

# The Arlington Connection

Heather Burneson on the peak in Tanzania, going one step at a time after her son's death from leukemia.

## One Step At a Time, Up Kilimanjaro

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## Elizabeth Warren Rallies in Arlington

**“This is no time for small ideas.”**

BY BRAD SWANSON  
EDITOR, THE BLUE VIEW

**S**en. Elizabeth Warren pumped up a large crowd in the gymnasium of Wakefield High School in Arlington on Feb. 13 with an energetic delivery of her stump speech excoriating the role of big money in government and urging “hope over fear.”

Warren claimed, “We have an America for rich people who don’t want to pay taxes... A government that works [only] for rich people and multinational corporations is the result of money ... corruption, pure and simple.” Warren returned often to the theme of money in politics in her 45-minute speech. “We can make government work, not just for the rich and powerful but for everyone,” she said, adding that the rich are free to own more things — shoes, cars, houses — but “rich people shouldn’t own a greater share of our democracy.”

Warren pointed out the stagnation in middle class incomes over decades. “Why is that people who work every bit as hard



**Elizabeth Warren on stage at an Arlington high school on Thursday evening.**

as my parents find the path [today] so much rockier?”

The answer, she said, is that the economy and public policy are manipulated in favor of the rich and powerful.

Warren cited her plans to restore a more just and equitable democracy, including:

- ❖ a rise in the minimum wage
- ❖ an end to gerrymandering and voter

suppression

❖ more legal immigration and a path to citizenship for undocumented residents and of course her signature “two cents” wealth tax proposal.

Slowing her delivery for dramatic effect, Warren also told the audience, “I’m going to say something controversial in Congress ... [pause] I believe in science.”



**The crowd at Wakefield High School on Feb. 13.**

To rousing cheers, she went on to make a commitment to \$1 trillion in “environmental justice,” including the Green New Deal.

Warren finished by proclaiming, “This is no time for small ideas.” What is needed are “big structural changes.” Then she added a personal note. “I’m running this campaign from the heart,” she said, “because I believe in you.”

PHOTOS BY HOLLY HAZARD

## Serving Needy from Arlington to Peshawar

BY SHIRLEY RUHE  
THE CONNECTION

**M**aryam Bibi came to Arlington in February, 2019 to help raise funds for girls’ education in Pakistan where she lives. She said it takes about 800 rupees a month or about 8-10 American dollars to cover the costs for one student for a month. They currently have over two thousand three hundred students enrolled in the NGO sponsored schools.

While Bibi was in America, she got interested in the efforts of Rock Spring UCC members on little Falls Road in Arlington to serve meals to needy Shirlington Employment and Education Center (SEEC) workers at an outdoor pavilion on Four Mile Drive. SEEC helps facilitate employment for day laborers, many without permanent housing or access to regular meals. Rock Spring members cook and serve lunch twice a month to low-income workers waiting for employment.

Bibi became a regular, helping cook and serve meals on the street with Rock Spring members.



**Maryam Bibi serves a morning meal to drug addicts nearly a year later in Pakistan.**

**Maryam Bibi serves lunch to SEEC workers in south Arlington in February 2019.**

At that time she said in Pakistan they have a more hands off approach to feeding the poor and she thought she would take the American way back home with her.

In January 2020, nearly a year later, she showed she had indeed taken this social service initiative back to Pakistan. On Feb. 13, 2020



PHOTOS CONTRIBUTED

Bibi sent a picture back to Rock Spring of serving a meal to drug addicts on the streets of Peshawar in Pakistan near the Afghanistan border. “I saw these people who are totally discarded, abandoned and living beneath the construction highway bridge in open on bare ground. The SEEC serving idea clicked and I started serving them,” Bibi said.

Currently Bibi says she buys the ingredients for her beef curry with naan or plow and requests that the lady who helps with her household cook the meal. But she said she is planning to include others, like the SEEC model in Arlington, because “seeing is believing so I must encourage people to see them so they get inspired and get involved.”

She says she can only afford to do this once a week, which she does on Thursday mornings, with her own resources but would very much like to feed them on a daily basis. “I cannot forget the helplessness in their eyes while they are eating the food.” Bib says she is working to increase cultural understanding. “There is a lot of good in both places.”



## Ending Predatory Lending

To the Editor:

I was excited to see that both our House of Delegates and State Senate have passed much-needed predatory lending reform bills (HB789 & SB421), both on a bipartisan basis. For too long, the legislature turned a blind eye while struggling Virginia families were being saddled with interest rates in excess of 200%. The title loan stores lining Columbia Pike can take the bor-

LETTER

rowers' car titles as collateral, and then they can repossess them if borrowers fall behind on their loan payments. During the legislative debate, I saw that 1 in 8 borrowers has their car repossessed this way every year. Strikingly, payday lenders have taken advantage of our weak state laws to charge Virginia residents triple what they charge in other states. Borrowing \$500 for 4 months from payday lenders costs \$95 in Colorado, \$160 in Ohio, and \$480 in Vir-

ginia.

I'm glad that the reform bills would bring Virginia in line with these other states where credit is widely available but on more reasonable terms. I'm appreciative that my own representatives, Sen. Barbara Favola and Del. Patrick Hope, co-sponsored this important legislation.

Other members representing Arlington—Delegates Rip Sullivan, Alfonso Lopez, and Mark Levine, and Senators Adam Ebbin

and Janet Howell—all deserve credit for voting for reform as well. Gov. Ralph Northam and Attorney General Mark Herring also championed this bill that is projected to save Virginia families more than \$100 million annually. It's refreshing to see government side with us rather than the high-cost lenders who have had their way for too long.

**Amanda Kirschner**  
Arlington, VA

## Equal Rights For Women

By U.S. Rep. Don Beyer (D)

Last month the Virginia General Assembly, under new barrier-breaking leadership, took the long-awaited step of voting to ratify the Equal Rights Amendment.

The Equal Rights Amendment is a very simple amendment to the Constitution. It is just a few words: "Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex."

Those few words could have a powerful legal impact, however.

Embedding the text of the ERA in our Constitution would give women in the United States a legal tool to fight everyday discrimi-

nation women face. That would include pay discrimination, pregnancy discrimination, and domestic violence. It would provide one national standard to protect against sex discrimination across America.

The move was exciting, not only because of how long Virginia advocates had fought for ratification, but because Virginia became the 38th state to ratify the Equal Rights Amendment. That put the ERA over the three-fourths threshold required for national ratification.

One of the advocates who worked long for the passage of the ERA, Lisa Sales, was my guest earlier this month for the State of the Union Address.

Some of you may have heard Lisa speak on the panel discussion about the struggle to get equal pay, and reduce the wage gap (including the ERA) at my Annual Women's Conference and Forum in Arlington last year. A key point Lisa made that sticks with me: "the Equal Rights Amendment can strengthen protections for women who are survivors of sexual violence."

The ERA enjoys enormous support across the Commonwealth and the country, but unfortunately, opponents in the Trump Administration recently released a legal memo arguing that the passage of a deadline for ratification proposed in the original legislative text invalidates the national adop-

tion of the amendment.

Virginia's Attorney General Mark Herring is fighting that determination in court, but in the meantime, the House of Representatives just took action by passing legislation to remove the deadline in question.

I gave remarks on the House floor during debate, which was presided over by Virginia Congresswoman Jennifer Wexton, before voting for the bill.

There are still hurdles ahead, but I will continue to do everything I can to secure passage of the Equal Rights Amendment.

It's long past time to enact this Amendment to guarantee equal rights for women.

## Libby Garvey and Matt de Ferranti on Airport Noise

As you know, there has been an operational change at Ronald Reagan Washington National Airport (DCA) that has resulted in more commercial aircraft flying directly over Rosslyn, and more exposure to aircraft noise for our residents and businesses in that area of the County. We wrote to the FAA last November protesting these changes.

On Jan. 30, 2020, the Federal Aviation Administration (FAA) published a new flight procedure for DCA departures called HOLT B ONE (RNAV). Under this procedure, for north bound departures, the first navigational waypoint after departure has been moved 781 feet west-southwest. This shift moves flight paths previously located well over the Potomac River and instead places them directly over Rosslyn. All other things held equal, more flights mean more noise exposure.

This new flight procedure was initially presented by the FAA and the United States Secret Service (USSS) to the DCA Community Working Group at their May 23, 2019 meeting. The FAA is acting at the direction of the USSS to shift flight paths away from the restricted airspace known as P-56A, which extends from the Kennedy Center eastward and covers the White House, the United States Capitol, and the Supreme Court of the United States.

There has been no documented environmental review process associated with the publication of HOLT B ONE (RNAV), and both the County Board and Congressman Beyer have previously written to the FAA in opposition to this procedure roll out and the lack of environmental impact analysis, as well as the lack of direct community engagement. The new procedure will be in place until July 16, 2020 as a validation period, after

which the FAA will decide whether to apply this shift in flight paths to other departure procedures.

We are close to completing the procurement process for an aircraft noise consultant. Once they are officially under contract, we plan to have our noise consultant explore possible alternatives to the waypoint relocation and path shift that will keep flights over the Potomac River and still respond to national security concerns over P-56A incursions.

We also plan to file an official complaint with the FAA and are considering other actions we might take. We encourage residents and businesses disturbed by airplane noise to also register official noise complaints with the Metropolitan Washington Airports Authority (MWAA), and to let us know.

These complaints will be part of the public record and useful in future actions we might take to

protest these changes and, hopefully, have them rolled back. Information on the MWAA reporting process and links for the on-line reporting system to lodge a noise complaint may be found at the very top of the County webpage on aircraft noise. <https://departments.arlingtonva.us/cmo/airport-noise/> We have added an easy link to report these complaints to us as well, so we can also have a record of what complaints MWAA is receiving. It is most important that MWAA receive the complaints, but useful for us to also have them.

The hiring of our joint consultant with Montgomery County and public protest about these flight changes should help us finally be able to make some progress in addressing this difficult and frustrating issue. One of the first tasks of the consultant will be to meet with our community and with Montgomery County.

The  
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Connection

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# BULLETIN BOARD

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.

## THURSDAY/FEB. 20

**School Board Meeting.** 7 p.m. At Syphax Education Center, 2nd Floor, School Board Room, 2110 Washington Blvd., Arlington.

## TUESDAY/FEB. 25

**School Board Work Session on Mathematics.** 7 p.m. At Syphax Education Center, 2nd Floor, School Board Room, 2110 Washington Blvd., Arlington.

## THURSDAY/FEB. 27

**School Board Meeting.** 7 p.m. At Syphax Education Center, 2nd Floor, School Board Room, 2110 Washington Blvd., Arlington. The Superintendent presents FY 2021 Proposed Budget followed immediately by School Board Budget Work Session.

**Black History Literary Slam.** 1-3 p.m. At Arlington Trades Center, 2700 S. Taylor St. #230A, Arlington. Sponsored by Arlington County's Black Employees Council

## Rules for Shared e-Scooters, e-Bikes

Arlington 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](http://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.

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

Ballston: North Quincy Street between North Glebe Road and 9th Street North, westbound Fairfax Drive between North Glebe Road and North Wakefield Street  
Court House: North Veitch Street between Wilson Boulevard and Lee

Highway  
Crystal City: South Eads Street between 12th Street South and 22nd Street South, and between Fort Scott Drive and South Glebe Road  
Lyon Park: North Pershing Drive between Washington Boulevard and North Barton Street  
Pentagon City: Army Navy Drive between South Nash Street and South Joyce Street, South Hayes Street between 15th Street South and 18th Street South  
Rosslyn: Westbound Wilson Boulevard between North Oak Street and North Courthouse Road.

## 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).

## 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](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

SEE BULLETIN BOARD, PAGE 10



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The Burneson group takes a moment at the peak where the air is thin.

PHOTOS BY THE BURNESONS

# Healing Journey Up Mount Kilimanjaro

Son's life was honored by family group on a momentous journey to the top.

BY MIKE SALMON  
THE CONNECTION

After losing a teenage son Henry to leukemia, Arlington resident Heather Burneson had to take life one step at a time. She took that attitude to the top of Mount Kilimanjaro in Africa on “a healing trip,” for her and several family members.

“It was a journey, my son’s illness was a journey,” she said. “We helped each other through it, but it will be a memory we’ll all share for the rest of our lives,” she said.

Henry Burneson was a hiker and climber too. He was diagnosed with leukemia when he was 16 years old, and died from the disease months after that. Heather Burneson struggled. She volunteered at the Leukemia & Lymphoma Society in Alexandria where she eventually got a job as the Senior Manager of Patient and Community Outreach. In the process, she found out about a program they have called “Climb2Cure,” and hatched a plan to climb Mount Kilimanjaro in Tanzania.

She built up a team of her husband Eric, Uncle Lee Burneson and his wife Kelly, relative Lisa Papenfuss from Ohio, and her son’s friend Emily Weiss. They trained for five months through a hiking program, and set out on the trip on Jan. 24 where they embarked on a 24-hour flight to Kilimanjaro Airport.

At the airport, they met up with guides and porters that are required by the government of Tanzania as a way to provide employment to some in the country, and ensure that those hiking the mountain are not just winging it without some experienced help. The guides carried a lot of the camping gear, balancing it on their heads and backs as they made the trek. “They’re amazing people,” she said. Everyone had



A view of sunrise from Mount Kilimanjaro in Africa.

hiked before, and Emily Weiss had even trekked up to the base camp on Mount Everest, but Kilimanjaro was still a tough feat.

Mount Kilimanjaro is a free-standing,

snow-covered dormant volcano, and the highest mountain in Africa at 19,341 feet. Located in northeast Tanzania, it can be seen from far into Kenya and Amboseli National Park, the Tanzania website stated.

75,000 trekkers climb Kilimanjaro every year so it doesn’t require K2 hiker qualifications, but it is a test of one’s endurance, with altitude sickness the main reason for hikers not getting to the summit of Kilimanjaro. Burneson was aware of all the cautionary measures but she nor anyone in her group got altitude sickness.

## On the Mountain

They took the Lemosho Trail which was not the toughest trail, but it was tough enough. It took 6.5 days to get to the top and 1.5 days to get back down. They left the camp at the base of the mountain on Jan. 27 and got to the base camp on Feb. 1. From the base camp, they did the final trek to the top in one hike.

“The final day is really grueling,” Burneson said. “At 11 p.m., you start hiking and hike all night, and arrive at the peak near dawn, 6:45 a.m.,” she said. The date was 02/02/20.

The group spent just one hour at the summit because the air is so thin. “By that time your body needs more oxygen,” she said. Then they headed down, and could tell the air was getting better with each step. Getting home from there was not as eventful, but coming to grips with what they had just done took a few days to sink in.

Finally back in the United States, the group knew they’d accomplished a momentous feat, and felt Henry was along with them each step of the way. It was a trip and journey that might make a good book, which was mentioned, but “we’re just processing that now,” Burneson said.

Next up, the Appalachian Trail? “We’ve thought about it,” Burneson said, but put it on the back burner for now. For now she’s living “pole pole,” which is one step at a time, slowly, in Swahili, the language of Tanzania.



# Traditional-Style Makeover Satisfies

## A second act for family home.

BY JOHN BYRD

**S**ometimes the second act requires a set change. In the case of a Reston couple seeking to re-vitalize the home they had occupied for 30 years, agenda-busy lives had come to a reflective pause.

The kids were now in senior high school and college—mostly living at home. The lower-level family entertainment area, meanwhile, belonged to a bygone era. The master suite was, likewise, an anachronism.

The circa 1990s kitchen in the northwest corner of the first floor provided easy access to both an adjacent family room with fireplace, and a dining room/living room—which, nonetheless, were being used less frequently. In short: the house was ready for new beginnings, revisions more properly aligned to a dynamic family's actual needs.

"Of course, large-scale life changes don't necessarily require a whole house makeover," Sun Design president Bob Gallagher admits. "We advocate an incremental approach focused on what is needed now, and what changes will satisfy the whole regimen of foreseeable requirements."

On the other hand, when a homeowner is discovering an interior design style that speaks to them, "the process may build momentum," he adds, "especially when the owners have been given the tools needed to explore ideas in depth."

By tools Gallagher refers to multi-faceted space-planner/lead designer Ericka Williams, and the project team at Sun Design Remodeling.

"It was an inspiring collaboration," Gallagher allows. "The owners had attended Sun Design seminars earlier, toured several remodeled homes and talked to our past clients...so they knew what to expect. Turns out, this was just the beginning of their discovering more about their personal tastes."

To start at the top: that summer the owners had celebrated 23 years of residency in their two story, four bedroom production house, and were taking stock of what they wanted from the years ahead.

At just over 1,000 square feet, the home's primary level living area seemed adequate relative to living space requirements. The



**Glass-facing cabinets, a 25-bottle wine refrigerator and a granite-topped serving station now unify the kitchen and the family room.**

problem was that the original space plan and interior finishes were quite dated. Bathrooms designed in the 1990s featured oversized bathtubs, small showers and a vanity illuminated by Hollywood strip lighting. The children's playroom in the lower level had been set up for grade school activities. Walls formed to define rooms also blocked the light, and obstructed visual continuum.

The food prep island in the

kitchen, meanwhile, nearly abutted a breakfast table which was, in turn, sequestered from the family room by a half wall. When entertaining was underway, the kitchen was beyond the conversational reach of both social gathering zones. Moreover, with the microwave above the cooktop and refrigerator to the right, the cook's work triangle was often in the center of traffic bottlenecks.

"There was a wall with an HVAC

duct separating the kitchen from the dining room/living room," Williams recalls. "The original Formica countertops didn't function well as a working surface for hot pots and pans."

Elsewhere, main level carpet and tiling were becoming threadbare. While the dining room and kitchen had been originally conceived for formal entertaining, the reality was a 24 ft x 16 "great room"—mostly reserved for holidays.

"Interior lines were not well articulated," Williams says. "The first level rooms were large enough, but the space seemed looming, almost empty."

What was needed was an "open" plan with interactive, clearly defined activity zones.

Seizing the day, Williams proposed a custom buffet as a way to differentiate the dining zone and from the living room. The piece would function as a service station and storage unit from both sides.

To better articulate the main level interior, Williams re-routed the HVAC duct work and converted the wall into a pair of arched openings crowned. Taupe-

hued walls combined with a soft white trim confer a stately elegance on uncluttered sightlines.

Glass-facing cabinets, a 25-bottle wine refrigerator and a granite-topped serving station now unify the kitchen and the family room. The fireplace surround is MSI Gray Oak tile in a straight lay pattern. The new flooring is 5-inch plank gray-stained solid maple. Upstairs, the new spa bath features a large walk-in shower with a bench seat, "cubbies" designed for personal-use and handheld shower sprays. Among the lighting enhancements: overhead LED recessed lighting and decorative sconces.

The lower level now boasts a state-of-art entertainment center and is equipped with refrigerator and wet bar.

*Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. For more information, visit [www.SunDesignInc.com/Events](http://www.SunDesignInc.com/Events) or call 703-425-5588.*

*John Byrd ([byrdmatx@gmail.com](mailto:byrdmatx@gmail.com)) has been writing about home improvement for 30 years.*



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

## ONGOING

**Registration Open for AAC's Summer Camps.** At Arlington Arts Center, 3550 Wilson Blvd, Arlington. Thematic and technique-focused camps return this summer for children and teens, ages 5-18. Campers explore the fundamentals of the visual arts through creative projects in various two- and three-dimensional media. Line, color, shape, texture, space, and form will all be emphasized through creative projects based on campers' observations and imaginations. AAC's camps meet weekly, Monday-Friday, from 10 a.m.-12:30 p.m. and 1:30-4 p.m. Families have the option to participate in one or both sessions of camps that meet during the week. For families interested in the full day option, add the morning and afternoon camp sessions to your shopping cart. Extended day options are detailed below. Call 703-248-6800 or email [information@arlingtonartscenter.org](mailto:information@arlingtonartscenter.org) or visit the website: [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

**Easy Women Smoking Loose Cigarettes.** Feb. 18-March 29. At Signature Theatre, 4200 Campbell Ave., Arlington. The latest Heidi Thomas Writers' Initiative is a surprising comedy about opening your home, occasionally your wallet, and always your heart. Marian, the matriarch of a far-flung Jewish family, had happily settled into retirement life with her new husband Richard. However, when a pregnant niece, the troubled boy next door and a distressed daughter with a secret show up at her door, Marian's empty nest ends up a little fuller than she imagined. This firecracker play by DC area playwright Dani Stoller takes the dysfunction, puts it back in the family, then gives it a hilarious-and subversive-stir.

Contains sexual content and herbal smoking. Visit the website: <https://www.sigtheatre.org/events/201920/easy-women-smoking-loose-cigarettes/>

**New Landscapes Exhibit.** Feb. 3-29. At Focus Gallery, Gallery Underground, 2100 Crystal Drive, Arlington. Opening Reception and Meet the Artists: Friday, Feb. 7, 5-7 p.m. Our lives are defined by the space in which we live and travel. Surrounded by imposing monuments, one can't help feel intimidated when strolling down the Mall. Standing at the foot of greatness tends to make one feel both inconsequential and reverent. One has an entirely different experience when surrounded by the lush greenery and cozy cottages of the Cotswolds. What we see, what we pass through, affects us. It changes us, often without notice. Visit [www.galleryunderground.org](http://www.galleryunderground.org)

**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.fortyplusdance.org>



## Monte Carlo Nigh 6

Friday/March, 8-11 p.m. At Army Navy Country Club of Arlington, 1700 Army Navy Drive, Arlington. Dress to the nines, put on your poker face and get your tickets! Try your hand at gaming favorites, enjoy beer, wine, signature cocktails, light hors d'oeuvres, and plenty of dancing. Feeling lucky? Enter our raffle to win great prizes and visit our exclusive silent auction. Proceeds from the event support the JLN's ongoing efforts to improve the Northern Virginia community through the effective action and leadership of trained volunteers and educational programming. Come on out and party for a good cause. To purchase tickets, visit <https://www.jlnv.org/montecarlonight/>

## The Junior League of Northern Virginia hosts Monte Carlo Night on Friday, March 6.



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

## Winterbirds in Concert

Thursday/Feb. 20, 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.

[www.janefranklin.com/adult-dance/forty-plus](http://www.janefranklin.com/adult-dance/forty-plus)

## 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 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.arlnvl.org](http://www.arlnvl.org).

## THURSDAY/FEB. 20

**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 [mgarialex@gmail.com](mailto:mgarialex@gmail.com).

## SATURDAY/FEB. 22

**Winter Bird Hike.** 9 - 10:30 a.m. At Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Families ages 8 and up. Register children and adults; children must be accompanied by a registered adult. Explore the forest in search of winter birds, including Brown Creeper, Winter Wren and Yellow-bellied Sapsucker. Then hike to the Potomac River to search for waterfowl. One-

mile round trip over irregular terrain with creek crossings. Birders of all experience levels can participate, and loaner binoculars are available. Free. #622850-M

**Defending Chain Bridge Hike.** 10 a.m. - 12:30 p.m. At Fort Ethan Allen Park, 3829 N. Stafford Street, Arlington. Families ages 10 and up. Register children and adults; children must be accompanied by a registered adult. Explore the remnants of Forts Marcy and Ethan Allen, built by the Union Army to defend the Chain Bridge, to learn the stories of the forts and their defenders at this important junction between north and south. This is a three-mile loop-hike over occasionally rocky and steep terrain. Call 703-228-4775. Free. #622750-H

**Squirrels & Chipmunks.** 2 - 3:30 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. Come learn about these furry rodents we see in our neighborhoods. How are they adapted to survive in an urban environment? Where do they raise their babies? We'll learn the answers in our classroom and on a fun nature hike. Call 703-228-6535. Free. #622950-Q

**Flying Squirrel Lore & More.** 6 - 7 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 4 and up. Register children and adults; children must be accompanied by a registered adult. Flying squirrels are found throughout the wooded neighborhoods of Arlington but are seldom seen. Join us to learn about these engaging nocturnal acrobats. After an indoor presentation, we'll tiptoe outside to see these little pixies glide in for an evening meal. These creatures are truly one of the natural wonders of the Arlington. Call 703-228-6535. Cost \$5. #622950-E

## MONDAY/FEB. 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).

**Flammin' Hot Poppers Challenge.** 7:30-10 p.m. At Taco Rock, 1501 Wilson Blvd., Arlington. In this offbeat, one-of-a-kind eating contest, the winner will take home the Taco Rock Title Belt, along with a \$100 cash prize and ultimate bragging rights. Second and third place finishers will receive a medal and Taco Rock gift card. Each contestant will be served up a plate of jalapeno pepper poppers. They must eat as many flaming hot poppers as they can in 10 minutes, one popper at a time, to within one quarter inch of the jalapeno cap. No other food or beverage will be permitted during the contest. Tickets and contest rules are available at [www.TheTacoRock.com/challenge](http://www.TheTacoRock.com/challenge). There is a \$10 entry fee and spectators get in free, but are encouraged to RSVP since space is limited.

## 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>

## WEDNESDAY/FEB. 26

**Coffee & Conversation.** 10-11 a.m. At Langston Brown Community Center, 2121 North Culpeper Street, Arlington. Certified Financial Planners Nick Harris and Mike Carey will discuss required minimum

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# ENTERTAINMENT

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distributions (RMDs) and qualified charitable distributions (QCDs) from IRAs. 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).

**Author Sara Fitzgerald.** 7-8 p.m. At One More Page Books, 2200 N. Westmoreland Street, Arlington. Sara Fitzgerald will share her new novel, *The Poet's Girl*, at One More Page Books. It tells the story of a woman whose own story will never be fully known: the woman behind one of Eliot's most treasured poems and a woman whose greatest act of love was to bury her side of their story. Call 703-300-9746.

## 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>

## 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](mailto: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>



The Rock Spring Garden Club will host Robert Soreng on Thursday, Feb. 20.

## National Herbarium

Thursday/Feb.20,11 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).

## MONDAY/MARCH 2

**Are Green Certified Buildings Truly Green?** 7-9 p.m. At Arlington Central Library, 1015 N Quincy Street, Arlington. Oberlin College professor John Scofield, a national expert on U.S. green building certification, will speak about his research on energy savings and greenhouse gas emissions from LEED

buildings that demonstrate such building certifications do not significantly reduce emissions. Discussion follows on Arlington County's own green building program, and the forthcoming 2020 Community Energy Plan in Arlington that proposes to make Arlington carbon neutral. Attendance is free. Information: email [Info@greensofarlington.org](mailto:Info@greensofarlington.org)

## SATURDAY/APRIL 18

**32<sup>nd</sup> Annual Potomac River Watershed 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).

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## News

# Police Test New Class A 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 blue shirt and pant stripe, are increasingly difficult to obtain. The new Class A selection is expected to simplify and stream-

line the distribution of uniforms across the department.

The test and evaluation will occur through March 2020. The department will then review the officer feedback before selecting and implementing a new Class A uniform by the summer.

The current Class A shirt in heather blue will be replaced by test shirts in navy blue and gray. The Class A uniform pants will be navy blue in color and the existing stripe will be eliminated.

Officers not participating in the test and evaluation are authorized to wear the current Class A uniform until a new selection is made.

There will be no change to the standard patrol uniform which is navy in color for patrol officers and green in color for K9 officers.

## BULLETIN BOARD

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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

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attending a REVIVE! training. Contact Emily Siqueland at 703-228-0913 or esiqueland@arlingtonva.us or visit 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 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.

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## One Step Forward, Hopefully Not Two Steps Backward



By KENNETH B. LOURIE

And so, what happens next? There's calm and then there's an eventual storm. The storm to which I refer is what will happen after the March 2nd meeting with my endocrinologist when she will assess and determine the next step in my post-thyroidectomy treatment. Presumably, in conjunction with my oncologist, a coordinated plan will be implemented for treating my two cancers. I can't imagine however, that being treated for two cancers, simultaneously, will be easier than being treated for one. And I doubt, although I don't know, that one medicine will be recommended for the treatment of both my non-small cell lung cancer and my thyroid cancer. We'll know soon enough.

In the interim, I intend to acknowledge and appreciate how easy these next few weeks will be. No appointments with doctors, no diagnostic scans, no procedures, no medicine - and no side effects, and no lab work other than as needed, to measure my calcium and magnesium levels and any other thyroid-related effects. Moreover, I am free to come and go as I please. And it does please me. Because I've earned it. I deserve it and I'm going to bask in it. You think being a cancer patient under constant treatment - for nearly 11 years is in any way amusing? Hardly. I make fun of it to make light of it. Otherwise, the weight of it would crush me. And even though my father always said I had broad shoulders, I'm always fearful that the next result will be the straw that finally breaks this camel's back. After all, I'm only human.

But for now, February 9, as I sit and write, I am three weeks and one day to my next reckoning. And since it's early days yet to know what life will be like after that March 2nd appointment (radiation and/or chemotherapy possibly), I will try to be blissfully ignorant and not think too much how easy and unencumbered my life is at the present. As a cancer patient, ceding control where you can and securing it where you thought you couldn't are keys to managing expectations and minimizing aggravation. Unfortunately, there is no one key that unlocks all doors. And there are plenty of doors, and plenty of doctors too, and plenty of fear waiting for one of your doctors to walk through any of these doors to deliver the results from your most recent cancer-related whatever.

None of which concerns me right now, or rather it shouldn't. And if there's any port in this storm where I can offload some anxiety and get in a little R&R, literally, figuratively, hypothetically, magically, unexpectedly, I should jump at the chance. I am reminded of a conversation I had with my oncologist years ago when I experienced a similar interval between treatment. The medicine I was on had stopped working so we needed to start another, another with unknown benefits and side effects. My oncologist suggested that since I felt good, perhaps we should delay the beginning of the next infusion and that I should take that trip I had always dreamed of because I might never feel this good again. I didn't then and I won't now. When I jump however, I can barely get off the ground.

I haven't exactly been presented this time, with this kind of do-before-you-die opportunity, but there is an erie familiarity to my circumstances. And though I've been down this road trying-to-find out before, I can't be at all certain to what kind of twists and turns await. The last thing a cancer diagnosis provides is a guarantee. Actually, that's wrong. A cancer diagnosis does provide a guarantee: that there are no guarantees. And so, as I prepare for the next phase of my life, the one that begins 11 years after being diagnosed with non-small cell lung cancer, stage IV and being given a 13 month to two-year prognosis to boot, I will quote the late, great Satchel Paige: "Don't look back. Something might be gaining on you."

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



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