

Students look over housing choices in Arlington County near the Metro as part of Arlington Energy's Journey game on Saturday afternoon, Jan. 31, at Wakefield High School.

Energy Journey Game

NEWS, PAGE 4

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

PHOTO BY LOUISE KRAFFT/THE CONNECTION

Celebrating Hispanic Heritage

NEWS, PAGE 2

W-L's Sophie Hatcher Wins Conference All-Around Title

SPORTS, PAGE 12

What Next For School Sites

NEWS, PAGE 3

County Celebrates Hispanic Heritage

Highlighting contributions by the Latino community.

BY MICHAEL MCMORROW
THE CONNECTION

Each September, the President of the United States proclaims “National Hispanic Heritage Month.” Nothing in the document says contributions by Hispanics must or should be restricted to a single month. Arlington Historical Society and the County’s Parks and Recreation Department make that point in a program scheduled for Feb. 10 at Arlington Mill Center.

Traits found in the Latino community are not theirs alone. Other immigrant groups have embraced the same values.

The measure of any cultural impact can be expressed in numbers. How many restaurant signs on the way to work say “pollo” this-or-that? How many public performances of folk music and dance are held throughout the year? Such an approach says something about cultural impact, but it is shallow. The common attributes of a people have deeper meanings, because their roots are found in hearts and minds of the many individuals comprising a group. The variety of national customs across Central and South America serves to add layers of en-

richment when observed in Northern Virginia.

County Board member J. Walter Tejada, originally from El Salvador, has made a name for himself in politics, mostly at the county level but sometimes as an advisor to Virginia governors and as a congressional staffer.

His personal views on the ways Hispanics influence and enrich Arlington and its immediate surroundings begin with quiet reflection. Looking beyond foods, fiestas and the local Spanish language theater, Tejada recited a number of traits he thought common among Hispanics regardless of their national origin.

Above all, Tejada said, “The family is sacred.” Next, he continued, “is a work ethic second to none. We ‘work our tails off,’ and learn to produce high-quality results no matter the task at hand. A desire to succeed is natural with us.”

Two other characteristics common across Hispanic communities are expressed as a couplet: Religion and charity. Tejada detects an automatic urge to reach out in support to anyone in need. He illustrates this with a real-life incident some years ago in Fairfax County. Concern about “overcrowded apart-

Program Information

Luis Araya, county transportation bureau chief, will lead discussion of cultural contributions by Hispanics on Tuesday, Feb. 10, beginning 11 a.m., at Arlington Mill Center, Columbia Pike and S. Dinwiddie Street. Sponsors are the Arlington Historical Society and Arlington Parks and Recreation Department.

ments” resulted in the idea of a ban on sleeping in spaces outside bedrooms. In neighborhoods populated by Hispanics, this suggestion was incomprehensible. If a relative or friend in need had no place to sleep, who would even think of denying use of the sofa in a living room?

Finally, and with a smile, Tejada whispered, “We are an ‘outdoor people.’ On the playing fields and in the parks,” he said, “we have changed the face of Arlington, ‘weather permitting’.”

Following a career of active teaching at many levels, Emma Violand-Sanchez, Ed.D., reached a milestone upon election to the Arlington County School Board. Asked about Latino culture not limited to her Bolivian heritage, she echoed Tejada’s first and

SEE HISPANIC, PAGE 7



PHOTO BY MICHAEL MCMORROW/THE CONNECTION

Luis Araya, at his office.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

FEBRUARY

2/4/2015 Valentine’s Dining & Gifts I
2/4/2015 Wellbeing – National Children’s Dental Health Month
2/11/2015 HomeLifeStyle
2/11/2015 Valentine’s Dining & Gifts II
Valentine’s Day is Feb. 14 • Presidents Day is Feb. 16
2/18/2015 A+ Camps & Schools
2/25/2015 Pet Connection Pullout

MARCH

3/4/2015 Wellbeing
3/11/2015 HomeLifeStyle Real Estate Pullout
3/18/2015 A+ Camps & Schools
3/25/2015 Spring Fun, Food, Arts & Entertainment
FCPS Spring Break 3/30-4/3

APRIL

4/1/2015 Wellbeing – Senior Living Pullout
Easter Sunday is April 5
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After Defeat of Jefferson Site Project: What Next?

Questions divide County Board on school proposal.

BY VERNON MILES
THE CONNECTION

With the defeat of the proposed Thomas Jefferson Elementary School at the Arlington County Board, the public schools face overcrowding and a widening of the school “relocatables” program.

The Arlington County School Board’s Thomas Jefferson Elementary School plan was rejected in a 4-1 vote at the Jan. 27 Arlington County Board. By 2018, when the Jefferson school was projected to open, South Arlington will be overcrowded by 894 students. However, many on the County Board and the public have said the proposal had not considered enough alternatives and had not appropriately researched the impact of the school on the local community.

“We’re going to turn Arlington schools into trailer parks.”
— Arlington County Board Member Libby Garvey

The Jefferson school was proposed with a total project cost of \$57.2 million. School Board assistant superintendent John Chadwick said that South Arlington will need two new elementary schools, six additions to existing schools, or one new elementary school and three additions. Chadwick emphasized the urgency of the Jefferson school, saying that with increase in construction costs, the school will cost \$1.7 million more every year it is delayed, and that the cost of not building the school was \$7 million in “relocatables,” modules placed around outside the school intended to provide a temporary classroom space. Additionally, if the school could hope to be open by 2018, he said work needed to begin on the project immediately.

Before the vote, the County Board questioned Chadwick about the impact of the School Board’s plan.

“I’m having trouble figuring out how South Arlington is materially helped by a grade school on the Thomas Jefferson grounds, especially if it’s a choice school drawing from all over the county,” said County Board member John Vihstadt. “And if it’s a neighborhood school, how could you con-

South Arlington Enrollment Growth

School Year	Projected Students	Capacity with Jefferson	Seat Deficit with Jefferson	Capacity without Jefferson	Seat Deficit without Jefferson
2014 (Actual)	5,756	5,530	-226	5,530	-226
2015	6,119	5,530	-589	5,530	-589
2016	6,282	5,530	-752	5,530	-752
2017	6,491	5,666	-825	5,666	-825
2018	6,560	6,391	-169	5,666	-894
2019	6,654	6,391	-263	5,666	-988
2020	6,732	6,391	-341	5,666	-1,066
2021	6,734	6,391	-343	5,666	-1,068
2022	6,855	6,391	-464	5,666	-1,189
2023	6,955	6,391	-564	5,666	-1,289
2024	7,050	6,391	-659	5,666	-1,384

School overcrowding estimates for South Arlington

Concept Site Plan



Proposed Site Plan for the Jefferson Elementary School

ceive of a plan just blocks away from Patrick Henry Elementary and not far from Long Branch Elementary?”

A “choice” school is one students from across the county can choose to opt into instead of their own, while neighborhood schools only take students from within established school boundaries.

“I don’t think it would be a choice school serving the whole county,” said Chadwick. “And with growth around Columbia Pike, it might well be that we do have students that need two elementary schools there.”

Other County Board members expressed concerns for the impact of an additional 700 students on the local neighborhoods.

“You have not identified a location for additional parking needs?” said County Board member Walter Tejada. “Some days the lots are full because of different activi-

ties, certainly in the evenings.”

“We may have to find off-site parking, we’ve done that in other locations,” said Chadwick. “We haven’t looked into that yet.”

As the County Board encountered more and more items that the schools had “not looked into yet” or “would be decided at a later date,” they began to express more concerns about the proposal.

“There needs to be further exploration, especially when there are other options,” Tejada said. “We have to do traffic studies and we have to do environmental analysis.”

County Board members Vihstadt and Jay Fisette both said that the decision was not an easy one.

“I’m having difficulty seeing how the right answer is to build at Thomas Jefferson park,” said Vihstadt, who raised concerns

that the study done by the Arlington School Board did not appropriately assess the school’s impact on the Arlington Heights Neighborhood. “We’re increasing the student population from 850 to 1,600... That’s going to have traffic ramifications and VDOT (Virginia Department of Transportation) has not been contacted about mitigants to access to Route 50.”

For Fisette, the school’s proposal was promising but incomplete.

“There’s much to like about the project as you laid it out,” said Fisette. “It doesn’t touch the Thomas Jefferson park as people know it. It leaves the middle school expansion options open. Though the motion is phrased as ‘no, not now’ it’s more of a ‘yes, if...’ and I believe the majority of the current school board will be able to work with this outcome.”

However, the decision by the County Board was not unanimous.

“We have a choice to say no and keep this parking lot for two to three more years, and in that time we will be behind by 45 trailers, because in two more years that’s how many we’re going to need,” said County Board member Libby Garvey, referring to the temporary school modules the schools have placed outside of the schools to provide additional classroom space. “Those trailers are going to be in South Arlington, in schools that already have trailers. We’re going to turn Arlington schools into trailer parks... In the past, we’ve said this is a ‘school board situation’. If we say no tonight, we own that situation. The community will come to us and it will be our fault.”

Garvey said she was not swayed by arguments made by other County Board members that they were not presented with enough information on the school’s local impact.

“I understand wanting more information on the process,” Garvey said. “There’s always more information, there’s always more processes, but at some point you have to make a decision. That’s our job.”

The School Board declined to comment following the County Board’s decision. Some in the local schools put the school’s failure, not on the County Board, but squarely as the responsibility of the School Board. Kelly Maguire, president of the Parent Teacher Association at the nearby Patrick Henry Elementary and mother of two children in the school, said that the School Board did not engage with the community or address concerns. Many parents and local citizens asked if the Thomas Jefferson school would be a choice school or neighborhood school and said they received no answer from the board. For Maguire, the school’s inability to answer what the new school would mean for the future of Patrick Henry was distressing.

“School Board needs to engage the community, talk to the community, and address those uncertainties,” said Maguire. “If they remain silent, they’re going to have a difficult time garnering support.”

PHOTOS CONTRIBUTED

Gathering To Play Energy Journey Game

Is your water too hot? Did you know if you install a low faucet aerator you can reduce water use by as much as 50 percent in your home? Did you know LED nightlights generate almost no waste heat and remain cool to touch? These were just some of the questions that Energy Journey gamers were asked when they participated in #AIREAction and Arlington Energy's Journey game on Saturday afternoon, Jan. 31, at Wakefield High School. Transportation, household thermostat settings, water uses, light bulbs, water heaters, heating systems, windows, renewable energy were some of the topics presented in the 20-plus booths. For more information on saving energy visit www.ArlingtonEnergy.us



Residents of all ages took advantage of the information gleaned from the volunteers and experts at the Energy Journey Game last Saturday afternoon at Wakefield High School.

PHOTO BY LOUISE KRAFFT/CONNECTION



Kira Darlow of the Energy Masters Group discusses the different settings on hot water heaters; 120 degrees is hot enough to kill any bacteria in the system while saving money and energy.



Annika Brink talks with gamers about energy efficiency in homes.



As a bonus stop, Erin Thomas of Bike Arlington offers gamers an opportunity to pedal for a minute for extra points. The bikes were modified and can be used to generate electricity to recharge cellphones and run lights.



Laverne Terry of Arlington Car-Free offers free ice cream scoops with information on public transportation and other alternatives to owning a car.

NEWS BRIEFS

Scott, Tejada To Move on

Two Arlington Public Figures announced that they will finish their term of service in 2015. Arlington Police Chief M. Douglas Scott will retire in March after 12 years as Arlington's Chief of Police. County Board member Walter Tejada has decided not to seek the Democratic nomination for another term in office.

"At the moment I do not anticipate a need for a special election for my seat as I'm planning on fully serving my current term through December 2015," said Tejada in his announcement. "While on the County Board I've tried to serve as an unapologetic progressive, and will look forward in another capacity to always continuing to support those Democratic values."

— VERNON MILES

Suspect Arrested In Hit and Run

The Arlington County Police Department has taken into custody and charged a 39-year-old Fairfax woman, following a Jan. 27 accident in the 3600 block of Columbia Pike. The woman was denied bond and is currently being held in the Arlington County Detention Facility. She has been charged with aggravated malicious wounding, malicious wounding, two counts of hit and run and driving on a suspended license.

At approximately 4:44 p.m., the suspect struck a male victim with her vehicle in a parking lot, knocking him to the ground. Witnesses attempted to prevent her from driving away from the scene as the victim lay on the ground in front of her Toyota Highlander. According to police, after ignoring their requests to stop, she proceeded forward over top of the victim and fled the scene.

Emergency personnel transported the victim, a 40-year-old Stafford man, to George

Washington Hospital with life-threatening injuries, where he remains in critical condition.

The U.S. Marshal Service, Fairfax City Police Department and Fairfax County Police Department assisted Arlington County officers in taking the female suspect into custody this morning. The vehicle was recovered outside of the suspect's residence

Machete Attack Yields Life Sentence

A 30-year-old man was found guilty Jan. 29 of aggravated malicious wounding in the Arlington County Circuit Court for a machete attack on two victims outside of Central Library in June 2013. The jury sentenced Derrick Sutherland, of no fixed address, to life in prison without parole.

On June 24, 2013, Sutherland approached the two sibling victims outside of the Central Library at 2:50 a.m. and began arguing with them. The argument escalated

and Sutherland brandished a machete, which he used to strike each victim numerous times. Both victims sustained severe injuries to include the inability to use extremities and the loss of an eye.

Sutherland fled the scene immediately after the attack and remained at-large through the morning hours. However, through a collaborative effort between the Homicide/Robbery Unit and Patrol Division, officers were able to locate Sutherland in the area of Wilson Boulevard and N. Piedmont Street and take him into custody.

Detective C. Garcia was the lead detective and the case was prosecuted by Assistant Commonwealth Attorneys John Lynch and Lindsey Brooker.

Correction

In "Aiming To Rebound" [Arlington Connection, Jan. 28], the article should have stated: Overall, Arlington has lost 17,000 jobs from BRAC.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Feb. 15-21.

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown, 2121 N. Culpeper St.; Culpepper Garden, 4435 N. Pershing Dr.; Walter Reed, 2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St. Arlington senior centers will be closed Monday, Feb. 16.

Senior trips: Sunday, Feb. 15, transportation to pre-Mardi Gras lunch, Okra's, Manassas, \$6; Wednesday, Feb. 18, National Museum of African Art, D.C., \$7; Saturday, Feb. 21, Ford's Theatre, "The Widow Lincoln," \$46. Arlington County 55+ Travel, 703-228-4748. Registration required.

Spanish book club, Tuesday, Feb. 17, 10:30 a.m., Culpepper Garden. Free. Register, 703-28-4403.

Rubber Stamp workshop, Tuesday, Feb. 17, 11:30 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, Tuesday, Feb. 17 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.

Planning a multi-generational trip, Wednesday, Feb. 18, 6:30 p.m., Langston-Brown. Free. Register, 703-228-6300.

AARP's smart driver two-day class, Wednesday, Feb. 18, Thursday, Feb. 19, 1-5 p.m., Lee. \$20. Register, 703-228-0555.

Duplicate bridge, Wednesdays, 10 a.m., Aurora Hills. Cost \$5. Register, 703-228-5722.

Arlington Walking Club, Wednesdays, 9a.m., Culpepper Garden. \$4. Register, 703-228-4403.



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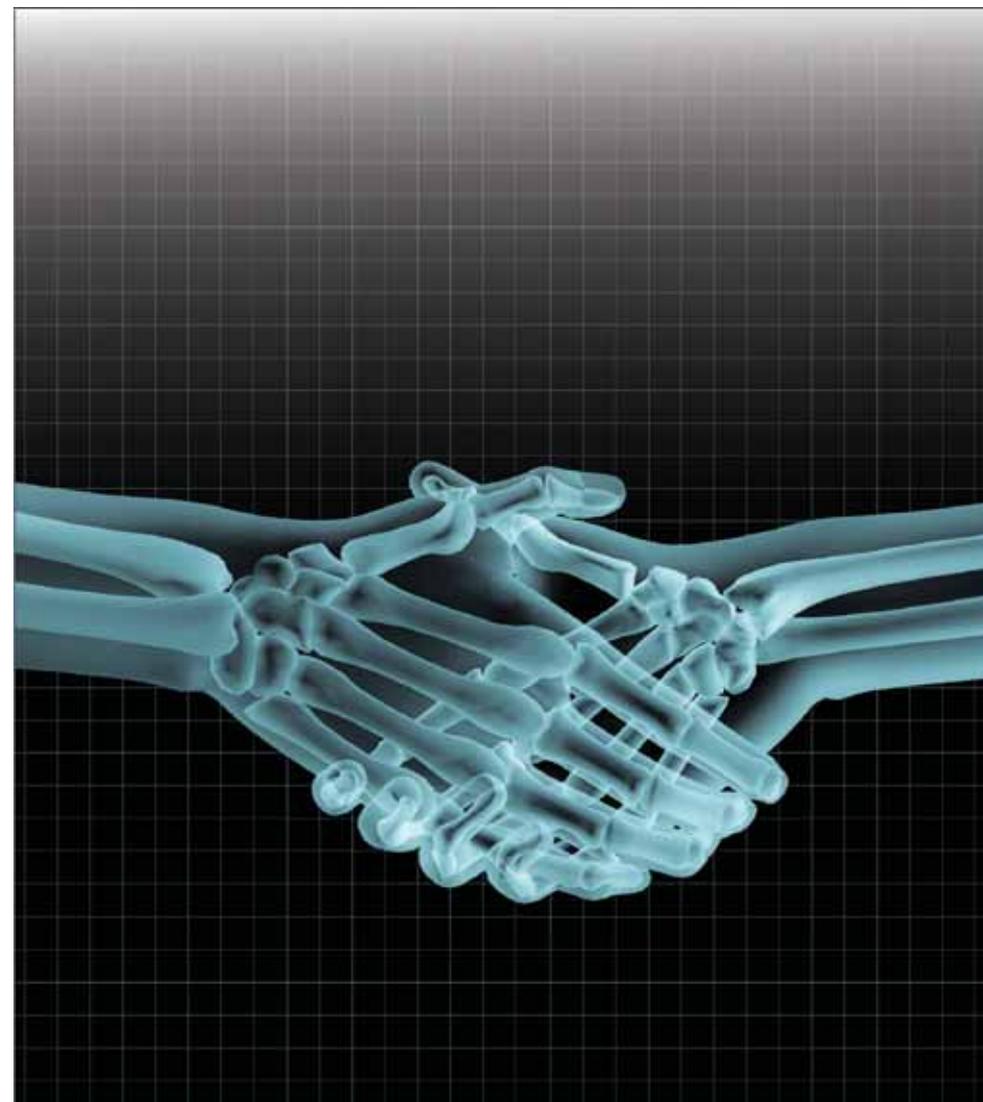
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OPINION

No Justification for Secrecy, Delay on Geer Shooting

Everything about this case erodes public trust and demonstrates police departments should not be allowed to apply “blanket” exemptions to release of information.

After waiting 17 months for any information about the investigation into the shooting death of John Geer, the information released last week is deeply troubling.

Fairfax County Police officer Adam D. Torres shot and killed John Geer of Springfield inside the doorway of his own home in Springfield on Aug. 29, 2013. Police were called to Geer's home following Geer's argument with his longtime partner. Police spoke with him for more than half an hour while he stood in his doorway, unarmed, with his hands raised and resting on the frame. As he began to lower his hands, by all accounts still at shoulder level, he was shot in the chest and died in his house without receiving medical attention.

It took more than 16 months, a \$12 million civil suit by Geer's family and a court order to get the first tiny bit of information on the shooting, which came earlier this month when police named the officer who fired the shot that killed Geer.

On Friday, Jan. 30, 2015, in response to a court order, Fairfax County released more than 10,000 pages of documents about the shooting and the investigation.

We now know that investigators learned on the same day Geer died, Aug. 29, 2013, that at least five witnesses including the police officer actually talking to Geer at the instant he

was shot, disputed Torres's version of events. Torres said Geer suddenly dropped his hands to his waist; none of the other witnesses saw Geer's hands move below his head.

On the day of the shooting, investigators and prosecutors had compelling information to take to a grand jury. Instead, after a long period of silence, obstruction and obfuscation, the investigation was turned over to the Justice Department, where there is no timetable for resolution (and no adequate explanation for punting the investigation to the feds).

Without the Geer family lawsuit and the court order to turn over documents as part of discovery, the public might never know what really happened that day.

The question of accountability for what happened remains.

As we have said many times, the problem goes beyond Fairfax County, and beyond police shootings.

Police officials in Fairfax, Arlington and Alexandria have adopted what they call a “blanket” approach to using their exemption. That means they have decided to withhold any document they can without any analysis of whether they should.

It's past time for change.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL



520 days

It took a court order and 520 days after Fairfax County police officer Adam D. Torres shot and killed John Geer of Springfield for basic information about what happened that day to be released. The public now knows what investigators learned on the same day Geer died, Aug. 29, 2013, that at least five witnesses including the police officer actually talking to Geer at the instant he was shot, disputed Torres's version of events. Torres said Geer suddenly dropped his hands to his waist; none of the other witnesses saw Geer's hands move below his head.

Gun Violence, Monkeys and Tax Loopholes

BY ADAM P. EBBIN
STATE SENATOR (D-30)

Thanks to all who attended my recent legislative Town Hall Meetings in Arlington and Lee District. We discussed issues including the budget, ethics reforms, gun safety, homelessness among our veterans, and transportation improvements on Route 1. Other topics that came up ranged from in-state tuition rates for students granted Deferred Action for Childhood Arrival (DACA) status by the federal government to how to best prepare teachers educating children with dyslexia.

If you were unable to join us, I hope to see you Saturday, Feb. 14 from 10:30 a.m. – noon at the Mount Vernon Government Center with state Sen. Toddy Puller and Del. Scott Surovell; or from 2:30 - 4 p.m. at the Charles Houston Recreation Center in Old Town Alexandria with Del. Rob Krupicka.

Many of my colleagues and I are greatly concerned with how we can stem the tide of preventable gun violence. I am a founding member of a newly formed organization, American State Legislators For Gun Violence Prevention. We have spent a great deal of time researching best practices for reducing preventable gun deaths.



To that end, I introduced two gun safety bills this year. The first would have required universal background checks to close the “gun-show loophole;” prohibited the use

COMMENTARY

of a gun by a person under the influence of drugs or alcohol; and repealed the right for concealed carry permit holders to openly carry semi-automatic weapons with large capacity ammunition clips in our urban centers including Alexandria, Arlington and Fairfax. Unfortunately the Senate Courts of Justice Committee defeated the bill.

For reasons beyond my comprehension, the committee also defeated my bill that would have held adults accountable if they allow children aged 4 and younger to hold or use a gun. I was shocked when a National Rifle Association representative testified that some toddlers may be ready for firearms training.

My proposal to reestablish a Virginia Commission on the Prevention of Human Trafficking passed its first hurdle, winning approval from the Rules Committee and now awaits funding by the Finance Committee.

For years I have worked to address the tragic crime of human trafficking. While many think of trafficking as just an international issue, it often occurs domestically entrapping both immigrants and citizens. Hard as it is to believe, there have even been gang-operated trafficking rings in our area; Fairfax girls were trafficked while still enrolled in high school and pimps offered young girls for prostitution door-to-door along part of Columbia Pike in Arlington.

The Commission would study human trafficking in the Commonwealth, provide services to victims, and develop strategies to fight the scourge of modern day slavery.

One significant tax loophole that I am working with the Governor to close deals with Online Travel Companies (OTCs) like Expedia.com and Hotels.com to remit the full retail tax on hotel rooms they sell. Currently, OTCs only remit taxes on the wholesale price that they pay for the room. It is unfair to consumers for OTCs not to pay the same amount as those who book directly though brick and mortar hotels. Supporters of my bill include the Virginia Hospitality and Travel Association as well as many regional hotel associations and

SEE RICHMOND, PAGE 7

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Hispanic Heritage

FROM PAGE 2

foremost emphasis on “family.” “Family is the center of our values and our lives,” she said. “It reflects an outlook that is more ‘we’ than ‘I.’” This explains why others in the community are apt to see Latinos in group activities, be it sports and festivals or simply Sunday picnics in the parks. Beneath what can be seen, such scenes reveal that “family” means “extended family,”

Viola Sanchez said. The other essential insight to Latino culture offered by Viola Sanchez is an intense belief in the value of education. Mention the word and her face brightens and becomes animated. The promise of education always has attracted Latinos to the United States, and that promise is passed down through each generation. “You should see how everyone celebrates when notice of acceptance into a school or college arrives,” she said.

Luis Araya will preside over the program on Feb. 10. A Bolivian by

Additional Reading

“Latinos in the Washington Metro Area,” by Maria Sprehn-Malagon, Jorge Hernandez-Fujigaki and Linda Robinson (Arcadia Publishing, 2014). A copy is available in the Arlington Central Library, Local History Center.

birth, he mentions “assimilation” as a strong theme in the Latino community. “Everyone strives to become ‘American,’” he said. A

resident since middle school years, Araya shares the story of a visit made to his hometown, La Paz. Touring the places of childhood, Araya turned a corner and found himself facing the United States Embassy with our flag overhead. A thought flashed across his mind:

“There is my embassy and that is my flag.”

Araya insists that mere presence in the United States is a source of joy throughout the Hispanic community. In homelands to the south, immigrant Hispanics too often recall only social immobility, lack of schooling, corruption and fear of the government.

“You should see how everyone celebrates when notice of acceptance into a school or college arrives.”

— **Emma Violand-Sanchez, Ed.D., Arlington County School Board Member**

Richmond Update

FROM PAGE 6

visitors bureaus. If OTCs were paying their fair share, projections show the Commonwealth would generate \$5.98 million in Fiscal Year 2016 and \$6.74 million in Fiscal Year 2017 in state and local revenue, which would be used to promote regional tourism.

As a member of the Agriculture, Conservation, and Natural Resources Committee, a number of issues dealing with the care and treatment of animals have come before me. One important piece of legislation introduced by Sen. William Stanley (SB1001) would require pet shops to acquire their dogs through humane societies, animal shelters, and only those breeders who meet ethical qualifications. This will effectively stop “puppy mills,” where profits are prioritized over the humane treatment of animals. I supported this legislation both in committee as well as on the floor of the Senate

where the bill passed unanimously.

Another bill introduced by Sen. Lynwood Lewis (SB1315) would prohibit the possession, sale, transfer, or breeding of primates within the Commonwealth. Currently there is no law regarding possession of monkeys in Virginia and there have been multiple allegations of mistreatment and neglect from both individual owners and for-profit zoos. Exotic animals like monkeys are clearly not meant to be domesticated.

Please take my online survey at www.AdamEbbin.com/Survey. You can also email me at district30@senate.virginia.gov. I am active on Twitter @AdamEbbin and Facebook at www.facebook.com/EbbinCampaign. You can sign up for my weekly email updates at www.AdamEbbin.com.

It is my continued honor to represent the citizens of the 30th Senate District.

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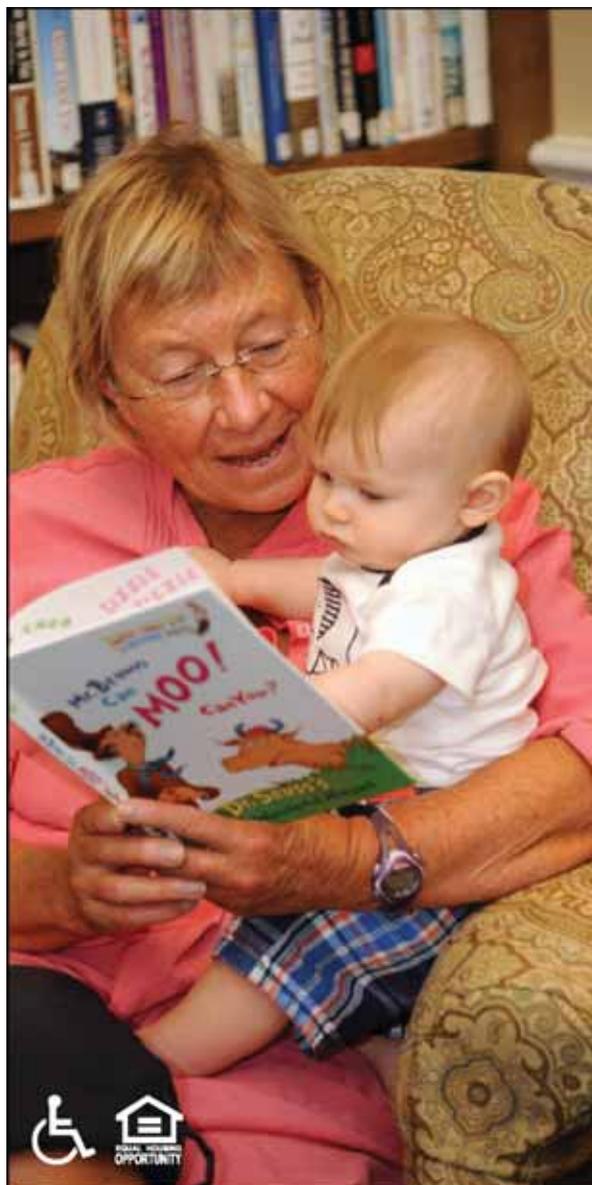
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ENTERTAINMENT

Email announcements to 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

Films of Modern Love. Thursdays in February, 3 p.m. at the Columbia Pike Branch Library, 816 S. Walter Reed Drive, Arlington. February's movies matinees take on divorce, virtual reality, fictional dream girls and, of course, love. Call 703-228-5710.

"Othello." Through Sunday, March 1 at Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. WSC Avant Bard presents "Othello," a story of love, betrayal and uncontrollable compulsions, William Shakespeare's tragedy unfolds against the backdrop of war in the Middle East and the struggles of veterans to cope with their traumas. \$30-\$35. Visit <http://wscavantbard.org/season-3/othello/> or call 703-418-4808.

Family and Teen Skate Nights.

Through March 28 at The Thomas Jefferson Community Center, 300 N. Park Drive. The evenings start with Family Skating from 6:30-9 p.m. and close with Teen Nights from 9-10:45 p.m., for middle and high school students. \$2 per person/\$3 skate rental. Visit parks.arlingtonva.us/kids-events/roller-skating-nights-skate-parties-thomas-jefferson for more.

"The Founding Sisters." Through March 29, Saturday-Sunday, 1-4 p.m. at the Arlington Historical Museum, 1805 South Arlington Ridge Road, until March 29, 2015. 2015 marks Marymount University's 65th anniversary in Arlington. The Arlington Historical Museum at the Hume School is opening several mini-exhibits during the winter to honor Arlington's home university. Marymount students curated the exhibits. The winning exhibit is on the Catholic Order, the Religious of the Sacred Heart of Mary, which founded Marymount in 1950. Designed by Emma Enkhsaikhon, Dalia Faris, Amy Lawton and Apasrin Suvanasai, "The Founding Sisters" exhibit features information about the founders as well as photos and artifacts from Marymount's early years. Visit www.arlingtonhistoricalsociety.org.

Photo Exhibition. Through April 6. 10 a.m.-9 p.m.; Tuesday and Wednesday, 1-9 p.m.; Friday and Saturday, 10 a.m.-5 p.m. at Cherrydale Branch Library, 2190 Military Road, Arlington. "The Roof of the World: Photos of Nepal by Kenneth Chadwick." Free. Call 703-228-6330.

LGBT & Straight Friends Social.

Tuesdays. Happy Hour, 3 p.m.-7 p.m.; Mikey's "Bar A" Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. IOTA Club & Cafe has designated every Tuesday LGBT & Straight Friends Social Night for those 21 years and older. Free. Visit www.iotaclubandcafe.com for more information.

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

Invasive Plants Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at

Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit registration.arlingtonva.us. Free, no registration required.

Comedy. Every Saturday at 3 p.m. at Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd., children can enjoy ComedySportz for Kidz. \$10. Visit www.comedyindc.com or 703-294-LAFF.

Comedy. Every Friday at 8 p.m. and Saturday at 7:30 p.m. is ComedySportz ("clean") and at 10 p.m. on Friday and Saturday is the Blue Show ("adult"), both at Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd. \$15 each. Visit www.comedyindc.com or 703-294-LAFF.

Poetry Series. 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit www.iotaclubandcafe.com or call 703-522-8340.

Open Mic Nite. 8 p.m.-12:30 a.m. every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Featured musicians perform from 9:30-10 p.m. Visit www.iotaclubandcafe.com or call 703-522-8340.

Karaoke. 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit www.galaxyhut.com or call 703-525-8646.

Pub Quiz. 8 p.m. every Sunday at Whitlow's on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit www.whitlows.com or call 703-276-9693.

Storytime. Mondays and Fridays, 10:30-11:00 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

Lego Club. Monthly on the first Wednesday. 4-5 p.m. Glencarlyn Branch Library, 300 South Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

Family Nights. 7-9 p.m. on the first Friday of the month at Arlington Mill Community Center. E-mail DPR-YouthandFamily@arlingtonva.us or call Emily Thrasher at 703-228-4773.

CAMPS, CLASSES & WORKSHOPS

Signature Seminar. Participate in a five-part look into the world premiere of Nick Blaemire's "Soon." This unique opportunity will take participants right into the center of this commentary on what to do with the time we have left. \$260. Registration required and is limited, closes Wednesday, Feb. 11. Contact education@signature-theatre.org or 571-527-1854.

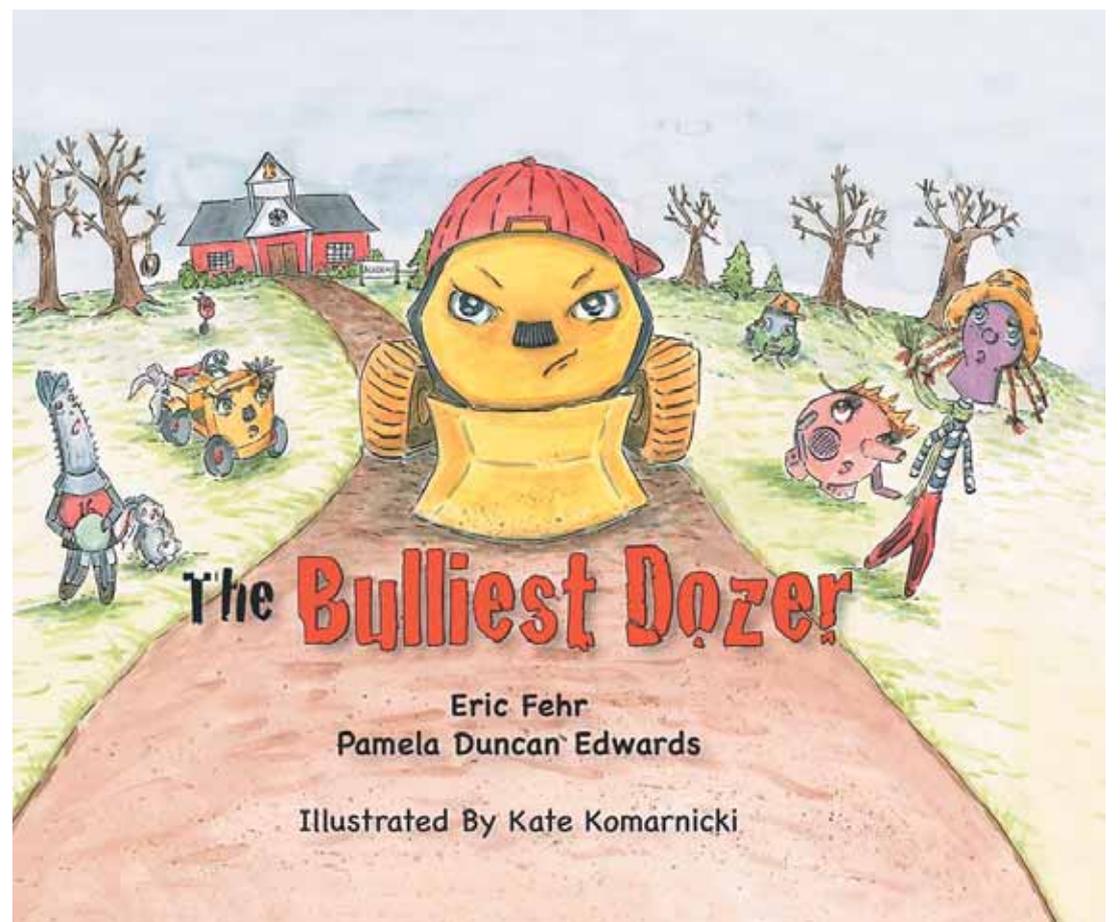
♦ **Session 1: Creating the World of Soon:** A conversation with the director and designers — Wednesday, Feb. 18, 7-8 p.m.

♦ **Session 2: Page to Stage:** The writer/songwriter — Wednesday, Feb. 25, 7-8:30 p.m.

♦ **Session 3: Tech Rehearsal:** The sets, props, lights, costumes, and actors all come together — Wednesday, March 4, 7-9 p.m.

♦ **Session 4: Sitz Probe:** The first rehearsal where the actors and the orchestra meet and make music together — Friday, March 6, 1-2:30 p.m.

♦ **Session 5: The Final Dress Rehearsal:** See how the production comes together as the final element — the audience — is added. Be there front and center. — Sunday, March 8, 7:30 p.m.



'The Bulliest Dozer' Book Signing

Washington Capitals forward Eric Fehr will sign copies of his children's book, "The Bulliest Dozer," at Arlington Public Library's Westover Branch on Monday, Feb. 9, from 6-7 p.m. Fans can purchase a book and have it signed for \$20 or bring a copy of a previously-purchased book and have it signed with a \$10 donation to Monumental Sports & Entertainment Foundation. At 5:30 p.m. Playworks DC, the beneficiary of proceeds raised from U.S. book sales, will give an overview of their programming. Space is limited and reservations are required. Attendees must register in person or by phone at 703-228-5260 during library hours. Each reservation is limited to a maximum of six people per group, and Fehr will sign only one outside item per person. The Bulliest Dozer was co-authored by Fehr and Pamela Duncan Edwards and illustrated by Kate Komarnicki. Fehr and Edwards wrote the book to raise funds for bullying prevention and to encourage positive behavior, with 100 percent of funds benefiting charity.

Theatre Classes. Encore Stage & Studio is holding classes and mini camps for children in grades K-8 at on Saturdays at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road and Tuesdays and Wednesdays after-school at Theatre on the Run, 3700 S. Four Mile Run Drive. Visit www.encorestageva.org for a list of classes.

Synetic Theater. Synetic Studio, 2155 Crystal City Plaza Arcade T-19, Arlington. Synetic offers an introduction to physical theater, acting and dance that inspire students to creativity. Classes include programs for elementary, middle and high school students, as well as adults. Discounted packages and payment plans are available. Visit www.synetictheater.org/studio or call 703-824-8060.

Teen Camp Summer Intensive. June 22-July 1, 9 a.m., at the Synetic Studio. Eight days of actor training and new play development led by Synetic teaching artists and DC theatre professionals, culminating in the production of Star Force, a physical musical theatre parody of everyone's favorite intergalactic space odyssey. Register at www.synetictheater.org.

Youth and Teen Winter Fitness Programs. Winter speed and explosion workshops at Swanson Middle School will focus on mental preparation, speed, explosion, agility, fitness and conditioning training. Teens ages 13-19 can take advantage of programs focused on baseball and softball. Ages 9-13 will enjoy a more generalized program. The key

objective of workshops is to ensure that every athlete is challenged in an intense and fun atmosphere that will enable them to learn and maximize their performance and to achieve peak condition. For full time and session dates or to register visit www.registration.arlingtonva.us and use activity code 720515.

FRIDAY/JAN. 30-FRIDAY/MARCH 6

SELECT — Curated Exhibition.

Through Friday, March 6. Fridays, 4-11 p.m.; Saturdays and Sundays, noon-5 p.m. at Artisphere, 1101 Wilson Blvd., Arlington. SELECT 2015 will be one of the last exhibitions held at Artisphere. The exhibition, which is free and open to the public, includes works by 104 emerging and established artists in a variety of media, selected by top curators from the region's most important institutions, notable independent curators, and the WPA Board of Directors. Visit www.artisphere.org for more.

FRIDAY/FEB. 6

Mozart's "Così fan Tutte." 7 p.m. at Gunston Theatre One, 2700 South Lang St., Arlington. Opera NOVA offers a performance of Mozart's "Così fan tutte" dedicated to the senior community. Mozart's classic will be condensed for this performance. Arlington County Cultural Affairs makes this performance possible. A lobby reception to meet the performers will follow the performance; tickets are

\$5. For reservations call 703-536-7557 or email mcdm1@verizon.net. Visit www.operanova.org for more.

FRIDAY/FEB. 6-SATURDAY/FEB. 7

"Les Miserables." 7 p.m., at Rivendell School, 5700 Lee Highway, Arlington. Accepting donations: \$8 for individuals; \$25 for families. Call 703-532-1200 or visit www.rivendellschool.net for more.

FRIDAY-SATURDAY/FEB. 6-7

"The Comedy of Errors." 8 p.m. at The Thomas Jefferson Theatre, 125 S. Old Glebe Road, Arlington. Performances through Feb. 14. Adults, \$20; senior and juniors \$15. Visit beta.thearlingtonplayers.org.

SATURDAY/FEB. 7

Mozart's "Così fan Tutte." 2 p.m. at Gunston Theatre One, 2700 South Lang St., Arlington. Opera NOVA offers a performance of Mozart's "Così fan tutte" dedicated to the senior community. Mozart's classic will be condensed for this performance. Arlington County Cultural Affairs makes this performance possible. A lobby reception to meet the performers will follow the performance; tickets are \$5. For reservations call 703-536-7557 or email mcdm1@verizon.net. Visit www.operanova.org for more.

SUNDAY/FEB. 8

"The Comedy of Errors" Meet and

Greet. 2:30 p.m. at The Thomas Jefferson Theatre, 125 S. Old Glebe Road, Arlington. Meet and greet with the cast following the Feb. 8 matinee performance. This presents an opportunity to ask questions about the creative process, and hear about activities behind the scenes. Adults, \$20; senior and juniors, \$15. Visit <http://beta.thearlingtonplayers.org>.

“Women of Uncertain Age.” 3 p.m. at the Columbia Pike Branch Library, 816 S. Walter Reed Drive, Arlington. Explore the ups and downs of dating as Philippa Hughes and Karen Yankosky, two 40-something divorced and single women, share the sometimes baffling, often amusing world of online dating and relationships. Call 703-228-5710.

“What is This Thing Called Love.” 4 p.m. at Rock Spring United Church of Christ, 5010 Little Falls Road, Arlington. The Rock Spring Recital Series features the music of Richard Rodgers, Cole Porter, Jerome Kern, Gaetano Donizetti and more, performed by Elizabeth Kluegel, soprano, and Lewis Freeman, baritone. Donations are welcome and help to sustain the recital series.

TUESDAY/FEB. 10

Love Fiction and the Healthy Heart. 7 p.m. at the Columbia Pike Branch Library, 816 S. Walter Reed Drive, Arlington. A Learn from Your Neighbor series presentation and discussion of three books: “Chocolat” by Joanne Harris, “Though Mountains Fall” by Dale Cramer, and “The Untethered Soul: The Journey Beyond Yourself” by Michael Singer. Call 703-228-5710.

WEDNESDAY/FEB. 11

Make a Valentine. 4 p.m. at the Aurora Hills Branch Library, 735 S. 18th St., Arlington. Children get in on the Valentine’s Day crafting fun after school with Ms. Kim. Call 703-228-5715.

Novel Swap. 7 p.m. at the Shirlington Branch Library, 4200 Campbell Ave., Arlington. Bring in already-read romance novels, and swap them for new-to-you books – then decorate and eat delicious cupcakes. Call 703-228-6545.

FEB. 11-MARCH 22

“Much Ado About Nothing.” 8 p.m. Wednesday-Saturday; Sunday, 2 p.m. at Synetic Theater, 1800 S. Bell St., Crystal City, Arlington. Directed by Paata Tsikurishvili and choreographed by Irina Tsikurishvili, this is one of Shakespeare’s best-loved comedies, set in 1950’s Las Vegas. \$35 and up. Student tickets start at \$20. Senior citizens and military receive \$5 off. Group discounts are available. Tickets available at synetictheater.org or by calling 866-811-4111.

WEDNESDAYS/FEB. 11-MARCH 25

Introduction to Printmaking. 6:30-8:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. For adults, 18 and older, this course is designed for beginners. A series of projects and exercises will provide a hands-on, creative learning experience. Cost is \$220. Supplies not included. Visit www.arlingtonartscenter.org.

THURSDAY/FEB. 12

Arlington Historical Society. 7 p.m. at Marymount University, 2807 N. Glebe Rd, Arlington; the talk will be held on the main floor of the university’s library, Rowley G127. The Arlington Historical Society presents author Sue Eisenfeld, who

will discuss her book “Shenandoah: A Story of Conservation and Betrayal.” The book is a first-person hiking adventure through the history of the lost communities of Shenandoah National Park. Call 703-942-9247.

FRIDAY-SATURDAY/FEB. 13-14

“The Comedy of Errors.” 8 p.m. at The Thomas Jefferson Theatre, 125 S. Old Glebe Road, Arlington. Adults, \$20; senior and juniors \$15. Visit <http://beta.thearlingtonplayers.org>.

SATURDAY/FEB. 14

Valentines Day Party for Nerdfighters. 2 p.m. at Central Library, 1015 N. Quincy St., Arlington. For tweens and teens — raffles, cookies, giant poetry, button-making. Call 703-228-5990.

Valentine Celebration. 6:30 p.m. at NRECA Building, 4301 Wilson Blvd. (at N. Taylor Street), Arlington. Opera NOVA presents “That’s Amore,” which will include popular opera arias, interspersed with romantic songs. Light refreshments before program starts at 7 p.m. Free indoor parking. Suggested donation with prior reservations: \$10 members, member’s guests and students; non-members \$15. Without reservations at the door: \$20. Contact Opera NOVA at 703-536-7557 or mcdm1@verizon.net for reservations.

FEB. 17- MARCH 22

“Kid Victory.” 7:30 p.m. at Signature Theatre, 4200 Campbell Ave. From John Kander and Greg Pierce comes a new musical about coming home and breaking out. Buy tickets online, at the Box Office or by calling 703-820-9771. Visit www.signature-theatre.org for more.

FEB. 19-MARCH 8

“No Hay Que Llorar” (No Need to Cry). 8 p.m., Gunston Arts Center, Theatre Two, 2700 S. Lang St., Arlington. A play by Roberto “Tito” Cossa (Argentina), in Spanish with English subtitles. Post-performance discussions every Friday night. Tickets at “Thursdays for All,” \$20. Fridays and Saturdays, 8 p.m., \$35. regular admission, students and seniors \$30. Sundays at 3 p.m., \$25 general admission. Reservations can be made at www.teatrodelaluna.org. Free parking, handicapped accessible.

WEDNESDAY/FEB. 18

Online Dating for Seniors: Tech Class. 11:00 a.m.-noon at the Aurora Hills Branch Library, 735 S. 18th St., Arlington. Learn about the best wording for profiles, taking selfies, different site options, and safety. Call 703-228-5715.

FRIDAY/FEB. 20

Natural Selection. 6:30 p.m. at the David Brown Planetarium, 1426 North Quincy St., Arlington. Premiere of the full-dome show, Natural Selection. Join the young Charles Darwin on an adventurous voyage of exploration circumnavigating the world with the HMS Beagle. Running time: 40 minutes; suitable for family audiences and school groups. Visit www.friendsoftheplanetarium.org.

“Evolution in Everyday Life.” 7:30 p.m., at the David Brown Planetarium, 1426 North Quincy St., Arlington. Come to this talk by evolutionary biologist, David Mindell, to find out how all creatures on Earth are related. 1 hour, with questions; suitable for older children and adults. www.friendsoftheplanetarium.org.

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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Free and Low-Cost Dental Care for Children

Special programs available as part of National Children's Dental Health Month.

BY MARILYN CAMPBELL
THE CONNECTION

Dental Service Programs

Fairfax County Health Department

❖ Joseph Willard Health Center: 3750 Old Lee Highway, Fairfax; 703-246-7100.
❖ Herndon/Reston Office: 1850 Cameron Glen Drive, Suite 100, Reston; 703-481-4242.
❖ Mount Vernon Office: 8350 Richmond Highway, Suite 233, Alexandria; 703-704-6181.

Arlington Health Department

❖ Arlington County Dental Clinic: 2100 Washington Blvd. (second floor), Arlington; visit health.arlingtonva.us/public-health/health-clinics-services or call 703-228-1200.

Dental hygiene should start even before a baby's first tooth emerges. That is one of the messages that dental professionals are hoping to convey this month.

February is designated National Children's Dental Health Month, organized by the American Dental Association, along with the ADA Foundation, to raise awareness about the benefits of good oral health for children. Dental professionals stress children should brush for two minutes twice per day, floss and rinse daily, eat healthy meals, limit snacks and visit the dentist regularly.

"To get babies comfortable with oral hygiene, begin cleaning the baby's mouth by wiping the gums and tongue with a moist washcloth or gauze shortly after birth until teeth erupt into the mouth," said Jeanne Yang, DDS, a public health dentist at the Joseph Willard Health Center's dental clinic in the City of Fairfax. "It is recommended that parents bring children to their first dentist appointment preferably within 6 months of when the first tooth appears, but no later than their first birthday. And, al-

ways, always, always use a soft toothbrush, whether you are 1 or 100. A soft toothbrush should be used by all ages."

Local health departments want the public to know that a child's dental care need not depend on a family's ability to afford such services. Many Northern Virginia dental clinics offer free or low-cost dental examinations, cleanings, fluoride applications, restorative services including fillings and even limited oral surgeries.

"We have three children's dental clinics in Fairfax County," said Tina Dale of the Fairfax County Health Department. The county's clinics are in Mount Vernon, Fairfax and Reston. "Our dental program is just for

Alexandria Neighborhood Health Services

4480 King St. (first floor), Alexandria. A medical home for patients in Arlington, Alexandria and south Fairfax County. Call 703-535-5568 or visit www.neighborhoodhealthva.org.

Give Kids a Smile Project

Feb. 6, 2015, 8 a.m.-3 p.m. at the Northern Virginia Community College, Medical Education Campus, 6699 Springfield Center Drive, Springfield. Visit nvds.org or call 703-820-7170.

children. Their family's income has to be at a level where they meet Medicaid criteria."

The Northern Virginia Dental Society is also hosting a "Give a Kids a Smile Project" on Saturday, Feb. 6 at the Northern Virginia Community College (NOVA) Medical Education Campus in Springfield. The project will join dentists and dental hygiene students from NOVA with other community volunteers to offer dental services to underserved children, including preschool students in Arlington County's Head Start program. "A huge number of children have dental disease earlier and earlier," said Kathy A. Thompson of Northern Virginia Community College. "This is an opportunity to get them excited about dental care and give them information on how to take care of their teeth, and introduce them to what it's like to go the dentist."

The slogan for the 2015 campaign is "Defeat Monster Mouth." It's plastered on posters that depict dental superheroes fighting to defeat "Plaqster the Monster" for good oral health. Dental providers are hoping to



COURTESY OF NORTHERN VIRGINIA COMMUNITY COLLEGE

Dr. Howard Ngo works on a young patient at Northern Virginia Community College's Medical Education Campus in Springfield, as part of the Give Kids a Smile Program.

teach children and parents about the timing of a first dental visit, how to brush and floss properly, the effect of thumb sucking on teeth and the importance of regular dental examinations. Although the observance is a month long, health department officials keep up the effort year-round.

"We work with Arlington families on the importance of dental care from day one," said Kurt Larrick of the Arlington County Health Department. "We're working with parents from the times the kids are born to talk about the importance of hygiene, nutrition, tooth brushing."

BULLETIN BOARD

Email announcements to 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.

THROUGH FEBRUARY

Low Cost Spay/Neuter Vouchers. The Animal Welfare League of Arlington, 2650 S. Arlington Mill Drive, is offering low-cost spay/neuter service vouchers for sale in honor of National Spay/Neuter Awareness Month. Surgeries will take place at one of the participating vet clinic. Voucher pricing: \$25 for male cats, \$50 for female cats and \$75 for dogs. Pit Bulls will be spayed or neutered for \$25.

A limited number of rabbit spay and neuter appointments are available for \$50 per rabbit. Pet owners are required to purchase their voucher in-person at AWLA and schedule their pet's surgery directly with the one of the participating vet clinics. Interested D.C. metro residents must meet the annual household income requirement of \$60,000 or less (proof of household income is required at purchase). Low-cost spay and neuter vouchers are limited and available on a first-come, first-serve basis. Call 703-931-9241, ext. 200 or email Adrienne Mintz at amintz@awla.org.

SCAM ALERT

The **Arlington County Police Department and Sheriff's Office** is warning the public about a missed jury duty telephone scam targeting County residents. The latest incident

was reported Jan. 26, 2015, where an Arlington County resident received a phone call from an individual claiming to be a lieutenant with the Sheriff's Office. The victim was accused of failing to appear for jury duty and a warrant for their arrest was to be issued unless a fine is paid. The suspect asked for a "good faith" payment to be made immediately with a debit card and PIN number. If you receive a call of this nature, immediately hang up and verify the claim by calling the Arlington County Sheriff's Office at 703-228-4460. Never use a phone number provided to you from the caller to verify their credibility. Also, never provide personal PIN numbers to anyone over the phone, this is a fraudulent request.

After making a verification call, if you find that you were a victim of a scam or were a target, please file an online police report at <http://police.arlingtonva.us/online-police-reporting-system/> or call the non-emergency police line at 703-558-2222.

FEB. 1-APRIL 15

Free Tax Preparation. Tuesday, 10 a.m.-7 p.m.; Thursday, 10 a.m.-3 p.m. at Arlington Central Library, 1015 North Quincy St., Arlington. Tuesday, 1:15-7:45 p.m.; Friday-Saturday, 10 a.m.-2 p.m. at Columbia Pike Branch Library, 816 South Walter Reed Drive. For taxpayers with low and middle income. All ages, with special attention to seniors. Federal and Virginia tax returns prepared and electronically filed by IRS-certified volunteers. Tax questions can be answered. Bring your photo ID(s), Social Security Card(s), tax documents, and your prior year tax return.

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Enrollment Deadline is February 15, 2015

Empowering Nurses To Improve Patient Care

What achieving Magnet Nursing Status means to Virginia Hospital Center.

BY KAREN L. BUNE
THE CONNECTION

With the current emphasis on patient experience and patient satisfaction in hospitals nationwide, Virginia Hospital Center (VHC) is part of that drive to excel.

Among its highlights, VHC received another feather in its cap in 2013 that continues to be a strong and ongoing motivator that leads patients to acquire care at its medical facility and which continues to bring the hospital accolades and serves as the envy of others. The reward of achieving Magnet Nursing Status designation didn't happen overnight.

The route to attain this was in the works for several years. The Magnet Nursing Status is a designation of excellence for the entire organization and is awarded by the American Nurses Credentialing Center, a nurse credentialing organization that is a subsidiary of the American Nurses Association.

The model organizes 14 forces of magnetism into five model components with a focus on outcome measurement and streamlined documentation. The five core forces of magnetism are: transformational leadership, structural empowerment, exemplary professional practice, new knowledge, innovations and improvements, and empirical outcome. The hospital had to show sustainable hard data in all these areas.

VHC also had to prove that excellent practices are inculcated in the organization. "Structures and processes are the backbone of it. We have an empowered group of nurses," said Rebecca Rose, senior director for systems and special projects. High caliber nurses are expected to be leaders in their roles. They are highly educated and engaged in decisions about patient care. Relationships with physicians are forged with everyone having the same focus to ensure the hospital be the best environment based on the quality of patient care. "Everything is based on what is best for our patients," said Marnie Dodson, magnetic special



Virginia Hospital Center staff gather to celebrate achieving Magnet Nursing Status.

PHOTO COURTESY OF VIRGINIA HOSPITAL CENTER

projects coordinator.

"We have embedded the Magnet standards in our nursing culture to provide the best patient care. It's a continuous journey. We never stop improving, pushing ourselves and learning better way to elevate the practice of nursing here," said Darlene Vrotsos, chief nursing officer.

Though many hospitals hire a company to write the application, VHC chose to write it themselves and had the support of the leadership team and medical staff. "The process piece of applying was the biggest challenge. We had the data. We had to write the application; it was huge," Rose said.

"Nurses had such a personal stake," Dodson said, referring to the dedicated organizational mission and focus on patient care.

Nurses at VHC considered what was working well and what needed to be improved. "Everything is based on what is best for our patients," Dodson said.

They address service recovery through rounding and through a hotline in which concerns and issues can be immediately

addressed and resolved. "We educate patients on their rights and responsibilities," Dodson added.

The Magnet structure at VHC is composed of seven nursing councils. "They are very empowered councils. They make decisions that are carried out," Rose said. There is a high level of autonomy for the nurses, and they develop strategic plans for which they are responsible in making necessary changes and managing the process. The councils, that meet monthly, include: Clinical Practice, Education, Leadership, Night Shift Council, Performance Improvement, Professional Development, and Research Council.

One piece of the magnet is to have a professional practice model encompassing leadership, compassion, accountability, teamwork, advocacy, and evidence-based, practical education. "As a team, we look out for each other. The magnet keeps you on the path to be even better than you were and we get feedback everywhere. We really listen to what our patients say. We discuss results every two weeks," Dodson said.

In addition, nurses understand the role they play in patient satisfaction and they hold each other accountable. "We care for not only our patients but we care for each other as staff, as employees," said Margaret Navarro, RN.

"What makes Virginia Hospital Center such a special place to practice medicine is the welcoming, collaborative nature of the nurses here," said Jeff DiLisi, vice president and chief medical officer.

Achieving the magnet designation was an involved process that included a three-day site visit for 12 hours each day by the credentialing team of the ANCC. "Nurses had such a personal stake," Dodson said.

There are 5,686 registered hospitals in the United States, and 406 of them have achieved magnet status. "I'm very proud of the nursing staff and all of Virginia Hospital Center. Our recognition as a Magnet hospital is an achievement that everyone helped produce," Vrotsos said.

Karen L. Bune, a freelance writer, serves as an adjunct professor at George Mason University in Fairfax and Marymount University in Arlington.

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W-L's Sophie Hatcher Wins Conference All-Around Title

McLean wins team championship, W-L places second.

BY JON ROETMAN
THE CONNECTION

Members of the Washington-Lee gymnastics team swarmed Sophie Hatcher after judges posted the senior's floor routine score during Monday's Conference 6 championship meet at McLean High School.

The Generals had performed well through three events, but Hatcher's performance on floor (9.575) seemed to give the team a confidence boost during an ultra-competitive meet that

"It feels so good because at all my other meets, I didn't ever hit all four [events] — I always had some mistake — but today I hit all four and I'm really happy. This is the best meet I've ever had in all my four years of high school."

— W-L senior Sophie Hatcher

was guaranteed to leave one of the top teams in the region empty-handed.

With W-L, Yorktown and McLean competing for the conference's two regional berths, the buzz created by Hatcher's floor routine transferred to the Generals' final event: vault.

A spirited W-L cheering section offered support as Hatcher and her twin sister, Annie Hatcher, produced the meet's top two vault scores and the Generals assured their season would

continue into next week.

Sophie Hatcher captured the conference all-around championship and Washington-Lee earned a regional team berth with a runner-up finish, holding off rival Yorktown. McLean won its fourth consecutive Liberty District/Conference 6 championship with a score of 143. W-L posted a score of 142.225, and Yorktown fell short with a total of 141.

Fairfax finished fourth at 125.275, followed by Hayfield (121.1), South Lakes (115.125), Madison (108.7) and Langley (81.3).

"We knew it was anyone's game to make it to regionals because this conference is so good and there are so many good teams," Sophie Hatcher said. "I'm just really excited my last high school season doesn't end here and we get to continue on to regionals. We're all really, really happy and excited."

Sophie Hatcher was a big reason why W-L secured a regional berth. Her all-around score of 37.625 was a full point better than her nearest competitor. She won conference championships on vault (9.75) and floor, placed second on beam (9.4) and took sixth on bars (8.9). "It feels so good because at all my other meets, I didn't ever hit all four [events] — I always had some mistake — but today I hit all four and I'm really happy," she said. "This is the best meet I've ever had in all my four years of high school."

Annie Hatcher placed fifth in the all-around with a score of 36.2, securing a regional berth. She placed second on vault (9.7), tied for fourth on beam (8.95), took sixth on floor (8.875) and finished seventh on bars (8.675).

The top four all-arounds advance to



W-L senior Sophie Hatcher won the Conference 6 all-around championship on Monday night at McLean High School.

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

regionals, along with any competitor who produces a score of 35 or better. The top eight in each event earn a spot at the regional meet, along with any gymnast who scores 9.0 or better.

W-Ls Jennifer Laredo placed eighth on beam (8.85).

Yorktown will send four individuals to the regional meet, but the Patriots won't compete as a team.

Yorktown's Juliette Mitrovich (sixth, 35.85) and Bella Kane (seventh, 35.725) will compete in the all-around.

"It [helps] a little bit," Mitrovich said in regard to her all-around regional berth numbing the pain of the team failing to qualify, "but it would have been nice to make it because we've beaten W-L almost

all year and they just had a good meet this one time and we didn't get to make it, but it is what it is."

Yorktown's Sophie Zidlicky will compete on beam (third, 9.025) and vault (eighth, 9.25). Olivia Zavrel will compete on bars (fifth, 8.95).

McLean, which finished state runner-up last season, won its fourth consecutive district/conference championship.

"It's a really great feeling because this is our senior year and there was a lot of pressure to keep our conference championship title [streak]," Highlanders senior Lizzy Brown-Kaiser said, "so it feels great to fulfill that."

McLean's Jacqueline Green placed second in the all-around (36.625) and Brown-Kaiser placed third (36.425).

"They did good," McLean head coach Courtney Lesson said of the senior duo. "They hit three of four routines — they both had a fall on beam. We still have a couple more meets to go, so hopefully they'll get better."

While McLean finished ahead of W-L at back-to-back Conference 6 meets, the Highlanders have finished runner-up to the Generals at three consecutive regional meets.

The 6A North region championship meet is scheduled for Feb. 11 at Lake Braddock Secondary School. "They've beaten us the past few years at regionals," Green said, "so we hope to come back this year and take it." Fairfax senior Rachel Barborek, the defending 2014 conference all-around champion, placed fourth with a score of 36.250. Hayfield's Molly Overstreet (eighth, 35.675) also earned a regional all-around berth.

Overstreet, a two-time state champion who has battled back problems this year, won the conference bars title (9.5). Barborek won the beam (9.425) championship.

SCHOOL NOTES

Email announcements to arlington@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Matthew Golembiewski has been named to the chancellor's list at Troy University (Troy, Al.) for the fall semester of the 2014/2015 academic year.

Jose Martinez has been named to the provost's list at Troy University (Troy, Al.) for the fall semester of the 2014/2015 academic year.

Henry Mejia-Villena has been named to the dean's list at Bucknell University (Lewisburg, Pa.) for the fall semester of the 2014-15 academic year. He is the son of Henry Mejia-Villalba and Ingrid Villena de Mejia.

Mary Grace Brown is a junior English major named to the dean's list with distinction at Grove City College (Grove City, Pa.). She is a 2012 graduate of Yorktown High School and the daughter of Mr. and Mrs. Dale Brown of Arlington.

Robert D. Waltman (post baccalaureate, pre-computer science) has made the scholastic honor roll fall term at Oregon State University with a straight-A average.

Abdullah Al-Rodan and **Erin Fox** made the dean's list at The University of Dayton.

Elizabeth Caltagirone has been named to the dean's list for fall 2014 at the University of Hartford (West Hart-

ford, Ct.).

Elizabeth Anne Catalano graduated cum laude with a Bachelor of Arts in communication studies from Clemson University (Clemson, S.C.) in December 2014.

William Thomas Hafer, a 1998 graduate of Yorktown High School and a 2003 graduate of the Massachusetts Institute of Technology, received a Doctor of Philosophy degree in Aerospace Engineering from Texas A&M University. Hafer is employed by Lockheed Martin Space Systems in Littleton, CO. He is the son of Tom and Ann Hafer of Arlington

Meg Dalmut, Marymount University's director of community en-

agement, was recently recognized as the outstanding community partner of the Dream Project, a local organization that encourages and supports promising immigrant youth in their pursuit of higher education. Through Dalmut's efforts, Marymount has co-sponsored and hosted events on campus, provided mentors at Washington-Lee High School and donated the services of two work-study students to the Dream Project. The university also gave two Dream Project students full scholarships. Dalmut was recognized at the organization's fifth annual holiday dinner, where one of those scholarship students spoke about fulfilling her dream of attending Marymount. Since it started in 2011 with a handful of parent volunteers, the Dream Project has grown to an organization that last year provided 48

students with \$1,000 scholarships and other assistance to attend college.

Yorktown High School senior **Christian Carrillo** was selected to receive a four-year, full-tuition scholarship from the Posse Scholarship Foundation to attend partnering institution Bucknell University. The Posse Scholarship is a leadership and diversity program that started in 1989. Posse Scholars utilize their leadership skills to create a learning environment that is welcoming to students from all backgrounds.

In its Best Online Programs edition, U.S. News & World Report ranks **Marymount University's** cybersecurity program 53rd in the

SEE SCHOOLNOTES, PAGE 13
WWW.CONNECTIONNEWSPAPERS.COM

SCHOOLS

FROM PAGE 12

“Graduate Business Programs (Excluding MBA)” category just two years after it began. Marymount’s master’s degree in cybersecurity can be earned entirely online.

Joseph Crawford, class of 2017, earned a spot on the Wittenberg University (Springfield, Ohio) dean’s list.

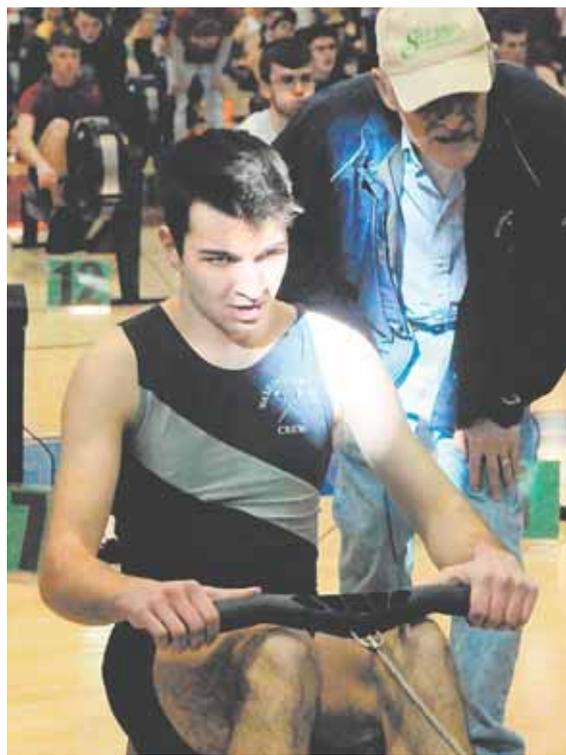
Park University named the following students from the Fort Myer (Va.) Campus Center to the fall 2014 dean’s list: **Alexis Nicole Curry, Somi Kim, Shannon L. Lee, Douglas C. Metcalf, Tiphany E. Morales, Phillip Andrew Truong, and Matthew A. Tuiasosopo.**

Park University named **Almira F. Leapaga**, from the Henderson Marine Corps Base Campus Center, to the fall 2014 dean’s list

Sarah Vest, a student at Wakefield High School, has been selected to represent Virginia as a National Youth Delegate to the 2015 Washington Youth Summit on the Environment at George Mason University.

Vest joins a select group of 250 students from across the country to participate in an intensive study week-long of leadership in environmental science and conservation. Sarah was chosen based on academic accomplishments and a demonstrated interest and excellence in leadership in the sciences and conservation studies.

Brigid Ueland was named to the dean’s list for the fall semester at Benedictine College (Atchinson, Ks.).



W-L rower Eren Agim competes in the 2000 meter sprint. Agim is coached by James Owen.



Yorktown crew member Bradley Martin is in the midst of rowing a personal best 2K at the Saturday Erg sprints. Martin is coached by Tyler Buxton.

PHOTOS BY LOUISE KRAFT/CONNECTION

Participating in 30th Annual Mid-Atlantic Erg Sprints

More than 1,700 rowers from 13 states and the District of Columbia participated in the Mid-Atlantic Erg Sprints on Saturday, Jan. 31 at T.C. Williams High School in Alexandria. Area high schools participating in the regatta were

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The Past Future is Now Present

By KENNETH B. LOURIE



Presumably, maybe even obviously, nearly six years into a "terminal" diagnosis, arrangements for a smooth transition of power should have been made already. But they haven't. Not being a parent, and with no real extenuating-type circumstances to consider, despite the rather precarious existence in which I find myself I've never felt strongly about taking the steps necessary to arrange for a future which didn't involve yours truly.

Selfish, stupid, stubborn or any number of other characterizations which don't begin with the letter "s," I've never put down anywhere on paper – literally or figuratively – what would, in the event of my death, need to happen, how any of it should happen, and/or why it would even happen. So far, as concerns my wife, Dina, should I in fact predecease her, I've pretty much left it to happenstance. Moreover, given her interests, it seems unfair of me to not assist her somehow in a post-Kenny world.

Still, I've always felt that doing so, however prudent and practical – and considerate – was bad luck, sort of; a version of negative reinforcement. By not thinking of death/planning for it, somehow I was preventing its occurrence, dare I say (given my original "13-month-to-two-year prognosis"), its inevitability. And though I don't specifically know why this uneasy feeling has manifested itself of late (I've not received any discouraging medical news of late), it has; and ignoring the consequences of my continuing neglect seems ill-advised.

In addition, throughout this cancer experience, it has been suggested that managing stress (among other anecdotal-type advisories: keeping a positive attitude, maintaining a sense of humor, being a compliant patient) would be beneficial in the short, medium and long term battle royal that all cancer patients endure. But diagnosis-to-date, I've not addressed this most stressful, what-to-do/what-needs-to-be-done problem. And though a properly executed will would certainly be a start, it would not be a finish. There are more mundane instructions and organizational details, tedious as they may be, which would likely drastically reduce a level of stress which unbeknownst to me and my conscious, has probably invaded my subconscious, with predictable effect. I don't imagine solving this problem would put a bounce in my step; however, it would definitely eliminate a potential drag on my coefficient. And if my life is going to be lived, the less drag on it, the better.

Whatever I can do to lighten the load should be priority number one. I don't want to be spinning my emotional wheels over here. Cancer imposes enough pressure externally; I don't need to add to it internally.

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

NEWS



PHOTO CONTRIBUTED

Young Professionals Program

Leadership Arlington's newest class of the Young Professionals Program gathered Saturday, Jan. 24, for the first time at a day-long retreat sponsored by Marymount University. Nineteen participants were selected to engage in the experiential program, now in its seventh session: Marci Anderson, Arlington Community Federal Credit Union; Amanda Charles, Arlington County, Department of Human Services; Hope Fisher, Marymount University; Frances Grisier, Virginia Hospital Center; Thomas Jacobi, Chain Bridge Bank; Meghan Kelly, EagleBank; Linh Le, Technomics, Inc.; Natalia Lerner, Accenture; Josh Lewis, HITT Contracting; David Madoo, National Older Worker Career Center; Lara Malakoff, ICF International; Carla Marin, APAH; Amanda Mark, A-SPAN; Erin Potter, BikeArlington; Jovan Ruzic, Keller Williams Realty; Richard Slusher, Arlington County Fire Department; Julianne Sobral, Council on Foundations; Janice Spearbeck, Re/Max Gateway; and Jennifer Weber, Arlington County, Department of Parks & Recreation. Visit www.leadershiparlington.org.



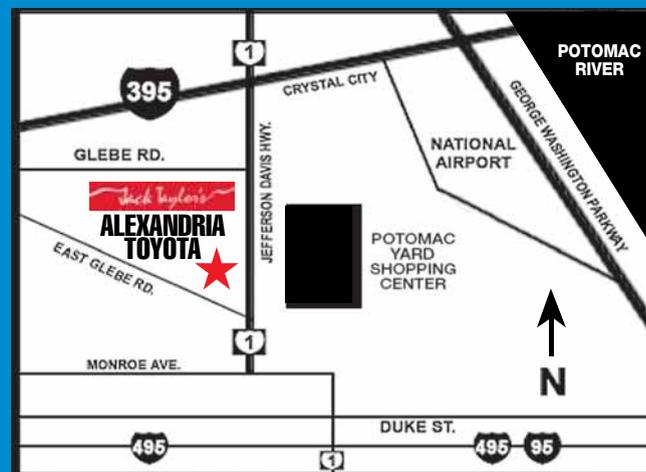
PHOTO COURTESY OF HYON SMITH OF HYON SMITH PHOTOGRAPHY

Nonprofits Receive \$140,000

United Way of the National Capital Area awarded Community Impact grants totaling \$139,599 to 12 nonprofit member organizations serving Arlington County. Arlington officials and United Way NCA honored Arlington Community Impact Fund grantees: Front, from left, Ferial Ricks, development associate, Food & Friends; April Pinch-Keeler, CEO/president, MVLE, Inc.; Mary Hughes Hynes, chair, Arlington County Board; Rosie Allen-Herring, president and CEO, United Way NCA; Marla Lahat, executive director, Home Care Partners; Joy Myers, director of development, Arlington Food Assistance Center; Courtney Kissell, executive director, The Reading Connection. Back row: Janece Kleban, vice president, development, Goodwill of Greater Washington; Nancy Lagomarcino, development, Goodwill of Greater Washington; Kristyn Burr-Venus, program and operations manager, Homeaid Northern Va. (Housing Trust); Shandra Niswander, development manager, Arlington Thrive; Laura Pennycuff, MPA grants director, Doorways for Women and Families; Clare McIntyre, stewardship and communications manager, Arlington Food Assistance Center; Dale Bannon, executive director, The Salvation Army National Capital Area; Liz Reinert, associate director of development, DC Central Kitchen; Donney John, PharmD, interim executive director, NOVA Scripts; Sharon Zimmerman, community engagement manager, United Way NCA; and Timothy Johnson, vice president, Community Impact, United Way NCA.

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