condominium and Community Associations. 10 a.m. to 12 p.m. At Fairlington Community Center, 3308 S. Stafford Street, Arlington. The City of Alexandria, Arlington County, and

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55+ 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.

"Flourishing After 55" from Arlington's Office of 55+ Programs 1/12-18/20

55+ 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.

55+ Travel: Blue Grass Barn at Frying Pan Park, Fairfax, Sunday, Jan. 12, \$28; American Visionary Museum, Baltimore, Wednesday, Jan. 15, \$21; Lady Camilla Tea, D.C., Friday, Jan. 17, \$61; The Kennedy Center, tour The REACH, Saturday, Jan. 18, \$7. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Improve photography skills, Sundays with volunteer enthusiast, Didem Lenz. Details, 703-228-7369.

Computer help, one-on-one, Mondays and Fridays, 10-11 a.m., Lee. Call for appt., 703-228-0555.

55+ Center Adult Transportation, pre-arranged taxicabs to and from Centers, \$5 round trip. Details, 703-892-8747.

Tai Chi practice, Mondays, 12:30-1:30 p.m., Saturdays, 9:15-10 a.m., Langston-Brown. Details, 703-228-6300.

Play pickleball everyday, Walter Reed and Arlington Mill. Call for court times, 703-228-0955 (WR), 703-228-7369 (AM).

Workout with fitness coach, M-W-F, 11 a.m. - 2 p.m., Langston-Brown, \$60/15 sessions. Details, 703-228-4771.

Ice skating for 55+ adults, MedStar Capitals Iceplex, Ballston Quarter, Mondays, 8:10 -9:20 a.m. Details, 703-228-4771.

Line dancing, absolute beginners, Mondays, 10:30 a.m., TJ Community Center. Free. Details, 703-228-4771.

Drumming circle, new activity for self expression, Tuesdays, 11:30 a.m., Lee. Details, 703-228-0555.

English classes for non-native speakers, beginners and advanced beginners, Tuesdays, 9:50-10:50 a.m., Walter Reed. Details, 703-228-0955.

New Year's recipes, demonstration, Monday, Jan. 13, 11 a.m., Walter Reed. Register, 703-228-0955.

55+ Center Adult Transportation, pre-arranged taxicabs to and from Centers, \$5 round trip. Details, 703-892-8747.

Ballroom dance classes begin Tuesday, Jan. 14, 5 p.m., \$56/8 sessions, Langston-Brown. Register, 703-228-6300.

MLK Tribute Day, Tuesday, Jan. 14, 1:30 p.m., Lee. Register, 703-228-0555.

Writers session, hone skills, Tuesday, Jan. 14, 11 a.m., Lee. Details, 703-228-0555.

Discuss historical impact of the Federal Bill of Rights, Tuesday, Jan. 14, 11:15 a.m., Lee. Details, 703-228-0555.

Join Encore Chorale, Tuesday, Jan. 14, 1:45 p.m. Langston-Brown. No auditions. Call for semester cost, 703-228-6300.

iPhone tips, one-on-one, Tuesday,

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WELLBEING

Giving up alcohol during “Dry January” can have positive health benefits.

PHOTO BY
MARILYN CAMPBELL



Dry January?

The benefits of and strategies for taking a month-long booze break.

BY MARILYN CAMPBELL
THE CONNECTION

After a season filled with Champagne, Whiskey Sours, Gingerbread Martinis and other libations, some might need a break from booze. Dry January, a public health campaign that encourages giving up alcohol until the first of February – can help with that effort. The health benefits of staying dry for a month range from thinner thighs to a fatter wallet.

“It’s very common for people to come home after a stressful day and unwind with a glass of wine or two,” said Alexandria-based substance abuse counselor Sarah Brewer, Ph.D. “But the reality is that while alcohol does seem to make you more relaxed at first, it can lead to anxiety or a depressed mood.”

Weight loss can be a pleasant side effect of abstaining from an evening pour, says nutritionist Kathryn Armstrong, who cites a report by the National Institutes of Health that showed a strong link between weight gain and alcohol. “Basically, the cocktail or wine that you’re drinking has empty calories,” she said. “Also, many people tend to eat, especially junk food when they drink.”

“Another benefit of being alcohol-free for a month is that people often find that they don’t need that glass of wine to relax and unwind from a stressful day,” added Brewer. “Giving up alcohol for a month might give you an opportunity to find explore other relaxation methods like meditation or going for a walk or some other type of exercise.”

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“By not drinking you might find that you’ve been using alcohol to help deal with other issues like depression, PTSD or anxiety. In those cases you should get help from a medical or mental health professional.”

— Sarah Brewer, Ph.D.

For those who regularly attend happy hours with friends or have a glass of wine to relax, abstaining during one of the longest months of the year might seem unpleasant or unappealing, says Bethesda-based therapist Carol Barnaby, LCSW. “You might find things to distract you,” she said. “If you’re used to having a drink or going to a happy hour at the same time every day, you can schedule something else during that time so you’re mind isn’t on alcohol. People who enjoy the taste of alcohol might try eating fruit or drinking a fruit flavored sparkling water.”

“If you’re used to having a drink or going to a happy hour at the same time every day, you can schedule something else during that time so you’re mind isn’t on alcohol.”

— Carol Barnaby, LCSW

Attempting to take a break from alcohol might unmask deeper issues, suggests Brewer.

“If you find that you can’t stop drinking, it could mean that you have a problem with alcohol consumption,” she said. “By not drinking you might find that you’ve been using alcohol to help deal with other issues like depression, PTSD or anxiety. In those cases you should get help from a medical or mental health professional.”

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• Chantilly Connection	• Mount Vernon Gazette	• Vienna/Oakton Connection

ENTERTAINMENT

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

ONGOING

Mah Jongg Cards. Now thru Jan. 15, 2020. At Temple Rodef Shalom, 2100 Westmoreland Street, Falls Church. 2020 Mah Jongg cards for sale. Cards will be mailed to the address on the order in late March or early April. Cost: \$8 standard card; \$9 large card. Visit the website: <http://bit.ly/mahjonggcards2020>. Contact Iva Gresko, iva.gresko@gmail.com.

Historical Holiday Exhibit. Now thru Feb. 1, 2020, from 1-4 p.m. At Arlington Historical Museum, 1805 South Arlington Ridge Road, Arlington. Visit the Arlington Historical Museum to see the annual holiday exhibit, this year featuring promotional items that local Arlington businesses gave away to customers to encourage customers to spend money. "Gimmes" were useful, fanciful, or designed to be constantly on display or carried by the customer. Often the gimme had little to do with the business or product. The exhibit contains items from the beginning of the 20th century to modern objects. Visit free during museum hours: Fri.-Sun. 1-4 p.m. Visit the website: <https://arlingtonhistoricalsociety.org>

Forty+ Dance Project. Through Jan. 14, 2020, 11:30 a.m. to 1:30 p.m. At Theatre on the Run, 3700 S Four Mile Run Drive, Arlington. Cost is \$160. Forty+ Project is an eight week series of creative rehearsals to develop new dance work. Directed by professional dance choreographer, Carly Johnson, Forty+ celebrates the collective creativity of people past the age of 40. Forty+ is frequently seen in concerts presented by Jane

Franklin Dance and for organizations serving older adults. This project culminates with a performance at Theatre on the Run on Jan. 25, 2020. The project is open to people of all physical facilities. No previous performance experience is necessary. Visit the website: <https://www.janefranklin.com/adult-dance/forty-plus>

SATURDAYS THRU FEB. 1

Adult Technique Series. 9:30-11 a.m. At Theatre on the Run, 3700 S Four Mile Run, Arlington. Study different approaches to movement and technique through a 5 class Master Series with Kelsey Rohr. Sample modern dance, post-modern and contemporary themes that address physical articulation, improve balance, range of motion, strength, coordination and mental agility. Drop-in for a class or enroll for a series. Cost is \$100 for the 5 class master series; \$25 single class. Visit the website: <https://www.janefranklin.com/adult-dance>

WEDNESDAY/JAN. 8

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 informal walks through Glencarlynn Park in search of resident and migratory birds. Experienced and beginning birders welcomed. Bring binoculars and field guides if you have them. Call 703-228-6535. Free. #622940-B

THURSDAY/JAN. 9

Guerilla Gardening. 7-8:30 p.m. At Westover Library, 1644 North McKinley Road, Arlington. See your yard anew through fresh, guerilla



gardening eyes. Learn how those difficult, abandoned, or underutilized parts of your yard can be transformed into successful garden spaces that provide natural beauty, healthy foods, and important support for pollinators and other beneficial insects. We'll show you best practices, tools, and techniques to transform your yard's missed opportunities into attractive and productive gardens – by working with Mother Nature and not against her. This class is offered by Extension Master Gardeners. Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgaralex@gmail.com.

SATURDAY/JAN. 11

R.I.P. - Remove Invasive Plants. 9:30 - 11:30 a.m. At Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Adults, teens and families ages 8 and up. Want to restore habitat and increase species diversity right here in Arlington? Work parties are held every month. We 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. Help make it happen! Call 703-228-3403. No registration required. Free.

Tree ID Hike. 10-11:15 a.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Adults. We can identify trees with more than just leaves; we'll learn to identify the trees of Arlington parks by their bark and shape. Dress for the weather, we will be outside the whole time. Teens ages 14 and up are welcome to attend, but must be accompanied by a registered adult. Call 703-228-6535. Cost is \$5. #622940-D

Fire Building for Women. 1-3 p.m. At Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Adults. Get comfortable with campfires! We'll safely start, feed and put out fires at this program for women only. Get the practice you need to create a crackling, cozy fire without stress. Dress for the weather - we'll provide the hot chocolate! Teens age 14 and up are welcome but must be accompanied by a registered adult. Call 703-228-3403. Cost is \$8. #622840-D

Flying Squirrel Lore & More. 5-6 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 4 and up. Register children and adults; children must be accompanied by a registered adult. Flying squirrels are found throughout the wooded neighborhoods of Arlington but are seldom seen. Join us to learn about these engaging nocturnal acrobats. After an indoor presentation, we'll tiptoe outside to see these little pixies glide in for an evening meal. These creatures are truly one of the natural wonders of the Arlington. Call 703-228-6535. Cost is \$5. #622950-C

Comedy Fight Night. 7-8 p.m. At UFC

Organic Landscapes with Paul Tukey

Thursday/Jan. 16, 11 a.m. At Little Falls Presbyterian Church, 6025 Little Falls Road, Arlington. Rock Spring Garden Club will host Paul Tukey, Chief Sustainability Officer for the Glenstone Museum in Maryland. He will speak about the development and maintenance of the all-organic grounds and gardens exploring their techniques that can be applied to all outdoor settings. A former HGTV host, Mr. Tukey is the author of the best-selling book, The Organic Lawn Care Manual. The program is free; an optional lunch is \$5. Visit the website: www.rockspringgardenclub.com.

Paul Tukey, Chief Sustainability Officer for the Glenstone Museum.

Gym Arlington, 1200 N. Herndon Street, Arlington. You will be busting at the seams laughing as you watch four of the DMV's funniest comedians battle it out for the title of champion. Cost is \$10; free for members. Visit the link: bit.ly/levelupcomedyfightnightjan2020

SUNDAY/JAN. 12

LWV-Arl Legislative Day of Action.

2:30-4:30 p.m. At Arlington Central Library Auditorium, 2015 N. Quincy Street, Arlington. Join the League of Women Voters of Arlington for a non-partisan Day of Action. The Virginia General Assembly convenes on Jan. 8, and there are many issues up for consideration. This is an opportunity to let your representatives know what you want. There will be booths set up for issues from ERA to redistricting to the removal of excuse-based voting. There will also be a Census table and more information on how to help register voters in 2020. RSVP: <https://www.eventbrite.com/e/day-of-action-make-your-voices-heard-contact-your-legislator-tickets-85393581501> or visit the website: <https://www.lwv-arlingtonva.org>

TUESDAY/JAN. 14

Snowy Storytime. 10:30-11 a.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ages 2 and up. Register child only, but caregivers must attend. Bundle up for some chilly stories all about snow. Call 703-228-6535. Free. #622910-W

EcoActionArlington Volunteer Social. 6:30-8 p.m. At Whole Foods Market, 520 12th Street S., Arlington. Come learn about volunteer opportunities, programs, energy efficiency, improving the quality of water in Arlington, and expanding our tree canopy. Register by Jan. 13 at <https://www.ecoactionarlington.org/get-involved/events/volunteer-social-registration/>

THURSDAY/JAN. 16

Organic Landscapes. 11 a.m. At Little Falls Presbyterian Church, 6025 Little Falls Road, Arlington. Rock Spring Garden Club will host Paul Tukey, Chief Sustainability Officer for the Glenstone Museum in Maryland. He will speak about the development and maintenance of the all-organic grounds and gardens exploring their techniques that can be applied to all outdoor settings. A former HGTV host, Mr. Tukey is the author of the best-selling book, The Organic Lawn Care Manual. The program is free; an optional lunch is \$5. Visit the website: www.rockspringgardenclub.com.

Deep Dive: Dabbling & Diving Ducks. 8 - 9 p.m. At Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Adults. Take a Deep Dive into a natural history topic that

scratches more than just the surface. Winter is a great time for viewing ducks. Discover what brings the ducks around this time of year, and the adaptations they have to beat the cold. Explore the different feeding strategies of dabbling versus diving. Call 703-228-3403. Cost is \$5. #622840-B

SATURDAY/JAN. 18

Winter Bird Walk. 10-11:30 a.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 6 and up. Register children and adults; children must be accompanied by a registered adult. Which birds are around in the winter? Some are familiar, year-round friends but others are winter-only visitors such as Winter Wrens and Brown Creepers. Beginners welcome, loaner binoculars available. Call 703-228-6535. Free. #622950-N

Animal Tracks. 2-3:30 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ages 8 to 12. Winter is a great time to see animal tracks in the snow or mud, but would you like to take your own footprints home? We'll make plaster animal feet and while they set, we'll hike the forest looking for tracks. Call 703-228-6535. Cost is \$7. #622920-B

Under the Ice. 3-4 p.m. At Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Ages 8 to 12. Suspended animation! Voracious predators! The oxygen supply dropping fast! No, it's not the latest alien movie; it's winter in the pond. Learn what's lurking in that cold dark water. Then, we'll go outside and see what we can haul up from the depths. Call 703-228-3403. Cost is \$5. #622820-D

Keeping Warm Campfire. 6-7 p.m. Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Families ages 3 and up. Register children and adults; children must be accompanied by a registered adult. Spend a chilly evening by the warmth of our campfire while making S'mores. We'll learn how animals have adaptations to stay warm and survive winter outdoors. Call 703-228-3403. Cost is \$5. #622850-H

SUNDAY/JAN. 19

R.I.P. - Remove Invasive Plants. 2-4 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Adults, teens and families ages 8 and up. Want to restore habitat and increase native species diversity right here in Arlington? Work parties are held every month and are making a difference with the return of ferns, wildflowers and the animals that depend on them to areas once covered in destructive invasive plants. Help make it happen. Call 703-228-6535. No registration required. Free.



Jane Franklin Dance is sponsoring the Two-Day Mini-Camp: Why Do Cicadas Scream? from Jan. 31-Feb. 1 in Arlington.

Two-Day Mini-Camp

Why Do Cicadas Scream? Jan. 31-Feb. 1, 9 a.m. to 3 p.m. At Arlington County Cultural Affairs Building, 3700 S Four Mile Run Drive, Arlington. Learn Imaginative Thinking, Cooperative Skills, Spatial Awareness, Movement Fundamentals, Character Development. The camp includes movement, a fun visual art project directed by an educator from UpCycle Creative Reuse Center, performance practice, and weather permitting, outdoor fun at a nearby park. Cost: \$75, AM X Day \$10, PM XDay \$15. Visit the website: <https://www.janefranklin.com/grade-prep-day-camps>

ENTERTAINMENT

FROM PAGE 8

Notable Nature. 3-4 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. Join us for lessons in nature journaling and sketching. We'll construct our own nature journals, hone our writing and drawing skills and talk about the season while hiking. Call 703-228-6535. Free. #622950-G

MONDAY/JAN. 20

MLK Day of Service. 10 a.m. to noon. At Barcroft Park, 4200 S. Four Mile Run Drive, Arlington. Join EcoAction Arlington in cleaning up trash and debris from Four Mile Run and surrounding streets. Schools encouraged to participate. <https://www.ecoactionarlington.org/get-involved/events/registration-for-mlk-jr-day-of-service-2020/>

TUESDAY/JAN. 21

The Evolution of Political News. 7-8 p.m. At Westover Library, 1644 N. McKinley Road, Arlington. Dr. Kimberly Meltzer will discuss the evolution of political news, and the heightened attention given to so-called "fake news," misinformation, and disinformation. Free. Registration required at <https://arlingtonva.libcal.com/event/5881090>.

THURSDAY/JAN. 23

Seeds: Selecting and Starting. 7-8:30 p.m. At Fairlington Community Center, 3308 S. Stafford Street, Arlington. Jumpstart your vegetable garden. Get the scoop on seed selection - hybrid vs. heirloom, which seeds to start indoors and what's required to get them growing. Learn how to make your own starter pots, create simple lighting systems, and practice winter sowing by starting seeds outdoors in milk-jug greenhouses. Germination is complex, but seed starting is reassuringly simple! This class is offered by Extension Master Gardeners. Free. Advance registration requested at mgmv.org. Call 703-228-6414 or email mgaralalex@gmail.com.

SATURDAY, JAN. 25

Hawks in Arlington. 9-11:30 a.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Adults. Red-tailed, Red-shouldered, Cooper's and Sharp-shinned Hawks all call Arlington home. We'll learn to tell these four hawks apart and how they survive in urban areas. After our discussion, we'll go out to look for hawks and other birds. Teens ages 12 and up are welcome to attend but must be accompanied by a registered



PHOTO BY GAIL BINGHAM

Some of the cast of cats and dogs in "The Big Meow."

The Big Meow

Jan. 25, Feb. 1, Feb. 8, 4-5:15 p.m. At Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. Little Cat is an ever-hopeful fluff ball who desperately wants to belong to the band of neighborhood cats. The Big Meow is a story of a Little Cat's hope, disappointment, courage and need for belonging. These simple themes are part of every neighborhood, but in this wonderful tale told through the experiences of Little Cat, a potential weakness is a unique strength. The performance incorporates spoken word, movement, music, and an interactive participatory introduction for young children. Cost is \$15 Adults/\$10 Children under age 10; \$45 Family of 4. Visit the website: <https://www.janefranklin.com/meow>

adult. Call 703-228-6535. Cost is \$10. #622940-G

Succulents for Small Spaces. 10-11:30 a.m. At Gunston Community Center, 2700 S. Lang Street, Arlington. Do you live in a small space? Succulents are a perfect choice if you live in an apartment or condo and want to incorporate plants into your small space. We'll explore what makes a plant a succulent, geographic origins, and why these plants are great options for small spaces. You'll learn all about the light, water, and soil requirements for successfully growing succulents. This event is offered by Extension Master Gardeners. Free. Advance registration requested at mgmv.org. Call 703-228-6414 or email mgaralalex@gmail.com.

District 27 Open House. 2:30-4:30 p.m. At Central Library, 1015 North Quincy Street, Arlington. Ring in the new year with a new you. Would you like the opportunity to improve your

communication skills? See a live demonstration of a club meeting. Learn what Toastmasters can offer you. Free. Visit the website <https://www.eventbrite.com/e/district-27-toastmasters-open-house-tickets-87198014609?aff=ebdssbdestsearch>

Celebrate the Chinese New Year! 3:30-5 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families. Register children and adults; children must be accompanied by a registered adult. Celebrate the year of the rat with us at Long Branch! We'll meet some live animals, make New Year's crafts, then take a short hike with our paper popper "firecrackers" to chase away the New Year's beast Nian. Call 703-228-6535. Cost is \$7. #622950-O

JAN. 25, FEB. 1, FEB. 8

The Big Meow. 4-5:15 p.m. At Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. Little Cat is an ever-hopeful fluff ball who



PHOTO BY PAUL GILLIS

Jane Franklin's Adult Technique Series takes place Jan. 4 to Feb. 1, 2020.

Jane Franklin Dance Adult Technique Series

Saturdays, Jan. 4 to Feb. 1, 2020, 9:30-11 a.m. At Theatre on the Run, 3700 S. Four Mile Run, Arlington. Study different approaches to movement and technique through a 5 class Master Series with Kelsey Rohr. Sample modern dance, post-modern and contemporary themes that address physical articulation, improve balance, range of motion, strength, coordination and mental agility. Drop-in for a class or enroll for a series. Cost is \$100 for the 5 class master series; \$25 single class. Visit the website: <https://www.janefranklin.com/adult-dance>

desperately wants to belong to the band of neighborhood cats. The Big Meow is a story of a Little Cat's hope, disappointment, courage and need for belonging. These simple themes are part of every neighborhood, but in this wonderful tale told through the experiences of Little Cat, a potential weakness is a unique strength. The performance incorporates spoken word, movement, music, and an interactive participatory introduction for young children. Cost is \$15 Adults/\$10 Children under age 10; \$45 Family of 4. Visit the website: <https://www.janefranklin.com/meow>

JAN. 25, FEB. 1, FEB. 8

Jane Franklin Dance Presents Border. 7:30 p.m. At Theatre on the Run 3700 Four Mile Run Drive, Arlington. Tickets are \$22. The heart of the piece lies in movement inspired by a series of interviews with people in the DC area speaking from

real-life experiences: a woman working in a male dominated career, an HIV positive male, a black woman negotiating cultural assumptions, a Latino delayed by police, disability and employment, and the lengthy process of legal immigration. Visit the website: <https://www.janefranklin.com/border> or call 703-933-1111.

SUNDAY/JAN. 26

Spellbinders Story Fest. 3-4 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 4 and up. Register children and adults; children must be accompanied by a registered adult. The Arlington Spellbinders will unleash the power of oral storytelling with favorite tales from around the world. Since ancient times in all cultures, this tradition has passed on wisdom, connected elders to youth, and engaged the imagination. Call 703-228-6535. Free. #622950-P

FLOURISHING AFTER 55

FROM PAGE 6

Jan. 14, 5-7 p.m. Walter Reed. Call for appt., 703-228-0955.

Snapchat and Instagram demo, Wednesday, Jan. 15, 6:30 p.m., Arlington Mill. Register, 703-228-7369.

Uses and laws affecting hemp, CBD and marijuana, Wednesday, Jan. 15, 6:30 p.m., Arlington Mill. Details, 703-228-7369.

Arlington Walking Club, Wednesday, Jan. 15, 9:30 a.m., \$4. Group leaves from Madison Community Center. Register, 703-228-4771.

Free legal assistance for eligible seniors, Thursday, Jan. 16, 9:30-11:30 a.m., Langston-Brown. Call for appt., 703-778-6800.

Monopoly Marathon, Thursday, Jan. 16, 12:30-3 p.m., Lee. Details, 703-228-0555.

Arlington Mill Trekkers, walk along the W&OD Trail, Thursday, Jan.

16, 9 a.m. Details, 703-228-7369.

Intermediate drawing and painting classes begin Friday, Jan. 17, 1-3 p.m., \$45/6 sessions, Langston-Brown. Details, 703-228-6300.

ARTventures, afternoon of painting and crafting, Friday, Jan. 17, 1-3 p.m., Walter Reed. Details, 703-228-0955.

Read and discuss Great Plays, Friday, Jan. 17, 1:30 p.m., Aurora Hills. Call for reading list, 703-228-5722.

Health directives info, two part series, Fridays, Jan. 17 and 24, 11 a.m., Langston-Brown. Details, 703-228-6300.

Ballroom dance, Friday, Jan. 17, 1-3 p.m., Lee. Detail, 703-228-0555.

Open Latin Dance, Friday, Jan. 17, 10 a.m. - noon, Arlington Mill. Details, 703-228-7369.

Lee Walkers will travel to National Zoo, D.C. for its weekly walking program, Friday, Jan. 17, 10 a.m., \$4. Details, 703-228-4771.

Fast paced walking group, Friday, Jan. 17, 9 a.m., Aurora Hills. Details, 703-228-5722.

55+ Travel : Smithsonian National Air and Space Museum, Udvar-Hazy Center, D.C., Tuesday, Jan. 21, \$7;

55+ Adventure Travel, Snow Tubing, Whitehall Resort, Mercersburg, PA, Saturday, Jan. 25, \$42. Call *Arlington County 55+ Travel*, 703-228-4748. Registration required.

NEW PROGRAMS:

55+ Center Adult Transportation, pre-arranged taxicabs to and from Centers, \$5 round trip. Details, 703-892-8747.

Rubber Stampers workshop, newcomers welcome, Tuesday, Jan. 21, 11:30 a.m., Lee. Details, 703-228-0555.

Genealogy Q&A, Wednesday, Jan. 22, 1-3 p.m., Langston-Brown. Details, 703-228-6300.

Arlington Walking Club, Wednes-

day, Jan. 22, 9:30 a.m., \$4. Group leaves from Madison Community Center. Register, 703-228-4771.

Friendly poker, beginner's crash course, Texas Hold'em, Wednesday, Jan. 22, 6:30-8 p.m., Arlington Mill. Register, 703-228-7369.

Common sleep problems, Wednesday, Jan. 22, 11 a.m., Walter Reed. Details, 703-228-0955.

How to reduce cable costs, Wednesday, Jan. 22, 6:30-8 p.m., Arlington Mill. Details, 703-228-7369.

ART Bus info, Thursday, Jan. 23, 11 a.m., Arlington Mill. Details, 703-228-7369.

Geometric tape painting, materials provided, Thursday, Jan. 23, 103 p.m., Walter Reed. Details, 703-228-0955.

Winter skincare, Thursday, Jan. 23, 11:30 a.m., Lee. Details, 703-228-0555.

Medication techniques, Thurs-

day, Jan. 23, 2 p.m., \$42/7 sessions, Langston-Brown. Details, 703-228-6300.

Arlington Mill Trekkers, walk along the W&OD Trail, Thursday, Jan. 16, 9 a.m. Details, 703-228-7369.

Edouard Monet illustrated lecture by art historian Joan Hart, Friday, Jan. 24, 1-3 p.m., \$6, Aurora Hills. Details, 703-228-5722.

Goal setting for the New Year, Friday, Jan. 24, 1-2 p.m., Aurora Hills. Register, 703-228-5722.

Aqua exercise classes begin Friday, Jan. 24, 8:10 a.m., W&L High School pool, \$70/15 sessions Register, 703-228-4771.

Lee Walkers will travel to Palisades area of D.C., for its weekly walking program, Friday, Jan. 24, 10 a.m., \$4. Details, 703-228-4771.

Fast paced walking group, Friday, Jan. 24, 9 a.m., Aurora Hills. Details, 703-228-5722.

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For Sale

For Sale: Conference room table w/6 chairs, executive desks, executive chairs, bookcases, file cabinets, white boards, end tables, wood kitchen table w/6 chairs, map cabinet, and more. Contact Bill, 703-836-0100, to view all items.

Legals

ABC LICENSE

MSPCC LLC trading as The Freshman, 2011 Crystal Drive, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage and Wine/Beer On/Off Premise license to sell or manufacture alcoholic beverages. Nick Freshman, owner. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals

PUBLIC NOTICE

AT&T proposes to replace an existing 19.5' decorative light pole with a new 20' decorative light pole and install a top-mounted antenna at 26' at 1301 N Stafford Street, Arlington, VA (20191698). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

Legals

ABC LICENSE

Toryumon Arlington Inc trading as Toryumon Japanese House, 1650 Wilson Blvd Ste 100B, Arlington, VA 22209-2508. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises, Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Tao Lin, President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Announcements

Legals

PUBLIC NOTICE

AT&T proposes to replace an existing 25' metal light pole with a new 30' light pole and install a top-mounted antenna at 35.4' at 3725 Jefferson Davis Highway, Alexandria VA (20191588). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

Legals

PUBLIC NOTICE

AT&T proposes to replace an existing 17.3' metal light pole with a new 20' metal light pole and install a top-mounted antenna at 26' at 3501 N. Fairfax Drive, Arlington, VA (20191703). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

Announcements

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NEWS



PHOTO BY JOHN BORDNER/THE CONNECTION

CTA President and CEO Gary Shapiro, right, is interviewed during the CES Unveiled media event Jan. 5 at Mandalay Bay Convention Center in Las Vegas.

Viva Las Vegas!

FROM PAGE 3

them create a regulatory environment where ingenuity can truly thrive."

Artificial intelligence, 5G, foldables, surveillance tech, 8K and robotics are set to be among this year's buzzwords. Also creating a buzz is the appearance of Ivanka Trump, who will be speaking at a conference on technology jobs.

Other notable speakers include former Secretary of Transportation Elaine Chao and Apple's privacy chief Jane Horvath, who is making a rare public appearance.

It's the first time the company has formally been

involved in CES since 1992.

Also attending are ex-Hewlett Packard chief Meg Whitman and former Dreamworks co-founder Jeffrey Katzenberg, who together will co-host a keynote event to showcase Quibi, a mobile platform that will compete with Netflix and Amazon with a range of 10-minute-long shows.

"Government leaders across all agencies and specialties have a vested interest in promoting the best in innovation," Shapiro added. "CES is where leaders discuss these realities and address the implications for public policy. Today, every company is, or needs to be, a tech company."

BULLETIN BOARD

FROM PAGE 4

Alexandria-based law firm Mercer Trigiani are sponsoring a series of workshops related to condominium and community associations during FY2020.

The goals for these classes include educating first-time homebuyers about the structure and governance of condominium communities; strengthening the knowledge of community board members in understanding, managing and budgeting; and helping communities understand state law related to open meetings and governance. A light breakfast will be provided at each session.

The workshops are offered at no cost to participants, but pre-

registration is requested. To register for the upcoming classes, call the Alexandria Office of Housing at 703-746-4990 or email Brandi D. Collins at brandi.collins@alexandriava.gov. At Arlington County contact Maureen Markham at mmarkham@arlingtonva.us or register on-line at <https://housing.arlingtonva.us/events>.

GRANTS TO PLANT TREES

Get a beautiful free tree through Arlington County's Tree Canopy Fund. These canopy trees are generally 2 inches in trunk width and 7 feet high and will be awarded to

SEE BULLETIN BOARD, PAGE 11

Announcements

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Announcements

CALENDAR

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**Let us know
about an
upcoming event**

connectionnewspapers.com/Calendar

BULLETIN BOARD

FROM PAGE 10

Arlington homeowners, civic and homeowner associations, property managers, community nonprofit organizations, civic service clubs, school-related groups, neighborhood groups and places of worship. Applications are due by Friday, Dec. 20. Complete this application (<https://www.ecoactionarlington.org/community-programs/trees/tree-canopy-fund-application-for-spring2020/>) to request a large tree. Applicants will be notified in January and trees will be planted in spring 2020. Learn more about the Tree Canopy Fund Grant Program at <https://parks.arlingtonva.us/grants-to-plant-or-maintain-trees-on-private-property/>

DROP-OFF SITES FOR GLASS

Arlington residents have three more drop-off sites for recycling used glass jars and bottles. Customized purple-and-green bins now stand ready at:

- ❖ Aurora Hills Community Center/Branch Library, 735 18th St. S.
- ❖ Cherrydale Branch Library, 2190 N. Military Rd.
- ❖ Lee Community Center, 5722 Lee Highway.

Residents are now formally asked to keep glass out of single-stream "blue cart" recycling collected weekly at the curb. (Other troublesome items to keep out of the blue carts: plastic bags, shredded paper, wire hangers and garden hoses. Try the County's Where Does It Go? database for a particular type of item.)

ONGOING

Digital Photo Map of Arlington in 1920. The Arlington Historical Society has unveiled the first-ever interactive "StoryMap" showcasing photos of how Arlington looked in 1920, the year a state law changed its name from Alexandria County to Arlington. Coordinated by local columnist and history enthusiast Charlie Clark and numerous volunteers, the StoryMap shows homes, schools, churches, government buildings, stores and transportation infrastructure that would have been encountered by an Arlingtonian traveling local streets in 1920.

The StoryMap uses the software created by Esri of Redlands, Calif., to present vintage and modern photographs in a format that allows the user to adjust sizes and zoom in on locations. The StoryMap can be found at <https://arlingtonhistoricalsociety.org>.

GET MORE WITH SNAP

Arlington and Alexandria Farmers' Markets accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT customers can purchase farm fresh produce at local area farmers' markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers' markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers' Market, N. 14th and Courthouse Road (second Saturday of the month) and Columbia Pike Farmers' Market, 2820 Columbia Pike (third Sunday of the month).

DONATIONS

The **Arlington Food Assistance Center** seeks local gardeners and farmers willing to grow and donate fresh produce to the AFAC food pantry for local families in need as part of the Plot Against Hunger program. Each week, approximately 2,400 client families visit AFAC to pick up supplemental groceries and fresh fruits and vegetables are in high demand. AFAC will provide free vegetable seeds to those who pledge to donate produce from community or personal gardens. Visit <https://afac.org/plot-against-hunger> or contact puwen.lee@afac.org or 703-845-8486. Seeds are available now at AFAC, 2708 S. Nelson St., during regular business hours: Monday-Friday 8:30 a.m.-4:30 p.m. and Saturdays 8:30 a.m.-1 p.m. Produce can also be donated at AFAC at the hours listed above or at:

- ❖ Arlington Courthouse Farmer's Market, Saturdays 8 a.m.-noon (look for the AFAC cooler near the Master Gardener information table).
- ❖ Rock Springs UCC Church, 5010 Little Falls Road, Sundays 9 a.m.-noon only. (Look for the donation bin on the Rock Spring Drive side of the church).

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OMG



By KENNETH B. LOURIE

Are you sitting down? I wasn't when I got the call from my oncologist after hours this past Thursday. He was calling me with the results from the previous week's biopsy. He said he had "exciting news." He said the biopsy was not only "typed" (genetic mutation/biomarker) but, as he continued to bury the lead using medical jargon about the slide and stain, finally got around to it: I may not have (or have had, still to be discussed/possibly determined) non-small cell lung cancer, stage IV. Instead, I may have (always had) thyroid cancer, specifically, papillary thyroid cancer, referred to as "the friendly cancer," by my oncology nurse the following infusion when I shared with her these preliminary findings. 'Friendly' referring to one's survival/life expectancy after diagnosis.

Moving forward to begin/confirm this new working diagnosis, I had an ultrasound of my thyroid the next day and Friday the following week, Team Lourie will be meeting with an endocrinologist. She (I saw her picture on the wall outside her office) presumably will have had a discussion, or at the very least, received an email/referral from my oncologist citing chapter and a few verses about who I am, how I've been treated, what scan/results I've had and of course, the news of this most recent biopsy, explaining why he reached out. I really don't expect, given my oncologist's excitement, and the fact that he called me (only the second time in nearly 11 years) that the endocrinologist will be likewise informed and possibly even excited to share a similar diagnosis with a previously-characterized as "terminal" patient who (yours truly) might not be "terminal" after all. 'Might not' being the operative phrase I'm still having difficulty grasping.

Somehow, I have to slow my roll and pull back on the reins. We're still early days here. Right now, I don't know anything definitive, so I'm not quite ready to call this a "Festivus miracle." Though at present it all sounds fairly promising, it's not exactly cast in stone, and neither has a revised Thyroid-cancer-treatment plan been put in place. I'm still a lung cancer "diagnossee" and one still waiting for the other shoe to drop. Therefore, until I'm told otherwise, as of now, I'm scheduled for my bi-weekly opdivo immunotherapy infusion on Jan. 3, 2020.

Now, why all of this is worth writing about, prematurely as it is, is that oncologists, almost by definition, are typically not the bearer of "exciting news." Generally speaking, they are giving bad news and saying it very directly at that. As was said to me in late February 2009: "Why not take that vacation you've always dreamed of while you're still feeling good?" The implication being quite clear that it's likely to get worse from here. To receive a call like I did Thursday from my oncologist now implying that it might get better from here is completely out of the ordinary. Moreover, if he initiated such a communication, I should probably take him at his words and take him very seriously.

Right now, I am possibly elated to be over the moon. However, it's not as if I've been given a clean bill of health. Cleaner, yes, but one still with a significant balance. And until I look the endocrinologist in her stethoscope and hear some magic words, I am keeping my powder dry and not shouting off my mouth - too much.

Cancer is a funny business. There are twists and turns and unexpected results, much of it not controlled by the doctors. And though I may be on the precipice of being blessed with some amazing, life-altering news, this time for the unbelievably good, I am still a week, maybe even weeks away from knowing with any certainty. In the interim, however, I am certain of one thing. If this change in my status does occur and I'm given back my life expectancy, somehow, I will try and return the favor.

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

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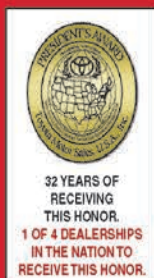
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