

# The Arlington Connection

Heather Benjamin rehearses a scene from TAPS production of "A Daughter's a Daughter," which runs through February 16.

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# Tommy Orange Resonates with Arlington Native Americans

Arlington Reads brings one of the “must read” authors to town to an overflow crowd.

BY EDEN BROWN  
THE CONNECTION

“I didn’t grow up in a reading family,” Tommy Orange told the group of Arlington residents gathered at the library last fall. “We were more into roller hockey, and the Oakland A’s. In fact, I read books at the Oakland library in order to get tickets to the A’s games...they used to give us free tickets if we read books.” Arlington Central Library’s head librarian, Diane Kresh, asked him: “What’s it feel like to be a writer now not having grown up as a reader?” Orange answered, as much to her as to the entire population of young men like himself who prefer not to read: “No one could have been more surprised than I that I ended up being a writer.” He also laughed about how his teachers must have reacted, and noted “If there are teachers in the room, it should encourage them not to give up.”

Orange is the author of the New York Times bestselling novel “There There,” a multi-genera-



**Tommy Orange, author of the book, “There There” speaks with Head Librarian, Diane Kresh, at the “Arlington Reads” talk. Kresh gave Orange the opening he needed to share his background and his struggle to retain his tribal identity.**

tional, rapidly evolving story about a side of America unknown to most, that of urban Native Americans.

Orange is a recent graduate from the MFA program at the Institute of American Indian Arts. He is a 2014 MacDowell Fellow, and a 2016 “Writing by Writers” Fellow. He is an enrolled member of

the Cheyenne and Arapaho Tribes of Oklahoma. He was born and raised in Oakland, California, and currently lives in Angel’s Camp, California.

“My father grew up speaking Cheyenne as his first language but he didn’t pass traditions on because of the pain he experienced as a young native Indian. He didn’t

want that for me,” said Orange. But Orange had trouble finding a niche: he had trouble in school, got into drugs, and did odd jobs before he ended up becoming a sound engineer during the digital era. Eventually, the book flowed out of him and helped him find a way forward. “I wanted to have my characters struggle in the way that I struggled, and the way that I see other native people struggle, with identity and with authenticity.”

Asked by Diane Kresh, head librarian at the library, what native American writers we should read, Orange replied: “Paul Chaat Smith, ‘Everything You Know about Indians is Wrong,’ ‘Heart Berries,’ by Terese Marie Mailhot, are two really good ones,” he said. “And David Treuer, who just got shortlisted for the national book award.” (He wrote “The Heartbeat of Wounded Knee: Native America from 1890 to the Present.”)

As the writer opened up to questions, a large number of local Native Americans revealed they too struggled with the issues Orange

wrote about. Damian Killsback, who identified himself as a Cheyenne from Montana, told Orange: “I was moved by your story. I wondered how you deal with the homogenization issue.” It was apparent both men identified closely with the pain of the era of Native American history where the “white man” believed that you should “kill the Indian and save the man.” Arlington is close to Carlisle, Pennsylvania where Native Americans were sent to rid them of traces of their culture, sending them out after graduation to live lives as “non-Indians.” It was essentially a three year prison, they agreed. But likewise, they noted, there is also a form of discrimination suffered by Native Americans who cannot reclaim their identity because of mixed blood.

Orange said that he had just read that day that as many as 70 percent of American parents don’t talk to their children about race and identity. He suffers from the problem of not being able to pass along as much of his culture as he

SEE TOMMY ORANGE, PAGE 3

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Heather Benjamin rehearses a scene from TAP's production of "A Daughter's a Daughter," which runs now through Feb. 16.



Mel Gumina rehearses a scene from TAP's production of "A Daughter's a Daughter," which runs now through Feb. 16.

PHOTOS CONTRIBUTED

## "A Daughter's a Daughter"

TAP presents Agatha Christie's U.S. premiere about a mother-daughter relationship.

BY STEVE HIBBARD  
THE CONNECTION

The Arlington Players (TAP) is presenting the U.S. premiere production of "A Daughter's a Daughter" by Agatha Christie from now through Feb. 16. The story follows widowed Ann and her only daughter, Sarah, through their intense relationship of jealousy, sacrifice, and resentment. When the play premiered in the U.K. in 1956, it only ran for a week. It took half a century before it finally reached London's West End in 2009, its first full-scale revival. After yet another decade, the play is finally making the leap across the Atlantic for its U.S. premiere.

"It's fitting that 'A Daughter's a Daughter' is having its U.S. premiere produced by a community theater," said TAP Board President Steven Yates. "The moving story arc is self-sacrifice for those which we love. It's a bit of a loose metaphor for TAP and our volunteers."

According to Director Ashley Amidon: "There is a real appetite in our community for shows that everyone hasn't already seen a ton, so when I found this Agatha Christie

gem of a drama that has never been performed in the U.S. before, I knew I wanted to direct it. Christie has a reputation as a murder mystery writer, so I think it will be a surprise to many that she could write such a nuanced drama. It's also really exciting to see a play written about two strong women who each undergo such immense character transformations. The show seems very ahead of its time in so many ways — the way alcohol is clearly presented as a coping mechanism for example — so I hope that audiences walk away feeling that these people on stage could be their own family."

Co-Producer Nick Friedlander said first and foremost, he wanted an opportunity to work with Ashley Amidon as a director. "For those of you who may not know her, she is an extraordinarily passionate person - when she proposed I work on the show, you could see the love and care she had in bringing this show to life. Hearing her speak about her vision would excite any theater person to get involved in any capacity."

He added: "Second, I feel that this is an important piece to put on the stage. After reading the script for the first time, it was obvious that the piece tackles the deep connections that run between family members

and what we are willing to do for the ones we love. I find that it's important to highlight these relationships to theater-goers, as it carries so much meaning for audience members who can see themselves in the situations laid out in this show. As such, I find it exciting to bring this piece to premier for an American audience and be a part of telling this beautifully crafted story."

Mel Gumina is playing the role of Sarah Prentice, a young woman that has just returned from serving in British armed forces in World War II, only to find that her home is not quite how she left it. "She is described as 'impulsive, affectionate, and devoted to her mother;' these characteristics inform everything she does, both good and bad," she said.

She added: "A Daughter's a Daughter' is an emotional roller coaster. It is at times funny, at times flirty, at times awkward, and at times utterly devastating. My biggest challenge has been managing the rapid changes. At the end of the night, it can easily feel like I have a case of emotional whiplash."

Heather Benjamin is playing the role of Ann Prentice, a mother who faces challenges in adjusting her relationship to her

20-something daughter, Sarah, who comes back after three years of duty in WWII to find her childhood home changing. "Over the course of several years, Ann evolves in ways that aren't always healthy, and her relationship with Sarah becomes distant and resentful."

She's interesting to play because she is such a different version of herself in each of the three acts," she said.

Bruce Rauscher is playing the role of Richard Caudlfield, a widower who has finally found his soulmate when he meets Ann Prentice. "He proposes to her and they plan their wedding."

Ann's only daughter (Sarah) arrives on the scene unexpectedly before the wedding and when she meets Richard, sparks fly, but not in a positive way," he said. "Richard has a tendency to come off a bit pompous and all-knowing at times and that combined with his insecurities."

Performances of "A Daughter's a Daughter" are set for the weekend, Feb. 14-16, 2020, at the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road, Arlington. Friday and Saturday performances begin at 8 p.m.; Sunday matinees begin at 2:30 p.m. Visit [www.thearlingtonplayers.org](http://www.thearlingtonplayers.org).

## Tommy Orange Resonates with Arlington Native Americans

FROM PAGE 2

would like: "I tell my son a lot but he can't be enrolled in my tribe(s) because I married a non-Native American, and my mother was also non-native, meaning he does not have the required percentage of tribal "blood." Several other Arlington residents who are Native Americans commiserate with Orange and spoke about the stereotypes they

have to contend with as they explain their heritage.

Orange noted, "People across cultures got interested in this book because after Standing Rock there was a resurgence in interest in Indians. We should be more sensitive to the fact that you can't separate the two in an American identity."

The crowd gave Orange a loud round of applause and lined up for book signing. One

attendee, Kathleen O'Reilly of Washington, D.C. praised the talk and the series. "I have heard perhaps 50 or so famous authors interviewed at public events including those at the Library of Congress. I say without qualification, that no author interview I have been at was conducted nearly as well as that evening in Arlington." Arlington Reads, a community engagement program of Arlington Public Library, promotes lit-

eracy, the joy of reading and intergenerational participation. The next event will be: Arlington Reads: Roxane Gay in conversation with Library Director Diane Kresh

Arlington Central Library, Tuesday, March 10 7:00 pm - 9:00 pm. An RSVP is necessary.

To learn more about Arlington Reads, see: [www.arlington.library.us](http://www.arlington.library.us)



## LETTER

# Art Space is an Asset

Dear madam or sir:

I have always been interested in the visual arts and was elated to be offered a job as a part-time sales associate at Gallery Clarendon. During my career, I was, by profession, a university linguist, and also an IT trainer for the Department of State, but not an artist.

For the past two years, Gallery Clarendon, managed by the Arlington Artists Alliance, has been a favorite venue for crowds and shoppers on Clarendon Boulevard. Guests often stop in after visits to a local restaurant or to Market Common. The generous space has allowed for individual artists' studios and art classes on the upper floor. Visitors often reflect that they prefer the gallery as a venue to a restaurant, as it provides a novel point of interest in the Clarendon neighborhood.

The Gallery enhanced its offering by presenting a new show of art works every month, monthly wine-and-cheese receptions free of charge, and a juried show at least once a year. Artists' sales have improved, and the viewer experi-

ence of so much excellent art in one place is beyond price.

Now a new restaurant owner has leased the space at 2800 Clarendon Blvd. #R-800 and Gallery Clarendon will close in early February.

The Alliance is in search of a new space, but unfortunately cannot afford to pay the high rents required in the Clarendon neighborhood. However, since the Alliance is a 501 c (3) nonprofit organization, developers can let the Arlington Artists Alliance use the space while seeking a permanent lessor, and write it off as a tax deduction.

I would like to underscore the value of such an artistic center in the Clarendon neighborhood, and to ask if anyone knows of a suitable space in North Arlington for Gallery Clarendon. Displaying and marketing works of art, a nonprofit enterprise, does require public support.

I hope that you will publish this letter, and I thank you for your kind attention.

Very sincerely yours, Carol M. Pearson-Sparhawk.

# Black History Month Events

All through the month of February, the County will celebrate Black History Month. Be sure to check out these celebrations, including the following:

❖ Arlington's official Black History Month Proclamation Ceremony will take place on Wednesday, February 12, from 11 a.m. to 12 p.m. in the County Board Room in Bozman Government Center.

❖ On Saturday, February 29 from 1 - 6 p.m., the Feel the Heritage Festival will celebrate Arlington's rich African-American history with an afternoon full of engaging programming. The Feel the Heritage Festival will be held at the Charles Drew Community Center, 3500 23rd St. S. On-site parking is available on a first-come, first-



served basis.

❖ Arlington Public Libraries has created a Black History Month Kids Activity Guide, including puzzles, crafts, and a special Black History Month Book Bingo card, which can be completed for a prize!

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

55+ Travel : Brandywine Museum of Art, Chadds Ford, PA, Monday, Feb. 24, \$43

Maryland's African American History and Culture Museum, Baltimore, Thursday, Feb. 27, \$16

Tchaikovsky's Violin Concerto, The Kennedy Center, D.C., Friday, Feb. 28, \$30. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Social Art Swap, meet local artists, Sunday, Feb. 23, 1:30-3:30 p.m., Arlington Mill. Details, 703-228-7369.

Photography interest group meets Sundays, 3-5 p.m., Arlington Mill. Details, 703-228-7369.

Biking group seeking volunteer rotating leaders. Details, 703-228-4771.

Garden Group to discuss winter sowing, plant propagation, seed starting, Monday, Feb. 24, 1 p.m., Walter Reed. Details, 703-228-0955.

Genealogy 101, meet experienced researcher, Tuesday, Feb. 25, 11:30 a.m., Lee. Details, 703-228-0555.

Texas Hold'em Poker, beginner's crash course, Wednesday Feb. 26, 6:30-8 p.m., Arlington Mill. Details, 703-228-7369.

Arlington Walking Club to walk in Daniels Park, Fairfax, Wednesday, Feb. 26, 9:30 a.m., \$4. Register, 703-228-4771.

Majestic National Parks, visual tour, Thursday, Feb. 27, 2 p.m., Langston-Brown. Details, 703-228-6300.

Free legal services for eligible seniors, provided by Legal Services of Northern Virginia, Thursday, Feb. 27, 9:30-11:30 a.m., Langston-Brown. Call for pre-screening and appt., 703-778-6800.

Create unique picture box, materials provided, Thursday, Feb. 27, 1 p.m., Walter Reed. Bring 4-12 pictures. Register, 703-228-0955.

DHS rep to conduct Q&A about County services, Thursday, Feb. 27, 10 a.m., Walter Reed. Register, 703-228-0955.

Arlington Mill Trekkers, Thursday, Feb. 27, 9 a.m., Details, 703-228-7369.

Black History Month Luncheon, musical entertainment, traditional Southern foods, Friday, Feb. 28, 11 a.m. - 1 p.m., \$8, Langston-Brown. Register, 703-228-6300.

Learn how to ride a bike, Friday, Feb. 28, 8-11 a.m., bikes and helmets provided, Arlington Mill. Register early, 703-228-7369.

Volunteering in retirement, learn how and where, Friday, Feb. 28, 1-2 p.m., Aurora Hills. Details, 703-228-5722.

Ballroom Dance, Friday, Feb. 28, 1-3 p.m., Arlington Mill. Details, 703-228-7369.

Lee Walkers to walk along C&O Canal, D.C., Friday, Feb. 28, 10 a.m., \$4. Register, 703-228-4771.

Fast paced walkers, Friday, Feb. 28, 9 a.m., Aurora Hills. Details, 703-228-5722.

Feel the Heritage Festival, Saturday, Feb. 29, 1-6 p.m., Drew Community Center, 3500 S. 23rd Street. Details at parks.arlingtonva.us/feel-the-heritage-festival.

Queen of Hearts Tea, Berryville, Friday, Feb. 14, \$52.

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

Melody Mobley, first female African American Forester, Wednesday, Feb. 12, 11 a.m., Walter Reed. Register, 703-228-0955.

Dramedy reading of "Teresa" by author/playwright Anthony Gallo, Wednesday, Feb. 12, 8 p.m., Arlington Mill. Details, 703-228-7369.

Arlington Walking Club, leaves from Madison Comm. Center, Wednesday, Feb. 12, 9:30 a.m., \$4. Register, 703-228-4771.

Update on stolen art by art historian Joan Hart, Thursday, Feb. 13, 1:30 p.m., \$6, Lee. Register, 703-228-0555.

Basic plumbing how-to's, Thursday, Feb. 13, 10 a.m., Walter Reed. Register, 703-228-0955.

Arlington Mill Trekkers, Thursday, Feb. 13, 9 a.m., Details, 703-228-7369.

Lee Walkers will walk in Chinatown, D.C., Friday, Feb. 14, 10 a.m., \$4. Register, 703-228-4771.

Fast paced walkers, Friday, Feb. 14, 9 a.m., Aurora Hills. Details, 703-228-5722.

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

55+ Travel : National Geographic Museum, D.C., Jane Goodall exhibit, Tuesday, Feb. 18, \$18; Hollywood Casino, Charles Town, WV, Thursday, Feb. 20, \$9; Leesburg Outlets, Saturday, Feb. 22, \$8. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

## NEW PROGRAMS:

Photography interest group meets Sundays, 3-5 p.m., Arlington Mill. Details, 703-228-7369.

Biking group seeking volunteer rotating leaders. Details, 703-228-4771.

Netflix demo, Wednesday, Feb. 19, 6:30 p.m., Arlington Mill. Register, 703-228-7369.

Comedy Club, features classic radio and television shows, Wednesday, Feb. 19, 11:30 a.m., Aurora Hills. Details, 703-228-7369.

Drop-in volleyball games, Wednesday, Feb. 19, 1:30-3 p.m., Langston-Brown. Details, 703-228-6300.

Arlington Walking Club to walk in City Center, D.C., Wednesday, Feb. 19, 9:30 a.m., \$4. Register, 703-228-4771.

Acoustic Hour featuring classic pop, folk and blues, Thursday, Feb. 20, 2 p.m., Langston-Brown. Details, 703-228-6300.

History discussion led by Dwight Rodgers, Encore Learning, Thursday, Feb. 20, 1 p.m., Walter Reed. Details, 703-228-0955.

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

### SATURDAY/MARCH 28

**Getting Back on Track:** Your Questions about Living in a Community Association Answered. 10 a.m. – 12 p.m. At Fairlington Community Center, 3308 S Stafford St, Arlington. Call 703-746-4990, email Brandi D. Collins at [brandi.collins@alexandriava.gov](mailto:brandi.collins@alexandriava.gov).

### POET LAUREATE APPLICATIONS

Arlington is seeking its official Poet Laureate for the 2020-2022 term. With the final application deadline of March 24, 2020 by 5 p.m., the selected poet laureate's two-year term will begin July 1, 2020. The poet selected Arlington's poet laureate will serve as an advocate for poetry and the literary arts and will advance Arlingtonians' consciousness and appreciation of poetry in its written and spoken forms. Interviews will be conducted in mid-April. The selected poet's contract will begin July 1, 2020 to coincide with the beginning of Arlington County's fiscal year. Applications are only accepted through [www.arlington.slideroom.com](http://www.arlington.slideroom.com).

### DONATIONS

The **Arlington Food Assistance Center** seeks local gardeners and farmers willing to grow and donate fresh produce to the

SEE BULLETIN BOARD, PAGE 10

# Sometimes Trees Need Help Too

## Tree steward program teaches trimming and maintenance.



The Tree Stewards of Arlington and Alexandria are in the process of training a new class of tree stewards. This class had almost 40 trainees so the more experienced tree stewards came out to help train. This session was held at Abingdon Elementary School in South Arlington.



The Tree Stewards of Arlington and Alexandria are in the process of training a new class of tree stewards. Here Scott Knudsen, in the yellow vest, trains students to make decisions about how much to cut. This session was held at the Oakridge Elementary School in South Arlington.

PHOTOS BY EDEN BROWN/THE CONNECTION

## Special Edition: PET Connection

**Publishes:**  
*Feb 26, 2020*

**Ads close:**  
*Feb 20, 2020*

The Pet Connection will publish on February 26 and photos and stories of your pets with you and your family should be submitted by February 20.

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## HOME LIFE STYLE



PHOTO COURTESY OF PATINA POLISHED LIVING

**Textiles in vibrant colors like these throw pillows, can brighten the day of your Valentine.**



PHOTO COURTESY OF THE PICKET FENCE

**A set of Swedish towels can be a game changer for those who are environmentally conscious.**

# Valentine's Day Gifts for the Home

**There's still time to give the gift of style.**

BY MARILYN CAMPBELL  
THE CONNECTION

**B**oxes of chocolates and bouquets of flowers are ideas that might come to the minds of those who are still on the hunt for the perfect gift to give on Cupid's Day. Though we celebrate St. Valentine in just two days, home décor aficionados come to the rescue with a few chic gift ideas for the home design enthusiasts in your life.

"Whether you love to cook or you just love to eat take-out, a pop of color on the countertop will bring a smile to your face every time you walk into your kitchen," said Anne Walker of Anne Walker Design. "For a gift that will bring joy for years to come, surprise your significant other with a bright red Kitchen Aid Stand Mixer and a set of red silicone spatulas for Valentine's Day. Such a joy to use and a delight for the eye."

A set of Swedish towels can be a game changer for those who are environmentally conscious and obsessively clean, says Courtney Thomas of the Picket Fence a home décor and gift boutique in Burke, Virginia. "You can use Swedish towels to clean anything you'd clean with a paper towel," she said. "But they're reusable and you can throw them in the dishwasher when they get dirty."

Eco-friendly and made entirely of biodegradable cellulose or a combination of wood pulp and renewable cotton, Swedish towels can be used for household cleaning projects that range from spills on a counter tops to water spots on a mirror.

For a gift that does double design duty, a candle in

a reusable vessel is an option that Thomas suggests. "We have some candles that come in a pottery container and once the candle is gone, you can still use the pottery," she said. "It's like a two-for-one. Pottery is food safe and can go in the oven and dishwasher if you want to make a dip or something in them."

For those who decide to give flowers on Valentine's Day, add a vase for displaying those buds, suggests Walker. "Instead of spending more than \$100 on roses for your sweetheart, spend under \$100 on [an] unbelievably gorgeous cocoon Vase by Danish design house, Holmegaard," she said. "Fill it with a beautiful selection of fresh flowers [and] instead of having the roses for a few days, your beloved will have this gorgeous, stylish vase for a lifetime."

Those who want to give a gift that offers a luxurious night's sleep should consider a silk pillow case, says Amanda Mertins of Patina Polished in Alexandria.

"They're a wonderful gift because they're good for your hair," she said. "And silk stays cool which might be good for those who get hot at night."

There's nothing more classic than a silver picture frame adorning one's side table or book case, suggests Mertins. "When we are designing a living room, we often walk into someone's house and see photos of their loved ones displayed in a hodgepodge of frames like wooden frames and ceramic frames. Giving silver frames allows photos of your family or children to be displayed tastefully in classic silver frames"

Bursts of color in the form of textiles can brighten them home of one's valentine, advises Mertins. "Tablecloths, runners and napkins in silk, velvet and cotton by Ardmore Design make a beautiful table setting," she said. "There are some wonderful, washable throws in all different colors that make great gifts. People love because their pretty and washable."

## News



PHOTO CONTRIBUTED

**In late February, the County's Department of Environmental Services will install no-sidewalk-riding signage along sections of certain streets with protected bike lanes.**

## New Rules for Shared e-Scooters And e-Bikes in Arlington

**A**rlington County's new shared micro-mobility device ordinance went into effect on Dec. 31, 2019, after the County Board adopted changes in November. With the ordinance comes new opportunities for where to ride shared e-scooters, e-bikes and similar micro-mobility devices, along with some new restrictions.

Users can now ride e-bikes on all trails, while e-scooters are allowed on Arlington County trails and sidewalks unless signed or marked otherwise. Visit [ridedockless.com](https://www.ridedockless.com) for a comprehensive list of where you can operate dockless devices in

Arlington. All users of Arlington streets – whether you drive, walk, bike or use a scooter – are reminded to be a PAL — Predictable, Alert and Lawful.

Later this month, new signage prohibiting sidewalk-riding will be installed next to protected bicycle lanes, where people biking are separated from drivers with a parking lane or other physical barrier. When a protected bike lane is available in the same direction of travel, shared e-scooter and e-bike riders must use it instead of the sidewalk.

## News Briefs

### What is 2019 Novel Coronavirus?

Coronaviruses are a family of viruses which can make humans and animals sick. Some coronaviruses can cause illnesses similar to the common cold. Others can cause more serious illnesses, including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

The 2019 Novel (new) Coronavirus was first detected in Wuhan, China. It is called a "novel" virus because it has never been detected before this outbreak.

### What are Coronavirus symptoms?

Patients have reported mild to severe respiratory illness with:

- ❖ Fever
- ❖ Cough
- ❖ Shortness of Breath

### What is Arlington County Public Health Division doing?

- ❖ ACPHD staff continue to update hospital and healthcare communities with guidance on how to identify and respond to possible cases.
- ❖ ACPHD will arrange appropriate lab testing.
- ❖ If there are any cases in Arlington, ACPHD staff will follow CDC guidance about identifying and monitoring close contacts of a case.
- ❖ Staff are available 24/7 to provide this support.



# ENTERTAINMENT

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

## ONGOING

**Singing Valentines.** Now thru Feb. 14. Send your sweetheart a singing Valentine from The Arlingtones. The package includes a quartet going to your selected location to sing two love songs, a red rose and a small box of chocolates. Contact [SingingValentines@arlingtones.com](mailto:SingingValentines@arlingtones.com) to hire an Arlingtones Quartet.

**New Landscapes Exhibit.** Feb. 3-29. At Focus Gallery, Gallery Underground, 2100 Crystal Drive, Arlington. Visit [www.galleryunderground.org](http://www.galleryunderground.org)

**"Bloody Bloody Andrew Jackson."** Now thru Feb. 15. 8 p.m. At Gunston Theatre Two, 2700 S. Lang Street, Arlington. Dominion Stage presents "Bloody Bloody Andrew Jackson," by Michael Friedman and Alex Timbers. Directed by Danielle Guy, the play is an exhilarating and raucous look at one of our nation's founding rock stars, reinventing the life of our seventh president.

**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. This project culminates with a performance at Theatre on the Run on April 25. Cost is \$160. Visit the website: <https://www.janefranklin.com/adult-dance/forty-plus>

## WEDNESDAY/FEB. 12

**Coffee & Conversation.** 10-11 a.m. At Langston Brown Community Center, 2121 North Culpeper Street, Arlington. Join Sydney Palinkas, ElderSAFE Center Community Educator, in an interactive discussion of elder abuse, fraud and ways we can support one another. For more information or 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.arlnvil.org](http://www.arlnvil.org).

**Cold-blooded Afternoons: Frogs & Toads.** 3:30-4:30 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Early release day from school? Come on over to the nature center to discover some cold-blooded creatures on a cold afternoon! Spring is right around the corner, and with it come the frogs and toads. We will listen to the songs of these amphibian singers, and then make our own amphibian chorus! Afterward, we can meet some frogs up close and watch them eat. Call 703-228-3403. Cost is \$5. #622820-C

**How Does Vaping Affect Kids in Arlington?** 8-9 p.m. At Phelan Hall, Marymount University, 2807 N. Glebe Rd., Arlington. Panel hosted by the Arlington Committee of 100.

## THURSDAY/FEB. 13

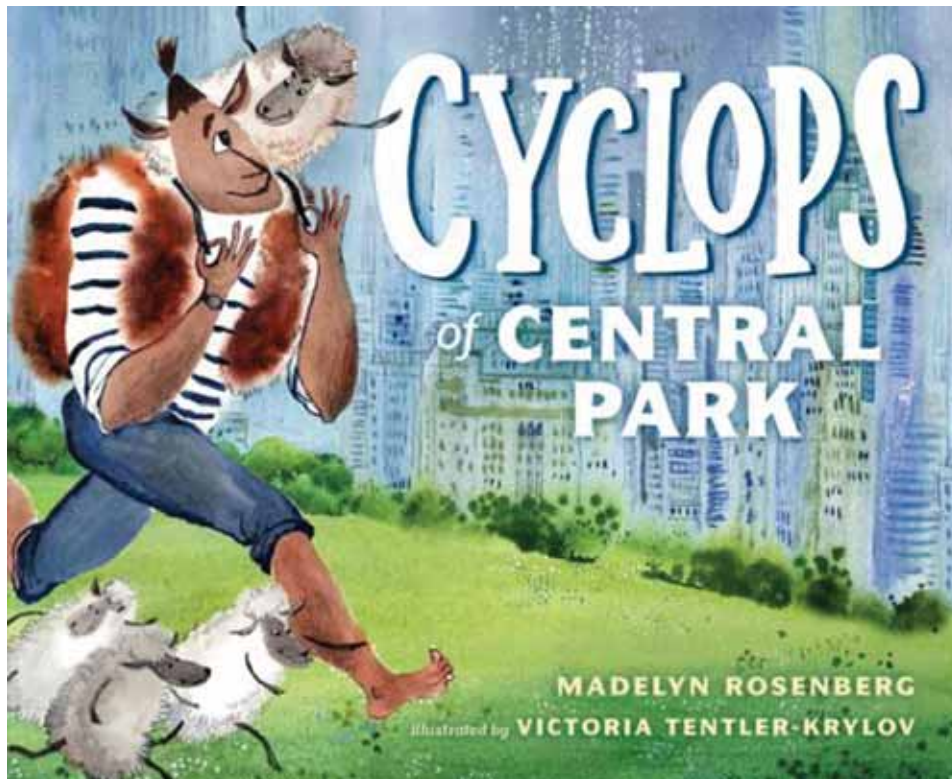
**Flashlight Storytime.** 10:30 - 11 a.m. At Long Branch Nature Center, Arlington. Ages 2 and up. Register child only, but caregivers must attend. Bring a flashlight, we'll read stories in the dark. Call 703-228-6535.

**Robots vs. Humans.** 5:30-7:30 p.m. At George Mason University Arlington Campus, 3351 Fairfax Dr., Arlington. Developing Collaborative Robotics to Enhance Human Potential, hosted by GMU for students 12 yrs. and families

**APS Celebrates Black History Month: We Are Arlington.** 6:30 - 8:30 p.m. At Kenmore Middle School Auditorium, 200 S. Carlin Springs Rd., Arlington.

**Valentine's Craft Night.** 7 p.m. At One More Page Books, 2200 North Westmoreland Street in Arlington. Bring a project you've been working on, make your own (romance) book cover or recreate a favorite and perhaps make a card or a collage for a friend or lady you admire. Enjoy some wine and have fun.

**Deep Dive: Animal Meteorologists.** 8 - 9 p.m. At Gulf Branch Nature Center, Arlington. Take a Deep Dive into a natural history topic that scratches more than just the surface. Is there predictive value to waking up a groundhog on Feb. 2? Do the bands on a Woolly Bear caterpillar really warn you about the severity of the upcoming winter? Explore the origins of these stories and more, to see who you should get your weather forecasts from. Call 703-228-3403.



## Cyclops of Central Park

Author Madelyn Rosenberg's new book, Cyclops of Central Park

### WEDNESDAY/FEB. 12

**Author Madelyn Rosenberg.** 7-8 p.m. At One More Page Books, 2200 N. Westmoreland Street, Arlington. Arlington's own, Madelyn Rosenberg, will release of her beautiful new picture book, Cyclops of Central Park, at One More Page! Featuring a most unusual protagonist, the book dares readers to be brave and explore the world because, really, you never know what you might find. Free.

Visit the website:

<https://www.onemorepagebooks.com/event/book-launch-madelyn-rosenberg-cyclops-central-park>



## Women Winning the Vote

Photo of women suffragists protesting the right to vote.

### THURSDAY/FEB. 13

**Women Winning Vote.** 7-9 p.m. At Marymount University, Reinsch Library Auditorium, 2807 N. Glebe Road, Arlington. Nancy Tate, co-chair of the 2020 Women's Vote Centennial Initiative and former Executive Director of the national League of Women Voters, will describe what it took for women to win the constitutional right to vote. The 19th Amendment to the U.S. Constitution was ratified on August 26, 1920, after 72 years of organized effort. It was the greatest expansion of democracy on a single day in U.S. history, and yet is a story that is little known. Learn about the suffrage movement in Virginia and in Arlington, and the resulting evolution of the League of Women Voters. Free. Visit the website: [www.arlingtonhistoricalsociety.org](http://www.arlingtonhistoricalsociety.org).

### SATURDAY/FEB. 15

**Hanssen Spy Talk.** 12 - 1:30 p.m. At Long Branch Nature Center, Arlington. The infamous spy and traitor, Robert Hanssen, worked in

secrecy all around the nation's capital for years before being discovered. Some of those clandestine affairs were conducted in the woods of the Long Branch Nature Center. Join us on the anniversary of his capture as we unfold the

dramatic story of this notorious spy, his eventual downfall and arrest, including the FBI's nature center operations. Call 703-228-6535.

**"E.T. the Extra-Terrestrial."** 5:30 p.m. At Ballston Exchange, 4201 Wilson Blvd., Arlington. Back to the '80s Movie Night. Grab your friends and family and get ready to join this cinematic blast from the past. Not only will they be showing family-friendly movies, they'll also be serving complimentary retro candy and movie snacks. For those 21+, Movie Nights are BYOB. This event is free, but you must preregister. Register here: <https://www.ballstonva.org/event/movie-night-at-ballston-exchange/>

**Ooey Gooley Campfire.** 6 - 7 p.m. At Long Branch Nature Center, Arlington. Families age 3 and up. Register children and adults; children must be accompanied by a registered adult. They'll use all sorts of cookies, marshmallows and toppings for the most decadent campfire s'mores ever. Call 703-228-6535.

## SUNDAY/FEB. 16

**Celebrate President's Day.** 1:30-3:30 p.m. At Market Common Clarendon, 2800 Clarendon Blvd., Arlington. Join us on The Loop as the Washington Nationals

Racing Presidents take over. Learn dollar bill origami, guess to win all the pennies in the jar. Take a selfie with George, Tom, Abe, and Teddy from the Washington Nationals, and then watch them race around The Loop at 3 p.m. Free. Visit <http://marketcommonclarendon.com>.

**R.I.P. - Remove Invasive Plants.** 2-4 p.m. At Long Branch Nature Center, Arlington. Want to restore habitat and increase native species diversity right here in Arlington? Work parties are held every month and are making a difference with the return of ferns, wildflowers and the animals that depend on them to areas once covered in destructive invasive plants. Call 703-228-6535.

## MONDAY/FEB. 17 AND 24

**"UnResigned."** 7:30 p.m. At The MAX Theatre at Signature Theatre, 4200 Campbell Ave., Arlington. Tickets are now on sale for this year's Signature in the Schools play, "UnResigned," featuring a cast and crew of Arlington County High School students and guest actor Maria Rizzo. "UnResigned," written by Joe Calarco, looks at contemporary civics issues through the story of an emergency high school government election that goes terribly wrong. Tickets are \$10. Visit [www.SigTheatre.org](http://www.SigTheatre.org).

## TUESDAY/FEB. 18

**Build Healthy Soil and Manage Water in Your Yard.** 7-8:30 p.m. At Cherrydale Library, 2190 North Military Road, Arlington. The healthier the soil in your yard, the more water it can potentially absorb into the ground during a deluge and the less water your plants may need when the dry times come. Learn how to build soil health by feeding your soil's biome, how to prevent or mitigate soil erosion and compaction by choosing appropriate plants, and whether certain landscaping techniques - such as terracing or a bioswale among others - might be worth your time and effort. This class is offered by Extension Master Gardeners. Free. Advance registration requested at [mgnv.org](http://mgnv.org). Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**League of Women Voters Anniversary.** 7-10 p.m. At The Board Room, Ms. Peacock's Champagne Lounge, 925 North Garfield Street, Arlington. The Arlington League of Women Voters invites you to celebrate the 100th anniversary of the League of Women Voters with A Centennial Soiree. They will be toasting to the 100 years of activism of the League of Women Voters and the passage of the 19th Amendment. Tickets are \$25 and include hors d'oeuvres and dessert. Champagne and other beverages extra. RSVP/Tickets: <https://www.eventbrite.com/e/centennial-soiree-tickets-90231184903>.

## WEDNESDAY/FEB. 19

**Coffee & Conversation.** 10-11 a.m. At Langston Brown Community Center, 2121 North Culpeper Street, Arlington. The Falls Church Tin Man and Arlington's Magnolia Bog are just a couple of the overlooked places in Arlington and Falls Church

SEE CALENDAR, PAGE 9



# CALENDAR

FROM PAGE 8

explored by local journalist Matt Blitz. For more information or 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.arlnvil.org](http://www.arlnvil.org).

## THURSDAY/FEB. 20

**National Herbarium.** 11 a.m. to 12 p.m. At Little Falls Presbyterian Church, 6025 Little Falls Road, Arlington. Rock Spring Garden Club will host Robert Soreng. A botanist with the Smithsonian, he traveled to Russia in the summer of 2018 to collect native grasses for research and inclusion in the Smithsonian's renowned National Herbarium. Rob's specialty is the large genus of Poa, the bluegrasses. His photographic presentation offers a stunning glimpse of the challenges and natural beauty of working in the Siberian region. The program is free; an optional lunch is \$5. Visit the website at [www.rockspringgardenclub.com](http://www.rockspringgardenclub.com).

**Author Michele Patrick.** 7-8 p.m. At One More Page Books, 2200 N. Westmoreland Street, Arlington. Author Michele Patrick will give a discussion on her book, *Haunted Prague: Stories of Spirits, Sorcerers, and the Supernatural*. Prague is the most haunted of places. It is a city where magic and mystery can be found at every turn. The 39 supernatural legends in this book, all but one associated with notable tourist attractions, are more than fascinating stories set in Prague. Free.

**Build Healthy Soil and Manage Water in Your Yard.** 7-8:30 p.m. At Fairlington Community Center, 3308 S Stafford Street, Arlington. The healthier the soil in your yard, the more water it can potentially absorb into the ground during a deluge and the less water your plants may need when the dry times come. Learn how to build soil health by feeding your soil's biome, how to prevent or mitigate soil erosion and compaction by choosing appropriate plants, and whether certain landscaping techniques - such as terracing or a bioswale among others - might be worth your time and effort. This class is offered by Extension Master Gardeners. Free. Advance registration requested at [mgnv.org](http://mgnv.org). Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**Winterbirds in Concert.** 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.

## FEB. 24-28

**Lions Club Citrus Fundraiser.** At Overlee Pool, 6030 Lee Hwy, Arlington, Lower entrance off John Marshall Drive. The Lions Club is selling honeybells, temples, honey tangerines, valencias, pecans and maple syrup. Proceeds benefit the NWAR Lions charities. Hours of operation: Monday 10 a.m. to 7 p.m.; Tuesday 9:30 a.m. to 3:30 p.m.; Wednesday 10 a.m. to 3 p.m.; Thursday 8:30 a.m. to 5 p.m.; Friday 9 a.m. to 3 p.m. Call 703-528-1130.

## TUESDAY/FEB. 25

**Author Greer Macallister.** 7 p.m. At One More Page Books, 2200 N. Westmoreland Street, Arlington. Greer Macallister is back to One More Page for the paperback release of her novel *Woman 99*, a vivid historical thriller about a young woman whose quest to free her sister from an infamous insane asylum risks her sanity, her safety, and her life. Free. Visit the website: <https://www.onemorepagebooks.com/event/author-greer-macallister-discusses-woman-99>

## THURSDAY/FEB. 27

**Racial Equity and Inclusion Meeting.** 7-8 p.m. At Arlington Central Library, 1015 N. Quincy Street, Arlington. This meeting will be a screening of "The Bail Trap: American Ransom" presented by Brave New Films. This is a series of short films exploring the injustices of cash bail and America's mass incarceration system. These meetings are open to adults. Visit <https://www.oaronline.org/news-events/oar-tours-upcoming-events>



## Salute to Benny Goodman

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

**Salute to Benny Goodman.** 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/>

## SATURDAY/FEB. 29

**Spring Lawn Care.** 10-11:30 a.m. At Lee Center, 5722 Lee Highway, Arlington. Learn what you can do now to improve and manage your lawn to make it a more environmentally friendly, less resource intensive part of your home garden. We will discuss the best types of grasses for our area, specific springtime turf management practices, nutrient management and soil testing, and basic pest and disease management. This class is offered by Extension Master Gardeners. Free. Advance registration requested at [mgnv.org](http://mgnv.org). Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**Feel the Heritage Festival.** 1-6 p.m. At Drew Community Center, 3500 23rd Street, S, Arlington. The Feel the Heritage Festival welcomes residents to enjoy live music and dance, dozens of vendors, free activities for kids, delicious food, cook-off competition, Hall of History with photos and artifacts for Arlington's historically African American neighborhoods and organizations and more. Arlington Historical Society will have a booth at the festival. Author Jessica Kaplan will share information about her paper and presentation, "The Bottom: An African America Enclave Rediscovered."

**Move Me Festival.** 2-5 p.m. At Kenmore Middle School, 200 S. Carlin Springs Road, Arlington. Bowen McCauley Dance Company presents the annual Move Me Festival production. Expect 17 local artists and performance groups that will offer classes, educational activities, and performances. Festival participants include students, parents and community residents that participate in workshops, demonstrations and performances across two stages. Expect face painting, prizes, classes, concerts and a special performance by the Kenmore M.S. student dancers, the professional Company along with an opportunity to join them on stage. Free. Visit the website <http://www.bmdc.org/events>

## SATURDAY/APRIL 18

32<sup>nd</sup> Annual Potomac River Watershed



## Hesperus Valentine's Concert

Courtly Love, from a medieval manuscript.

## SUNDAY/FEB. 16

**Hesperus Valentine's Concert.** 4-5:30 p.m. At St. George's Episcopal Church, 915 N. Oakland Street, Arlington. Hesperus celebrates its 40th anniversary with a Valentine's Weekend concert exploring the quirky medieval practice of Courtly Love. Soprano Sarah Pillow and vielle players Tina Chancey and John Mark Rozendaal perform. Cost is \$20/\$10. Call 703-407-0642.

**Cleanup.** 9 a.m. to 12 p.m. Hosted by the Alice Ferguson Foundation, 2001 Bryan Point Rd, Accokeek. The Annual Potomac River Watershed Cleanup has become a catalyst for progress that ignites people's interest and passion for the environment and community action. The largest regional event of its kind, the Cleanup provides a transforming experience that engages residents and community leaders and generates momentum for change. The Potomac River Watershed Cleanup has grown from a small shoreline cleanup at Piscataway National Park to a watershed wide network. What started as a few cleanup events along the Potomac River is now a regional event spanning Maryland, Virginia, the District of Columbia, West Virginia, and Pennsylvania. If you can't make this date or

location check out [PotomacCleanup.org](http://PotomacCleanup.org) to find another cleanup near you.

## MORE ONGOING

**Arlington Historical Museum.** Wednesdays, 12:30-3:30 p.m.; Saturdays and Sundays, 1-4 p.m. Arlington Historical Museum, owned and operated by the Arlington Historical Society, is located at 1805 S. Arlington Ridge Road. The two-story brick structure was built in 1891 as the Hume School, named for Frank Hume who gave some of the property for the school. It is the oldest school building in Arlington County. Now a museum, it houses permanent and temporary local history exhibits ranging from pre-1607 to Sept. 11, 2001. Visit [arlingtonhistoricalsociety.org](http://arlingtonhistoricalsociety.org).

**Civil War Artifact Display.** Saturdays and Sundays, 10 a.m.-2 p.m. at Fort C.F. Smith Park Visitor Center, 2411 24th St. N. The New Fort C.F. Smith Park Visitor Center features displays about Union soldiers and the Defenses of Washington between 1861 and 1865. Artifacts from archaeological studies from Forts Ethan Allen and C.F. Smith are on display. Kids can try on replica Civil War uniforms and learn about camp life. Visit [parks.arlingtonva.us/locations/fort-cf-smith-park/](http://parks.arlingtonva.us/locations/fort-cf-smith-park/).

**Arlington Farmers Market.** Every Saturday, 8 a.m.-noon at the corner of N. 14th Street and N. Courthouse Road. A weekly celebration of local food including fresh produce, meats, dairy, cheese, baked goods, free range eggs, specialty items, cut flowers, plants and herbs. Email [csingiser@cfwdc.org](mailto:csingiser@cfwdc.org) or call 917-733-6402.

**FRESHFARM Market.** 3-7 p.m. on Tuesdays at 1900 Crystal Drive. Shop from local farmers and producers with seasonal fruits and vegetables, fresh-cut flowers, container plants and herbs,

farm-raised eggs, all-natural meats, artisan baked goods, and specialty foods. Visit [www.crystallcity.org](http://www.crystallcity.org) for more.

**Mobile Bike Repair.** 8 a.m.-3 p.m. on Thursdays at 1900 Crystal Drive. Drop off your bike on Thursday morning and have it tuned up and ready to ride before heading home. Email [DC@velofix.com](mailto:DC@velofix.com), or phone 855-VELO-FIX for more.

**Food Truck Thursdays.** 11 a.m.-2 p.m. at 1900 Crystal Drive and 201 12th St. Actual truck schedules are subject to change so be sure to follow your favorites. Visit [www.crystallcity.org](http://www.crystallcity.org) for more.

**Healthy Lifestyle Runs.** Saturdays, 9 a.m. at Roosevelt Island, George Washington Memorial Parkway. American Cancer Society partners with parkrun USA to promote fitness in the fight against cancer. Free. Visit [www.parkrun.us/rooseveltislanddc/](http://www.parkrun.us/rooseveltislanddc/) for more.

**Friday Night Live.** 8 p.m. Fridays at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit [1bc.org](http://1bc.org) for more.

**Arlington's Historical Museum Open on First Wednesdays.** The Arlington Historical Museum is open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume

School building at 1805 S. Arlington Ridge Road. Visit [arlingtonhistoricalsociety.org](http://arlingtonhistoricalsociety.org).

**Open Mic Comedy.** Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. Age 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or Visit [www.RiRa.com/Arlington](http://www.RiRa.com/Arlington) for more.

**Invasive Plants Removal.** Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit [registration.arlingtonva.us](http://registration.arlingtonva.us). Free, no registration required.



**Employment**

**Database Engineer Manager** (Demeter Analytics Services, LLC / Arlington, VA) – Lead & supervise a team of database engns in the data operatns team; oversee design, architecture, & deployment of end-to-end SQL & NoSQL database solutns. Reqs Master's in Comp Sci, Comp Engrg, Statistics, or a directly rtd field. Bkgd in educ, training or exp must incl knwldge of &/or exp w/ design of relatnl databases, MySQL database tools, Linux operatg systms, C++ & Java programming languages & scriptg languages such as Python, concurrency, & large-scale databases & the technologies at the foundatn of the Big Data movemnt. Email resume to Shannon.McClung@kochps.com; please ref job title in sbjct line.

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

**Announcements**

**Employment**

**Forget Daily Commuting**  
Print and digital media sales consultant for area's most popular and trusted local news source

Manage your own hours from home  
Enjoy flexible schedule plus no daily commute  
Help local businesses grow  
Unique opportunity to be a voice in your community  
Competitive compensation

Call Jerry Vernon  
**703-549-0004**  
Connection Newspapers & Digital Media  
Trusted Connection to Local Communities

**Announcements**

 **Brown v. Board of Education**  
**SCHOLARSHIP COMMITTEE**  
ACCEPTING APPLICATIONS  
THROUGH MARCH 20, 2020

The Brown v. Board of Education Scholarship Program was established by the Virginia General Assembly in 2004 to provide educational opportunities for persons who were denied an education in Virginia due to the closing of the public schools during Massive Resistance between 1954 and 1964. The program is open to new eligible applicants for the 2020-2021 school year. For applications and information on eligibility, visit:

**BROWNSCHOLARSHIP.VIRGINIA.GOV**

or contact Lily Jones, Division of  
Legislative Services, at (804) 698-1888.

**Announcements**

**Lifetime METAL ROOFING**  
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SUPERIOR DURABILITY - SENIOR CITIZEN DISCOUNT  
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**Announcements**

# BULLETIN BOARD

FROM PAGE 5

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](mailto: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](http://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).

**ONGOING**

**Online Salary Negotiation Workshop.** AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit [salary.aauw.org](http://salary.aauw.org).  
**Create a Wildlife Sanctuary.** The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit [audubonva.org/audubon-at-home-1/](http://audubonva.org/audubon-at-home-1/) for more.  
**Naloxone (Narcan)** can save the life of someone who is overdosing, if

given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqveland at 703-228-0913 or [esiqveland@arlingtonva.us](mailto:esiqveland@arlingtonva.us) or visit [health.arlingtonva.us/opioid-awareness/](http://health.arlingtonva.us/opioid-awareness/) for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit [www.chrisatwoodfoundation.org/naloxone](http://www.chrisatwoodfoundation.org/naloxone) for details.

**Monthly Memory Café.** 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, will be held on the first Friday of every month. Registration is free and highly recommended to reserve spots, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email [bdesai@seniorhelpers.com](mailto:bdesai@seniorhelpers.com). Visit [www.dementiacareconnections.com/memory-cafe](http://www.dementiacareconnections.com/memory-cafe) or [www.seniorhelpers.com/arlington-alexandria-va](http://www.seniorhelpers.com/arlington-alexandria-va) for more.

**Walk-Fit.** Ongoing Tuesdays and Thursdays 8:30-9:30 a.m. at Fashion Center at Pentagon City, Arlington. Participants walk at their own pace in a safe and friendly environment. Group stretch and cool down led by Virginia Hospital Center staff at 9:15 a.m. Meet on the first level by Nordstrom. Call 703-558-6859.  
**Arlington County**, in partnership with the Human Rights Commission's Equality Task Force, has launched a web page with resources for the LGBTQ community. The new webpage compiles LGBTQ resources

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**Announcements**

**OUTER BANKS, NC - VACATION RENTALS**  
Over 500 vacation homes from S. Nags Head to Corolla's 4x4!  
  
**877-642-3224**  
**www.brindleybeach.com**

**Announcements**

**For Sale**

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

**Legals**

**ABC LICENSE**  
EAD, LLC trading as Muse Paintbar, 4238 Wilson Boulevard, Suite 1170, Arlington, VA 22203-1832. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On-Premises license to sell or manufacture alcoholic beverages. Brian Reynolds, Managing Partner. 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.

**Announcements**

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The NRA National Firearms Museum exhibit features an unusual competition Winchester Model 52 rifle with a clear plastic target arm.  
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# BULLETIN BOARD

FROM PAGE 10

on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth — such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit [topics.arlingtonva.us/lgbtq-resources](http://topics.arlingtonva.us/lgbtq-resources).

**Aging Matters.** 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit [www.facebook.com/agingmatterswera](http://www.facebook.com/agingmatterswera) to listen to programs.

**Volunteer Bike Repair Night.** First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary.

**Public Financial Fraud, Waste and Abuse Hotline.** On Tuesday, Nov. 15, the Arlington County launched a new public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at [arlingtonva.ethicaladvocate.com](http://arlingtonva.ethicaladvocate.com). The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

Created by the **Arlington Initiative to Rethink Energy (AIRE)** in partnership with the Arlington Public Library, the nation's First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools such thermal imaging cameras, energy meters and books play a vital role in achieving a "greener" home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit [library.arlingtonva.us/locations/central-library](http://library.arlingtonva.us/locations/central-library) or call 703-228-5990.

**Arlington Rotary Club Lunches.** Thursdays, 12-1:30 p.m. at Washington Golf & Country Club, 3017 N. Glebe Road. Organization brings together political and business leaders for humanitarian services. Eat and listen to guest speakers. Admission is \$26 for non-members. Visit [www.arlingtonrotaryclub.org](http://www.arlingtonrotaryclub.org).

**Job Seeking Help.** 5-9 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit [www.arlingtonva.libcal.com](http://www.arlingtonva.libcal.com).

**The Jewish Council for the Aging** has launched a new initiative called Tech Tuesday. Windows 7, Windows 8, Excel, iPad and iPhone, Email, photos, and social media will be covered in these classes held at 1750 Crystal Drive Shops, Suite 1638B Crystal Square Arcade. Visit [www.accessjca.org](http://www.accessjca.org).

**Vajrayogini Buddhist Center** offers "Meditations for a Meaningful Life" for the general public Tuesdays, 7:30-8:30 p.m. at St. George's Episcopal Church, 915 N. Oakland St., Arlington.

Gen Kelsang Varahi, an American Buddhist nun, leads teachings and guided meditations on life. \$10 (\$5 unemployed, full-time students, 65 and older). Visit <http://meditation-dc.org/arlington/> for more.

**Arlington PFLAG Community Group.** 7:30-9 p.m. on the second Tuesday of each month, PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgender people and their families. Meets at the Unitarian Universalist Church of Arlington, 4444 Arlington Boulevard. Contact [arl.pflag@gmail.com](mailto:arl.pflag@gmail.com) for more or go to [www.pflagdc.org](http://www.pflagdc.org)

**Helmsmen Toastmasters** meet Thursdays, 7:30-8:45 a.m. at Pentagon Library and Conference Center. Toastmasters is an international organization that helps everyone speak, think, lead and listen better. Contact Carl Sabath [carl.e.sabath.civ@mail.mil](mailto:carl.e.sabath.civ@mail.mil) or 703-695-2804 or Elizabeth Femrite [elizabeth.m.femrite.civ@mail.mil](mailto:elizabeth.m.femrite.civ@mail.mil) or 571-256-8674.

**Soil Testing.** Virginia Cooperative Extension is offering soil testing services to analyze soil and determine what is needed to condition soil for plantings.

The routine soil test is all one normally needs for a fertility evaluation. Recommendations generated usually within three working days of receipt. Pick up soil sampling box at the Virginia Cooperative Extension Arlington office, 3308 S. Stafford St., 8 a.m.-5 p.m. Monday-Friday. Send filled soil sample box with form and fee to the Virginia Tech Lab for analysis. Fees vary, visit [www.soiltest.vt.edu/Files](http://www.soiltest.vt.edu/Files).

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## All Gowned Up



By KENNETH B. LOURIE

All Gowned UpAnd somewhere to go, or so I thought. I had checked in at the front desk. I was given a number, and almost immediately, it was called. I said good-bye to Team Lourie and was led back to a staging area (beds, curtains, doctors, nurses) where I was told I would see them both before surgery. There I was given a gown, no-slip socks and a hair net to change into, and instructed to place all my clothes (underwear, too) into two plastic bags and then told to pull back the privacy curtain and lie back on the bed.

Within a few minutes a female nurse, part of a very attentive and conscientious staff, began to attend me. She started an I.V. in my left forearm, wrapped a blood pressure cuff around my right bicep and then stuck half-a-dozen or so EKG contacts over the front me and down my legs to monitor my heart. In addition, the typical other vitals: oxygen, pulse and temperature were taken. At that point, it appeared that I had passed muster. My surgeon stopped by for a brief visit and all was progressing normally. Until that is when the anesthesiologist came by for what I thought was the final step. It was the final step alright. She said that "due to an abundance of caution," she was uncomfortable proceeding with the surgery. She explained that the facility (not a hospital) where I was to undergo the surgery, was not fully equipped to respond to certain potential complications which might occur which involved a breathing tube, a ventilator and the weakness of my lungs, so she sent me packing (unpacking actually). Disappointed, as you might imagine, we all left the facility and waited for further instructions.

By the end of the day, arrangements had been made to reschedule my surgery at a local hospital on Wednesday, a mere two day delay. I could live with that. At home, I resumed my post-shower, pre-surgery, infection-preventing scrub as I had for the previously scheduled surgery. This time surgery was scheduled for 1:30 pm instead of the 10:50 am it had been on Monday. Still, if all went well, I could be released that same day, under someone else's recognition of course, given the late hour, but likely recuperating at home in my own bed.

On Wednesday, I arrived at the hospital two hours before surgery as directed and began the now familiar process. Once again I was prepped and ready. This time there were no slip-ups. Around 2:15 I was wheeled into the operating room and introduced to the staff on hand. I was asked my name, date of birth and the reason for surgery that day. Answering correctly, the next step involved an oxygen mask coming down over my nose and mouth and being asked to breathe normally, which I did, and the rest, as they say, is history.

It turned out that the anesthesiologist was right to be cautious. My four-hour outpatient surgery turned into a seven-hour admission-to-the-hospital major surgery with complications. Due to my "Adam's Apple" tumor being embedded into/under my collarbone, a thoracic surgeon was brought into consult about possibly cracking open my chest to get at the remaining cancer. Fortunately, a decision was made not to do so and I was wheeled back to recovery and eventually to my room for the night where at 12:35 am, while lying in my bed, my eyes opened and I saw my wife, Dina and close friend, Rita, who had stayed into the wee hours in an amazing show of support.

The next day, after an uncomfortable night in my hospital bed, I was discharged, four hours after the process began. (As you may or may not know, getting discharged from the hospital is hardly a straight line from your hospital room to your curbside pick up.) I was given instructions, prescriptions and follow-up appointments. My thyroid gland, parathyroid, "Adam's Apple" tumor and a few lymph nodes stayed behind. Can't say that I miss any of them. Still, my body may miss them so I'll likely have some post-op work to do at home. Nevertheless, progress has been made for which I'm grateful.

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



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