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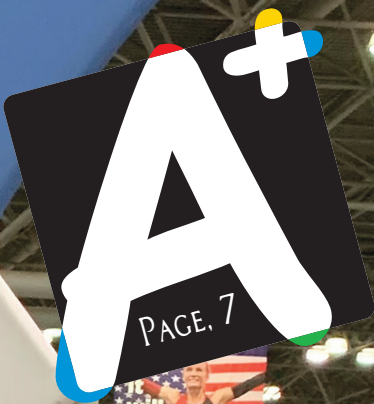
Wednesday, January 29, 2020 6:45 p.m.

S. Dillon Ripley Center, 1100 Jefferson Drive SW, Washington, DC 20560



The Arlington Connection

Au Pair Desire Tumbarello and her host father Josh Babb ran the New York City Marathon in November.



TATA CONSULTANCY SERVICES



Rare Au Pair Ran NYC Marathon

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Complex History and Present of Hall’s Hill

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OPINION

Water Bills

To the Editor

Thanks to Eden Brown for the article on the current spate of high water bills. In order to persuade the County to look into the problem, we're putting together as large a data base as possible of people whose bills have gone up by more than 10-20%. It seems that some had recent bills that just shot up; others have seen a gradual increase over the past year. We're asking people to send me an email (tinachancey@cs.com) that includes:

Your name and address

A copy of your highest recent bill

Supporting information that might have affected your bill. Some of these are things we may not usually associate with the water bill. During the billing period, did you have:

A leak (how long, was it fixed)?

Fewer /or more people in your house?

Were you away for any length of time?

Did you have any construction work done on your house or yard?

Was there any construction near you, for a private residence or a county project?

Did you water your lawn more? How much more?

Did you get any new appliances? A new EV charging station?

Was there a thunderstorm? A power outage?

If you have questions, please contact me as well.

Tina Chancey
Cherrydale

FLOURISHING AFTER 55

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+ Adventure Travel, Snow

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

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

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

Arlington Walking Club, Wednesday, 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 SEE FLOURISHING. PAGE 11



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NEWS

Over 1,000 Volunteers Sign Up for MLK Day of Service

By SHIRLEY RUHE
THE CONNECTION

“We’re short on cookies.” “Any one have more bread for our bologna and cheese?”

More than 50 volunteers line two long tables at Marymount University Monday, Jan. 20 to help A-SPAN make bagged meals for the homeless as part of Martin Luther King (MLK) Day of Service activities.

An assembly line of applesauce, wheat bread, meat and cheese, peanut butter and jelly winds up with bottles of water, pretzels and mini Oreos. U.S. Rep. Don Beyer says he is making robust sandwiches, “the kind I would like to eat, probably too much peanut butter and jelly.” He is impressed with how many people showed up “on a holiday when it’s cold, and they bring their kids. It is fun and it sets a good example.”

A number of Marymount faculty and students are in the group of volunteers including Susan Agolini, Assistant Professor of Biology, who started a Food for Thought Club at Marymount University to raise awareness about food insecurity. Once a week the students bag 70 lunches for homeless. Agolini says as part of their focus on urban agriculture they grow many vegetables including collards, beets, kale and carrots and deliver their fresh produce to AFAC.

Jonathan Aberman, Dean of the School of Business and Technology says he is here today working to support these efforts. “The service culture cuts across all of the schools. We are rooted here in the community as the only Arlington-based university.”

Bridget Murphy, Professor of Graphic and Media Design at Marymount, has set up a center for student services at the University. “Last year the students alone contributed 14,000 hours of service, and you can add the faculty and administration to that.” She says service empowers students.

Agolini says today’s goal is to pack 200 lunches which is 400 sandwiches but they will just keep going until everything is gone. She adds that this something anyone can do.

This effort to bag meals is sponsored by A-SPAN as one of 20 volunteer opportunities offered by Volunteer Arlington for MLK Day of Service activities.

Other opportunities for service or training included Eco-Action, WWW.CONNECTIONNEWSPAPERS.COM



PHOTOS BY SHIRLEY RUHE

Susan Agolini walks around the room filling in as needed. She has started a “Food for Thought” Club at Marymount to raise awareness about food insecurity.



Volunteers of all ages make bologna and cheese sandwiches to fill 200 brown paper bags for delivery to Arlington homeless.



Congressman Don Beyer (D-8th) heaps peanut butter and jelly on sandwiches for bagged homeless lunches. He says he makes them robust, just the way he would like to eat them.



Marymount was the site of one of 20 volunteer activities offered by Volunteer Arlington for MLK Day of Service on Jan. 20.

Just Neighbors, Doorways, and AFAC.

MLK Day of Service is celebrated nationally on the third Monday in

January as “a day on, not a day off,” to encourage Americans to volunteer to improve their communities.

Running Bridges Cultures for Au Pair

BY SHIRLEY RUHE
ARLINGTON CONNECTION

It's been almost a year since Desire (Desy) Tumbarello came to America as an au pair and ran the New York City (NYC) Marathon with her host father Josh Babb.

Tumbarello says, "I decided to go with the best family. I see the family picture and Josh text me and we talk a lot. There was something familiar with my traditions."

Tumbarello remembers getting off the bus from New York City with the other au pairs at Tysons Corner. It was a cold day and she was wearing a big furry hood. "I wondered can you survive." Then she saw her family with a large welcome sign and balloons. "I felt something special, familiar to my family. I started to cry."

Babb says, "When we saw Desy, it hit home for us. It was no longer a piece of paper. It was a person. I'm a big cryer, too, so we were both crying."

Tumbarello says, "Maybe the first two weeks were hard for me."



Desire Tumbarello and her host father Josh Babb display their race bibs from before the New York City Marathon in November.

PHOTO BY SHIRLEY RUHE/ARLINGTON CONNECTION



PHOTOS CONTRIBUTED

Desy and Babb display their NYC marathon medals.

Babb adds, "the time change, language, accent. The kids speak very fast."

Tumbarello says, "I told them I respect you, and you respect me." She says, "seven-year-old Abby helped me a lot with the younger boys. She would say 'we do that this way.'"

Babb says this program is about welcoming someone into your house who has put themselves out there. You are a part of the family and see the good, the bad, the ugly. There is no perfect family." He continues, "This is not just a work relationship. She is sharing your house, your life." Babb says he fell in love with Italian culture.

In addition, the kids got an honest look at another culture. "They learned some conversational Italian, another cuisine like pesto pasta and pumpkin risotto that she cooks at home in Sicily." On the other side she learned "the wild, wacky side of our family." Babb explains he and his wife are both from Texas. "We are big barbecue, country music as well as Christian and pop and have a lake house in Texas where we visited several times."

Tumbarello adds, "I travel a lot with them. I am so lucky with that." In addition to traveling in a number of southern states and a camping trip to the Outer Banks, local travel included a trip to Costco and Home Depot. "Everything is so big here. I never saw a big place like that." And a walk to the Italian Store down the street where she could talk to the staff.

Babb says, "She helped pick out olive oil. She looked at the back of the cans and said, 'this is 10 kilometers from my house.'"

Tumbarello says, "I love Arlington. It's so peaceful. If you want to meet people, you just take a metro and it's 5 minutes to D.C. 'And there's a lot for kids—libraries, playgrounds, good for an au pair, can do a lot of stuff.'"

Early in her stay Cultural Care Au Pair asked her if she would like to run the NYC Marathon to help sponsor the nonprofit Cultural Care Kids First Foundation, which supports economically disadvantaged children worldwide. She had never been a runner but she said, "I run, yes I do that."

Tumbarello says, "It was crazy. This year I wanted to improve myself in a different way, get out of my comfort zone."

Babb was already a runner and had run the New York City marathon in the past. He had a personal coach that he thought could work for Tumbarello.

Tumbarello says, "The first week it was small. I ran two miles the first day." She remembers when she thought, "I have to run eight miles."

Babb told her there will come a time when you say 8 miles was nothing." Week by week for 18 weeks, she added more miles "and then I did the long run with my friend from Italy."

The Friday before the Nov. 3 race Babb says Desy and the whole family (Abby-7; Charlie-5; Andrew-3; Josh and his wife, Alison) "trained" up from Union Station to New York City.

Babb says, "It was neat. The whole city really goes out for it. You see the big Expo with the T-shirts, the vendors, all the pictures and the 55,000 other runners. It hits that you are going to run the biggest marathon in the world. It sets in."

Babb says the weather was in the 50s, perfect running weather.

At 5:30 a.m. Babb and Tumbarello boarded the bus where they watched the sun come up as they traveled from Midtown to Staten Island. We went through 5 boroughs," Babb says, "to Central Park. We could see that once we got on the bus there was no way back except to run." He said smiling, "We thought maybe we got on

SEE RUNNING, PAGE 5

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Running Bridges Cultures

FROM PAGE 4

the wrong bus.”

Tumbarello came to America as part of the Cultural Care Au Pair program regulated by the State Department. They sponsor exchanges with American host families and au pairs from more than 20 different countries. The program provides families with flexible, reliable childcare while giving young people an opportunity to experience the U.S.

When Tumbarello leaves in February she will take a quick trip to California and then return to Sicily to study for the medical school exam. “It is a big test and I will have to study hard.”

Babb reminds her, “you ran the New York City Marathon; I know you can pass this big test.”

For further information on the Cultural Care Au Pair program, see the website at culturalcare.com or 1-800-333-6056.



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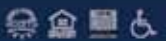


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HISTORY

It's a Beautiful Day in the (Hall's Hill) Neighborhood

Growing up black in Arlington was not easy; good neighbors helped.

BY EDEN BROWN

THE CONNECTION

Wilma Jones relates the history of Hall's Hill neighborhood as a storyteller: she personalizes it, gives us context, humor, and color; most importantly, she reminds us what a neighborhood was to people growing up under segregation, where running water and sewers were lacking, in families living through the civil rights movement, or interrupted by war.

The book, *My Hall's Hill Family*, gets some of that history down on paper in anticipation of the day when those who lived through it aren't around to tell the stories. The book also reminds us that soaring property values in Arlington make it hard to keep a neighborhood "village" intact when the people who grew up there can't afford to live there. The idea of preserving what is left of Hall's Hill weighs heavily on Jones and others of her generation. In an event put on by "Challenging Racism," a local organization dedicated to call out racism that persists, Jones was interviewed about her book by Karen Monaco on Oct. 2 at the Calloway Methodist Church.

History: Basil Hall bought 327 acres of land in the 1850s, to start his plantation. He and his wife Elizabeth were abusive slave owners. In 1861, Union Army soldiers began using the land for encampment and Hall fled, returning after the war, employing his former slaves as laborers who lived in shacks on the property, and continuing to treat them as enslaved, beating them at will. He was charged with battery and assault of his workers in 1866 and the case was heard before a military provost, but President Andrew Johnson intervened and got the charges dropped. This reads like a page out of the recent biography of Ulysses



Karen Monaco interviewed Wilma Jones about her book before a crowd at the Calloway Methodist Church in Hall's Hill on Oct. 2.

S. Grant: reconstruction thwarted by unreformed slave owners.

Hall originally sold off lots of his property to whites who wanted to farm there; he refused to sell to blacks. In 1881, for the first time, black men were able to afford lots. In 1892, Hall's family sold land in High View Park to a developer, and he marketed homes and building lots to blacks.

And when Arlington made it difficult for blacks living in other African-American neighborhoods in Arlington, like Pelhamtown, refusing to connect them to the sewer system or provide road access, those black families also moved to Hall's Hill, making it a larger, even more cohesive black community.

Jones' grandfather had moved there from

Loudoun County because after the war, a black man could find a job in Washington. During the interview with Monaco, Jones noted, "No white person lived on Hall's Hill after that until 1979."

Neighborhood: "Hall's Hill was known as a safe place to live; Rosslyn was pretty much a cesspool, and the KKK was huge in Cherrydale and Ballston. Things were hot there, with weekly cross burnings," related Jones in her talk. So for African Americans who didn't like getting chased up Lee Highway by the KKK, being further away from Cherrydale was a good idea. The residents dug wells in the area, had easy access to Washington, D.C., and breathed clean air. It was close to Georgetown University which had a hospital that accepted

non-whites, and the Georgetown Market was not far. Hall's Hill was also known as a place where you could come on the weekend and find a party. There were moonshine stills at 18th and Culpeper Streets.

Jones illustrates the post-civil war period and the sanctuary that Hall's Hill represented in the context of her own family: her great-grandmother, Elizabeth King, was born a slave in 1847, in Norfolk, Virginia. After the war, she walked the 200 miles from Norfolk to Arlington, settling in Cherrydale and eventually buying a house in Hall's Hill with her husband Henry so they could raise a family in a safe place. Arlington was highly segregated at the time: a wall separated white areas from black areas because "white people didn't want didn't want black people traipsing through white neighborhoods," Jones said, "and you had to go along the Lee Highway corridor to avoid those white neighborhoods."

Like many descendants of enslaved people, Jones writes in her book, she doesn't know as much as she'd like to about her ancestors, but she knows some good stories. Her grandfather could dance a mean jig and was known for that. Her mother came from free black people and her grandmother had a child by a white man - non-consensually - which meant her mother is 56 percent white.

Her mother's father had a good job as a janitor at the government printing office, but her grandmother was widowed after a fire, and had to manage on her own. Hall's Hill was the kind of neighborhood where if you had a car, you'd pick up things for others. If you ran out of something, others would give it to you. The people who had wells would give water to the people who had not dug a well. This became even more important during wartime, when only sick and old men were living on Hall's Hill:

SEE IS HALL'S HILL, PAGE 10



The crowd at the church included many Arlington residents who are following a series of lectures and events given by Challenging Racism.

Some residents, like Martha Preniczky, voiced concern that developers were regularly approaching residents asking to buy their houses. The theme of neighborhood preservation was raised during and after the interview/talk.

PHOTOS BY
EDEN BROWN
THE CONNECTION





PHOTO COURTESY OF JUNIOR ACHIEVEMENT

The Junior Achievement students at Carl Sandburg Middle School in Mount Vernon are learning the concepts of savings, income, budgeting, investing and the pros and cons of debit and credit.

The ABCs of Kids and Money

Teaching children how to budget, save and manage finances.

BY MARILYN CAMPBELL
THE CONNECTION

In an age when paying one's mortgage can be done from a smartphone, money smarts is an important part of navigating life. From saving to buy the latest video game to learning how to budget an allowance, financial literacy is one of the most important lessons for children, say financial experts.

"It's very important to teach tweens and teens about money," said Steve Pilloff, Ph.D., Associate Professor in the School of Business at George Mason University. "For many kids, this is the first time they are making independent financial decisions, such as whether to save a birthday gift or spend it on a video game."

In fact, Patti Senft, Manager of Program Engagement at Junior Achievement of Greater Washington in Fairfax, Virginia says that one of her organization's goals is to teach financial literacy to children. "Junior Achievement has determined that teaching the concepts of savings, income, budgeting, investing and the pros and cons of debit and credit should begin with middle school students in 7th and 8th grade," she said.

"The knowledge that the students learn through the Junior Achievement gives students the skills they need to manage their expenses and budget wisely for a successful future," she said.

Helping children set financial goals, delay gratification, earn money and save it toward achieving those goals is one of the first steps that parents can take to teach smart money practices, said Pilloff. "The

habits, and even more critically, the decision-making process children develop early on will influence the way they approach financial matters throughout their lives," he said.

Students should be taught to make choices with the amount of money they have, suggests Senft. "It's important to teach children to distinguish between what you need versus what you want," she said. "It's important to teach children of all ages about money. It's never too soon to talk about the importance of savings."

"It's important because in any modern society, the one thing that people do almost every day is make money decisions, so knowing how to do it well is something that is going to be useful to every single one of us," added Laura Levine, president and CEO of the Jump\$tart Coalition for Personal Financial Literacy. "Knowing how to manage money is something that all consumers need to do so it's important that we teach that to our kids."

In fact, learning to manage a budget is one of the basic skills that Levine encourages parents to teach.

"Years ago, finance was basic, but today there are so many options and financial decisions that have to be made," she said. "Money is more self-directed than ever before. Finances are more complicated than ever before, so we need skills to manage it."

When it comes to managing money, one of the best ways to teach is leading by example, says Levine. "Like with anything else, kids learn by what they see at home," she said. "Even parents who haven't made the best financial decisions in the past can resolve to do it now in the New Year."

While some parents might find starting a dialog daunting, it's vital that parents have those conversations with their children, said Levine.

"Talk to your kids about money," she said. "It's important to distinguish between talk and teach. Parents who don't know about money can freak out when they're asked to teach their children about money. Instead, talk to them and say, 'Let's learn about this together.'"

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The Science of Sleep

with WebMD's John Whyte

In collaboration with WebMD

Wednesday, January 29, 2020

6:45 p.m.

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A good night's sleep might be a dream for some but how sleep impacts our health is a reality. Hear Dr. John Whyte, WebMD's chief medical officer, answer questions like, can too little sleep -- or too much -- sleep might be a sign of a serious health condition such as diabetes, cancer, thyroid conditions or heart disease?



Do melatonin supplements help? Can you benefit from a new pillow? How much sleep do you need and, what your sleep pattern might reveal about your health.

Dr. Whyte answers these questions and more, and shares a sleep quiz to help you determine if you're getting quality sleep.

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ENTERTAINMENT

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

ONGOING

NWAR Lions Citrus Sale. Now thru Jan. 25. 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.

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. "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>

Adult Technique Series. Saturdays thru Feb. 1. 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>

Forty+ Dance Project. Now thru 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>

WEDNESDAY/JAN. 22

Sip & Mingle. 5-7 p.m. At Ballston Exchange, 4th Floor, 4201 Wilson Blvd., Arlington. Registration \$20. Members of BallstonConnect Club Registration are free. Join Ballston neighbors and coworkers for the area's favorite happy hour — the Ballston Sip & Mingle. Featuring delicious food, happy hour drinks and a live band. Drop by the nonprofit Expo to meet local nonprofit groups, and find out how you can get involved in the new year.

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 mgarlalex@gmail.com.

SATURDAY, JAN. 25



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>



The Benny Goodman tribute will be held Saturday, Feb. 15 at the Gunston Arts Center.

Salute to Benny Goodman

Saturday/Feb., 7:30 p.m. At Gunston Arts Center, Theatre 1, 2700 South Lang Street, Arlington. The National Chamber Ensemble presents a Valentine's Concert to Benny Goodman with clarinetist Julian Milkis. The only student and protege of jazz great Benny Goodman, Milkis joins NCE to perform a concert in tribute to his teacher and mentor. The concert is presented with the Pozez JCC of Northern Virginia. The concert will be presented in an intimate quartet setting fitting the special occasion. Cost is \$36/Adults; \$18/Students. Visit the website: <https://www.thej.org/artsculture/performing-arts-series/>

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

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. They'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 mgarlalex@gmail.com.

Toastmasters 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 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 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

MONDAY/JAN. 27

Seeds: Selecting and Starting. 7 – 8:30 p.m. At Arlington Mill Community Center, 909 S. Dinwiddie 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 mgarlalex@gmail.com.

JAN. 31-FEB. 1

Two-Day Mini-Camp: Why Do Cicadas Scream? 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>

SATURDAY/FEB. 1

Spring Course Preview. 8:45 a.m. to 12:30 p.m. At Van Metre Hall (formerly Founders Hall) GMU - Arlington Campus, 3351 Fairfax Drive, Arlington. Encore Learning's instructors give brief presentations about their academic courses. Members often tell us that the instructors' presentations at the

SEE CALENDAR, PAGE 9

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ENTERTAINMENT

FROM PAGE 8

Course Preview influence their registrations. Get the latest news on our clubs, special events and volunteer possibilities along with a quick bite and drink. Free. Visit the website <https://www.encorelearning.net> or call the Encore Learning office at 703-228-2144.

Fort C.F. Smith Park Walking

Tour. 9 - 10 a.m. At C.F. Smith Park, Arlington. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Fort C.F. Smith was one of the last Union forts built to protect Washington during the Civil War. We'll learn about the park's history, the role of the fort and the soldiers stationed there in the Civil War. Dress for the weather. Terrain will be uneven and possibly muddy. Call 703-228-4775. Free. #622750-C

Birds, Butterflies & Other

Backyard Wildlife. 10 a.m. - 12 p.m. At Long Branch Nature Center, Arlington. Adults. Join National Wildlife Federation naturalist and TV host David Mizejewski for a fun and informative talk on creating wildlife-friendly gardens based on his award-winning book *Attracting Birds, Butterflies and Other Backyard Wildlife*, Expanded Second Edition. For information and to RSVP (no later than Jan. 24) call 703-560-8556.

Skirmish Drills.

11 a.m. - 12 p.m. At Fort C.F. Smith Park, Arlington. Skirmishers played a special role in Civil War armies. Learn their functions and practice their drills. #622720-C

Civil War Discoveries: Build a

Fort. 1-2 p.m. At C.F. Smith Park, Arlington.

They'll investigate how and why forts were built in Arlington during the Civil War. Then they'll work as a team to design forts to defend the city. #622720-D

Fort Scott Park Walking Tour.

3 - 3:30 p.m. At Fort Scott Park, 2800 Fort Scott Drive, Arlington. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Built by the Union Army in 1861, this fort had a commanding view of the Four Mile Run Valley and protected approaches to Washington from the south. Explore the remaining earthworks while we discuss how and why the fort was built. Call 703-228-4775. Free. #622750-G

Groundhog Day Campfire.

6-7 p.m. At Gulf Branch Nature Center, Arlington. Families ages 4 and up. Register children and adults; children must be accompanied by a registered adult. Warm yourself by our fire and enjoy stories about this legendary prognosticator with his own honorary day! And of course, we'll have s'mores. Call 703-228-3403.

SUNDAY/FEB. 2

Ensemble Gentil Galant. 3-5 p.m. At Saint George's Episcopal Church, 915 N. Oakland Street, Arlington. "First Impressions: Music at the Dawn of Publishing" Instrumental and vocal works from Josquin's time. Featuring Debra Nagy (winds, harp, and voice); Mark Rimple (lute, gittern, viol, and voice); Sarah Cunningham (viol and voice). Cost is General Admission \$30/ Students \$10. Visit the website: <https://capitollearlymusic.org>.

MONDAY/FEB. 3

How to Build Inexpensive and Effective Grow Lights. 7-8:30 p.m. At Westover Library, 1644 North McKinley Road, Arlington. Give your plants a healthy start with grow lights to ensure your seedlings get great light indoors, even when it's freezing outside. Grow unusual and



"Monkeysee, Monkeydo" will be held Feb. 4, 6, 7 and 8 at Gunston Middle School in Arlington.

"Monkeysee, Monkeydo"

Feb. 4, 6, 7 and 8, 10 a.m. to 12 p.m. At Gunston Middle School, 2700 S Lang Street, Arlington. This one-act bilingual opera was created for family audiences and is both a stirring musical and a visual treat. Based on the universal tale of The Hat Seller and the Monkeys. School-day performances; 10 a.m. on Feb 4, 6, and 7. Public performance: Saturday, Feb 8 at 11 a.m. Cost is \$5-\$10. Visit the website www.operanova.net.

hard-to-find varieties of vegetables not offered at local garden centers, or farm nutritious microgreens indoors. Learn the pros and cons of light systems and options for creating your own. Instructions and material lists provided are to help you jumpstart your garden. This class is offered by Extension Master Gardeners. Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

FEB. 4, 6, 7 AND 8

"Monkeysee, Monkeydo." 10 a.m. to 12 p.m. At Gunston Middle School, 2700 S Lang Street, Arlington. This one-act bilingual opera was created for family audiences and is both a stirring musical and a visual treat. Based on the universal tale of The Hat Seller and the Monkeys. School-day performances; 10 a.m. on Feb 4, 6, and 7. Public performance: Saturday, Feb 8 at 11 a.m. Cost is \$5-\$10. Visit the website www.operanova.net.

WEDNESDAY/FEB. 5

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 Glencarlyn 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-C

Coffee & Conversation.

10-11 a.m. At Langston Brown Community Center, 2121 North Culpeper Street, Arlington. Rosa Parks' personal reflections as a Civil Rights activist are shared by Susan Reyburn, Senior Writer-Editor at the Library of Congress. Part of Coffee & Conversation with Arlington Neighborhood Village. To learn more about the benefits of becoming a member of Arlington Neighborhood Village, call the ANV office at 703-509-8057 or visit www.arlnvill.org.



PHOTO BY GAIL BINGHAM

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

The Big Meow

Jan. 25, Feb. 1, 8m 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>

Urban Beekeeping. 7-9 p.m. At Arlington Mill Community Center, Room 525, 909 S. Dinwiddie St., Arlington. Urban beekeeping is a unique way of protecting pollinators and growing a honey harvest in limited urban spaces. Learn about an accessible alternatives to the traditional type of Langstroth hive box with experienced, Slovenian-AZ style beekeepers. Learn about local laws, bee health, sustainability, urban agriculture and more. Free. Register by calling 703-228-6414 or email: mgarlalex@gmail.com to reserve a space. For a schedule of VCE Master Gardener public education programs, go to

www.mgnv.org

FRIDAY/FEB. 7

Full Moon Hike. 6-7 p.m. and 7:30-8:30 p.m. At Fort C.F. Smith Park & Historic Site, 2411 N. 24th Street, Arlington. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. Discover our trails in a whole new way! Under the glow of the full moon come out to hike with us and enjoy the winter forest. When we get back indoors we'll enjoy hot chocolate. Call 703-228-3403. Cost is \$5. #622850-L

Catholic Charities Ball. 7 p.m. At the Ritz-Carlton, 1700 Tysons Blvd.,

McLean. The event is the largest annual fundraiser for Catholic Charities, providing a significant portion of the resources needed to support 21 programs serving those in need throughout the 21 counties and seven cities of the Diocese. This year's theme is "With Love and Charity." Tickets for both events can be purchased at www.ccdanet.net.

SATURDAY/FEB. 8

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. 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-E

Turtle Home Decorations.

2-3 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ages 6 to 10. Come decorate our turtles' homes with your artwork! We'll start off with a short nature walk to learn about box turtle habitats, then we'll head back to the classroom to draw pictures for the tanks of our resident turtles. Stumpy the box turtle will also be there. Call 703-228-6353. Cost is \$5. #622920-C

Flying Squirrel Lore & More.

6-7 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Adults. 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-D

SUNDAY/FEB. 9

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-H

MONDAY/FEB. 10

Planning An Edible Landscape. 7 - 8:30 p.m. At Westover Library, 1644 North McKinley Road, Arlington. Can't decide whether to plant "pretty" plants or things you can eat? Limited time and/or space constraints? Want to put more "fun" in your gardening fundamentals? Then come learn the art of edible landscaping that mixes ornamental plants, herbs, greens and vegetables. Virginia Cooperative Extension Master Gardeners will present easy and straightforward techniques for turning your yard into a delightful and delicious oasis! Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

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HISTORY

Is Hall's Hill Neighborhood at Risk?

FROM PAGE 6

women had to make things work without a lot of help.

Jones fondly remembered May Day at Langston school where all the neighborhood kids went.

When the school closed and they split the students up into other schools, Arlington wanted to make sure no school had more than 30 percent black students; because of the wall separating whites from blacks in Arlington, some students then had to walk 18 blocks to school at Woodlawn Elementary School.

Jones noted the importance of Fire Station 8 in the Hall's Hill Community. The station had a coke machine and a pay phone. It was a safe haven for local residents running up Lee Highway from KKK-driven cars, and it was the only organization that would fight residents' fires until the 1950's. It was a source of pride and achievement for the community.

Jones stressed at the end of her talk about her book that the numbers of African Americans living in Hall's Hill dwindles annually. "There was 20 percent diversity in the neighborhood in 2018, now down to ten percent. The county is becoming diverse in the south and white in the north," she said.

Jones hopes her book will be read by Arlingtonians in every area. She has talked to the school board about making it part of the history curriculum in Arlington Public Schools. She hopes the current acting superintendent (and new superintendent) will address the lack of comprehensive coverage of Arlington's black history in the schools. She also hopes Martin Luther King Day will be used more effectively to showcase the black history of the county,

particularly the achievements of black Arlingtonians.

"I would bet my paycheck no one in APS is teaching the history of segregated Arlington, with the KKK baseball team and KKK youth clubs in Cherrydale and Ballston, and the night they burned a cross on the front lawn of Dr. Harold Johnson, the black physician who was urging school desegregation," Jones said. "Racism continues to exist, with major issues at Yorktown and Williamsburg, with the 'N' word and name-calling still being used to denigrate people of color." (Racism at these schools was the topic of a Committee of 100 meeting on Jan. 8 at Marymount University.)

Jones also noted the amazing role of the wider Arlington community in helping move the change from segregated and unequal schools to a fully integrated system. She is convinced one of reasons Arlington welcomed boat people from Vietnam and El Salvador immigrants was the history of tolerance and integration that came out of the mid-20th struggle to desegregate Arlington.

Jones wrote the book to share the stories her parents told her before they died. She wanted to include positive stories, like when the group "Arlingtons for a Better County" led the effort to desegregate Arlington Hospital so black mothers could give birth there. She wanted to put on record profiles of the people who populated Hall's Hill, like Dorothy Hamm, who fought for school desegregation. "Her house was the first place I ate lettuce that wasn't iceberg," Jones said with a smile. "She was a housewife, she had studied, her husband had a professional

SEE HALL'S HILL, PAGE 11

Announcements

Announcements

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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 or 800-552-3200.

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HISTORY

Hall's Hill

FROM PAGE 10

job - so that's why white people listened to her and felt okay talking to her. She wasn't working class so she made white people more comfortable, and had the time too, to take on the issue of segregation in schools. But she was also important to kids in Hall's Hill in other ways. She had a pool table downstairs, and kids from the neighborhood would go there - you went in through the garage - because she HAD a garage, which no one else in Hall's Hill had at the time."

The audience at Jones' talk asked questions afterwards about how to save the neighborhood from the gentrification currently taking place. Some were angry. "There are big issues with these McMansions coming up in the neighborhood, and there are three companies that are buying people out here; there is inaction by the county board to keep housing in the area affordable," were the refrains of the audience.

"I have a cousin I won't talk to because he sold our family house to a developer who put 8 houses on it and took down four 400 year-old oaks," said Karen Monaco, who moderated Ms. Jones' talk.

Peggy Jones, a Hall's Hill resident rejoined: "The land is everything. We gave our blood for this land. My father won't let us sell." But others said Hall's Hill is not attracting young black people because it has become too white. "My son said, 'If I come back to Arlington I won't live here - I'll go to Prince George's County or D.C. where I can live next to people who look like me,'" said one mother.

Wilma Jones' book can be found on Amazon.com. For more information about Challenging Racism, see: www.challengingracism.org or write to: continued@challengingracism.org.

FLOURISHING AFTER 55

FROM PAGE 2

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, Thursday, 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, 7043-228-4771.

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.

55+ Travel:

Art Museum of the Americas, D.C., Wednesday, Jan. 29, \$20;

The Kennedy Center, National Symphony Orchestra Coffee Concert, Friday, Jan. 31, \$29;

Regal Potomac Yard Movie Theater, simulcast of "Porgy and Bess" from the New York Met, Saturday, Feb. 1, \$36.

Call Arlington County 55+ Travel, 703-228-4748. Registration required.

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Treat One, Get Two.



By KENNETH B. LOURIE

I'm sure you regular readers are waiting with bated breath for the confirmation of my updated health status. Unfortunately, for the moment anyway, we'll all have to wait a bit longer. Though the needle biopsy of my "Adam's Apple" tumor did indeed confirm thyroid cancer, stage 2, no such confirmation or clarification as to its origin was made, or whether it's been thyroid cancer that I've been living with all these years, instead of non small cell lung cancer, stage 4 or not. However, there is a path forward. Surgery to remove my thyroid gland, along with my "Adam's Apple" tumor, and possibly a lymph node is in the planning stage. As such, scheduled for next Friday is an appointment with a head and neck surgeon to determine my fitness for surgery. All we've been told so far is that the surgery is usually outpatient, arrive in the morning and leave that afternoon (maybe I'll bring along my dry cleaning). Apparently, this is the next step "on the road to find out" (Cat Stevens).

If I am indeed home that same evening, I've been told by my endocrinologist that the recovery period is approximately two weeks. At present I don't have any details of what 'recovery' exactly means/entails. If all goes according to the pre-surgical-actually-discussing-the-procedure-with-the-surgeon conversation, a month or so after the procedure, I will revisit my endocrinologist to have radioisotopes administered somehow. Once inside my body, I will be scanned by a machine looking exclusively for thyroid cancer. This will confirm, if I understand the process correctly, whether the tumors in my lungs are thyroid or lung cancer.

In the interim, I am to continue with my immunotherapy ("I. O.") and with any other appointments, scans, etc. I recall something that my oncologist said about my lung cancer tumors during his "exciting" phone call. He said that my tumors never really acted the way he anticipated, as if they weren't non small cell lung cancer at all. And sure enough, some of them, as confirmed by the first of my recent two biopsies were thyroid cancer. As I've been joking, this is what my oncologist gets excited about as opposed to what yours truly would get excited about: a World Series Championship. And also, as he said, thyroid tumors are more treatable, with more choices and better outcomes - which is exciting for me.

OKAY. So I have thyroid cancer and it's more treatable. Wonderful news. But do I still have lung cancer? If so, where's the future in that? Is it somehow no longer a "terminal" disease because I've outlived my original "13 month to two year" prognosis? Will I now be treated for thyroid cancer only to die of lung cancer? Moreover, am I now going to get treated twice, in two medical suites, one for each cancer? Have these multiple biopsies simply determined that the doctors were actually right - both times and I'm just the unfortunate patient to be so wronged?

For 10 or so years, until last January, I was treated for lung cancer - with chemotherapy. However, this past January, the Adam's Apple" tumor appeared and we switched to immunotherapy. The reason for the change: the lung cancer had spread, according to my oncologist. Now, a year later, the story/diagnosis has changed, thanks to my most recent biopsy. The tumor wasn't lung cancer that had spread, it was thyroid cancer that had spread. I didn't even know I had thyroid cancer. Now you're telling me it's spread? How lucky am I? Two cancers for the price of one. I guess this will make health insurance more affordable, sort of like buying in bulk at Costco.

The big question: did my lung cancer treatment inadvertently prevent my thyroid cancer from manifesting/metastasizing or did its non-diagnosis allow it to grow unimpeded and now present this quite unexpected/unanticipated complication? Explain though it may to my oncologist why I haven't succumbed to my original disease, it doesn't quite explain to me what the hell's been going on and why.

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

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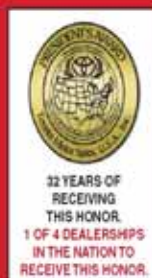
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