

# The Arlington Connection

## HomeLifeStyle

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Liane Rozzell addressed the group, describing her role and how she got involved with restorative justice.

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PHOTO BY EDEN BROWN/THE CONNECTION



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## ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

### ONGOING

**Historical Holiday Exhibit.** Now thru Feb. 1 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. "Gimmies" 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>

### 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>

### 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](http://www.rockspringgardenclub.com).

### Writing Arts Grants Proposals for Individual Artists.

7-9 p.m. At the Cultural Affairs Office, S. Oakland and S. Nelson Streets on S. Four Mile Run Drive, Arlington. Cost: \$20-\$25. Individual artists are invited to learn the essentials of grant-writing along with resources for searching and structuring your proposal. Registration for this workshop will close Jan. 15 at 7 p.m. Register on Eventbrite: <https://www.eventbrite.com/e/writing-arts-grant-proposals-for-individual-artists-tickets-82652522921>.

### 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

### Writing Arts Grants Proposals for Organizations.

2-4 p.m. At the Cultural Affairs Office, S. Oakland and S. Nelson Streets on S. Four Mile Run Drive, Arlington. Cost: \$20-\$25. Arts organizations are invited to learn the essentials of grant-writing along with resources for searching and structuring your proposal.

SEE ENTERTAINMENT. PAGE 6

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## Arlington Residents Drown in Higher Water Bills

**Was this just the drought-related water use?**

BY EDEN BROWN  
THE CONNECTION

Unhappy Arlington residents gathered at Arlington County Board Chair Libby Garvey's "Open Monday" meeting on Jan. 6 at Langston Brown Community Center. On their minds was the recent spate of higher than normal water bills, many of them costing homeowners more than \$1,000. Ten people have bills of over \$1,000; one single woman had a bill of \$3,000, and another had a bill for \$2,300.

Others have bills in the high \$800s and \$900s. Many were angry about responses they received from County utilities personnel who suggested homeowners were clearly using more water, possibly due to water leaks, despite the uniform jumps in neighbors' bills.

Tina Chancey attended the meeting as the focal point for residents with water bills over 1,000 dollars. Chancey said if the water bills were due to the drought they should be roughly 15 percent higher, not the 116 percent average bill increase many people, in-

cluding 60 people in Ashton Heights, were seeing. Chancey is putting together a spreadsheet of high bills in order to get the problem addressed in context: when whole neighborhoods see a jump the problem appears to be systemic.

Mike Cantwell, president of the Yorktown Civic Organization noted that what bothers people the most is the response from the staff: it's either assumed this is the homeowners' fault, or in one case, the staff suggested the resident should be happy with the bill they have: it could go up if they check the meter. Cantwell said he wondered if the water main break on Glebe Road could have caused this, but he didn't even raise it with the utilities staff because "we knew what the answer would be: 'it is the residents' fault.'" Both Cantwell and Chancey think the problem is systemic.

Garvey responded sympathetically, noting that she knew the County Treasurer herself came in the other day holding up a higher than normal water bill. She promised to address both the issue and the responses given by the staff.

The county has tried to get ahead of the residents' ire by sending out a notice on NextDoor.com which states: "Water bills sent out toward the end of 2019 and into early 2020 reflect consumption



**Residents button-hole Arlington County Board Chair Libby Garvey at the Open Monday meeting at Langston-Brown Community Center. Homeowners were upset their water bills had tripled or quadrupled, for no apparent reason, and brought other concerns to Garvey's attention.**

that includes the period of drought the region sustained from summer deep into autumn. Arlington's collective consumption in September 2019 alone jumped 14.4% from the previous September. In addition, the combined water/sewer rate rose from \$13.62 to \$13.80 per 1000 metered gallons on July 1, 2019."

Those who attended the Monday meeting were adamant that drought could not be the sole cause of the dramatic increases in water bills that far exceeded the collective increase in consumption

of 14.4 percent.

See <https://water.arlingtonva.us/customer-service/resolve-high-bills/> for more information on getting your home inspected for potential exterior leaks and on conserving water. There are other possible reasons for a high water bill, including faulty or misread meters, as well as new, automated meters that read water usage more accurately and could be responsible for identifying higher usage.

In an unrelated, according to Garvey, request, the County is ask-

**Open Monday - Arlington Board's Outreach**

If you've never been to an "Open Monday" session, this is an informal way to bring matters of concern to the attention of individual board members; they relay the concerns to the larger board and respond.

At this small, conversational meeting, about 12 residents were present, sitting around the table with the board chair, Libby Garvey. Topics raised included the shortage of affordable housing for one young resident, who believes there are vacant apartments going unrented; zoning changes and Housing Conservation Districts, including the impact of changes in High View Park and the distrust caused by perceived lack of notice to people who lived in the HCD's; issues with parking a trailer on the street; notice of an upcoming meeting on restorative justice; and shortages in mental health treatment options for young people. The Arlington Mental Health and Disability Alliance representative invited Garvey to attend a meeting on Jan. 11 to highlight priorities for mental health treatment in the county.

And at least six attendees had water bill issues.

ing residents to respond to a survey on water billing; how should this change, should residents be rewarded for using less water, and other issues. See:

<https://water.arlingtonva.us/water-and-wastewater-utility-rate-study/>

## Columbia Pike Crews Got a Surprise After Looking Underground

**Unexpected duct work will cost the county over \$5 million.**

BY MIKE SALMON  
THE CONNECTION

As construction crews unearthed a section of duct work for the "Columbia Pike Utility Undergrounding & Streetscape Improvements," the project team ran into an unexpected complication with the location of an old duct bank, and this requires a redesign and more money than originally expected. In a Department of Environmental Services presentation, dated Dec. 17, 2019, the engineering complication was presented to the public. On the page titled "What We Found

During Construction," engineers "expected an existing duct bank under the travel lanes but its actual location is under the sidewalk where a new duct bank was planned," the slide read.

The impacts of this new development could impact the schedule, increased traffic disruption, and the overall cost of the project.

The contract with Fort Myer Construction will need to be increased by \$5.5 million, going from the original price of \$17.5 million to \$23 million. The additional costs are needed to cover "additional volume and complexity of work resulting from duct bank redesign; additional work crews and extended construction hours; and more complex maintenance of traffic," the county presentation stated. The additional funding will come from other work projects on Columbia Pike and part of segment D from South Garfield Street to the South Quinn Street project.

Also in late December, a new traffic pattern was implemented along the west end of Columbia Pike that is expected to cause additional delays for those travelling through this area. According to information on the Arlington County website, this change is necessary so the project contractor can install a utility duct bank system beneath the eastbound lanes.

For the remainder of 2020, there will be only one lane open between South Jefferson Street and the Four Mile Run bridge, except during weekday morning rush hours.

In addition, there are new "no left turn" signs between South Greenbrier Street and South Dinwiddie Street, to help keep traffic and pedestrians moving safely during construction.

The speed limit in the work zone has been reduced to 25 mph. This change will be in place through the remainder of project construction. Bus stops will be temporarily



**Officials are recommending ways to avoid Columbia Pike altogether to avoid construction-related lane closures.**

moved during construction for this project and the "Transit Stations," project. This work is part of the Columbia Pike multimodal project that will make Columbia Pike a safer, more accessible route for all users, officials said. Arlington is transforming this main thoroughfare into a complete street that balances all modes of travel and supports high-quality, high-frequency transit service.

In addition to visible improvements to the road, extensive work

will occur below the roadway – to replace aging and leak-prone water and sewer pipes and to bury existing overhead utilities underground.

Streetscape improvements will include wider sidewalks, new street lights, upgraded traffic signals and "street trees." The project also includes a work of public art for Arlington's western gateway, near Columbia Pike and South Jefferson Street.



# Restorative Justice Comes to Arlington

Arlington will have a chance to showcase a better way to deal with crime.

BY EDEN BROWN  
THE CONNECTION

**L**iane Rozzell, speaking to a crowd of 70 Arlington residents on Jan. 11, gave an example of restorative justice that helps illustrate the concept: “Some boys are playing in the video game arcade,” she said, “and one younger kid won’t move away from the machine the other boys want to use. Eventually, an older boy forcefully pushes him out of the way, the police are called, and that boy is charged with assault. The parents get together and defuse the situation, noting the younger boy has a learning disability and was frustrated because he didn’t understand how to play the game. They agree that the way to deal with the ‘hurt’ caused by the older boy is to have him mentor the younger one in how to play the game, and to make sure he is protected from bullies who might harass him for taking too long. This happens, and everyone is happy. But the prosecutor won’t drop the charges: he responds that the older boy was charged with assault, and therefore must be prosecuted (and punished.)” “But,” Rozzell asked, “Which approach actually resolved the problem?”

Liane Rozzell and Naomi Verdugo got involved in the restorative justice movement because they had sons who collided with the criminal justice system; they saw the system fail not only their sons, but a multitude of young men and women (and adults) who deserved more than punishment. Thanks to the Annie E. Casey Foundation, and the encouragement of the new Commonwealth’s Attorney, Parisa Dehghani-Tafti, as well as the Arlington county board and police and Sheriff’s offices, Arlington is about to embark on a new way of healing a crime’s victims - and perpetrators.

Speaking to a crowd that was much larger than they had anticipated, Rozzell talked about a system that would build empathy, leadership, and community.

“Heal the harm, how do we repair the harm,” Rozzell stressed. “There are 2.2 million Americans in prison, and another 5 million on probation, many of whom will end up back in prison. The system doesn’t work.”

The fundamental premise of restorative justice is that the perpetrator and the victim should meet



**Parisa Dehghani-Tafti, Arlington Commonwealth’s Attorney, talked to a resident at the meeting.**

up. The one who is harmed should vent about that harm - in itself a therapeutic thing to do - and the one who committed the harm should explain how he came to commit the harm, sometimes revealing where the system had failed him along the way. A plan to “restore justice” is worked out, instead of a system of retribution, where no one benefits.

Restorative justice is not just about prisons and courtrooms, but about schools and how we deal with the minor offenses occurring at our schools. One teacher, speaking about restorative justice said: “When I used retributive system of justice, I lost a relationship with a student, but when I used the restorative system, I gained a relationship.” Rozzell has been part of a family-driven movement to transform justice systems for youth since 2007. She currently serves as a senior policy associate for the Annie E. Casey Foundation, advancing policies that improve the outcomes of youth who become involved in the juvenile justice system. She has been loaned to Arlington County by the Annie E. Casey Foundation to coordinate the restorative justice project. “Thanks to the County Board and Parisa, without whom I would not be standing here today, we have a chance to make this happen here. But I am not going to do it alone. I need the help of people in the community at every level. It’s like planting a tree,” Rozzell said. “That’s what we are about to do in Arlington. And like any tree, we will have to make sure the roots are good, and that we frontload this with community participation. We will reap the fruits of this later.”

Parisa Dehghani-Tafti, who ran, and won, on a platform of criminal



**Residents talked in groups about social isolation of young mentally ill residents and the need to reduce the stigma of mental illness.**

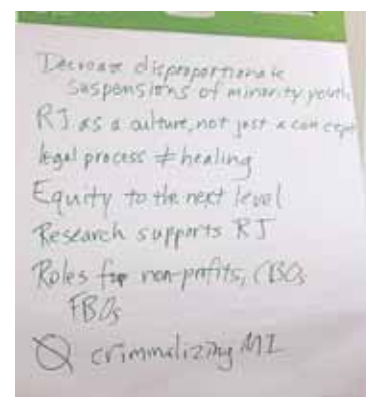
justice reform and restorative justice last fall, as well as Libby Garvey, Arlington County Board Chair, and Rick Goldstein, and Nancy Van Dorn, school board members, and several members of the Sheriff’s department, attended the meeting.

Nancy Van Dorn noted that in addition to board members, the entire disciplinary committee of Arlington Public Schools had come out on a Saturday afternoon, to show their support for a system that would improve the community at all levels. “I had no idea they were all coming today. I’m so gratified to see them here. As someone who has been on the receiving end of harsh school discipline, I can tell you, it breaks our hearts every time we have to expel a student. And I know we can look back in that child’s record and see where we should have intervened, and didn’t.”

Rozzell recommended a short film about restorative justice, [is.gd/rjhealsvideo](https://is.gd/rjhealsvideo), and the book “The Little Book of Restorative Justice” for those who want to learn more. Rozzell will be setting



**Liane Rozzell addressed the group, describing her role and how she got involved with restorative justice.**



**Rozzell brainstormed with the group on what actions needed to be taken and what questions they had.**

up a website for community input.

The second half of the meeting centered around young adults and juveniles with mental health issues who are often failed by the community and end up crosswise with the justice system. Verdugo and Florence Jones of the Arlington Mental Health & Disability Alliance (AMH&DA) are directing an effort to find ways to support those in Arlington who are at risk for falling through the cracks. When an incident does occur, they want

to find ways to address the harm caused by young people with mental health issues, without inflicting on them the forced detention and criminal procedure which usually ends up aggravating their problems. The group talked about priorities for the next year, including reducing social isolation for mentally ill children and young adults. They noted that young adults, some of who were in special services at school in APS but then went to college, often end up back in Arlington after failing to stay in college, or being fired from a job, but they are no longer followed by anyone and receive no support.

Participants in the meeting, including many parents of children with mental health issues, or adults in rehabilitation, or mental health professionals, agreed to start a working group to advocate for change, to work on educating residents and breaking down barriers so that “mental health issues” get discussed, and identifying best practices for social isolation, one of the most pervasive problems for people with mental health issues.



## HOME LIFE STYLE

# Beautiful, Bold, Soothing: Classic Blue

Dependable, stable and calming are the characteristic of the Color of the Year for 2020.

BY MARILYN CAMPBELL  
THE CONNECTION

**D**ependable, stable and calming are the characteristic of the Color of the Year for 2020. For the past 21 years, Pantone Color Institute has announced a “Color of the Year,” which the self-proclaimed authority on color says will be on trend during the year ahead. Local designers share how the color can be used in a home’s interior.

“Classic Blue is a beautiful and bold, yet soothing color reminiscent of the evening sky and the deep blue ocean,” said Keira St. Claire of Anthony Wilder Design/Build in Bethesda, Maryland. “Soft, rich and versatile, this color has the potential to inject creative confidence into your interiors.”

From an accent wall in a child’s bedroom, throw pillows or a kitchen backsplash to a home’s front door, mailbox or shutters, Allie Mann, designer and senior interiors specialist at Case Design/Remodeling suggests a variety of ways to use classic blue. “Perhaps as a ceiling color to draw your eye up or add interest,” she said. “As a powder room wall color or vanity, this bold color will work well in the tiniest of spaces including the back of a bookcase or built-in, a reading nook, a laundry room or mudroom or as cubbies.”

Whether bold or subtle, St. Claire said the design options are plentiful. “Opt to incorporate this color in your home with decorative accents like throw blankets, pillows, rugs, and artwork and even kitchenware to add a pop of color without feeling



PHOTO BY JOHN COLE

**A Classic Blue sofa is complemented by other shades of blue in this living room designed by Keira St. Claire**



PHOTO BY STACY ZARIN GOLDBERG

**For this Arlington, Virginia breakfast room, designer Allie Mann incorporated Pantone’s color of the year by using Classic Blue fabric on the chairs, window seat cushion and pillows.**

over-saturated,” she said. “Repurpose old pieces [or furniture]. A fresh blue lacquered coat of paint would magically transform an old chair or dresser into a unique statement piece.”

For the courageous homeowner, St. Claire suggests a bolder approach. “Paint your walls or refinish your kitchen or bathroom cabinets in blue or upholster a large piece of furniture like a sofa or armchair in blue,” she said. “Introduce other complementary colors like olive greens, golds or magenta to really offset the color and make a statement. Classic blue doesn’t have to be the only pop of color.”

Adding the color gradually is what Amanda Mertins of Patina Polished Living in Alexandria, Virginia suggests. “Infuse it into your home and fashion design in bits and pieces,” added “Maybe you paint an accent wall classic blue and let that be the focus. The color blue is kind to many colors and therefore easy to use in a room as an accent color. You can also mix varying shades of blue.”

“Classic blue is just that, it’s classic and timeless and can be weaved into many design schemes,” said Mann. “Do not be afraid of color.”

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**Arlington’s 51<sup>st</sup> Annual MLK Tribute**

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The Story of Desegregation in Arlington”

**Sunday, January 19, 2020, 5 - 6:30 p.m.**

**Wakefield High School, 1325 S. Dinwiddie St.**



## Legals

### ABC LICENSE

ClarendonCG LLC trading as Colony Grill, 2800 Clarendon Blvd., Arlington, VA 22201-7012. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises/Mixed Beverage Restaurant (Over 150 seats) license to sell or manufacture alcoholic beverages. Paul Coniglio, Managing Member of Colony Grill Development, LLC, the sole member of ClarendonCG LLC. 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](http://www.abc.virginia.gov) or 800-552-3200.

## 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.

## Announcements

## 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](http://www.abc.virginia.gov) or 800-552-3200.

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# ENTERTAINMENT

FROM PAGE 2

Registration for this workshop will close Jan. 15 at 7 p.m. Register on Eventbrite: <https://www.eventbrite.com/e/writing-arts-grant-proposals-for-organizations-tickets-82667285075>.

**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



Dancers rejoice on stage, performing fascinating movements and shapes.

## Forty+ Dance Project

Jan. 21 to March 10, 11:30 a.m. to 1:30 p.m. At Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. Forty+ celebrates the collective creativity of people past the age of 40. Each project features a different choreographer and results in a unique tapestry of collaboration. 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 April 25, 2020. The project is open to people of all physical facilities. No previous performance experience is necessary. Cost is \$160. Visit the website: <https://www.janefranklin.com/adult-dance/forty-plus>

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.

**Notable Nature.** 3-4 p.m. At Long Branch Nature Center, 625 S. Carlin

SEE CALENDAR, PAGE 7

## Announcements

## Announcements

## FREDERICKSBURG BOAT SHOW

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**Sunday, Jan 19**  
11:00 am - 4:00 pm

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.  
-Werner Heisenberg

## Legals

### ABC LICENSE

The Pinemoor LLC trading as The Pinemoor, 1101 N Highland St, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises/Mixed Beverage Restaurant (Over 150 Seats) license to sell or manufacture alcoholic beverages. Reese Gardner, owner/ The Veritas Law Firm. 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](http://www.abc.virginia.gov) or 800-552-3200.

## Legals

### ABC LICENSE

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# ENTERTAINMENT

FROM PAGE 6

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 nature journals, hone our writing and drawing skills and talk about the season while hiking. Call 703-228-6535. Free. #622950-G

**Arlington Tribute to MLK.** 5-6:30 p.m. At Wakefield High School, 1325 S. Dinwiddie Street, Arlington. Arlington's 51st Tribute to MLK - "Prayers of a King" Tells the Story of Desegregation in Arlington. A celebration of the Rev. Dr. Martin Luther King, Jr.'s life and legacy with a tribute in music, dance and spoken word. The program brings together spoken word artist Kim B. Miller, performing her original work, "Your Calling;" Kim Gordon performing an original song "The Wall Between Us," written by Anne Smith, as well as "Changed" by Tramaine Hawkins. The Four will perform "Is My Living in Vain" by the Clark Sisters; and Kailah Doles will perform a solo dance to "If I Could" by Regina Belle. Doors open at 4:30 p.m. Guests are encouraged to bring non-perishable goods to donate to Arlington Food Assistance Center. Visit [mlktribute.org](http://mlktribute.org) or call 703-228-3329.

## MONDAY/JAN. 20

**MLK Day of Service: "A Day On, Not A Day Off."** 8:30 a.m. to 12 p.m. At Washington Liberty High School, 1301 N. Stafford Street, Arlington. Program Details: 8:30-9 a.m. — Check In (enter through Washington Liberty Door #1) 9-9:30 a.m. Program (Washington Liberty Auditorium); 9:30-9:45 a.m. — Transition to Registered Service Project or Volunteer Training (Many of the offerings begin at Washington-Liberty with the exception of the Marymount/A-SPAN project, EcoAction Arlington project, and Just Neighbors Service Project.). Be sure to read the service project or volunteer training descriptions as some opportunities have specific requirements. 10 a.m.-12 p.m. — Service Projects or Volunteer Training. Visit the website: <https://volunteer.leadercenter.org/>

**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. Schools encouraged to participate. [www.ecoactionarlington.org/get-involved/events/registration-for-mlk-jr-day-of-service-2020/](http://www.ecoactionarlington.org/get-involved/events/registration-for-mlk-jr-day-of-service-2020/)

## JAN. 20-25

**NWAR Lions Citrus Sale.** At Overlee Pool, 6030 Lee Hwy., Arlington, lower entrance near bath house off John Marshall Drive. Lions, Arlington Northwest Charity Fundraiser featuring fresh citrus, pecans, and maple syrup. Hours are Monday 2:30-7 p.m.; Tuesday 9 a.m.-4 p.m.; Wednesday 12-5:30 p.m.; Thursday 8:30 a.m.-4 p.m.; Friday 9 a.m.-3:30 p.m.; Saturday 9:30 a.m.-2:30 p.m.

## 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. Extension Master Gardeners. Free. Advance registration requested at [mgnv.org](http://mgnv.org). Call 703-228-6414 or email [mgaralex@gmail.com](mailto:mgaralex@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 adult. Call 703-228-6535. Cost is \$10. #622940-G

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An expert is someone  
who knows some of the worst mis-  
takes that can be made in his subject  
and how to avoid them.  
-Werner Heisenberg

## Still Waiting for "Canswers"



By KENNETH B. LOURIE

As I half expected, with my oncologist out on vacation this week, he and the endocrinologist didn't speak. As a result, after sitting in the examining chair, the first question the doctor asks is "So you have thyroid cancer?" I snickered and said something like "Hopefully," before I began to elaborate. Though she had access to my medical records, I can't say she was prepped and ready for our appointment. As she listened to my story, I could she see was simultaneously trying to review my medical history on her computer. In fact, as I hemmed and hawed in response to some of her medical questions, I kept saying/pointing to her computer for her to get the proper answer.

Nevertheless, eventually we were able to move forward in the determination of exactly what kind of cancer I have: thyroid cancer or lung cancer - or both (it's possible, she said). To that end-result, the doctor performed a biopsy on my "Adam's Apple" tumor, as I call it. The biopsy I had two weeks prior was from a lymph node. The results from which caused my oncologist to call me with his "exciting news." Apparently, those results were not enough for the endocrinologist (who had never seen me before) to make a definitive judgment, so in her office, that day, this second biopsy was performed. Fine with me since a second biopsy from a different tumor is absolutely moving the ball forward, as if is so often said these days; I just hope it leads to a touchdown instead of another possible fumble.

For the last nearly 11 years, I've been diagnosed with non small cell lung cancer, stage IV. Now after two biopsies, not so much. Right now, the assessment of my cancer status is somewhere between a definite maybe and a confirmed I don't know.

Will I now know - in another week's time (when the results of this most recent biopsy are confirmed) whether my non small cell lung cancer is actually thyroid cancer or will there be additional biopsies, additional diagnostic scans, injections of isotopes, etc., to make a once-and-for-all confirmation of what the heck is going on (or has been going on) in my body? If so, it's been a long time coming. I first went to the Emergency Room Jan. 1, 2009 so it's sort of an anniversary of sorts as I write this column. I'd just as soon we get it right this time, if in fact it was ever wrong.

I have a few questions, some of which were answered by the endocrinologist. Yes, I can have two types of cancer. Could my lung cancer have changed to become thyroid cancer? No. And the underlying curiosity/question: During this cancer life that I have lived, I have been told - and seen multiple times on discharge-type paperwork I've received that I have "metastatic cancer" meaning that the cancer has moved. Moreover, when one considers the staging aspect, my cancer was stage IV. Stage IV means, among "relevancies," (like inoperable) that the cancer has moved from its "primary" location. I remember asking my oncologist where did my lung cancer come from (I'm a lifelong non-smoker with no cancer history in my immediate family). His answer, if I recall correctly, and I may not due to "chemo brain," a confirmed side effect of chemotherapy) was that he didn't know, and if I further recall correctly, he wasn't particularly interested in finding out and accordingly no additional tests were ordered. Perhaps we misunderstand the need to know now or misunderstood the answers we were given then (Feb., 2009). But as of this past Friday, Team Lourie is sort of wondering as was the endocrinologist.

As of this moment, our focus is on hearing back from the endocrinologist. Until then, we'll try to move forward. What's done is done and we'll hear back when we hear back. I have what I have (and have had what I've had) and right now, all we can do is wait.

That being said, we are having a little difficulty restraining ourselves. We can't get past the fact that my oncologist called us in the first place, and in the last place, if he wasn't so sure, why call us and get our collective hope sky high? Why go out on such a presumptive limb? In spite of that call, somehow, we have to internalize and compartmentalize and try to synthesize fact from fiction. So far, it's proving extremely difficult.

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



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