

The Arlington Connection

A-SPAN Nurse practitioner Kasia Shaw working with a homeless man to complete a survey for the County during the Point-in-Time Homeless Count.

Counting Homeless People at a Point in Time

NEWS, PAGE 3

Property Values Up

NEWS, PAGE 5

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ENTERTAINMENT, PAGE 4 ♦ CLASSIFIEDS, PAGE 6

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JANUARY 29 - FEBRUARY 4, 2020

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FLOURISHING AFTER 55

Flourishing After 55 from Arlington's Office of 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 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, SEE FLOURISHING, PAGE 6

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PHOTOS CONTRIBUTED

PIT volunteers before PIT Homeless Count Wednesday, January 22

Connect with Reality on the PIT Homeless Count in Arlington

BY SHIRLEY RUHE
ARLINGTON CONNECTION

It was 33 degrees at 9:30 p.m. on Wednesday, Jan. 22 when Team C set out for the airport for the Arlington Point-in-Time (PIT) homeless count. They were there until 12:40 a.m.

The starting time had been moved from 5 p.m. the previous year in order to more accurately identify the homeless who generally bed down later and to eliminate double counting between shifts. The shift on Wednesday ended at 2 a.m.

Wednesday there was one person across the street from the gas station, one tucked in against 66, one at St. Charles Church and a woman sleeping in her car. One person accepted a taxi voucher at the airport to take him to the Homeless Services Center. Only discarded blankets and old food wrappers at the S. Glebe Road underpass. No one at McDonald's at Crystal City or the soccer fields tonight.

Samuel Gatewood, A-SPAN homeless program case manager and co-leader of Team C says the director of the day program does a good job of locating the homeless people and gives the teams the areas to check. Most of the homeless were found at the airport or in the Rosslyn area. "It was cold but that was the challenge. A lot of people take for granted their functions."

Gatewood says they found about eight homeless people at the airport in an area where passengers wait for flights. He explains there are a number of people who work at the airport who don't have housing and they sleep in the chairs at the airport and then go back to work. "They can't stretch out or anything."

According to Gatewood they reached out to local police to alert them that the PIT count would include the airport. "The Airport police gave us two officers to escort us. The officers know many of the homeless through their community policing efforts. The police picked out non-aggressive people who weren't panhandlers for us to

survey."

In addition to counting the numbers of homeless people, Gatewood explains the purpose of the PIT is to get individual surveys from willing participants, which allows the County to connect the homeless with available services. The survey asks about health concerns, housing needs, substance abuse, HIV, drugs of choice.

Anita Friedman, Director of Arlington County Department of Human Services, says after the PIT count, they engage with the homeless people to follow up on needed services. Friedman explains the survey asks, "personal questions to destitute people but they open up and answer the questions. They are grateful."

Jasmine Hayes, Deputy Director of the United States Interagency Council on Homelessness who participated in the PIT wrote, "the PIT count is always a good experience for those of us not on the ground daily—it is a humbling experience to have someone who is experiencing literal homelessness give of their time and share a little bit about their story to a complete stranger."

Gatewood adds that some of the homeless can be suspicious "but the police did a wonderful job of bridging the gap. They were kind and professional and treated the homeless as human beings."

Also as an incentive to answer the questions the teams give out McDonalds or Dunkin Donuts gift cards. In the case of his team, one of the A-SPAN Board members had brought along warm socks to hand out. Friedman says her team also brought along bagged lunches. Friedman said they were at the Rosslyn Metro at 11:30 p.m. when the Metro had closed for the day.

"A number of homeless had already gone to sleep, so we didn't bother them, and others were bedding down. Some did not want to be approached." She adds that a lot of these folks were known to us; they had been there for a while. We had brought them food and blankets in the past, and we were lucky

SEE REALITY, PAGE 5

Arlington County Point-in-Time Count

	2015	2016	2017	2018	2019	% Change 2018-2019
Singles	164	124	147	144	149	3%
Families	75	50	85	77	66	-14%
TOTAL	239	174	232	221	215	-3%

Note: the statistics for this year's PIT will be available in several weeks.



Homeless man bundled up in his sleeping bag at Rosslyn metro on Wednesday night.

ENTERTAINMENT

Submit entertainment announcements at 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. “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>

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>

FEB. 1, 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



Author Christopher Fuchs will appear at One More Page Books in Arlington on Sunday, Feb. 2.

Author Christopher Fuchs

Sunday/Feb. 2, 3-4 p.m. At One More Page Books, 2200 N. Westmoreland Steet, Arlington. Chrisopher Fuchs, a local Arlington author will release and sign A Light in the Depths, the third book in his Earthpillar series. If you enjoy the depth and detail of Tolkien, but with morally gray characters and other forms of realism; the swashbuckling adventure and old world verbiage of Alexander Dumas; and the political intrigue and character struggles of George R.R. Martin, but with less graphic bloodletting, the world of Earthpillar is one you'll want to explore. Call 703-300-9746.

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>

FEB. 1, 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.

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 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

Lunar New Year Celebration. Noon



The Winterbirds will appear in Concert on Thursday/Feb. 20 at Arlington Community Church.

Winterbirds in Concert

Thursday/Feb., 7-8:30 p.m. At Arlington Community Church, 6040 Wilson Blvd., Arlington. Eclectic Acoustic Music ensemble Winterbirds presents a concert for the Arlington community. This diverse and thrilling set will combine original music from their debut album Shaker Songs, previews from their upcoming release Annie Bell's Quilt, as well as covers and selections from the Classical and Appalachian folk Repertoire. Cost: \$15 online, \$20 at the door.

to 5 p.m. At Fashion Centre at Pentagon City, 1100 S. Hayes Street, Arlington. In partnership with the Asian American Chamber of Commerce, the event will immerse visitors in traditional Asian history with live entertainment and hands-on activities. Guests can enjoy lion and dragon dances, a Hanfu fashion show, musical performances and more. This event is free to the public. Visit simon.com/fashioncentreatpentagoncity.

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://capitolearlymusic.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 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 mgaralex@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 Glencarlynn Park in search of resident and migratory birds. Experienced and beginning birders welcomed. Bring binoculars and field guides if you have them. Call 703-228-6535. Free. #622940-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.

WWW.CONNECTIONNEWSPAPERS.COM

Arlington Property Values to Grow in 2020

Property values in Arlington rose for 2020, continuing steady growth from 2019 in both the residential and commercial sectors.

Although the growth will result in additional revenue, the County faces continued funding choices in the coming fiscal year.

Overall, the total assessed value of all residential and commercial property increased by 4.6 percent, compared to 3.5 percent the previous year. Commercial properties saw the largest increase at 4.9 percent overall, while residential properties increased 4.3 percent.

Last year, real estate taxes provided 57 percent of total County revenues. The County's real estate tax base is split roughly equally between residential (51%) and commercial (49%) property assessments.

Commercial property values were driven by a decline in the office vacancy rate, continued new construction, demand for rental properties, and Amazon-related

leasing activity. Apartment property values increased by 8.9 percent, office values increased by 2.5 percent, and general commercial property (malls, retail stores, gas stations, etc.) grew by 1.8 percent.

About 85 percent of residential property owners saw their assessed value go up while the rest remained unchanged or went down. The average home value, inclusive of condominiums, townhouses and detached homes, is \$686,300.

"Arlington continues to be a place where people want to live and work," County Manager Mark Schwartz said.

"The investment we make in our community through real estate tax revenue helps us maintain the high-quality amenities and public services that make Arlington so attractive.

Assessments were mailed to Arlington property owners on Jan. 17. Assessment information is also now available online. The 2020 assessments are an estimate of fair market value as of Jan. 1, 2020.

Choices remain for County's upcoming budget

While Arlington County's property values have shown steady, measured growth over the past couple of years, the County still faces choices as it develops an operating budget for its 2021 fiscal year.

Funding commitments for schools and Metro, as well as priorities in affordable housing and County infrastructure, place continued pressure on the County budget.

Arlington Public Schools (APS) receives 47% of every tax dollar, which in FY 2020 equaled \$522.4 million of ongoing funding and \$9.9 million in one-time funding.

In fall 2019, the County Board directed the County Manager to include no real estate tax rate increase in his Proposed Fiscal Year 2021 Budget, and to provide options for incremental increases in

funding for affordable housing. The Board also directed the Manager to propose long-term efficiencies and improvements in service delivery and directed that any new programs or expansion of existing services should be funded by increased revenue, including fees, or reallocations.

The County Manager and Arlington Public Schools (APS) Superintendent will present their budgets to the County Board in late February.

About real estate assessments

Real estate assessments are appraisals. They are the County's opinion of fair market value for each parcel of real property in Arlington. Assessments are made using accepted methods, standards and techniques of the real estate appraisal and assessment profession. For more information, visit the County webpages on real estate assessments.

Reality on the PIT Homeless Count in Arlington

FROM PAGE 3

to have a nurse traveling with us."

Friedman says, "there are those who are mentally ill and have been there for a while who don't want to come in. There is a 73-year-old man who has been in one location behind a townhouse for 15 years." She says Arlington is successful at getting those homeless housed who are able to overcome their obstacles.

County Board Member Matt de Ferranti says, "You can understand there were just some who didn't want to be connected to help. They had been through so much, they just didn't want to work within the confines of what it takes."

The PIT teams included 34 staff and volunteers including Arlington County Government as well as A-SPAN, the U.S. Interagency Council on Homelessness, Arlington Police Department, Metropolitan Washington Airport Authority and community members. The partners who counted the individuals and families in shelters included A-SPAN, Doorways, Bridges to Independence and Volunteers of America Chesapeake & Carolinas.

De Ferranti, a first time PIT volunteer, explained A-SPAN made it easier to take the survey by acting as the facilitator with the homeless. He says A-SPAN explained why we were there and what



Arlington County Board Member Matt de Ferranti assists homeless man with a survey of needs at Rosslyn metro.

would happen. "I did 4-5 interviews. I needed help with my

Spanish with one person. "But I had a moment that came

in a series of questions about income and employment." De Ferranti says there were a fair number of questions to work through and you wanted to be respectful.

"I asked the homeless man if he had employment." The answer was no.

But there were a series of detailed questions so de Ferranti continued with the next question about part time or temporary employment. "He said kindly but clearly 'I'm homeless, man.' It was just a fact." De Ferranti adds, "This can happen to anyone. To be fairer, better, we need to work to do more."

Friedman was one of the people to work on the first PIT about 12 years ago. She does the PIT every year to connect herself with the reality in Arlington. "It is a wake up call on a hidden population." She says many people have a moral focus but the homeless have become homeless because they have mental issues, adverse life experiences or intergenerational baggage.

"What we can do to lift them up is what we should do." She adds, "The PIT shows a side of Arlington that most residents don't even know exists. If everyone in Arlington could do the PIT count, we would be a different community.

The
Arlington
Connection

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BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

MONDAY/FEB. 3

Permit Arlington. 10 a.m. to 12 p.m.

At Courthouse Plaza, Arlington County Permit Office, 10th Floor, Arlington. The Permit Arlington team is offering customers an in-person support session. They'll provide:

- ❖ Hands-on support for submitting applications through Permit Arlington.
 - ❖ Troubleshooting for application submissions.
 - ❖ Answers to technical questions.
 - ❖ Help in navigating business processes.
- After troubleshooting at Support on Site, you're welcome to finish an application at one of the kiosks in the Permit Office. Be sure to bring:
- ❖ Your Permit Arlington user name and password.

- ❖ Any information needed for your application.
- ❖ Documents, plans, or drawings needed for the application, on a thumb drive.

Visit the website: <https://building.arlingtonva.us/events/permit-arlington-support-on-site/>

SATURDAY/FEB. 8

Training for Condo & Community Associations: Governance and Open Meetings. 10 a.m. - 12 p.m. At Fairlington Community Center, 3308 S. Stafford St., Arlington. The City of Alexandria, Arlington County, and Alexandria-based law firm Mercer Trigiani are sponsoring the following workshops related to condominium and community associations. The workshop focuses on helping communities understand state law related to open meetings and governance. A light breakfast will be provided. At Arlington County contact Maureen Markham at

mmarkham@arlingtonva.us or register on-line at <https://housing.arlingtonva.us/events>.

POLICE TEST AND EVALUATE

NEW DRESS UNIFORMS

The Arlington County Police Department has launched a test and evaluation of new Class A dress uniforms. Members of the public can expect to see select officers wearing dress uniforms in navy blue or gray as they evaluate the fabric, fit, function and durability of these garments. All officers participating in the test and evaluation will be easily identifiable as Arlington County Police Officers as the test uniforms will be adorned with the police department's patch, officer's name tag and badge of authority. The department proposed exploring new uniform options after discovering that unique uniform colors, including our current heather

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FLOURISHING AFTER 55

FROM PAGE 2

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.

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

55+ Social Art Swap, Sunday, Jan. 26, 1:30-3:30 p.m., Arlington Mill. Details, 703-228-7369.

55+ Garden Group, Monday, Jan. 27, 1 p.m., Walter Reed. Details, 703-228-0955.

Claude Monet and Winslow Homer compared by art historian Joan Hart, Monday, Jan. 27, 1:30 p.m., \$6, Lee. Register, 703-228-0555.

Pickleball for beginners, equipment provided, Monday, Jan. 27, 11 a.m., \$24/4 sessions, Arlington Mill. Details, 703-228-7369

Announcements

Announcements

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Legals

ABC LICENSE

Bartaco Ballston, LLC trading as bartaco, 4238 Wilson Blvd., Suite 120, Arlington, Virginia, 22204. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On-Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. William S. Bratton, Treasurer. 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.

Employment

DIRECTOR OF LOGISTICS

(Arlington, VA) is responsible for creating a strategic plan for the development of current and future Regional Distribution Centers (RDCs). The Director of Logistics has direct oversight on the Logistics department in Headquarters and works in coordination with Lidl US Board and Lidl International. The position is responsible for successfully coordinating SAP EWM/SAP ERP system implementations; and planning and monitoring labor and transport budget for all national RDCs. International and domestic travel required up to 50% of the time. Resume to: Lidl US Operations, LLC Attn: Henar Marron, Director - Talent Acquisition & Global Mobility, 3500 S Clark St. Arlington, VA 22202 USA. Job #DK048952.

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

BULLETIN BOARD

FROM PAGE 6

blue shirt and pant stripe, are increasingly difficult to obtain. The new Class A selection is expected to simplify and streamline the distribution of uniforms across the department. The test and evaluation will occur through March 2020. The department will then review the feedback before selecting and implementing a new Class A uniform by the summer.

DROP-OFF SITES FOR GLASS

Arlington residents have three more drop-off sites for recycling used glass jars and bottles.

Customized purple-and-green bins now stand ready at:

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

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

ONGOING

Digital Photo Map of Arlington in 1920. The Arlington Historical Society has unveiled the first-ever interactive “StoryMap” showcasing photos of how Arlington looked in 1920, the year a state law changed its name from Alexandria County to Arlington. Coordinated by local columnist and history enthusiast Charlie Clark and numerous volunteers, the StoryMap shows homes, schools, churches, government buildings, stores and transportation infrastructure that would have been encountered by an Arlingtonian traveling local streets in 1920. The StoryMap uses the software created by Esri of Redlands, Calif., to present vintage and modern photographs in a format that allows the user to adjust sizes and zoom in on locations. The StoryMap can be found at <https://arlingtonhistoricalsociety.org>.

DONATIONS

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

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

Pet Food Bank. AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner’s ability to afford pet care, the AWLA Pet Food Bank program’s goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYWdZm4tPw2.

GET MORE WITH SNAP

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

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Can You Spell Thyroidectomy? (Or Ice Cream?)



By KENNETH B. LOURIE

I couldn’t before, Mr. Rogers, but now I can. And I even know what it means, which 10 days ago, in my neighborhood, I wouldn’t have had a clue. Now, not only do I have a clue, I have a date for surgery: Jan. 27. Moreover, in addition to a date (and I don’t mean my wife, Dina), I have a time and a place, a list of pre-surgical dos and don’ts, and a few items to buy: a post-surgical healing ointment and a special scrub to help minimize the risk of infection. And of course, I’ve been advised to wear loose-fitting clothing, perhaps a button down cardigan will do. If all goes well, I’ll be home in my jammies around supper time when my recovery begins. Details of which are still a bit sketchy. I suppose I’ll have to ‘recover’ to find out.

Let me amend that last sentence: I’ll be on a soft-food diet for five days. What might not jump at you is that I don’t eat many soft foods (M&Ms melting in one’s mouth instead of their hands likely doesn’t count). More significantly and quite out of my ordinary, my wife, Dina will be managing and controlling my menu. So far that menu includes eggs, pudding, apple sauce; all good but her last two items: spinach and kale, not good at all. I imagine I’ll survive the surgery, but given how rarely Dina and have shared meals together over the years, I may not survive the recovery. And though her heart and head might be in the right place, I’m afraid my knife and fork won’t be. During the best of times, I’m challenging to feed. After my surgery, I’m likely going to be at my worst. Although I certainly don’t look it, food has always been the bane of my existence.

But at that post-surgical point, aren’t I entitled? I mean, when I was a little boy and had my tonsils removed, I remember being given ice cream to eat - in bed. That had never happened before - or since, quite frankly. Soft foods. What’s softer than ice cream? Why should I be deprived? I have two types of cancer. Yet so far, I don’t see ice cream on the list. Maybe Dina’s waiting for confirmation from the surgeon that cold foods are just as soft as hot. If true, I think I’m going to need that in ALL CAPS to convince my wife to give in to my indulgences. After all, one’s thyroid gland isn’t extracted every day so shouldn’t I scream (perhaps whisper would be advisable) for ice cream? Wouldn’t it soothe the savage beast that I might be after surgery? Presumably there will be some pain or discomfort and/or side effects from prescription medications I’m obliged to take so why not humor me; I like to laugh.

Except there’s really nothing funny about surgery, other than the old joke: it’s minor surgery when it’s someone else, when it’s me, it’s major. So even though I’ve been told on relatively good authority that a thyroidectomy is not exactly major surgery, it’s still me that’s being anesthetized and operated on for four hours. And though I’d rather it would be somebody else, I don’t see how that would help remove my thyroid gland which apparently has spread cancer to my neck and a lymph node. I guess if it has to come out, it might as well come out of me. And then we can get on to the business of learning whether I have one cancer or two and perhaps get an updated assessment of my life expectancy. If I had my druthers, I’d just as soon have only one cancer. Two is too much.

That being said/vented, right now, I just want to wake up after surgery and get home. And when I get there, either that night or for breakfast the next day, there better be a pint or two of ice cream with my name on it. I think it’s only fair, don’t you?

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

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