

SPORTS, PAGE 12 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIED, PAGE 14

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

# Region Contenders

SPORTS, PAGE 12

## Garvey, Gutshall Face Off In Democratic Primary

NEWS, PAGE 3

## Foster Parents of the Year Advise: 'Just do it'

PEOPLE, PAGE 5

Yorktown senior attackman C.J. Stowell led the team with 27 goals and 34 points through 13 games.



# 2016 Contest Winners Announced

**“What can you do to improve your local watershed?”**



**Lanier Middle School**  
students won top honors for their idea to grow sea grasses in science labs and planting them in the Chesapeake Bay

**Thank you to all the students, teachers and partners who participated this year!**

**Agrium provided nearly \$20,000 in cash prizes and school awards!**

Caring for Our Watersheds is supported by international nonprofit Earth Force, whose mission is to engage young people as active citizens who improve the environment and their communities, now and in the future. The program empowers students to imagine, develop, and create solutions in their local watersheds, developing problem-solving, budgeting, community-involvement, and presentation skills.

**Turning ideas into realistic solutions is the key to improving our local watersheds.**

## Alexandria/Arlington/Fairfax Finalists, Grades 4-8

Final Place	Award	Proposal Name	School
1	\$1,000	Classes Plant Grasses	Lanier Middle School
2	\$900	The Effect of Nutrient Pollution and Algal Blooms on Our Local Watershed	Dogwood Elementary School
3	\$800	Ban the Bottle Continued	Lanier Middle School
4	\$700	Pesticides AVA	George Washington Middle School
5	\$600	Going Green 2K16	George Washington Middle School
6	\$500	Journey to a Jolly Watershed	Lanier Middle School
7	\$450	Ban the Bag!	Lanier Middle School
8	\$400	Green Roofs for VA; Development the Green Way	Lanier Middle School
9	\$350	Nitrate and Phosphate Levels in the Potomac River	George Washington Middle School
10	\$300	What Can We Do?	Meridian Homeschool Club



**CaringForOurWatersheds.com**

## What Does It Mean To Be a Democrat?

**Democratic Primary pits incumbent Libby Garvey against establishment-backed newcomer Erik Gutshall.**

BY VERNON MILES  
THE CONNECTION

Two years ago, County Board member Libby Garvey refused to back the Columbia Pike Streetcar. Garvey also backed Independent and anti-streetcar candidate John Vihstadt in two elections against fellow Democrat Alan Howse. For Garvey, the streetcar and the Long Bridge Aquatics Center were representative of a reckless spending spree that had grown out of control. The divide between Garvey and the Arlington Democratic establishment became so bitter that, faced with the prospect of being ejected from the local party, Garvey opted to resign from the party. The streetcar ultimately died, Vihstadt won his reelection, and the County Board has moved on.

But two years later, the ramifications of those decisions could be coming back to haunt Garvey. The current County Board chair rattled the party establishment and she faces primary opponent Erik Gutshall, who has the endorsements Arlington state legislators and support from Board Member Jay Fisette. Gutshall is a former member of the Planning and Transportation Commission and is the founder of Clarendon Home Services.

"Erik [Gutshall] has the experience and vision to ensure the county's long-term prosperity, sustainability, and success," said Del. Richard "Rip" Sullivan in a statement posted

on Gutshall's campaign site. "History shows us the dangerous implications of short-changing critical investments, and I'm confident Erik [Gutshall] will meet our community's obligations to future generations in a budget-conscious way, as he has demonstrated time and again as a civic and business leader."

While incumbents traditionally enjoy an advantage in elections, Garvey faces a battle against the leadership within the Democratic party. Despite this, Garvey says her campaign focus hasn't changed.

"Basically, I'm running the campaign the way I always I have," said Garvey. "I have a clear vision for what Arlington needs, and for the last 20 years I've helped make Arlington a better place to live, work, and play."

Garvey says her priorities center around making the county processes more transparent and fiscally responsible. On transparency, Garvey pointed to the recent video broadcasting of County Board work sessions, the planning and transportation commission meetings. Garvey says there was some pushback from the Planning Commission, but that she felt opening those meetings up to the internet was necessary.

"People would have had to come in and sit through those meetings to get an idea of



**Libby Garvey, County Board Chair**



**Erik Gutshall, County Board Candidate**

Here's, it's Gutshall who says the county was right to delay to gather more community feedback.

"You have to balance between competing interests," said Gutshall. "The original decision not to approve Thomas Jefferson was a smart decision. We needed more community engagement."

One of the more recent initiatives promoted by Garvey is a Blue Ribbon Panel, a County Board-selected group that looks through Arlington Comprehensive Plan and establishes priorities for county resources.

"We don't have a way to balance our priorities and that's

crucial," said Garvey, which is why she says she helped launch the Blue Ribbon Panel. "It looks at what we need to put into place for larger strategic planning."

But Gutshall is not as enthusiastic about the prospect of Garvey's new panel, and sees it as a step backwards for the community

engagement Garvey's advocated as a tentpole of her campaign.

"There's no public input into the Blue Ribbon Panel at all," said Gutshall. And while Gutshall's involvement in the county has largely been through the similarly appointed planning and transportation commissions, he says those commissions work at a "grassroots" level and actively include public testimony.

Like Garvey, Gutshall says the county's priorities need to center around helping the schools find the space and funding for growth.

"We don't have more land so we're going to have to get creative," said Gutshall.

But it's not just the schools that face a land crisis. Gutshall says that the county's housing policies have been slowly pushing out Arlington's middle class. For Gutshall, affordable housing in Arlington can't just center around those at 60 percent area median income or less.

"Middle income families are getting priced out of Arlington," said Gutshall. "We need to take the affordable housing master plan and use it as an opportunity to create a new paradigm. We need to look at more medium density housing. Our affordable housing is concentrated in metro corridors. We need to build on the edges of our metro corridors for that missing middle."

Gutshall says the county needs to look at

what we're doing, but this makes it easier to connect," said Garvey.

It's Garvey's idea of fiscal responsibility that's drawn the most fire. The Long Bridge Park Aquatics Center, for example, had been delayed in 2014 after costs were listed only as "significantly higher" than the proposed \$79.3 million. At the same time, the county faced backlash for spending \$1 million in local and federal funds on a single bus stop in Columbia Pike. Since that time, the aquatics center proposal has been scaled down to \$40 million.

"When the aquatics center first came to us, it was over the top," said Garvey. "That's not what people wanted."

On this, Gutshall agrees with Garvey.

"The first vision [for the Aquatics Center] was not consistent with the bonds that were to finance it," said Gutshall. "The county did the right thing to scale it down. What was not responsible was using it as a wedge to divide people. Calling it a 'vanity project' was irresponsible. Now you hear people saying 'I don't swim, why should I pay for a pool' and that's not how you build communities."

Now that the center has come back to the board, both Garvey and Gutshall say they'd be more likely to consider funding it.

"This is an investment we need to make," said Gutshall. "That's the fiscally responsible decision."

But in other circumstances, Garvey says the board didn't act where it should have.

"A year ago, the schools came to us with a beautiful Thomas Jefferson school design, but we decided they needed more community engagement," said Garvey. "But it was not needed. We lost a year, and we need to be more responsive to the school's needs."

**"There's been one time when I supported a non-Democrat and that was an unusual circumstance. I believed that the streetcar was a disaster, and my top loyalty has to be to the people of this county."**

— County Board Chair Libby Garvey

Amount	Donor
\$5,000	Buckholz, Mark A
\$5,000	Gutshall, Lotte
\$2,750	Hall, J Michael
\$2,535	Hines, C Cragg
\$2,000	Fisette for Arlington Board - Jay
\$1,250	Brink, Bob
\$1,200	Iacomini, Nancy J
\$1,000	Bogenberger, Patrick
\$1,000	Holland, Paul Alexander

Amount	Donor
\$1,361	Opalski, Mitchell
\$1,200	Bacas, Andrew
\$1,000	Riley, Kevin C
\$1,000	Devereaux, William
\$750	Becherer, Jenny C
\$700	Perkins, Phillip L
\$500	Hone, Thomas
\$500	Shookhoff, Howard
\$500	Davis, Thomas M
\$500	Goedert, JoAnn

VIRGINIA PUBLIC ACCESS PROJECT

**While incumbent County Board Chair Libby Garvey started with a high account balance, \$27,566 carried over from previous elections, Garvey has lagged behind Gutshall in fundraising since the beginning of 2016, currently totaling \$34,598 raised.**

**County Board Candidate Erik Gutshall's top donors in 2016 so far include County Board member Jay Fisette's campaign and Nancy Iacomini, member of the Arlington School Board. Since Jan. 1, Gutshall has raised \$51,981.**

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Parent information Session

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Please RSVP

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8334 Mount Vernon Highway, Alexandria, VA 22309  
(703) 780-8484 or info@aquinasmontessorischool.com



Patricia Rodriguez, M.D.; Gov. Terry McAuliffe; Mirta Gomez; Kate Witowski, N.P.; and Thomas Butler, M.D.

## Virginia Cancer Specialists Honored VCS provides pro bono care for Arlington Free Clinic patients.

BY EDEN BROWN  
THE CONNECTION

**M**aria, a middle-aged El Salvadoran woman, was upset. She had been referred to Arlington Free Clinic (AFC) after being seen in the emergency room for internal bleeding. Maria came to her appointment at AFC with a stack of bills from the hospital, which she could not sort out. While her AFC nurse case

manager was going through the stack, she found a letter telling Maria her mammogram was abnormal and that she needed to go back for more studies. She called the hospital and was told Maria had had a biopsy which was positive for cancer. Maria was very discouraged, as she had recently stopped drinking and was overwhelmed with medical, financial and family issues. She could not afford to have cancer.

SEE VIRGINIA CANCER, PAGE 11

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# Two Arlington Foster Parents Advise: 'Just Do It'

## Recalling the challenges and joys.

BY EDEN BROWN  
THE CONNECTION

**S**cott and Marcy Burka are Arlington's Foster Parents of the Year. In addition to their three birth children, they've provided five long-term placements, including two sibling groups of three. Scott Burka works in real estate and Marcy Burka is an accountant.

The Burkas were nominated as "Foster Parents of the Year" because they excelled at "Bridging the Gap" with birth and adoptive families and advocating for fostered children's medical, educational, social and family needs. When they fostered a child with significant medical and developmental needs, they took the lead on identifying providers, scheduling appointments and ensuring quality services, enabling the child to make progress while with them.

In a recent interview, they acknowledged they had some doubts about fostering at first.

### How long have you been foster parents?



PHOTO CONTRIBUTED

**Arlington's Foster Parents of the Year, Marcy and Scott Burka.**

We have been fostering for six years.

### What made you decide to become a foster parent?

We had a desire to help our community. Our friends, the Simons, had just completed training and had their first placement. They were so excited and around the same time the movie "The Blind Side" came out. Those three things combined started us on this journey. After that we decided to go check out the information session. And then we decided to sign up for the training. Each week as we drove home from the training session having learned a new aspect of what was involved with being a foster parent, we would quiz each other as to whether we were having second thoughts and whether we would go to the next class. Every week

we said, "We can always say no." But each week, we came back.

### Any particular experiences that stand out or you will always remember?

Our second (and third) placement was a sibling group of three. We had the two older siblings for six months before they went home to their mother. When a third sibling came along, the birth mother asked Marcy to be with her in the delivery room because she had no one else for support. Marcy said yes. Six months later, all three children came back into our care and the mother asked Marcy: "If the county terminates parental rights, would you adopt them?" Fortunately, it did not come to that. They are back with their mom and are doing really well. We talk to them on a regular basis and are hoping to go and visit them this summer.

### Is there anything in particular that you try to teach foster children while they are with you?

The importance of education, knowing they are safe and loved while with us.

### What has becoming a foster parent taught you?

Being a foster parent has taught us to try and not judge people and how many chil-

dren just need a fair chance.

### Tell us about your experience with Arlington Foster Care/Adoption Program.

Arlington Department of Human Services has been wonderful. From the training sessions they offer, to the monthly support group for foster parents, to amazing social workers that go out of their way to help the kids.

### How have you worked the transition for a child that has been adopted?

We have had only one adoption. The adopting family was very open and we worked hard with them to make the transition. We invited them to the beach with us for a weekend, had meals together and worked together to make the adoption positive. The adoptive family has invited us for birthdays and even invited us to the formal adoption signing. It was a very special day. We are fortunate to still be in touch with the family and we get to see them regularly.

### Tell us about your experience working with birth parents, how have you dealt with challenges

SEE 'JUST DO IT,' PAGE 11

## OrthoVirginia. Now with two Tysons locations.

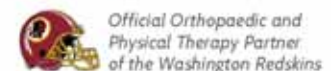
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# New Owner-Chef Leads La Côte d'Or

Attention to culinary detail.

BY EDEN BROWN  
THE CONNECTION

**L**a Côte d'Or, on the border of Falls Church and Arlington, has a new owner. The restaurant was purchased in February by Chef Jacques Imperato. Imperato has been owner-chef of three other restaurants in Northern Virginia. Some residents will remember Imperato from his restaurant, La Mediterranee which was across from the Cherrydale Fire Station from 1996-2003, or even earlier, Chalet de la Paix which he ran from 1981-1987 in the Lee Heights shopping center.

"The name La Côte d'Or reflects the department in Burgundy where the south-east facing Cote d'Or escarpment is the site of the celebrated Burgundy vineyards. The name 'Côte d'Or' stems from sun lighting up the vineyards during autumn and turning them gold," said Imperato. "And yet, there were very few real Burgundy dishes on the menu." Now, Imperato has put the classics back on the table.

Snails or escargots done the Burgundy way, along with frogs legs, Beef Bourguignon, Foie Gras, and Coq au Vin. Steak Tartare, is back and, the chef said, "It's done the right way:" cut up beef, not ground; with a few secret ingredients. "When we opened two months ago, we might get one Steak Tartare order a day: now we get three."



**Chef Jacques Imperato in his new restaurant, La Côte d'Or.**

Imperato has already fired six of the sous-chefs who have come through his kitchen. He complained they did not know "even the basics" of making a good sauce. Chef Jean Marc Drimille, who has been with La Cote d'Or for the past 13 years, will still head up the kitchen, but Imperato has refined some of the menus according to his own style, and will be in the kitchen.

Imperato says when he interviews a new chef, he asks to meet them at the front door, outside. "Why?" he asks. "Because I want to know if they have read the menu posted at the door. If not, the interview is over. Then,

I ask them if they like food."

They have to love to eat, love to taste, love to cook. "And lastly," he said, "I ask them what kind of food they like." He laughs. "Most of the chefs I interview don't get it: they expect me to ask questions about where they went to school, or technique. But that's not what I look for."

Imperato has been cooking for 41 years. He attended culinary school in Nice, France, and

has worked with chefs in the Côte d'Azur area. He trained with Alain Ducasse. Imperato has worked at Washington, D.C.'s Maison Blanche, Le Lavandou, and Tiberio.

Imperato is passionate about French food and believes the popularity of this cuisine in Washington, D.C. suffered when people started to cut calories and carbohydrates. As a chef at Tiberio, Imperato himself was shocked at the caloric value of some of the dishes.

That is why in his new restaurant, he makes an effort to make sauces gluten free, with corn starch not flour, and to use more olive oil than butter. He puts so much "flavor" in his food, derived from herbs and fresh ingredients, that salt doesn't have to be the main ingredient. And Imperato looks for sustainable and responsible fisheries. His salmon is from the Faroe Islands, his fish primarily North Sea because he trusts their methods, and he won't work with companies that send him under-sized fish. He will carry the more exotic fish: sea urchin, red mullet, langoustines, and ray.

"I'm going to bring classic French cooking back to Arlington," Imperato said, "keeping the restaurant in the same general Burgundy area of cuisine, until my clients trust me fully; then, I'll become more innovative."

The wine list has increased already to 22 wines, 14 of which are Burgundy. Imperato hopes to have wine tastings on a regular basis.

For more information, or to be put on the restaurant's mailing list to receive a daily specials email, write to: lacotedor@verizon.net or visit them at La Côte d'Or Café, 6876 Lee Highway, Arlington, 703-538-3033 or www.lacotedorcafe.com.



**Trout Amandine**



**Coq au Vin**

## NEWS BRIEFS

### Honoring Original Fire Station 8 Firefighters

The John M. Langston Citizens' Association of Hall's Hill - Highview Park in Arlington will be commemorating "the heroism of the original 14 Negro firefighters who served in Fire Station 8." The event is scheduled for Saturday, May 21, from 1-4 p.m. at the National Rural Electric Cooperative Association, 4301 Wilson Boulevard.

It will include a reception, from 1-2 p.m., featuring catered hors d'oeuvres, followed by a program of remembrance. There are four living firefighters from the original fire station when it was segregated. Those who can attend will attend; those who cannot attend will be "Skyped" into the program and their stories celebrated.

The history of the original 14 men, and the role they played in the community, will be highlighted. Arlington residents are encouraged to come out and support the event. For any questions, write to info@highviewpark.com.

— EDEN BROWN

### New Lineup of Nats-Inspired Ice Creams

Arlington Chef Katie Gilman, owner of Taste - Inventive Food by Katie Gilman - a carry-out restaurant and catering business, has created a lineup of Nats-inspired ice creams as part of her concept of "perfect scoops" of ice cream.

Chef Katie, 26, a Nationals fan, created her first Nats-inspired ice cream, "Get Your Red On," red velvet ice cream with white chocolate chips, last year. "During spring training this year, I was inspired to expand this season's ice cream treats," said Chef Katie. Now available at Taste: "4-6-3 Chocolate Chip," vanilla ice cream with semi-sweet and white chocolate chips; "34's Hair on Fire," a spicy Mexican chocolate ice cream; and "Bangzoom Mr. Walkoff," vanilla ice cream with bursts of mini M&Ms. The lineup will also include "Rocky Road Trip," "Scherzer's Blueberry Chocolate Chip Eyes Cream" and others, as the season progresses.

Taste is located at 6017 Wilson Blvd., Arlington. Store hours are Tuesday-Friday, 4-8 p.m.; Saturday and Sunday, noon-4 p.m.

— EDEN BROWN



### Happy Mother's Day

**My three grandsons — Blaise, age 4; Zachary Replogle, age 2; and Isaac Replogle, age 5 — are bringing flowers home to Mom from the Mother's Day brunch at the Knights of Columbus, 5115 Little Falls Road.**

— CATHERINE STRASBURG

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# LETTER

## Mother's Mental Health Month

To the Editor:

Having a new baby ... the happiest time of a woman's life, right?

Not always.

Up to 1 in 5 new mothers will experience anxiety or depression, turning joy into sadness, worry, and confusion. These are the most common complications of pregnancy and childbirth, and they affect the entire family. Mothers who are depressed are more likely to neglect health care advice. Children with a depressed mother have increased likelihood of behavioral, emotional, and cognitive delays.

Just in time for Mother's Day, the Virginia General Assembly has declared May as Maternal Mental Health Month. Meanwhile, several medical governing bodies recently addressed the issue:

❖ American Congress of Obstetricians and Gynecologists recommends clinicians screen new and expectant mothers for anxiety and depression and encourages its

members to begin medical treatment.

❖ American Academy of Pediatrics recommends pediatricians screen new mothers at well child visits (pediatricians see mom and baby typically seven times in the first year of baby's life).

❖ American Academy of Family Physicians developed a toolkit to help screen and identify resources.

Virginia has a network of health care providers, mental health professionals, and volunteers to assist new and expectant mothers experiencing anxiety and depression. Postpartum Support Virginia, a non-profit organization, provides free assistance to new moms, including support groups and referrals to mental health professionals. Learn more at [www.postpartumva.org](http://www.postpartumva.org).

Celebrate Mother's Day in a special way this year. Ask a new mom how she is doing. And tell her about Postpartum Support Virginia, where she can find hope and help.

**Adrienne Griffen**  
Arlington

## "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for May 7-14.

**Senior centers:** Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culpeper St.; Culpepper Garden, 4435 N. Pershing Dr.; Walter Reed, 2909 S. 16<sup>th</sup> St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18<sup>th</sup> St.

**Senior trips:** Tea at Gypsy's Tea Room, Westminster, Md., Wednesday, May 11, \$45; tour historic Dover, Del., Thursday, May 12, \$75; Spirit of Mt. Vernon Cruise plus lunch, Saturday, May 14, \$71. Arlington County 55+ Travel, 703-228-4748. Registration required.

**Lessons in photography,** Sunday, May 8, 3 p.m. - 5 p.m., Arlington Mill. Details, 703-228-7369.

**Ballroom dance lessons** begin Monday, May 9, 6:30 p.m., Walter Reed. Free. Register, 703-228-0955

**55+ Biking** to schedule rides through the summer, Monday, May 9, 7 0 3 - 2 2 8 - 4 7 7 1, email, [55plusbikinggroup@arlingtonva.us](mailto:55plusbikinggroup@arlingtonva.us). Free.

**Illustrated presentation of Paul Mellon's art collection,** Monday, May 9, 1 p.m., Aurora Hills, \$6. Register 703-228-5722.

**Pickleball games and instruction,** Mondays, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

**Ice skating,** Mondays, 8:10 a.m. - 9:20 a.m., Kettler Capitals Iceplex, Ballston Mall, \$1. Register, 703-228-4771.

**Madison Chess Club,** Mondays, 9:30 a.m. Games and strategies. Free. Details, 703-534-6232.

**Table tennis,** Monday through Friday, 9 a.m. - 3 p.m., Arlington Mill. Free. Register, 703-228-7369.

**Music as therapy,** Tuesday, May 10, 6:30 p.m., Walter Reed. Free. Register 703-228-0955.

**History roundtable,** Tuesday, May 10, 11:15 a.m. Lee. Free. Register, 703-228-0555.

**Volleyball, Tuesdays,** 1:30 p.m., Langston-Brown. Free. Register, 703-228-6300.

**Belly dance class,** Tuesdays and Fridays, 10 a.m., Lee. Free. Register, 703-228-0555.

**Beginners full fitness exercise,** Tuesdays, 10 a.m., Lee. \$60/15 sessions or \$4 per class. Details, 703-228-0555.

**Arlington Mill Trekkers,** Tuesdays, 9:30 a.m. Free. Register, 703-228-7369.

**Table tennis,** Tuesdays, 10 a.m., -12 p.m., Walter Reed. Free. Register, 703-228-0955.

**Poker games,** Tuesdays and Thursdays, 10 a.m.-12:30 p.m., Lee. Register, 703-228-0555

**Senior Law Day,** Thursday, May 5, 2 p.m. - 4 p.m., Arl. Co. Court House. Free. Register, 703-228-1700.

**2016 Medicare updates,** Thursday, May 5, 11 a.m., Langston-Brown. Free. Register, 703-228-6300.

**Overview of new Arlington Parks Coalition,** Wednesday, May 11, 10 a.m., Langston-Brown. Free. Register, 703-228-6300.

**Common eye problems in seniors,** Wednesday, May 11, 11 a.m., Walter Reed. Free. Register, 703-228-0955.

**Four steps to downsizing,** Wednesday, May 11, 2 p.m., Aurora Hills. Free. Register, 703-228-5722.

**Memoir writing techniques,** Wednesday, May 11, 10 a.m., Lee. Free. Register, 703-228-0555.

**A lesson in resilience,** Thursday, May 12, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

**Annual plant exchange,** Thursday, May 12, 11 a.m., Lee. Free. Register, 703-228-0555.

**Lee Woodcarvers share woodcarving tips,** Thursdays, 1 p.m. Free. Details, 703-228-0555.

**Scrabble games,** Thursdays, 1 p.m., Culpepper Garden. Free. Details, 703-228-4403.

**Building social relationships,** Friday, May 13, 11 a.m., Culpepper Garden. Free. Register 703-228-4403.

**Jane Franklin's Forty+ dance company workshop,** Friday, May 13, workshop, 11:30 a.m., Aurora Hills. Free. Register, 703-228-5722.



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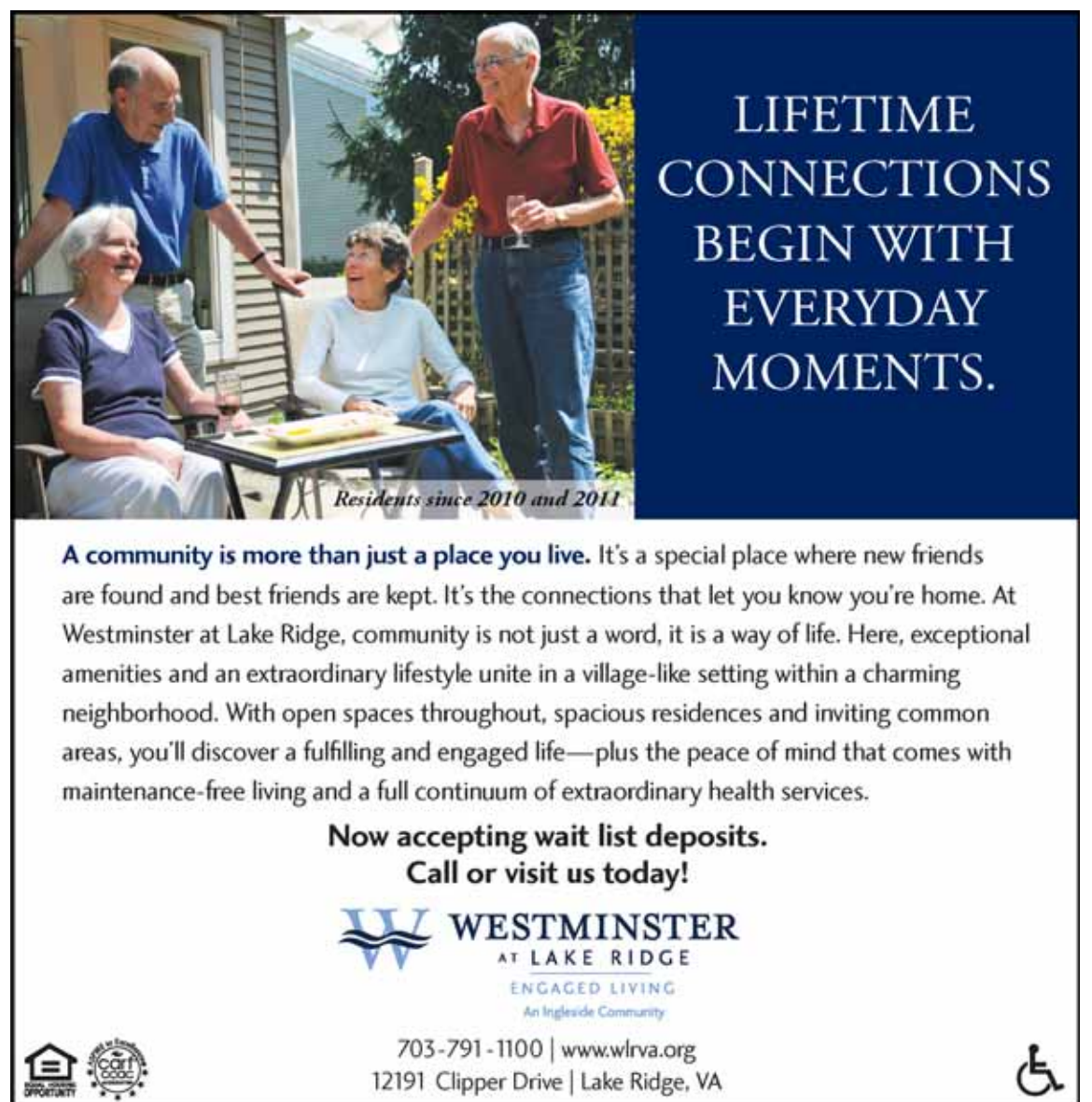
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# ENTERTAINMENT

## A Taste of Hawaii

### Profile: Mikala Brennan of Hula Girl

BY ALEXANDRA GREELEY  
THE CONNECTION

**W**hen you think of the tropics and of Hawaii, your visions probably include palm trees, sandy beaches with crashing waves, and a whole lot of sunshine. But you probably don't even know about Hawaiian food, which is both tropical and somewhat Mainlandish. To learn about the real deal, head to Arlington's Hula Girl restaurant, owned and cooked for by a Hawaiian native, Mikala Brennan.

As she said about her Hawaiian background, "It is a magical place. I was truly blessed to have been born and raised there."

**CULINARY PASSION** But now that she is firmly planted in the Washington area, Brennan has turned her love for Hawaiian food into a thriving business. She attributes her culinary passion to spending her entire childhood in the kitchen with her Italian great-grandmother, her grandmother, and her mom, who was a graduate of the Cordon Bleu. "I've always loved cooking," she said. "It's where I feel the most comfortable and passionate."

Besides her knowledge of Hawaiian cooking, Brennan also traveled throughout Asia with her parents, visiting Singapore, Indonesia, and Hong Kong. "I think being exposed to so many cultures at an early age, especially Hong Kong that really inspired me," she said. "Hong Kong made something just click and I had an intense experience — cream of crab soup."

Although Brennan has had no formal kitchen training, she was mentored early in her career. "I convinced a chef to let me work the salad station," she said. "And I guess she figured that I wouldn't mess up

things too much ... I got moved up really fast and was able to keep learning different positions in the kitchen during the day while working in the front of the house at night."

While that was good training, cooking was not her first career choice. Instead, she had a consulting business that took a downturn in 2010, so Brennan started a food truck in D.C., featuring, of course, Hawaiian food. "The truck just took off, and that was something that was a surprise to me," she said. "I didn't know if Hawaiian food would work out here, so I tried to keep the menu really simple, focusing on what I call the 'gateway' item, teriyaki." But once customers got hooked on her cooking, Brennan found that on average she would be serving 200-plus people a variety of Hawaiian dishes for lunch.

Recognizing that the food truck business had a shelf life, particularly with the new D.C. food truck regulations detailing parking-place restrictions, she decided to start a restaurant. That was back in 2013-2014, during which time she searched for the perfect location. That turned out to be Arlington/Shirlington. "It is somewhat residential with that feeling of being in a community," she said. "The Shirlington thing happened quickly and the location came open on a second go-round. I think this where I am supposed to be. It gives me lots of flexibility."

But lucky are the nearby patrons who regularly get to dig into her honest Hawaiian fare: chicken katsu, Kalua pork and cabbage, Spam (yes, Spam) Musubi, and poke, which is raw tuna. Oh, and the rather unique entrée, Waialua root beer sticky ribs plus the Hula Girl mai tai.

*Hula Girl Bar & Grill, 4044 Campbell Ave., Arlington, VA 703-998-4853. Hours: Lunch and dinner daily.*



**Chef Mikala Brennan and Hula Girl Bar & Grill**

### Hula Girl Kalua Pork

Mikala Brennan explains that the word "kalua" is derived from two Hawaiian words, "ka" or the, and "lua" or hole. The latter refers to using an underground oven, or *imu*. The all-natural liquid smoke is sold at natural food stores. Banana leaves are sold at Asian markets. Serve with some sticky rice and veggies for a great meal. The pork can be refrigerated for up to 5 days. Note that you can cook the pork in a crockpot or in the oven overnight.

Serves 6 to 8  
1 cup canola oil  
.5 cup Hawaiian salt, or kosher salt  
2 tablespoons all-natural liquid smoke  
10 pounds pork butt  
2 banana leaves  
Preheat the oven to 250 degrees.

Take the 1 cup oil and mix with the salt and liquid smoke to make a paste. Set aside. Lay a piece of heavy-duty aluminum foil, about 18 inches long and 18 inches wide, onto a work surface. Place one of the banana leaves onto the foil, and spread half the paste onto the banana leaf. Place pork onto the top of this, and use the remaining paste and rub the pork really well on the top. Place the other banana leaf on the top of the pork. Place another piece of foil over the banana leaf. Then pull the bottom and top together to create a tight seal. Place foil package into a large roasting pan, fill with 2-inches of water and cover the pan with foil to seal in the steam.

Cook for 8 to 10 hours — don't peek! Let cool slightly, then unwrap the foil carefully as there will be steam wanting to escape. Discard the banana leaves. Pull the pork out of the roasting pan — but, reserve the juices! Shred the pork with 2 forks or with tongs. Add in some of the reserved juices.

Stir in the cabbage — cover until ready to use.



### CALENDAR

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

#### ONGOING

##### The Mystery of Love and Sex."

Through May 8, various times at Signature Theatre, 4200 Campbell Ave. Playwright Bathsbeba Doran returns to Signature with a play exploring intimacy and identity. Tickets start at \$40. Visit [www.sigtheatre.org](http://www.sigtheatre.org) for more.

##### Exhibit: "Singing in the Rain."

Through May 15, 10 a.m.-5 p.m. at the Potomac Fiber Arts Gallery, 105 N. Union St. Fiber art inspired by songs from movies. Whether for self or gifts, jewelry, sculpture, clothing, and wall pieces are some of the items that will be exhibited. Free. Visit [www.potomacfiberartsgallery.com](http://www.potomacfiberartsgallery.com).

**Zumba.** Wednesdays through May 25, 6-7 p.m. at Gateway Park, 1300 Lee Highway. Sessions will be led by a professional instructor with a studio in Arlington. The registration fee is

\$20 for all five classes. Visit [www.rosslynva.org](http://www.rosslynva.org) for more.

##### Gallery Underground: "Road Trip."

Through May 28, gallery hours at 2100 Crystal Drive. During May, Gallery Underground features a national juried competition, "Road Trip." The theme of this all-media show personalizes many aspects of taking a road trip: scenes from the road, people met along the way, all modes of transportation, and journeys both real and imagined. Free. Visit [www.galleryunderground.org](http://www.galleryunderground.org).

##### Spring SOLOS 2016.

Through June 12, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center announces its Spring SOLOS 2016 artists. Following a call in early 2015, jurors Melissa Ho, Assistant Curator at the Hirshhorn Museum and Sculpture Garden in Washington, D.C., and Chicago-based artist, Jefferson Pinder, recommended 14 artists for inclusion in center's 2015-16 cohort of SOLOS artists. Free. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

##### Exhibit: "As You Spread, I am Erased."

Through June 12, gallery hours at Arlington Arts Center, 3550

Wilson Blvd. Hedieh Javanshir Ilchi explores the notion of "duality," to comprehend her cultural identity as an Iranian-American immigrant and the complexities that emanate from such cultural experiences. Her paintings reflect an interest in the fusion of Western abstraction and Persian Art, with an emphasis on the ornamentations of "Tazhib," or the art of illumination. Free. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

##### Exhibit: "Emerging Artists of Vacation Lane."

Through June 12, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. This exhibition features works by a group of six high school seniors: Agnes Cheng, Nathan Dobbins, Nana Gongadze, Salome Gongadze, Marie Johnson and Evan McLean, students in the AP art class at H-B Woodlawn Secondary Program. Free. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

##### Exhibit: "Jeweled Traditions."

Through June 12, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Paper-cut scenes depict rituals of local families as remembered and enacted by Melanie Kehoss' summer campers at Arlington Arts Center during the summer of 2015. Free.

Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

#### WEDNESDAY/MAY 4

##### Film Screening: "Healing Voices."

7 p.m. at First Christian Church of Falls Church 6165 Leesburg Pike, Falls Church. Screening of a new documentary, "Healing Voices" that explores real-life stories of individuals working to overcome the extreme effects of their illness and integrate their experiences into their lives in meaningful ways. Free. Call 703-324-7006.

#### WEDNESDAYS/MAY 4-AUG. 3

**Twilight Tattoo.** 7 p.m. at Joint Base Myer-Henderson Hall Summerall Field, Sheridan Ave., Fort Myer. Twilight Tattoo is an hour-long, live-action military performance that blends the precision and discipline of the 3rd U.S. Infantry Regiment (The Old Guard) with the orchestral sounds and pop music from The U.S. Army Band "Pershing's Own." Free. Visit [www.twilight.mdw.army.mil](http://www.twilight.mdw.army.mil) for more.

#### THURSDAY/MAY 5

**Cinco de Mayo Beer Garden.** 4-8 p.m. at Plaza on 19th. Seasonal brews and wine will be available for purchase at the Mobile Event Bar (cash, credit and debit cards). The El Chilango food truck will be serving tacos. Free to attend. Visit [www.rosslynva.org](http://www.rosslynva.org) for more.

**Rockland's 8th Annual Pig & Oyster Roast.** 5:30-7:30 p.m. at Rocklands Barbeque & Grilling Company, 3471 Washington Blvd. Find barbequed pork, grilled oysters, sides, beer and a raffle benefitting Doorways for Women & Families. Tickets are \$25, raffle tickets are \$5, \$20 for 6. Visit [www.doorwaysva.org](http://www.doorwaysva.org).

**Consignment Shopping Fundraising Event.** 6-8 p.m. at Finders Keepers, 5906 Washington Blvd. Attend the "Sip and Shop" Mother's Day fundraiser hosted by Finders Keepers consignment store. My Friend Mayvis is a nonprofit that provides peer support and resource navigation for women and children who are oppressed by psychological and financial abuse. \$10 suggested donation. Call 703-241-9227.

# ENTERTAINMENT

**Arlington Reads: Julie Otsuka.** 7-9 p.m. at Arlington Central Library, 1015 N. Quincy St. As part of Arlington Reads 2016, author Julie Otsuka will speak on the human displacement of World War II. Free. Visit [www.library.arlingtonva.us](http://www.library.arlingtonva.us).

## FRIDAY/MAY 6

**Arts Open House.** 5-8 p.m. in downtown Crystal City. Colorful new artwork is blooming around Crystal City this spring – both inside and out. The region's largest collaborative mural, Mural23, joined the Art Walls collection, Exposed DC has an exhibit in the 1200-foot FotoWalk, and Gallery Underground is hosting a nationally juried show, "Road Trip." To celebrate, the Crystal City Business Improvement District is hosting an Arts Open House complete with meet the artist gatherings, exhibition openings, music, and a return of the massive outdoor painting party at the Crystal Wynwood Mural with ArtJamz. Free. Visit [www.crystalcity.org](http://www.crystalcity.org) for more.

**Concert.** 7:30 p.m. at Rachel M. Schlesinger Concert Hall at the Alexandria Campus, 4915 E. Campus Drive. The Alexandria Campus and President Scott Ralls will also recognize the Fab 50 – some of the campus' most influential leaders including former Provost Don Bisdorf and former head of the Early Childhood Education Program Eula Miller. Free. Visit [www.nvcc.edu](http://www.nvcc.edu).

## FRIDAY-SATURDAY/MAY 6-7

**ACW Dances: "Six Impossible Things."** 7:30 p.m. Friday, 4 p.m. Saturday, and 7 p.m. Sunday at Gunston Theatre Two, 2700 S. Lang St. In ACW Dances' most ambitious

show to date, artistic director Abigail Wallace brings to the stage work that questions our existence and whether or not society can truly change. Tickets are \$10. Visit [www.artful.ly/store/events/8742](http://www.artful.ly/store/events/8742) for more.

## MAY 6-29

**Play: "Collected Stories."** 8-10 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. This comedy/drama explores the complex relationship between a writing professor and her protege. Tickets are \$25, \$20 for seniors and students. Visit [www.petersalley.com](http://www.petersalley.com) for more.

## SATURDAY/MAY 7

**AWLA's Walk for the Animals.** 9:30 a.m.-12:30 p.m. at Bluemont Park, 601 N. Manchester St. Dr. Katy Nelson, Associate Veterinarian for Belle Haven Animal Hospital and host/executive producer for "The pet Show with Dr. Katy" will serve as Mistress of Ceremonies for the event, which aims to raise awareness and funds for the hundreds of adoptable animals and community programs supported by the Animal Welfare League of Arlington. Pre-register now for \$30 or register on-site at the event for \$40. Visit [www.awla.org](http://www.awla.org).

**Groovy Nate.** 11:30 a.m.-1 p.m. at Kinder Haus Toys, 1220 N. Fillmore St. Groovy Nate is a musician, puppeteer, and comedian. Free. Call 703-527-5929 for more.

**Trailblazer Award and Scholarship Gala.** 6 p.m.-12 a.m. at Renaissance Arlington Capital View Hotel, 2800 S. Potomac Ave. The Northern Virginia Alumnae Chapter of Delta Sigma Theta Sorority host a fundraising gala. Sandra Fortune-Green, artistic

director of the renowned Jones-Haywood Dance School, Inc. will receive the "Trailblazer in the Arts" Award. Tickets are \$100. Visit [www.nvdecs.org](http://www.nvdecs.org).

**International Dance Day.** 6:30 p.m. at Gunston Theatre One, 2700 S. Lang St. Shristee Nrittayangon is celebrating International Dance Day with the support of Arlington arts and all the international dance institutions. The program segments are composed of two distinct parts, the first part is a dance drama, the second segment is a conglomeration of dance items to represent various countries. Tickets are \$8. Visit [www.facebook.com/Shristee51](http://www.facebook.com/Shristee51).

**Mother's Day: "All About Dvorak."** 7:30 p.m. at Rosslyn Spectrum Theatre, 1611 N. Kent St. National Chamber Ensemble presents its final performance of the 2015-16 season, a Mother's Day Concert: All About Dvorak. Alexandria's Mayor Allison Silberberg joins NCE as guest host. Tickets are \$33, \$17 for student. Visit [www.nationalchamberensemble.org](http://www.nationalchamberensemble.org).

## SUNDAY/MAY 8

**Arlington Philharmonic Concert.** 3 p.m. at Washington Lee High School, 1301 N. Stafford St. "Inspired by..." will be presented by the Arlington Philharmonic, Arlington's professional symphony orchestra. Maestro Scott Wood explains that the repertoire for the May concert takes it cue from the way composers learn and grow by absorbing ideas from their predecessors. \$20 suggested donations. Visit [www.arlingtonphilharmonic.org](http://www.arlingtonphilharmonic.org) for more.

## MONDAY/MAY 9

**Yoga Session.** 11 a.m.-12 p.m. at 4005 Wilson Blvd. Celebrate National

Sculpture with Yoga instructor/artist Lisa Marie Thalhammer. Focused on Transparent "Tapestry" by artist Tim Tate. Sixteen vertical bands of multi-colored glass are installed between the rungs of this 40 foot long fence which separates the public plaza from the private, residential courtyard. The glass panels were kiln-cast, a process by which one-time-use plaster molds are placed inside of 1550 degrees Fahrenheit kilns. Free. Visit [www.arlingtonva.us](http://www.arlingtonva.us).

## WEDNESDAY/MAY 11

**Pet Therapy.** 11:15 a.m. at Arlington Mill Community Center, 909 Dinwiddie St. Meet Zoe, a smart Yorkshire Terrier therapy dog. She is allergy free, does not shed, and enjoys people. Zoe does over a dozen tricks (jumps through a hoop, zigzags through a line of orange cones, goes through a tunnel, and more). This is followed by those who want to hold her and give her a treat. Free. Email [casb@gwu.edu](mailto:casb@gwu.edu) for more.

**City Social.** 5:45-8 p.m. at CEB Waterview Conference Center, 1919 N. Lynn St. BID President Mary-Claire Burick will highlight milestones from the past year and announce new initiatives in the works for next year. Afterwards, enjoy appetizers, open bar, live music and giveaways. Free, but RSVP required. Visit [www.rosslynva.org](http://www.rosslynva.org).

## MAY 11-JUNE 19

**"The Man in the Iron Mask."** 8 p.m. Wednesday-Saturday, 2 p.m. Sunday at Synetic Theater, 1800 S. Bell St. In this follow-up to "The Three Musketeers," hero D'Artagnan finds himself alone in the service of King Louis XIV after his comrades have

retired. Tickets start at \$35, \$15 for students, \$5 discount for seniors and military. Visit [www.synetictheater.org](http://www.synetictheater.org) for more.

## THURSDAY/MAY 12

**Lecture: Mosby Men.** 7-8:30 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St. The commander of Mosby's Rangers, John Singleton Mosby, is the most famous member of the unit he created – the 43rd Battalion Virginia Cavalry but he was fortunate in the quality of the men who served under him. They were young, daring, and intelligent. After the war, many went on to lead lives filled with years that surpassed the adventures and excitement of their youth and some settled here in Arlington. Eric Buckland will tell stories of some of those "Mosby Men" who contributed so much to the lasting legacy and fame of Mosby's Rangers. Free. Visit [www.arlingtonhistoricalsociety.org](http://www.arlingtonhistoricalsociety.org).

## FRIDAY/MAY 13

**Arlington Historical Society 60th Anniversary Banquet.** 6-9 p.m. at The Columbus Club of Arlington, 5115 Little Falls Road. Join the Arlington Historical Society for its 60th anniversary banquet. The banquet includes a cocktail reception beginning at 6 p.m. followed by dinner at 7 and a speaker and awards presentation. Tickets are \$50 for members, \$75 for non-members. Visit [www.arlingtonhistoricalsociety.org](http://www.arlingtonhistoricalsociety.org).

**Runway Moms for a Cause.** 7-11 p.m. at The Westin-Crystal City, 1800 Jefferson Davis Highway. "Runway Moms for a Cause" (RMFC) is a fashion fundraising event. Labeled a visual fashion statement

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## SATURDAY/MAY 14

**Old Dominion Neighborhood Day & Market.** 9 a.m.-1 p.m. at St. Mark's United Methodist Church, 2425 N. Glebe Road. This event will include a garage sale and market, music and cultural entertainment, a BBQ, kids activities (face painting and more), a visit from the Arlington County Sheriff's Department with a children's fingerprinting booth and a K-9 demonstration. Free to attend. Visit [www.olddominionca.org](http://www.olddominionca.org).

**Tuckahoe Home & Garden Show.** 12-5 p.m. at Tuckahoe Elementary School, 6550 26th St. Take a tour of recently renovated homes and gardens in Arlington. This annual fundraiser supports the award-winning Discovery Schoolyard program at Tuckahoe Elementary School. Tickets are \$25 in advance, \$30 at the door. Visit [www.tuckahoetour.org](http://www.tuckahoetour.org) for more.

**Aurora Hills' 90th Birthday Party.** 2-4 p.m. at Aurora Hills Branch Library, 735 18th St. S. This celebration will include Interactive Charleston performance and lessons by Fidgety Feet and treats from the Dairy Godmother. Free. Visit [arlingtonva.libcal.com](http://arlingtonva.libcal.com).

**World Fair Trade Day Holi Festival.** 2-4 p.m. at Trade Roots, 5852 Washington Blvd. This will be the first annual Holi festival held at the store which specializes in fair trade goods supplied by artisans around the world. Lisa Ostroff, the store owner, experienced the Hindu festival celebrates spring and involves

throwing of colored powders in India where it originated and is excited to share it with the Arlington community. Free. Visit [www.fairtraderoots.com](http://www.fairtraderoots.com) for more.

**Festival Argentino.** 4 p.m. at Thomas Jefferson Theatre, 125 S. Old Glebe Road. Find bilingual programs of tango, dances, folklore, and more. Also food and exhibitors will be on site. Tickets are \$20 in advance, \$30 at the door. Visit [www.festivalargentino.org](http://www.festivalargentino.org) for more.

**Columbia Pike Art Studios Spring Party.** 6-9 p.m. at 932 S. Walter Reed Drive, The 20 artists of the Columbia Pike Artist Studios invite you to their open house party and studio tour. This Studio Crawl will introduce artists working in oils, pastels, acrylics, collage, encaustic, watercolor, printmaking, photography and sculpture. Free. Call 571-205-7718 for more.

**Arlington Community Foundation Anniversary Gala.** 6-10:30 p.m. at The Ritz-Carlton Pentagon City, 1250 S. Hayes St. This event will feature tastings by local celebrity chefs. Tickets are \$300. Visit [www.arlcf.org](http://www.arlcf.org) for more

## SUNDAY/MAY 15

**Ice Cream Social.** 2-4 p.m. at Wakefield High School, 1325 S. Dinwiddie St. U.S. Rep. Don Beyer hosts his second annual Ice Cream Social. Free, \$25 suggested donation for individuals, \$50 for families, \$250 for sponsors, and \$1,000 for underwriters. Visit [secure.actblue.com/page/beyericecream2016](http://secure.actblue.com/page/beyericecream2016).

**Martyn Joseph.** 7:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Martyn Joseph is joined by Ian

Foster. Tickets are \$18, \$15 in advance. Visit [www.focusmusic.org](http://www.focusmusic.org) for more.

## TUESDAY/MAY 17

**VCE Master Gardener Volunteer Training.** 6:30-8:30 p.m. at Fairlington Community Center, 3308 S. Stafford St. Residents of Arlington County and the City of Alexandria who are interested in becoming Master Gardeners are invited to attend one of these sessions to learn about the volunteer training program and the kinds of projects local Master Gardeners are engaged in. Volunteer training is open to all Virginia residents over the age of 18 who want to deliver volunteer horticulture education back to the community. The 2016 training program will begin on Tuesday, Sept. 6, and continue through Nov. 15. To register for one of the orientation sessions and find out more about the training program, go to <http://bit.ly/VCEMasterGardener>.

**Acoustic Cafe.** 7-8:30 p.m. at Walter Reed Community & Senior Center and Park, 2909 16th St. S. The spring season of the Acoustic Café at the Walter Reed Center kicks off with Josh Gray, Zach Parkman and Martinez & Guthrie. Free. Visit [www.arlingtonva.us](http://www.arlingtonva.us) for more.

## THURSDAY/MAY 19

**Arlington Reads: Richard Reeves.** 7-9 p.m. at Arlington Central Library, 1015 N. Quincy St. As part of Arlington Reads 2016, author Richard Reeves will speak on the human displacement of World War II. Free. Visit [www.library.arlingtonva.us](http://www.library.arlingtonva.us) for more.



## “Americana PA,” Lilianna Milgrom ‘Road Trip’ Hangs Through May


During May, Gallery Underground features a national juried competition, “Road Trip.” The theme of this all-media show personalizes many aspects of taking a road trip: scenes from the road, people met along the way, all modes of transportation, and journeys both undertaken or imagined. In addition to a new all-media May Members Show in the Main Gallery, also featured is the work of glass artist Steena Fullmer Anderson. Using a fused glass technique, Fullmer Anderson works under the name Buddha Kitty Glass, and states her long and passionate relationship with all types of glass art. Free. Visit [www.galleryunderground.org](http://www.galleryunderground.org) for more.



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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

**MAY**  
*Mother's Day is May 8*  
 5/18/2016.....A+ Camps & Schools, Proms, Summer Planning  
*Memorial Day is May 30*  
 5/25/2016..Summer Fun, Food, Arts & Entertainment

**JUNE**  
 6/1/2016.....Wellbeing  
 6/8/2016.....Father's Day Dining & Gifts  
 6/8/2016.....HomeLifeStyle  
 6/15/2016.....A+ Graduations & Summer Learning  
 6/15/2016.....Father's Day Dining & Gifts  
*Father's Day is June 19*  
 6/22/2016.....Independence Day Preview  
 6/29/2016.....A+ Adult & Continuing Education

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# Virginia Cancer Specialists Honored

FROM PAGE 4

AFC referred her to a surgeon. Maria had a mastectomy, and was immediately referred to Dr. Neelima Denduluri at Virginia Cancer Specialists (VCS) of Arlington. She was treated with chemotherapy and later, radiation therapy. Maria received state-of-the-art medical care from VCS which consistently does this for AFC's sickest patients — for free.

When Gov. Terry McAuliffe announced recipients of the 2016 Governor's Volunteerism and Community Service Awards on April 18, VCS was chosen for the kind of work they do with patients like Maria. When low-income, uninsured patients need cancer care, they can turn to VCS. Cancer treatments can often cost more than \$50,000 a month. VCS's patient care philosophy is that health care for all community members is a human right. VCS accepts and treats all the cancer patients referred to them by the Arlington Free Clinic, providing pro bono care to more than 160 cancer patients.

For 40 years, VCS, a small business, has contributed to the campaign against cancer and diseases of the blood by offering advanced technology, treatment and early detection. VCS does not put a cap on the number of Free Clinic patients they will see, the number of visits patients can make, or the amount of money they'll spend on patients' care. Many of the clinic's patients have required more than 30 visits to treat their cancer, and some patients will need to see their VCS oncologists for years to come. VCS physicians participate in community groups that conduct cancer screening outreach in low-income housing complexes and churches throughout Arlington and surrounding communities.

Arlington Free Clinic provides free, high-quality medical care to low-income uninsured Arlington County adults, through the generosity of donors and volunteers. See [www.arlingtonfreeclinic.org](http://www.arlingtonfreeclinic.org). The clinic holds community tours on the second Wednesday of every month from 6-7 p.m.

# Garvey, Gutshall in Democratic Primary

FROM PAGE 3

its zoning policy to try and find a way to incentivize more options for middle income families. Currently, Gutshall says housing in Arlington falls into three categories: single family homes that are not affordable for most families, high density that comes with a very urban lifestyle, and townhouses that inevitably wind up being luxury focused.

**BUT BEYOND** the specific Arlington issues, part of the Garvey vs Gutshall primary battle centers over what it means to be a Democrat. On her near-expulsion from the Arlington Democrats, Garvey says she has no regrets.

"I'm 65," said Garvey, who says her first memories of politics were JFK's election and that she demonstrated against Richard Nixon, "I've been a Democrat all my life. There's been one time when I supported a non-Democrat and that was an unusual circumstance. I believed that the streetcar was a disaster, and my top loyalty has to be to the people of this county .... Fiscal responsibility is a Democratic value. We shouldn't be wasting money that should go to the people who need it."

Gutshall argues that where Garvey went wrong by her fellow Democrats wasn't in her position on these issues, but the highly politicized manner that set members of the County Board and citizens of the county against one another. Though he's got the backing of the local Arlington Democratic leadership, like the state legislators, Gutshall insists that anyone supporting him to be their puppet on the County Board is sorely mistaken.

"In the Democratic party, there's

room to take whatever position you want," said Gutshall. "There were plenty of Democrats that were against the streetcar ... Until five months ago, I had never been to an Arlington Democratic Committee meeting," said Gutshall. "I've always been a Democrat, though I've never been involved [like this]. We've held

parties for candidates at our house but I have never been involved ... I'm here because I'm qualified ... and because of my values. I have these endorsements because I've earned them. I am an independent thinker, and anybody supporting me to carry some specific [party] line is supporting me for the wrong reasons."

## 'Just Do It'

FROM PAGE 5

### when working with birth families?

Our experience with birth families has run the gamut from very negative, to resentment, to love and friendship.

### What would you say to others who are considering becoming foster parents?

So many people don't truly know what fostering means. They commonly think of it as

adoption. They think they can't do it. There is so much flexibility with fostering, whether you do respite only, take multiple children placements or simply are looking to adopt, fostering can be all of those things. In the end, if you're interested, you should "just do it."

*May is Foster Care Awareness Month. For more information on becoming a foster parent in Arlington, call 703-228-1550 or contact: [openheartsopenhomes@arlingtonva.us](mailto:openheartsopenhomes@arlingtonva.us). The next information session for prospective foster parents is on June 1 at 6:30 - 8:30 p.m.*



## Northern Virginia Transportation Commission Open House And Public Hearing On Transform 66 Inside The Beltway Multimodal Components

Wednesday, May 18, 2016  
4:30 P.m. Open House, 6:00 P.m. Public Hearing  
Reston Station, 1904 Reston Metro Plaza, Reston, Va 20190  
(near The Wiehle-reston East Metro Station)

The Northern Virginia Transportation Commission (nvtc) Is Seeking Public Input On The Multimodal Components Submitted For Fy 2017 Funding Consideration As Part Of The Virginia Department Of Transportation's (vdot's) Transform 66 Inside The Beltway Project.

Nvtc Will Select Multimodal Components For Presentation To The Commonwealth Transportation Board For Funding Using Toll Revenues From Vdot's Transform 66 Inside The Beltway Project. The Principal Objective Of The Transform 66 Inside The Beltway Project Is To Select And Fund Multimodal Components That Meet The Improvement Goals, Which Are To (1) Move More People, (2) Enhance Transportation Connectivity, (3) Improve Transit Service, (4) Reduce Roadway Congestion And (5) Increase Travel Options. The Improvement Goals Will Benefit The Users Of The Portion Of I-66 Between I-495 (the Capital Beltway) And U.s. Route 29 In The Rosslyn Area Of Arlington County.

Nvtc Urges The Public To Get Involved By Learning About And Commenting On The Proposed Multimodal Components During The Open House And Public Hearing On May 18, 2016. The Hearing Will Be Held At Reston Station, 1904 Reston Metro Plaza, Reston, Va 20190. The Open House Will Begin At 4:30 P.m. The Public Hearing Will Start At 6:00 P.m. A Hearing Officer Will Preside At The Public Hearing. Members Of The Northern Virginia Transportation Commission May Be In Attendance As Well.

The List Of Submitted Multimodal Components For The Transform 66 Inside The Beltway Project Is Too Extensive For Publication In This Advertisement. The List May Be Accessed By Visiting [www.novatransit.org/i66multimodal](http://www.novatransit.org/i66multimodal); Calling Nvtc At 703-nvtc-321 (703-688-2321); E-mailing [i66multimodal@nvtc.org](mailto:i66multimodal@nvtc.org); Or Visiting Nvtc's Offices At 2300 Wilson Blvd., Ste. 620, Arlington, Va 22201, Monday Through Friday, 9:00 A.m. - 4:30 P.m.

Comments May Be Submitted By Mail To Nvtc At 2300 Wilson Blvd., Ste. 620, Arlington, Va 22201; E-mail To [i66multimodal@nvtc.org](mailto:i66multimodal@nvtc.org); Or Phone At 703-nvtc-321 (703-688-2321). The Public Comment Period Has Been Extended Through Close Of Business On Monday, May 23, 2016. For Additional Information On The Open House And Public Hearing On May 18, 2016, Contact Nvtc At 703-nvtc-321 (703-688-2321).

You May Pre-register To Speak By:

- E-mailing Nvtc At: [i66multimodal@nvtc.org](mailto:i66multimodal@nvtc.org) Or
- Calling Nvtc At 703-nvtc-321 (703-688-2321)

Accessibility For Persons With Disabilities Or Non-english Language Speakers: The Hearing Is Located At A Facility Believed To Be Accessible To Persons With Disabilities. Any Person With Questions About The Accessibility Of The Facility Should Contact Nvtc At 703-nvtc-321 (703-688-2321) Or [i66multimodal@nvtc.org](mailto:i66multimodal@nvtc.org). Persons Requiring Special Assistance Or A Foreign Language Translator Must Notify Nvtc At 703-nvtc-321 (703-688-2321). Those Requiring Interpreter Services For The Deaf Must Call Nvtc At 703-nvtc-321 (703-688-2321) Or Via Virginia Relay By Dialing 7-1-1. All Requests For Special Services On May 18 Must Be Received No Later Than May 11, 2016.

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Yorktown senior midfielder Gordon Coates, left, had 19 points through 13 games.



Yorktown goalie Mason Pollack, seen earlier this season against Langley, scored two goals and had 11 saves against Fairfax on April 29.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

## Yorktown Boys' Lax Earns No. 3 Seed in Conference 6

### Patriots host Hayfield in conference tournament.

BY JON ROETMAN  
THE CONNECTION

Asked in mid-March about the meaning behind season-opening victories over perennial powers Chantilly and Langley, Yorktown boys' lacrosse coach Greg Beer said the wins made the Patriots contenders in the 6A North region.

A month-and-a-half later, Yorktown's season has included a stretch of losing four out of five and a six-game win streak. With the postseason approaching, Beer thinks his Patriots, who have experienced highs and

lows in 2016, are still contenders.

Yorktown wrapped up the regular season Tuesday with a game at South County, after The Connection's deadline.

The Patriots entered Tuesday's action with a 9-4 record and a six-game win streak, during which they outscored opponents 54-25.

Yorktown finished with a 5-2 record in Conference 6 play and earned the No. 3 seed in the conference tournament. The Patriots will host No. 6 Hayfield at 5:30 p.m. on Thursday, May 5.

"I think we're definitely a contender," Beer said. "There are eight or nine teams that could win this [region]."

While Yorktown is playing well of late, the team stumbled against quality competition earlier in the season. After a 2-0 start, the Patriots lost to two-time defending state champion Robinson 7-3 on March 19 and

fell to South Lakes, the eventual No. 1 seed in Conference 6, 9-4 on April 5. Yorktown defeated Hayfield 12-1 on April 7, but then lost to undefeated Dominion 13-7 on April 9 and Madison, the eventual No. 2 seed in Conference 6, 7-5 on April 12.

"I think part of it was the simple fact we ran into some hot teams," Beer said. "I think we sort of overlooked South Lakes when we shouldn't have. We ended their season last year (in the conference tournament) and they were motivated."

Senior attackman C.J. Stowell leads Yorktown with 27 goals and 34 points. Senior midfielders Matteus Jaramillo, Pearson Savarino and Gordon Coates each had 19 points.

Senior goalie Mason Pollack, a four-year starter and a first-team all-state selection last season, has three goals, including two against Fairfax on April 29, to go with 126

saves.

"Everything pretty much starts with him," Beer said about Pollack. "Not just stopping saves, but organizing defense, outlet passes, he's just a compete goalie. He's definitely nice to have."

Yorktown must defeat Hayfield on Thursday to earn a spot in the region tournament. Last year, the Patriots lost to Langley in the conference semifinals before falling to Woodson in the opening round of regionals.

In 2014, Yorktown advanced to the Conference 6 championship game but lost to Langley, 10-9.

The Patriots won two games at regionals before falling to eventual state champion Robinson in the semifinals.

Yorktown's last conference/district title came in 2011, when the Patriots defeated Edison to win the National District championship.

## W-L Baseball Knocks Off Madison

As the Washington-Lee baseball team nears the end of the regular season, the Generals recently earned a win that shows they are capable of knocking off anyone on a given night.

W-L defeated defending state champion Madison 4-2 on April 26 in Vienna. The Warhawks hadn't lost to a Virginia opponent since falling to McLean on May 8, 2015.

Teddy Herbert hit a 3-run homer in the top of the third for the Generals, who had lost to Madison 8-1 in the season's first meeting on March 31. "I was thrilled for our players," W-L head coach Doug Grove wrote in an email. "In order to beat a team like Madison — who is very, very good — you need to play well in all aspects of the game. We pitched well, played pretty good defense, and were able to score when we got runners on. It was very satisfying and one of the moments that make coaching so much fun. Very rewarding."

Noah Winslow earned the win on the mound, pitching six innings. Herbert earned the save.

W-L lost to Oakton 7-0 the following night and defeated Hayfield 4-1 on April 29, bringing the Generals' record to 8-9 overall and 6-5 in Conference 6.

Herbert threw a complete game against Hayfield, allowing three hits while striking out nine.

W-L faced South Lakes on Tuesday, after The Connection's deadline. The Generals are scheduled to host Fairfax at 6 p.m. on Friday, May 6 and travel to take on Yorktown at 6 p.m. on Monday, May 9.

"We believe we are a pretty good team when we get good pitching and play good defense," Grove wrote. "We have played a very difficult schedule with out-of-league games against Westfield, Colonial Forge, Oakton ... Woodson, and West Potomac. I think it has prepared us for this part of our conference schedule."

### BULLETIN BOARD

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

#### SOBER-RIDE FOR CINCO DE MAYO

**Free Cab Rides.** Thursday, May 5, 4 p.m. through Friday, May 6, 4 a.m. Area residents, 21 and older, celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) and receive a free (up to a \$30 fare) safe way home. Visit [www.soberride.com](http://www.soberride.com).

#### COURSES FOR SENIORS

**SeniorTech Computer Training.** JCA SeniorTech offers computer classes for 50+ in Crystal City. Visit [www.AccessJCa.org/](http://www.AccessJCa.org/) SeniorTech or call 240-395-0916 for more information and to register.

#### THURSDAY/MAY 5

**Women Who Lead.** 8-10 a.m. at Hyatt Arlington, 1325 Wilson Blvd. Washington Business Journal and the Washington Area Women's Foundation present "Women Who Lead: Secrets of Success." Executives will share their secrets of success and discuss the challenges and rewards for women working in Greater Washington. For tickets, visit [www.bizjournals.com/washington/event/150042#information](http://www.bizjournals.com/washington/event/150042#information).

**Arlington Law Day.** 2-4:30 p.m. in the 10th Floor, Jury Assembly Room, 1425 N. Courthouse Road. "Adult Guardianships & Conservatorships" panel discussion at County Courthouse. Free. Contact Debbie Perkins at 703-522-8100 or [dperkins@mdmblaw.com](mailto:dperkins@mdmblaw.com) to reserve a place.

**Public Hearing.** Open house, 6 p.m.; 7 p.m. hearing at 2300 Wilson Blvd., First Floor Conference Room. The Northern Virginia Transportation Commission (NVTC) is seeking public comment on VDOT's Transform 66 Inside the Beltway Project. The public comment period will run through the close of business on May 23. NVTC will accept comments by mail 2300 Wilson Blvd., Ste. 602, Arlington, VA 22201, [i66multimodal@nvtc.org](mailto:i66multimodal@nvtc.org), or 703-688-2321.

#### FRIDAY/MAY 6

**Small Business Summit.** 7:30 a.m.-noon at The Spectrum Theatre, 1611 North Kent St. In support of National Small Business Week in May, the County will host an Arlington Small Business Summit in connection with the County's award-winning BizLaunch small business assistance network. This summit, called "Open for Business," is designed to help current and future small business owners navigate the business landscape and provide them with expertise and resources they need for success. Free. Registration Required. Visit [www.arlingtoneconomicdevelopment.com](http://www.arlingtoneconomicdevelopment.com).

## WELLBEING

# Working to End the Longest Day

Event to raise awareness and funds for research programs of Alzheimer's Association.

BY MARILYN CAMPBELL  
THE CONNECTION

Emily Rusch says her mother died a slow and heart-breaking death from Alzheimer's Disease. The experience felt continuous and excruciating.

"Caring for someone with Alzheimer's is really like one never-ending day," said Rusch, office manager for Strength & Performance Training, Inc. (SAPT) in Fairfax.

This June, she and her team of SAPT colleagues will join with teams of people around the world to participate in The Longest Day, a sunrise-to-sunset challenge to raise awareness and funds for research programs of the Alzheimer's Association.

The name of the event honors the strength, passion and endurance of those facing Alzheimer's.

Held annually on the summer solstice, The Longest Day symbolizes the challenging journey of those living with the disease and their caregivers. Teams are encouraged to create their own experience as they fundraise and participate in an activity they love to honor someone facing the disease.

SAPT will hold a fundraising event on June 18 by offering free workouts and classes for 16 continuous hours. "We're open for all of the daylight hours on the 18th, and in return, we're asking for donations that will go to support the Alzheimer's Association's mission," said Rusch.

The SAPT team is also taking donations in advance and has raised nearly \$1,000 of their \$5,000 goal. Rusch hopes to do her part to halt the disease's cycle



Emily Rusch, pictured here with her mother and infant daughter, was inspired to raise money for the Alzheimer's Association by her mother's battle with the disease.

PHOTO COURTESY OF EMILY RUSCH

which she has experienced firsthand.

"My daughters were 8 and 11 when my mother died. They never really knew because she was in the advanced stages of Alzheimer's," she said. "When I was a child, my grandmother had Alzheimer's so I never knew her either. I'm doing the Longest Day because research is important to finding a cure or viable treatment."

Yen DeAnda of Alexandria, whose father has Alzheimer's, is participating in The Longest Day and is the captain of Springfield's Team Bridge Heroes United. The team, which is based out of a retirement community in Springfield, is intergenerational. There are high school students who play alongside seniors.

This June will be their fourth year participating in the event. In

the last three years, the team has raised more than \$58,000 for the Alzheimer's Association. In 2013, the team's first year, they finished in the top 20 teams in the nation. In 2014 and 2015, they finished in the Top 10.

"The [seniors] need exposure to different people to stay engaged and alert. The kids light up the room when they are there," said DeAnda. "Some kids have brought their grandparents to play."

The bridge club helps seniors in two ways. Club members raise money for Alzheimer's research by playing the game, and the game itself is an activity that keeps seniors engaged.

"You're forced to interact with other people and that helps you keep your sanity," said DeAnda. "Social connection is huge."

While June 20 is the official date for The Longest Day event, the Alzheimer's Association encourages activities and fundraising around this date.

Cindy Schelhorn of the Alzheimer's Association says that teams across the nation develop creative ways to raise money. "We've seen ... Rocking Chair Marathon ... writing letters to loved ones, yard sales [and] yoga."

For information, visit [alz.org/thelongestday](http://alz.org/thelongestday) or call 800-272-3900.

### The Longest Day: June 20

To learn more and to start or join a team, visit [alz.org/thelongestday](http://alz.org/thelongestday) or call 800-272-3900.

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# Straight-on Effects



By KENNETH B. LOURIE

As a seven-plus year chemotherapy "infusee," I believe I'm fairly well qualified to address some of the side effects of the treatment. Side effects my a--! The effects are hardly indirect or on the side. They are direct and to the point. Whether it's hair loss, memory loss, nausea, vomiting, diarrhea, risk of infection due to low white blood cell count, low energy/high fatigue due to low red blood cell count, loss of appetite/lack of taste; and on and on and on – and I'm not even addressing the psychological, emotional and spiritual issues which themselves are nearly overwhelming – the results: "Danger, Will Robinson." Because it seems as if you're lost in your own space. Wishing and hoping and praying may mitigate some of the suffering. Unfortunately, there's still plenty to go 'round.

Is there relief in sight for those cancer patients so regularly affected? Yes. There is medication. Although, generally speaking, my oncologist has been hesitant to prescribe additional medication to treat the effects of treatment/previously prescribed medication, regardless of its effectiveness. It's not exactly akin to a cat chasing its tail, but prescribing medication to treat the "side" effects of an already prescribed medication – which in turn may have been prescribed to treat the effects of yet another previously prescribed medication, seemed somewhere between redundant (sort of), ridiculous and irresponsible somehow. If solving one problem/symptom simply caused a new and different symptom/problem that required medication, then all we were accomplishing was whacking a mole, so to speak. And as a cancer patient, compounding the underlying problem didn't seem to make sense; so rarely, if ever – and my oncologist and I talked about this – did we decide to throw good money after bad, if you know what I mean. Mostly we decided to leave well enough alone – within reason, even though I might not have been all that well.

Please don't infer from this rationalization that I've suffered unnecessarily. I don't think I have. Although I certainly don't know for sure. But in reviewing today decisions made in the past, I still think, to quote my deceased father, that "The idea had merit." No second-guessing here. The decision seemed logical and prudent then and it still does today, even in arrears. Perhaps managing my "straight-on effects" as I've discussed has contributed to my overall good health/unexpected survival. Who's to say? Obviously, prescription and/or over-the-counter medication is a reasonable course of action/treatment, all things considered. But sometimes, too much of a good thing may simply be too much. The human body does have its limits. Specifically, I refer to the Immune System, our internal fighter. Though it works in many strange and mysterious ways, many more of those ways are understood now after years of research. Unleashing it rather than medicating/obfuscating it might very well be the missing link in treating not only cancer but other dreaded diseases. In fact, Immunotherapy is an entirely new field/class of drugs created/ designed to harness the power of one's own Immune System. Now that's a "straight-on" effect I would embrace.

Fortunately, or not, my non-Immunotherapy chemotherapy is keeping my tumors "stable" (my heretofore favorite word), so rather than stop what's working – despite the eating/taste issue I experience during my post-chemo week – we're going to stay the course, but remain open to course corrections. It may not be ideal, because the "straight-on" effects can be difficult. Nevertheless, even though it's not exactly my idea, I do think much of it.

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

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are, and try  
to be that  
perfectly.  
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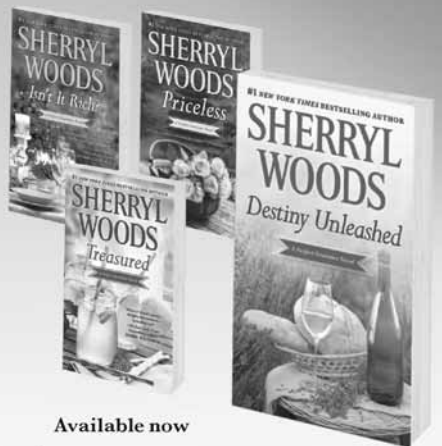
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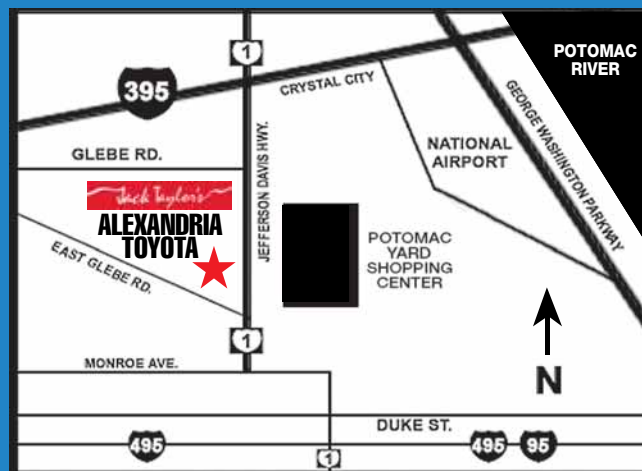
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