

A group of Arlington Academy of Hope teachers and volunteers including, from left, Dean Scribner, Justin Scribner, Arlington Academy of Hope head teacher Sarah Sabano and organization founder John Wanda, along with a group of children from the village, en route to a Sunday morning church service. Mount Nusu, the mountain in the background, is a popular hiking destination in Uganda.

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Festival Highlights Local African-American History

The Drew Community Center hosted the 23rd annual Arlington Black History Celebration on Saturday afternoon, Feb. 28. Volunteers had created a “Hall of History” featuring photos and artifacts from Arlington’s historically African-American churches and organizations. Inside the gymnasium live music and dance were featured onstage, local restaurants offered lunch and snacks for sale, a variety of free activity stations were set up for the children and vendors offered goods for sale and information on community and local services.



A young guest finds a front row seat as the Northern Virginia N2N Band goes on stage to perform.

PHOTOS BY LOUISE KRAFT/THE CONNECTION



Artist Eleanor Johnson helps unpaint Jasmine Terry’s hair after Jasmine finished painting.



Alex Ashlawn works with a group of children to complete the intergenerational mural at the Drew Community Center.

Worshipful Master of the Arlington Lodge #58, Free & Accepted Masons, Prince Hall Julius D. Spain



Sr. talks about the 127-year history of Arlington Lodge #58 in the “Hall of History” at the annual Black History Festival.



Lodge #58 members Robert L. Reed and Elmer L.H. Lowe Sr. greet friends in the “Hall of History” last Saturday afternoon.



One panel of the intergenerational triptych is completed and set back to dry.



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Arlington Public Schools Plan for Cuts

Facing a budget gap, Arlington superintendent plans series of tiered reductions.

BY VERNON MILES
THE CONNECTION

With a funding gap of \$13.6 million, Arlington Public Schools (APS) Superintendent Patrick Murphy's proposed budget comes with a few extra potential cuts. Murphy has divided these cuts into three tiers: from less drastic cuts to maintenance and materials in tier one to abandoning a plan to eliminate early release Wednesdays from four elementary schools in tier three.

The Arlington Superintendent's Budget totals \$561.1 million, roughly 48 percent of the county's \$1.16 billion budget. An increase of \$21.7 million from the FY 2015 budget, or a 4 percent increase. Salary and benefits account for 78.8 percent of the total budget and 89.2 percent of the School Operating Fund.

"The additional staffing is to address increased enrollment," said Murphy at a budget presentation on Feb. 19. APS is expecting 1,097 new students next fall, a 4.5 percent increase over this year's 24,529 student population.

While there are no new initiatives, the superintendent's budget does account for new "investments" for a total of \$28.1 million. This includes increased instructional time with the elimination of early release Wednesdays at the four Arlington schools that have that program: Arlington Science Focus, Arlington Traditional, Long Branch and Taylor elementary schools. The early releases decrease the amount of instructional hours the students receive in relation to their peers at other elementary schools.

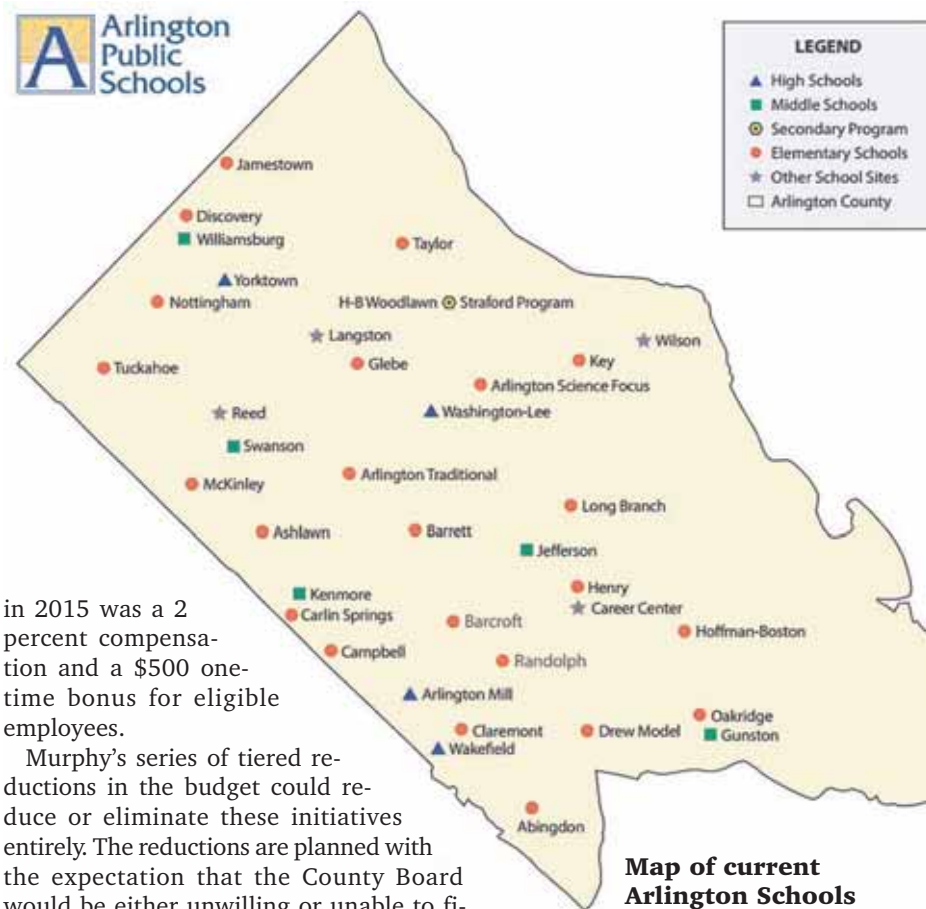
"[Early release Wednesdays] been around for a while," said Frank Bellavia, an APS spokesman. "I've been here for nine years and it's from before my time It was originally intended to give teachers extra planning time. It's a program that was implemented at different places at different times."

The extra time in those school days will be dedicated to the implementation of a Foreign Language in Elementary School (FLES) program. The superintendent expressed hopes that this would help APS schools address goals set in the Strategic Plan to better provide middle and high school students with world language instruction. According to the budget, the School Board places a priority on students being proficient in at least two languages before they graduate from elementary school.

Another initiative is the full step increase for all eligible APS employees at the cost of \$8.1 million for an average salary increase of 2.8 percent for most eligible employees. Since the 2010 fiscal year, APS has provided a step increase every other year, and did not in FY 2015. The only salary adjustments

TIERED REDUCTIONS	IN MILLIONS
Tier 1 Reductions	
Central Office Reductions	(\$2.20)
Increase Budgeted Beginning Balance	(\$1.00)
Fund Replacement Buses and Technology with One-time Funds	(\$1.50)
Total Tier 1 Reductions	(\$4.70)
Tier 2 Reductions	
Increase by 1 Classroom Planning Factor and Recommended Maximum	(\$4.10)
Defer Eliminating Early Release Wednesday at 2 Schools	(\$1.10)
Total Tier 2 Reductions	(\$5.20)
Tier 3 Reductions	
Defer Eliminating Early Release Wednesday at 2 Schools	(\$1.00)
Implement Step Increase 1/3 Through Employee's Contracted Year	(\$2.70)
Total Tier 3 Reductions	(\$3.70)
TOTAL TIERED REDUCTIONS	(\$13.60)

GRAPHIC CONTRIBUTED



Map of current
Arlington Schools

in 2015 was a 2 percent compensation and a \$500 one-time bonus for eligible employees.

Murphy's series of tiered reductions in the budget could reduce or eliminate these initiatives entirely. The reductions are planned with the expectation that the County Board would be either unwilling or unable to finance the full \$561.1 million budget.

The first tier involves reductions in the Central Office. APS currently conducts a two-day conference for 180 APS administrators with a keynote speaker, professional readings, and workshops with a total cost of up to \$30,000. The Central Office reduction would decrease the expenditures for the speaker, diminish staff payment for services during the event, and eliminate professional reading materials. While listed as a Central Office reduction, the superintendent noted that this would not affect any APS staffing. The reductions to this conference is expected to save \$10,000.

Other tier one reductions would have an

effect on APS staffing. Library services reductions would eliminate two staff positions, replaced by 1.5 library assistant positions, who would be responsible for receiving and processing books and materials. The reduction is expected to save \$24,880.

The superintendent's budget also plans for \$39,000 in the potential eliminations of travel to conferences for professional development. If cut, the superintendent's budget highlights greater utilization of online resources as a substitute.

The superintendent's budget also laid out potential cuts to materials for classrooms.

This includes:

- ❖ Books and Periodicals (\$1,057)
- ❖ ADHD brochure/504 Handbook, etc. (\$11,400)
- ❖ Equipment Purchases (\$950)
- ❖ Classroom Furniture Purchases (\$2,850)
- ❖ Postage (\$2,532)

Tier One reductions would also see a reduction in funding to maintenance and equipment, including the elimination of four maintenance staff. General cuts would also impact access to materials for various school-related programs at local community centers and APS departments. Currently, APS also has a Succession Plan program that identifies and develops exceptional employees that would receive cuts to its scholarship program.

In total, Tier One reductions would save \$4.7 million.

Tier Two reductions would increase APS classroom size maximums by one. The other major Tier Two reduction would be deferring the elimination of Early Release Wednesdays at two Arlington schools. While the budget does not specify which schools would be affected, two of the Arlington's elementary schools would have less classroom time than the other schools in the county.

In total, Tier Two reductions would save a total of \$5.2 million.

At Tier Three, all of the plans to eliminate Early Release Wednesdays in Arlington schools would be deferred. Tier Three would also delay implementation of the full-step increase for APS employees until one-third of the way through the contracted year, which would mean school employees would not see the increase until November of 2015. While this action would save money for FY 2016, that cost would come out of the baseline budget for FY 2017.

All of the tiered cuts, together, would entirely close the school's \$13.6 million budget gap.

Some on the County Board have expressed an understanding of the school's position, but noted that the school might still have to face up to those potential cuts.

"I think the county and the schools need to tighten their belts further," said County Board member John Vihstadt, "but we need to be mindful of the school's needs, especially the skyrocketing enrollment that is continuing to surge Schools have laid out potential areas for reduction or delays if the county does not fund their entire gap. The schools may have to embark on some of those savings. We need to sharpen our pencils and look for additional savings."

The school board will have a series of four work sessions throughout March and host a public hearing on March 19. The School Board will vote on approval of the budget on April 9 with final budget approval by the County Board on May 7.

Hope Spreads through Education

Years after couple wanted to collect school supplies for their village in Uganda, Arlington Academy of Hope has built a school, clinic there.

BY AMBER HEALY
THE CONNECTION

When Joyce Wanda won a visa to move to the United States from Uganda 18 years ago, she and her husband packed up and left everything they'd ever known with the hope of some day doing something to help those who remained there.

By 2004, they'd created a community of friends in Arlington through their work, church and their son's school, Arlington Traditional, and the time was right to start giving back.

Joyce Wanda asked some of the teachers there whether there were any extra pens and pencils that were left behind or no longer needed. She explained that many children in the village where she grew up didn't have access to those kinds of school supplies on a regular basis, and that even used pencils would be appreciated.

Arlington Traditional School was unlike anything Joyce and John Wanda experienced in Uganda.

"There were 18 kids in one classroom for my son," Joyce Wanda recalled. "That was a shock. Where we went to school, we sat on dirt floors with 100 kids in one classroom."

That's where the idea for something more began to germinate.

"We wished the kids in Uganda could have a small portion of the gift that students here in Arlington have," she said. It wasn't just the teacher-student ratio they wanted to improve. They also wanted to get supplies to the students, knowing that some children were sharing pencils with up to five other students.

The result is Arlington Academy of Hope (AAH), a primary school in the village of Bumwalukani built with the donations raised by the organization of the same name where children, in much smaller classes than Joyce and John Wanda remember, are getting an education and excelling in ways the village had never dreamed. The school's name comes from the community that helped build it.

Families in Arlington can sponsor a child to attend the school for \$360 per year, and those children and their sponsor families correspond at least three times per year, Joyce Wanda said. In a handful of cases, sponsors have made the trip to Bumwalukani to meet the student they're helping to send to school.

"A lot of the sponsors have such an attachment to the child, and for the child they have such an attachment that they take their sponsor as their extended family," she said. "It's really wonderful."

She's particularly proud of the school's requirement that at least half the students enrolled there must be girls. Before the school's creation, families often only sent boys to school, as girls were expected to



These students at the Arlington Academy of Hope, in Bumwalukani, Uganda, were sponsored by Arlington Traditional School, whose principal, Holly Hawthorne (back row, far left), has helped establish a sister school program between the two. Also in the photo are Thomas Kitandwe, head teacher at Arlington Academy of Hope when this photo was taken in 2006; Arlington Traditional School teacher Cynthia Margeson, and John Wanda, founder of Arlington Academy of Hope and parent of an Arlington Traditional School student.

marry, have their own children, or help care others in the village, she said.

Additionally, there's a lending program, in partnership with the international organization Women Microfinance, to help women start their own businesses to further establish themselves and work toward greater stability in the village. The goal is for those women to eventually take a larger role in supporting the school, Joyce Wanda said.

The school's supporters are some of its biggest fans, making return visits time and again to see how things are going and getting their families involved along the way.

Dick Burk, currently AAH's president, is organizing a service trip to the school this summer, one of many he's taken to visit the school.

"I'm trying to organize 14 days in-country, for people who want to know more about Arlington Academy of Hope there," he said. People who are interested in the trip will get to spend most of that time in the village itself, something most people who visit Uganda would not get to see because it's several hours from the nearest airport. There will be opportunities for some sight-seeing, including a hike to a nearby mountain and "the most beautiful waterfalls you'll ever see."

The trip will take place from July 23 through Aug. 6, during the dry season when the students will be attending school, he said. There will also be an opportunity to visit the clinic that AAH's sponsors in the United States and elsewhere have helped to build and fund, which sees more than 20,000 patients in a year, in addition to visiting other schools that are either helped by AAH or modeled after the program there.

Burk, a former Peace Corps volunteer in Uganda, has visited the village several times, bringing along his wife, another

former Peace Corps volunteer, when possible. "I have a real soft spot for Uganda," he said.

The same goes for Holly Hawthorne, principal at Arlington Traditional School and the organization's vice president, and her husband, Dean Scribner, who have also made several trips to the village in Uganda and whose son, Justin Scribner, also volunteers there.

As an educator, Hawthorne is especially proud of the progress AAH has made.

She recalled that there was some concern when the first group of students was up for their final test, to determine if their grades were good enough to go from primary to secondary school. The school's backers decided that if three students, out of a class of 24, were eligible to go on to secondary school they would consider it a success.

"All the kids passed," she said. "It was wonderful. But then we realized we had to help them continue." The same thing hap-



Donations from Arlington residents and other supporters helped build the Arlington Academy of Hope school in Bumwalukani, Uganda, to provide a place for children to attend school with smaller classrooms and more highly trained and dedicated teachers.

pened year after year, and money raised by AAH now supports students in primary and secondary school and university.

As a result, Bumwalukani, which once was listed as among the lowest-ranking areas of Uganda in terms of student performance and educational achievement, is now a bright spot in the country.

What's even better, the students who go on to university, in some cases, are studying to become nurses or following other paths in the hopes of returning home to help the village.

For people from Arlington who go to visit the school in Bumwalukani, it's a life-changing experience.

"Living here in Northern Virginia, you only know what you know," Hawthorne said. "Kids have no idea anyone lives like this. I'd never been to a third-world country before and it changed my life. We learned so much from them and they have nothing."

Scribner, who just returned from a trip to the school last month, has thousands of photos from his travels there, showing the school's progress, the clinic the organization helped build, the kitchen where composted materials are providing methane for cooking the lunch of beans and rice the children eat every day. The photos are filled with smiling faces.

They have a photo of the first child they sponsored, Anna, on their piano, next to family photos. She's studying in university now, Hawthorne and Scribner said.

Students at Arlington Traditional and AAH both participate in the same summer reading program each year as part of a sister school program, Hawthorne said.

Bree Hanafin had never been in another country before her first trip to Uganda on behalf of the AAH in 2013. She had just graduated from college and spent nearly a month there. "You definitely realize how fortunate you are," she said of her trip there. "It's a breath of fresh air."

The school itself is "beautiful," she said, but she noticed, during her first trip, when she took over several bags filled with sporting equipment including baseballs and soccer balls, that the children would have to travel three miles to find a flat area to play soccer. While she was there, she was helping to teach during the students' physical education class, so she started work to help build a flat field closer to the school.

"We raised more than \$8,000," said Hanafin, who will be going back to Bumwalukani this summer with Burk's group. "I hope that by the time I get there the project's started."

When asked who should consider signing up for this summer's trip, her answer was immediate.

"Any young person should consider it, it'd be such a great experience," she said. "Seeing kids excited to learn ... it's such a great feeling. I'm so excited to go back."

BULLETIN BOARD

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

APPLICANTS NEEDED

Arlington Commission on Long-Term Care Residences needs advocates who work or live in Arlington. The Commission is currently seeking prospective commission members and volunteers willing to serve as liaisons to long-term care residences. For more information or an application, go to the Commission on Long-Term Care Residence's website: commissions.arlingtonva.us/ltrc/, or contact the Agency on Aging 703-228-1700, via TTY (703) 228-1788, or via e-mail ArlAAA@arlingtonva.us.

THURSDAY/MARCH 5

Funeral Planning Decisions, They're Part of Life. 7 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St., Arlington. Learn about planning for one's own funeral or that of a loved one. Topics will include memorial services and costs associated with funerals. Speaker: Kathy Birnbaum, RN (Retired) and past president of Memorial Society of Virginia. Call 703-228-5999 for more information.

Summer School Registration

Opens. Arlington Public Schools provides a variety of summer programs for students in grades PreK through grade 12 for the summer of 2015. Most classes run from July 13-Aug. 14 for elementary and middle school students, and July 6-Aug. 14 for high school students. Registration

closing dates vary. See the Summer School Catalog at www.apsva.us/summerschool for more. Contact the Summer School office at 703-228-7645 or summerschool@apsva.us.

SATURDAY/MARCH 7

"Changing the Way We Eat." 10 a.m.-6 p.m. at Phoenix Condominiums in Clarendon, 2nd floor Club Room, 1020 Highland St., Arlington. The only Northern Virginia viewing party for TEDx Manhattan's "Changing the Way We Eat." Attendees will enjoy the webcast from New York, hear from local food and agriculture experts, and enjoy snacks and beverages from local food entrepreneurs. The first 100 people to RSVP by Friday, Feb. 27 will receive lunch from Sweetgreen. Tickets are free, but required, visit www.eventbrite.com/e/official-tedx-manchattan-changing-the-way-we-eat-viewing-party-tickets-15453908055.

Application Deadline. 11:59 p.m. The Northern Virginia Alumnae Chapter (NoVAC) of Delta Sigma Theta Sorority, is accepting applications for scholarships for higher education for the 2015-2016 academic year. Eligible applicants are graduating high school seniors attending an accredited college or university in fall 2015 and residing in the NOVAC service area. See www.dstnovac.org or Tiffani C. Moore at scholarship@dstnovac.org for more information.

MONDAY/MARCH 9

ESL Placement Exams. 9 a.m. or 6 p.m. at Syphax Education Center, 2110 Washington Blvd. #106, Arlington. Arlington Public Schools' REEP Program is giving placement



Winter Snapshot

Cars creep along Glebe Road on Feb. 21 during the heavy snow-storm.

PHOTO BY
SHIRLEY L. RUHE
THE CONNECTION

exams for the March 30-June 19, 2015 English (ESL) classes to be held at Syphax Education Center. Morning and evening classes available. Tuition is \$200-\$285 for people who live or work in Arlington; \$350-\$470 for others. Exams are free. Call 703-228-4200 or visit www.apsva.us/reep.

Prayer Breakfast. 10 a.m. at The Woman's Club of Arlington, 700 S. Buchanan St., Arlington. The speaker will be Very Reverend Shearon Sykes Williams from St. George's Episcopal Church, Arlington. A full breakfast will be served. All are welcome. \$5 at the door. RSVP by March 6 at 703-553-5800 or email Womansclubarlington@gmail.com.

Meet the Speaker Series. 3 p.m. at the Arlington Central Library, 1015 N. Quincy St. Pina Agnyahu and Dana Kalishov, both emissaries of the Jewish Agency at the Jewish Federation of Greater Washington, will discuss the question of how can a nation like Israel, built from so many individuals with varying backgrounds and opinions, be united into one

nation? Is the model of a unified culture or a multicultural model the best for Israel? The program is sponsored jointly by Encore Learning and the Arlington Public Library. The public is invited. Call Encore Learning at 703-228-2144.

Civil War Lecture. 7 p.m. at the Arlington Central Library, 1015 N. Quincy St., Arlington. The Arlington County Committee on the Sesquicentennial of the Civil War will be hosting a lecture by Hari Jones of the African American Civil War Museum in Washington, DC. He will be speaking on African Americans and Espionage During the Civil War. Visit arlcivwar.net for more.

SATURDAY/MARCH 14

Bonsai Society Program. 9 a.m. at Walter Reed Community Center, 2909 16th Street South, Arlington. The Northern Virginia Bonsai Society presents John Kirby, who will speak on care and re-potting. Visitors welcome. Visit www.nvbs.us.

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OPINION

Good, Bad and Ugly

The 2015 session of the Virginia General Assembly came to an end last week, and some of the biggest news was about what it did not do.

By far the ugliest debacle rests in the Assembly's ongoing refusal to expand Medicaid to cover as many as 400,000 uninsured people in Virginia, even though it would come at no cost to Virginia (Federal government pays 100 percent for the next two years and 90 percent after that) and would be a massive boost to Virginia's economy. The local and state economy is suffering from the loss of federal spending in other areas, and it's just plain crazy and mean-spirited to deny medical care for people who can't afford it otherwise, and at the same time, turn away an economic stimulus equal to 20,000 or more jobs and a direct infusion of nearly \$2 billion a year.

GOOD: The Assembly nixed a bill which "empowers the Director of the Department of Corrections to make and enter into contracts ... to compound the drugs necessary to carry out execution by lethal injection. ... Information relating to the identity of the persons or entities compounding such drugs, the identities of persons or entities engaged to manufacture or supply the materials used to compound the drug products, and the name of the materials or components used to compound drug products for use in an execution are confidential,

EDITORIAL

exempt from the Freedom of Information Act, and not subject to discovery or introduction as evidence in a civil proceeding ..."

The House of Delegates nixed executing people with secret potions. Passed in the Senate, blocked in the House of Delegates. Be sure to thank those local legislators who voted against this craven proposal: Senators: Adam Ebbin, Barbara Favola, Janet Howell, Dave Marsden and Chap Petersen. Delegates: David Bulova, Eileen Filler-Corn, Charniele Herring, Patrick Hope, Mark Keam, Kay Kory, Rob Krupicka, Jim LeMunyon, Alfonso Lopez, Ken Plum, Tom Rust, Mark Sickles, Marcus Simon, Scott Surovell and Vivian Watts.

And ask these local legislators who voted to carry out executions with secret drugs and secret methods what they were thinking: Senators George Barker and Dick Saslaw. Delegates: Dave Albo and Tim Hugo.

No good comes from conducting the people's business in secret, all the more true when the business is brutal. Killing people is wrong, two wrongs don't make a right, killing people and keeping the brutal details secret is wrong.

BAD: State Sen. Barbara Favola's bill to extend foster care services and support, including foster care maintenance payments, to qualifying individuals age 18 to 21 years who were formerly in the custody of a local board of social services passed unanimously in Senate, and

A look at recently ended session of the Virginia General Assembly.

died in the House of Delegates. The money spent would have been matched by Federal dollars, and every dollar spent helping former foster children become independent, self-supporting adults saves a bundle in other costs down the line.

UGLY: "Ethics reform" put a \$100 cap on each individual gift from lobbyists to members of the Assembly, with no enforcement mechanism, and no changes in campaign finance. Former Gov. Bob McDonnell and his wife were convicted of corruption for taking more than \$170,000 worth of gifts and favors from Star Scientific and related individuals; this was the catalyst for the so-called reform. It is apparently fine, however, that Star Scientific also gave \$108,000 to McDonnell's campaign. More than 40 other entities gave more, including Dominion (\$383,720), Altria (\$361,556), Smithfield Foods (\$267,738), Walmart (\$121,250), just as examples. (Source: vpap.org). No good comes from having our legislative body awash in this kind of cash. You can visit the Virginia Public Access Project at vpap.org and look up who has been giving how much to the people who represent you. It's fascinating.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

General Assembly Adjourns Sine Die

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



The 2015 session of the General Assembly has officially adjourned. Bills I introduced that now await Governor McAuliffe's signature include legislation on issues from job placement and hospital patients' rights to tax refunds and ethics reform. I believe that this legislation will improve the lives of Virginians.

Jobs: Last year, Congress passed the Workforce Innovation and Opportunity Act of 2014. This legislation provides more funding, technical resources, and flexibility for creativity and innovation to the Workforce Investment Boards (WIBs) throughout the country in order to better train and provide job placement assistance to unemployed workers for the jobs of the future. Essential job training programs for an unemployed worker can cost up to \$3,700; however, if we are not able to help them find a position to match their new skills, then that money is not well spent.

That is why I put forward SB1002, which gives local WIBs the flexibility to negotiate pay-for-performance standards directly with job placement agencies. The more we do to empower WIBs across the state and incentivize their partnering organizations, the sooner we will get our neighbors back to work with good-paying jobs and the faster we will grow the Virginia economy.

Hospital Patients' Rights: As it stands today

in Virginia, if you are receiving care in a hospital and your status is changed from "in-patient" to "observation," there is no requirement for the hospital administration to notify you. A status change can have serious financial ramifications in terms of how Medicare or your private health insurance provider covers the cost of your care.

That is why I introduced and passed SB857 along with Senators George Barker and Dick Black, so that hospital patients will receive explicit notifications of a status change.

Tax Refunds: Another bill I passed with Senator Barker is SB1005, which restores the option for taxpayers to receive their state refunds in the form of a paper check. In 2012, Virginia changed the system of delivering tax refunds so that the only two options for payment would be in the form of direct deposit or a plastic debit card.

This was done under the guise of saving the state money from the printing and postage of the checks. Instead, the change outsourced a core function of the Virginia Department of Taxation to a private, for-profit company that resulted in taxpayers receiving plastic debit cards and being charged fees for using the cards at ATMs, businesses and even for inquiring about their balance too often. A 2013 study by the Federal Deposit Insurance Corporation (FDIC) shows that 6.5 percent of Virginia's citizens do not have a bank account for direct deposit, a 1.7 percent increase since 2009. Using fee-ridden debit cards hurts those who

can least afford it.

Our legislation will allow taxpayers once again to have the option of choosing a paper check or direct deposit for their tax refund.

Ethics: Virginians need and deserve to have confidence in their elected officials — but the McDonnell scandal gave citizens every reason to doubt. From the outset, I have called for strong, decisive action to fix our laws and restore Virginians' trust. I introduced reform bills in both 2014 and 2015, and I have offered amendments to strengthen my colleagues' legislation. I am pleased to see that the final bill incorporates several of the ideas I have fought for.

The legislation we passed moves us in the right direction, but it leaves much work undone. The bill imposes a \$100 gift cap on officials, strengthens the Ethics Advisory Council and ensures that disclosure forms will be publicly available online. It will also prohibit gifts of travel unrelated to a legislator's official duties — like trips to golf tournaments on corporate jets. Still, it also leaves gaping loopholes in place. There is no limit on the cumulative value of gifts, and the Ethics Council lacks crucial investigative authority. Many other issues — like the ability for legislators to attend secret meetings on the taxpayer's dime — go totally unaddressed.

We still need to restore Virginians' trust — and until we have done that, I will keep working for stronger and more substantive reforms. You can email me at district30@senate.virginia.gov.

The
Arlington
Connection

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HOME SALES

In January 2015, 146 Arlington homes sold between \$2,300,000-\$40,000. This week's list represents those homes sold in the \$2,300,000-\$629,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR .	FB	HB	...	Postal	City...	Sold Price	...	Type	Lot	AC	PostalCode	Subdivision
2513 11TH ST N	6	...	5	...	1	ARLINGTON	\$2,300,000	...	Detached	0.17	22201	CLARENDON
1839 HERNDON ST	6	...	5	...	1	ARLINGTON	\$2,150,000	...	Detached	0.15	22201	LYON VILLAGE
4012 WOODSTOCK ST N	5	...	4	...	1	ARLINGTON	\$1,914,394	...	Detached	0.23	22207	CLUB MANOR
3200 KENSINGTON ST	6	...	6	...	1	ARLINGTON	\$1,775,000	...	Detached	0.23	22207	CRESENT HILLS
3606 JOHN MARSHALL DR	7	...	5	...	1	ARLINGTON	\$1,525,000	...	Detached	0.25	22207	WILLIAMSBURG VILLAGE
4821 30TH ST N	5	...	4	...	1	ARLINGTON	\$1,420,000	...	Detached	0.23	22207	SHIRLEY WOODS
1314 STAFFORD ST N	5	...	4	...	1	ARLINGTON	\$1,405,000	...	Detached	0.18	22201	BALLSTON
1201 EVERGREEN ST N	6	...	5	...	0	ARLINGTON	\$1,382,500	...	Detached	0.15	22205	WAYCROFT
6413 27TH ST N	5	...	4	...	1	ARLINGTON	\$1,360,000	...	Detached	0.14	22207	BERKSHIRE OAKWOOD
2830 ROCHESTER ST N	6	...	5	...	1	ARLINGTON	\$1,355,000	...	Detached	0.27	22213	RYER KNOLL
2733 LEXINGTON ST N	4	...	3	...	1	ARLINGTON	\$1,315,500	...	Detached	0.18	22207	WILLIAMSBURG
1596 COLONIAL TER	3	...	3	...	2	ARLINGTON	\$1,310,000	...	Townhouse	0.06	22209	HIGHGATE
1819 HIGHLAND ST N	3	...	3	...	1	ARLINGTON	\$1,305,000	...	Detached	0.16	22201	LYON VILLAGE
600 ABINGDON ST N	5	...	4	...	1	ARLINGTON	\$1,280,000	...	Detached	0.28	22203	BALLSTON/BRANDON VLG
2009 NELSON ST	5	...	4	...	1	ARLINGTON	\$1,258,000	...	Detached	0.13	22207	CHERRYDALE
1535 22ND ST N	3	...	3	...	2	ARLINGTON	\$1,120,000	...	Townhouse	0.04	22209	PALISADES PARK
1936 13TH ST N	4	...	4	...	1	ARLINGTON	\$1,107,000	...	Townhouse	0.07	22201	COURTHOUSE HEIGHTS
2343 FILLMORE ST N	3	...	2	...	1	ARLINGTON	\$1,100,000	...	Detached	0.18	22207	MAYWOOD
4118 N. RANDOLPH ST	4	...	3	...	0	ARLINGTON	\$1,050,000	...	Detached	0.26	22207	ARLINGWOOD
813 WOODROW ST N	3	...	3	...	2	ARLINGTON	\$1,025,000	...	Townhouse	0.02	22203	BALLSTON GREEN
5734 8TH ST N	4	...	4	...	1	ARLINGTON	\$975,000	...	Detached	0.10	22205	BON AIR
3707 WOODROW ST	3	...	3	...	0	ARLINGTON	\$940,000	...	Detached	0.23	22207	COUNTRY CLUB HILLS
106 GARFIELD ST S	4	...	3	...	1	ARLINGTON	\$920,000	...	Detached	0.14	22204	ARLINGTON HEIGHTS
2411 QUEBEC ST	4	...	3	...	0	ARLINGTON	\$900,000	...	Detached	0.24	22207	CRYSTAL SPRING KNOLLS
2636 SYCAMORE ST N	5	...	4	...	0	ARLINGTON	\$900,000	...	Detached	0.14	22207	SYCAMORE GARDENS
4844 ARLINGTON BLVD	4	...	3	...	1	ARLINGTON	\$860,000	...	Detached	0.14	22204	ARLINGTON FOREST
1206 JEFFERSON ST	4	...	3	...	1	ARLINGTON	\$860,000	...	Detached	0.13	22205	LACEY FOREST
1600 OAK ST N #519	3	...	3	...	0	ARLINGTON	\$860,000	...	Hi-Rise 9+ Floors	22209	BELVEDERE
3074 POLLARD ST	3	...	3	...	0	ARLINGTON	\$855,000	...	Detached	0.21	22207	BELLEVUE FOREST
894 KENTUCKY ST N	4	...	3	...	1	ARLINGTON	\$850,000	...	Detached	0.12	22205	BROCKWOOD
1501 COLONIAL TER #D	3	...	2	...	1	ARLINGTON	\$850,000	...	Townhouse	0.02	22209	HIGHGATE
2313 N VAN BUREN CT	4	...	4	...	1	ARLINGTON	\$834,150	...	Townhouse	0.03	22205	FENWICK COURT
1600 CLARENDON BLVD #W311	1	...	2	...	0	ARLINGTON	\$820,000	...	Garden 1-4 Floors	22209	...	WOOSTER & MERCER LOFTS
3081 POLLARD ST	5	...	3	...	1	ARLINGTON	\$805,000	...	Detached	0.24	22207	BELLEVUE FOREST
1264 N BUCHANAN	3	...	2	...	1	ARLINGTON	\$800,000	...	Detached	0.15	22205	WAYCROFT
2611 MARCEY RD	1	...	1	...	0	ARLINGTON	\$800,000	...	Detached	0.27	22207	DAVIS
1801 QUESADA ST N	4	...	3	...	1	ARLINGTON	\$799,900	...	Detached	0.33	22205	WESTOVER
120 FILLMORE ST	3	...	2	...	0	ARLINGTON	\$785,000	...	Detached	0.13	22201	LYON PARK
1530 KEY BLVD #1128	2	...	2	...	0	ARLINGTON	\$777,000	...	Hi-Rise 9+ Floors	22209	..	THE ATRIUM CONDOMINIUM
500 LONGFELLOW ST N	3	...	2	...	1	ARLINGTON	\$764,000	...	Detached	0.22	22203	SPY HILL BLVD MANOR
1702 NELSON ST	4	...	2	...	1	ARLINGTON	\$755,000	...	Detached	0.22	22207	CHERRYDALE
1803 28TH ST S	4	...	2	...	2	ARLINGTON	\$745,000	...	Townhouse	0.05	22202	FOREST HILLS COMMONS
1816 21ST ST N	3	...	3	...	1	ARLINGTON	\$740,000	...	Townhouse	22209	BEL ALTON
303 JACKSON ST	3	...	2	...	2	ARLINGTON	\$729,000	...	Detached	0.14	22204	ARLINGTON HEIGHTS
1012 16TH ST S	3	...	2	...	0	ARLINGTON	\$700,000	...	Detached	0.14	22202	ADDISON HEIGHTS
3511 22ND ST S	3	...	3	...	1	ARLINGTON	\$699,900	...	Townhouse	0.06	22204	BELLA VISTA
4136 25TH ST N	3	...	2	...	0	ARLINGTON	\$695,000	...	Detached	0.12	22207	LEE HEIGHTS
30 PARK DR	4	...	2	...	0	ARLINGTON	\$685,000	...	Detached	0.13	22204	ARLINGTON FOREST
2227 LEXINGTON ST N	3	...	1	...	1	ARLINGTON	\$680,000	...	Detached	0.19	22205	TUCKAHOE VILLAGE
834 BUCHANAN ST S	3	...	2	...	1	ARLINGTON	\$675,000	...	Detached	0.17	22204	BARCROFT
211 FILLMORE ST S	3	...	3	...	1	ARLINGTON	\$675,000	...	Detached	0.10	22204	PENROSE
2616 FERN ST S	3	...	2	...	0	ARLINGTON	\$670,000	...	Detached	0.17	22202	AURORA HILLS
3515 22ND ST S	3	...	3	...	1	ARLINGTON	\$670,000	...	Townhouse	0.08	22204	BELLA VISTA
4844 7TH ST S	4	...	3	...	0	ARLINGTON	\$662,000	...	Detached	0.11	22204	BARCROFT
1009 N. LARRIMORE ST	4	...	3	...	0	ARLINGTON	\$660,000	...	Multi-Family	...	0.14	22205	DOMINION HILLS
2322 FILLMORE ST	2	...	2	...	0	ARLINGTON	\$659,000	...	Detached	0.23	22207	HISTORIC MAYWOOD
6272 15TH PL N	3	...	3	...	1	ARLINGTON	\$647,000	...	Townhouse	22205	SYCAMORE RIDGE CONDO
1276 N. WAYNE ST #1123	2	...	2	...	0	ARLINGTON	\$645,000	...	Hi-Rise 9+ Floors	22201	WILLIAMSBURG
1201 GARFIELD ST N #612	2	...	2	...	0	ARLINGTON	\$629,000	...	Hi-Rise 9+ Floors	22201	STATION SQUARE

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"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs, for March 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.

Senior trips: Sunday, March 15, Riverside Dinner Theatre, "9 to 5"; Fredericksburg, \$64; Monday, March 16, Shamrock Inn, Thurmont, Md., \$7

(transportation only); Tuesday, March 17, Dover Downs, Del., \$10; Thursday, March 19, Carderock facilities, Md., \$9; Friday, March 20, Afternoon Tea at Green Spring Gardens, Annandale, \$49; Saturday, March 21, National Theatre, D.C., "Blithe Spirit," \$103. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Painting classes begin, Monday, March 16, \$40/7 two-hour sessions, Lee. Register, 703-228-0555.

Future aging issues in Arlington, Monday, March 16, 10 a.m.,

Langston-Brown. Register, 703-228-1700.

Pilates class begins Monday, March 16, 1:15 p.m., Arlington Mill, \$36/8 sessions. Register, 703-228-7369.

Gentle Hatha Yoga classes begin week of March 16 at senior centers. Information, 703-228-4721.

Strength training classes at TJ, Mondays, 9 a.m., \$60/15 sessions or \$4 drop in. Details, 703-228-5920.

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

Bathroom Remodel Special \$6,850

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March 7th

(Snow Date: March 14th
Please call to confirm!)

12:00 to 4:00pm

REMODELER'S
CHARITY
HOME TOUR
ARLINGTON

Presented by
SUN DESIGN
Design. Remodel. Relationships.

Join Sun Design to *tour design trends of this renovated home and learn more about the Kids Club program developed by the Casa Chirilagua organization*, headquartered in Alexandria, VA. **It's FREE.**



3600 25th Street North, Arlington, VA 22207

Project Features:

- Added cathedral ceiling by replacing attic staircase with full size pull down stairs and maximizing unfinished attic storage use
- Added large picture-frame window with trapezoid transoms
- Open floorplan between kitchen, family room and dining room, by removing walls and brick flu chase located in the center of the main level
- Enlarged kitchen to include storage and preparation space
- Large center island with seating for four
- Custom designed cabinetry and fireplace surround



ABOUT THE TOUR

Visit the website for more details:
RemodelersCharityHomeTour.com

What do a remodeling company and the Casa Chirilagua organization have in common? The simple answer is this; a desire to help families enhance quality of life today and in the years to come.



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design/build | additions | kitchens | baths | basements | outdoor spaces

ENTERTAINMENT

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

ONGOING

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.

“No Hay Que Llorar” (No Need to Cry). Through March 8, 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.teatrodelaaluna.org. Free parking, handicapped accessible.

“Kid Victory.” Through March 22, 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.

“Much Ado About Nothing.”

Through March 22, 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.

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.

“The Founding Sisters.” Through March 29, 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. Visit www.arlingtonhistoricalsociety.org.

Photo Exhibition. Through April 6. 10 a.m.-9 pm; 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.

WEDNESDAYS IN MARCH

Spark Speed. 6-9 p.m. at 2345 Crystal Drive Parking Garage - G4 Level. Register today for the Wednesday Night Spins in March and the

Phoenix Derby in May. These events are great for experienced athletes, beginners and for those looking to do something fun and active. Register at www.bikereg.com/crystal-citywednesday-night-sprints

THURSDAY/MARCH 5

Inside Signature with Kid Victory.

1 p.m. at the Mead Lobby, Signature Theatre, 4200 Campbell Ave., Arlington. Jake Winn, Luke in the world premiere musical Kid Victory, sits down with Signature to talk about both working with John Kander and Greg Pierce as well as working as a young actor in today's theatrical market. Free. No reservation required. Visit www.signature-theatre.org for more.

FRIDAY/MARCH 6

40th annual Washington

Antiquarian Book Fair. 5-9 p.m. at Holiday Inn Rosslyn at Key Bridge, 1900 North Fort Myer Drive, Arlington. The Washington Antiquarian Book Fair is the rarest, most curated antique book fair in the D.C. region. Visitors can touch, discover and purchase rare books, manuscripts, autographs, maps and more, while experiencing the thrill of the hunt. \$8-\$14. Tickets, schedule and program at www.wabf.com.

Family Night at the Mill. 7-9 p.m. at Arlington Mill Community Center, 909 S Dinwiddie St., Arlington. Bring blankets and pillows to enjoy “How to Train Your Dragon 2” on the big screen together as a family. All ages welcome, ages 10 and under must be accompanied by an adult. Free. Visit <http://parks.arlingtonva.us/locations/arlington-mill-community-center>.

Live Music. 9 p.m.-1 a.m. at The Rhodeside Grill, 1836 Wilson Blvd., Arlington. The Rhodeside Grill in Arlington presents a three-band show with Big Green Cherry, Starryville and Lesson Zero. Call 703-243-0145 or visit www.rhodesidegrill.com.

FRIDAY-SATURDAY/MARCH 6-7

Children of Eden, 7:30 p.m. at Chalice Theatre, Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington. From Stephen Schwartz, the composer of Wicked, Godspell and Pippin, comes a beautiful re-telling of the most ancient of stories; humankind's struggle to understand the source of creation and the meaning of life. \$15-\$20. Visit www.coe-uucava.eventbrite.com or www.uucava.org for more.

SATURDAY/MARCH 7

Nova Teen Book Festival. 9:30 a.m. at Washington-Lee High School, 1301 North Stafford St., Arlington. In partnership with Arlington County Public Library, Fairfax County Public Library and Arlington County Public Schools, One More Page co-hosts the second annual Nova Teen Book Festival, an all-day free literary festival featuring more than 20 Young Adult authors participating in breakout sessions, author panels and book signings. Visit novateenbookfestival.tumblr.com.

40th annual Washington

Antiquarian Book Fair. 10 a.m.-5 p.m. at Holiday Inn Rosslyn at Key Bridge, 1900 North Fort Myer Drive, Arlington. The Washington Antiquarian Book Fair is the rarest, most curated antique book fair in the D.C. region. Visitors can touch, discover and purchase rare books, manuscripts, autographs, maps and more, while experiencing the thrill of the hunt. \$8-\$14. Tickets, schedule and program at www.wabf.com.



PHOTOS BY LARRY MCCLEMONS

Encore Stage & Studio's production of “The Three Musketeers” is full of action, comedy and adventure.

Encore Stage & Studio Presents ‘Three Musketeers’

In 17th-century France, a poor young nobleman named D'Artagnan leaves home to join the famous Musketeers of the Guard – defenders of the King and masters of the rapier. On his journey, D'Artagnan befriends three famous Musketeers: Athos, Porthos, and Aramis. As the foursome roams the countryside, they encounter a plot to kidnap the King's favorite dog ... and realize they'll need the help of three swashbuckling ladies to save the day. This new Encore twist on the classic Alexandre Dumas adventure is recommended for children ages 6 and older.

Encore offers an accessibility matinee performance on Saturday, March 7 at 3 p.m. This matinee performance will provide accommodations for children and families with special needs. Accommodations include ASL interpretation and assisted listening devices as well as Braille and large print programs to allow the performance to be accessible to all audiences. An exclusive backstage tour and Q&A session with cast members will be offered for children to connect with the story and to experience theatre in a new way. Interested patrons needing these accommodations must e-mail info@encorestage.org in advance.

This production also debuts the first original Encore script composed by resident playwright, Matthew Heap. In addition, Encore Stage & Studio will be hosting a food drive, collecting canned food at the theatre. Patrons are encouraged to donate one item to be given to the Arlington Food Assistance Center.

Performance dates and showtimes: Friday, March 6 at 7:30 p.m.; Saturday, March 7 at 11 a.m. and 3 p.m. and Sunday, March 8 at 3 p.m. in the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. Tickets are \$12 adults, \$10 children, students, military and seniors. Tickets are available online at www.encorestage.org or calling the box office 703-548-1154.



From left, D'Artagnan (Christopher Wagner), Porthos (Colin Meek), Aramis (Brody Karton) and Athos (Zach Longworth).

2015 Arlington Home Show & Garden Expo.

10 a.m.-5 p.m. at Thomas Jefferson Community Center, 3501 2nd St., Arlington. Whether one is a resident looking to improve an existing home, an experienced contractor or a landlord managing rentals, the 2015 Arlington Home Show & Expo offers a convenient one-stop shop to “Ask an Expert” and learn ways to update your home. Visit www.arlingtonhomeshow.org.

Art Auction and Gala. 7-11 p.m. at Artisphere, 1101 Wilson Blvd., Arlington. Washington Project for the Arts' Annual Art Auction and Gala offers a chance to attend one of the highlights of the contemporary art calendar in the Washington region. Visit www.wpadc.org/SELECT2015.

Live Comedy. 7 and 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Robert Kelly has overcome many hardships in his life, all of which have made him the actor/comedian he is today. From his early days as a

kid growing up in Boston, in and out of juvenile hall, Kelly's unique, honest take on his own life and relationships make his comedy clever, abrasive, funny, but refreshingly vulnerable. \$22. Visit <http://ArlingtonDrafthouse.com>.

SUNDAY/MARCH 8

Children of Eden, 3 p.m. at Chalice Theatre, Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington. From Stephen Schwartz, the composer of Wicked, Godspell and Pippin, comes a beautiful re-telling of the most ancient of stories; humankind's struggle to understand the source of creation and the meaning of life. \$15-\$20. Visit www.coe-uucava.eventbrite.com or www.uucava.org for more.

TUESDAY/MARCH 10

Chorale Performance. 7:30 p.m. at

St. Ann Roman Catholic Church, 5300 10th St. North, Arlington. The Silver Lake Chorale is comprised of 19 full-time undergraduate Silver Lake College students. Admission is free. Visit www.SL.edu or stannchurch.org for more.

THURSDAY/MARCH 12

Arlington Historical Society. 7-9 p.m. at Marymount University, Rowley G127, 2807 N. Glebe Road, Arlington. “The Road to Happiness: The Origins of the George Washington Memorial Parkway,” with David Lassman. Visit www.arlingtonhistoricalsociety.org for more.

FRIDAY/MARCH 13

Anniversary Celebration. 6:30 p.m. at One More Page Books, 2200 North Westmoreland St., Arlington. The store celebrates its fourth anniversary with a party and wine tasting. Visit

www.connectionnewspapers.com

ENTERTAINMENT

www.onemorepagebooks.com.

FRIDAY-SATURDAY/MARCH 13-14

Children of Eden, 7:30 p.m. at Chalice Theatre, Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington. From Stephen Schwartz, the composer of *Wicked*, *Godspell* and *Pippin*, comes a beautiful re-telling of the most ancient of stories; humankind's struggle to understand the source of creation and the meaning of life. \$15-\$20. Visit www.coe-uucava.eventbrite.com or www.uucava.org.

SATURDAY/MARCH 14

Monte Carlo Night, 7 p.m. at Ronald Reagan National Airport, Historic Terminal "A." Proceeds from this event support Leadership Arlington's mission and Youth Program. The evening features activities from a silent auction benefiting the Leadership Arlington Youth Program to Monte Carlo casino-style gaming tables. \$185, by Feb. 28; \$225 begins March 1. Tickets may be purchased online at www.leadershiparlington.org.

The Three B's for Three, 7:30 p.m. Rosslyn Spectrum Theatre at Artisphere, 1611 North Kent Street, Arlington. Combinations of three featuring the piano trios of Beethoven and Brahms and a collaboration with Bowen McCauley Dance. Choreographer Lucy Bowen McCauley premieres a new creation for the National Chamber Ensemble set to one of J.S. Bach's Chaconne in D minor. Purchase tickets at 888-841-2787 or visit www.nationalchamberensemble.org for more.

House Concert Series, 7:30 p.m. Arlington-based IBIS Chamber Music presents concerts in private homes, followed by a reception. Proceeds fund community concerts. \$25, limited space. Email susan@ibischambermusic.org or call 703-755-0960 for reservations. Visit ibischambermusic.org for more.

SATURDAY-SUNDAY/MARCH 14-15

Children of Eden, 3 p.m. at Chalice Theatre,

Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington. From Stephen Schwartz, the composer of *Wicked*, *Godspell* and *Pippin*, comes a beautiful re-telling of the most ancient of stories; humankind's struggle to understand the source of creation and the meaning of life. \$15-\$20. Visit www.coe-uucava.eventbrite.com or www.uucava.org.

American Girl Fashion Show. At the Sheraton Pentagon City, 900 South Orme St., Arlington. The Junior League of Northern Virginia presents "Styles of Today and Yesterday," for girls and their families, friends and favorite dolls. Attendees will enjoy refreshments, enter to win door prizes and learn how clothing has changed over the years to reflect history, culture and girls' individual styles. Individual tickets are \$35-\$50 or purchase a group package starting at \$115, along with exclusive American Girl merchandise. Sales of tickets and merchandise support the JLN's community programs. Contact Devan Willemssen at 614-406-1759 or AmericanGirlFS@jlnv.org.

SUNDAY/MARCH 15

Young Adult Author Panel, 3 p.m. at One More Page Books, 2200 North Westmoreland St., Arlington. One More Page books hosts a Young Adult author panel featuring Leah Cypess ("Death Marked"), Lisa Maxwell ("Sweet Unrest"), and Caroline Tung Richmond ("The Only Thing to Fear"). Visit www.onemorepagebooks.com or call 703-300-9746.

THURSDAY/MARCH 19

Ikebana for Beginners, 11 a.m. at Little Falls Presbyterian Church's Friendship Hall, 6025 Little Falls Road, Arlington. Sheila Advani instructs new learners in the Sogetsu School of Ikebana and free style floral arrangement. Free, open to the public. An optional lunch follows for \$5. Sponsored by the Rock Spring Garden Club. Make reservations at 703 532-1959 or rockspringgardenclub@gmail.com. Visit www.rockspringgardenclub.com for more.

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RPC#31001034



Parcel 1

Parcel 2
(Anna Mayewsky, et al.):
4117 N. Richmond St.;
Arlingwood, Lot 25,
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PETS

Doggone Good Living in Arlington

Nothing puts a smile on a dog's snout more than a trip to the dog park. Arlington County has eight dog parks ranging from grassy, tree-covered parks to synthetic turf with a solar-powered water feature for Fido to play in. These dog parks are the only public places in Arlington where dogs may be off leash.

"Our dog parks are great places for both two and four legged Arlingtonians to meet up," said Parks and Recreation Director Jane Rudolph. In the past, Arlington called its dog parks Community Canine Areas in reference to the strong community within the parks. "Arlington's dog parks have a long history of community/county partnerships, with dog park sponsor groups playing a big role in park development and maintenance. We couldn't do it without them."

Each Arlington dog park has its own community and vibe. Shirlington is the biggest and gets pooches from a wide reach, while Fort Ethan Allen gets a more local pack. "The camaraderie among park visitors [both the dogs and the humans that support them] is really great to see," said Lyndell Core, who manages the parks for the county. "Pet owners share information about pet habits, pet training or the need for training. And the personal relationships developed among dog park visitors is great. At a recent holiday party at one of the parks, names were not important, it was who is your dog? Pet owners are known more by the characteristics of the breed of their dog, its temperament and harmony in the park."

The county is currently looking for groups



PHOTO BY KEITH B. FRED

The dog park at Shirlington Park dog park at 2601 South Arlington Mill Drive.



PHOTOS CONTRIBUTED

The dog park at James Hunter Park, 1230 N. Hartford St.



The dog park at Towers Park, 801 South Scott St.

Arlington Dog Parks

Dog Parks noted with an asterisk (*) indicates that dog park is not or is only partially fenced in.

Benjamin Banneker Park

1701 North Van Buren Street
Arlington, VA 22205
Lights on until 8 p.m.
Sponsor: Banneker Dogs

Fort Barnard

at the corner of South Pollard Street and South Walter Reed Drive
Lights on until 9 p.m.
Sponsor: Douglas Dogs

Fort Ethan Allen Park

3829 North Stafford Street
Arlington, VA 22207
Lights on until 7 p.m.
Sponsor: Madison Dogs

Glencarlyn Park *

301 South Harrison Street
Arlington, VA 22204
Closed at sunset

James Hunter Park

1230 N. Hartford Street
Arlington, VA 22201
CCA area closes at 9 p.m.

Shirlington Park *

2601 South Arlington Mill Drive
Arlington, VA 22206
Closed at sunset
Sponsor: Shirlington Dogs II

Towers Park

801 South Scott Street
Arlington, VA 22204
Lights on until 10 p.m.
Sponsor: Towers Park CCA

Utah Park

3191 South Utah Street
Arlington, VA 22206
Closed at sunset
Sponsor: Fair Dogs

to sponsor James Hunter and Glen Carlyn Dog Parks. "Dog park sponsor groups help set the tone for the park and are vital to ensuring the parks are community driven," said Rudolph. People interested in supporting these parks should contact Core, lcore@arlingtonva.us/703-228-6523, for more information.

Talking with Birds

BY VERONICA BRUNO
THE CONNECTION

Thirteen-year-old Julia Adde delights in having her pet parrot, Boo Boo sit with her while she does her homework. Boo Boo, an eclectus parrot, was the fourth and most recent bird to join the Adde household. Boo Boo brought a lot of personality and fit right in with the family.

"When I get home from school, I go say hi to the parrot," said Julia, an eighth grader. "I usually spend at least an hour with him. I take Boo Boo to my room and do homework with him. It's nice to have someone there while you're working." Julia bonded with Boo Boo right away and spends the most time with him.

Barbara Adde, Julia, and 10-old brother Ben all volunteer at the Animal Welfare League of Arlington (AWLA). They have adopted all their birds from there. Boo Boo was adopted on Jan. 16 of this year and joined two parakeets and one brightly-colored love bird. They also have a fluffy rabbit, Simba, adopted two years ago this very month.

Shortly before Boo Boo joined the family, one of their pet love birds, Luna, died. The family wanted a new bird and their mother, Barbara Adde, thought that maybe they



PHOTO COURTESY OF BARBARA ADDE

Julia Adde, 13, holds her blue parakeet, aptly named Indigo.

would be ready for a bigger bird. "We just loved our love bird."

Barbara Adde is allergic to cats and her husband is allergic to dogs. Adopting birds have become the perfect fit. They love taking care of the birds. "There's a great deal of friendship involved," said Barbara Adde. With friendship comes communication, which is something all the birds in the house do very well. "When I come downstairs in the morning, [Boo Boo will] say 'good morning,'" Barbara Adde said with a laugh.

The parakeets and love bird join in as well. "All the birds sing," she said. They are often hand-fed, spend plenty of time out-

side their cages and love having quality time with the family. While the kids are playing the Xbox, the birds are usually nearby, just hanging out. "They're very sociable. They like to be around us."

The pets have also taught both children about responsibility and care. Julia and Ben participate in much of the care for the birds and rabbit. They hand feed the birds, give them regular baths and go along on veterinary appointments.

Julia volunteers at AWLA at least a few times a month. She wants to be a veterinarian when she grows up. "It's a personal achievement," she said about being a pet owner. "It's nice to take care of something else. They don't judge you. They communicate with you."

Ben also volunteers at the shelter, but has different aspirations from Julia. "I kind of want to be a racecar driver," he said. He also spends a great deal of time with the family pets and usually takes them out of their cage when he comes home from school too. "There's a lot of emotional bonding," described his mother.

Julia and Ben have many stories about each animal's personality. Not to be lost in the shuffle, the rabbit Simba is very good about having a bath. When he's done, "he

Details

To learn more about the adoption and volunteer opportunities at the AWLA, call 703-931-9241 or visit <http://www.awla.org/>. The league is located at 2650 S. Arlington Mill Dr in Arlington.

sits on the edge of the sink and waits for a brush," said Barbara Adde. Boo Boo likes showers and the Addees use their hand-held shower device to make it easier. "He even lifts his wings" in anticipation of the bathing process, she described.

Barbara Adde illustrated some of the challenges with so many pets. Most of them arise when they need a person to care for them. In such cases, they find it easier to have someone come into the home rather than disrupt their environment. They faced another test when they lost power just a few days ago during the storm. They can't just put themselves up in a hotel, it takes much greater coordination to ensure all the pets are cared for before making any kind of plan.

Communicating and developing a bond with the animals is worth all the extra care and coordination. Boo Boo has a particularly verbose vocabulary. He asks the various family members: "What ya doing now?" He also tells them: "Love you."

WELLBEING

PHOTO COURTESY OF WASHINGTON CENTER FOR WEIGHT MANAGEMENT & RESEARCH, INC.

Domenica M. Rubino, M.D., far right, pictured with Mougeh Yasai, PhD, clinical psychologist and Amy Allnutt, MS, ACSM/HFS, exercise physiologist. Rubino, director Washington Center for Weight Management & Research, Inc., recommends a research-based, comprehensive mind-body approach to weight loss and maintenance that includes medical, nutritional, behavioral and psychological factors and includes physicians, dietitians and psychotherapists



Shedding Pounds and Keeping Them Off Suggestions for maintaining a healthy weight.

BY MARILYN CAMPBELL
THE CONNECTION

For Toni Williams, effective weight loss and maintenance have been a struggle her entire adult life. Her introduction to unhealthy food came in college.

"Instead of the 'freshman five,' I did the freshman 20," she said. "I ate cheeseburgers and fried chicken every day."

Williams, now 60, identified here by a pseudonym, counts herself among the estimated 97 million Americans who the National Institutes of Health identifies as overweight or obese and at risk for health problems such as diabetes, high blood pressure and heart disease. Approximately 90 percent of people who have lost weight, including Williams, have regained weight after a weight loss.

"There are a lot of different ways to lose weight, and I know how to lose weight," said Williams. "The problem is keeping it off."

Williams is a patient at the Washington Center for Weight Management & Research, Inc., in Arlington, and says that through her work at the center, she has discovered her own personal formula for losing weight.

"Weight is a constant work in progress," she said. "There is no one way to do it. What works for some people won't work for others. You have to figure out what works for you."

VIEWING OBESITY as a medical condition is the first step to solving it, said Dr. Domenica M. Rubino, director of the Washington Center.

"Obesity is a serious and complex disease that affects each individual differently," she said. "It is significantly influenced by risk factors including genetic, environmental, economic, psychological and social determinants, as with most chronic diseases."

Rubino recommends a research-based, comprehensive, mind-body approach to weight loss and maintenance that includes medical, nutritional, behavioral and psychological factors, and includes physicians, dietitians and psychotherapists.

"I try to help my patients explore the triggers [such as sadness, anger, and anxiety] that lead them to turn to food as a way to cope," said Mougeh Yasai, a clinical psychologist at the Washington Center. "Mindfulness can help patients become more attuned to their feeling states, and also how to deal with these feelings when they come up. Once triggers are iden-

tified, we explore various coping skills that can be helpful during times of distress. The emphasis on mindful observation of eating behaviors is to practice the skill of observing with a nonjudgmental stance."

HEALTH CARE PROVIDERS at Weight Loss Services at Inova Fair Oaks Hospital in Fairfax, also assist patients in a weight loss program that includes a variety of bariatric (or weight loss) surgeries, generally reserved for those with a body mass index (BMI) of 40 or more.

"We also might use pharmacological methods to jump start weight loss," said Carmen Spencer, a registered nurse. She is the clinical program coordinator at the clinic.

"Medical weight loss is pretty much open to anyone with a BMI of 27 or higher," she said. "We offer a 12-week program that uses meal replacements."

"Maintaining weight can be difficult for several reasons," said Yasai. "There are physiologic signals of appetite, satiety and hunger that increase after we lose weight. These are normal responses after weight loss."

Some strategies are helpful in increasing one's chances of keeping excess weight at bay. "The environment is filled with opportunities to eat high-calorie foods and not move much," said Yasai. "So in addition to continuing the lifestyle changes that helped you lose weight, it is important to have strengthened coping skills for managing stress as well as being mindful of potential emotional triggers to eating."

Setting unrealistic goals, losing too much weight at one time and following fad diets can lead to rapid weight regain or failure to lose weight in the first place.

"There is no magic, no special potion or diet," said Rubino. "In fact, no one person or thing holds the key for the treatment of obesity."

Maintaining a healthy weight takes work and dedication. Adherence to healthy eating and physical activity are two of the most important aspects of keeping weight off. Williams builds both into her daily routine.

"I go to the gym three times a week at 6 a.m.," said Williams. "If I don't do it then, something will come up later during the day. I use a trainer because I find that it's a luxury that I can't afford not to have. My trainer keeps me motivated and from making the gym my favorite charity."

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4/15/2015.....A+ Camps & Schools

4/22/2015.....Real Estate Pullout – New Homes

4/29/2015.....A+ Camps & Schools Pullout

4/29/2015.....Mother's Day Celebrations, Dining & Gifts I

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Gymnasts Deal with Weather-Based Delays

Hatcher's hot streak interrupted, Mitrovich faces scheduling conflict.

BY JON ROETMAN
THE CONNECTION

Nine days after winning the all-around championship in the most competitive conference in the region, Washington-Lee gymnast Sophie Hatcher produced an even better score at the 6A North region meet on Feb. 11 and took home another title.

W-L had its team streak of three straight region championships snapped, and the Generals failed to secure a state berth, but head coach Joe D'Emidio acknowledged that night at Lake Braddock Secondary School that his top gymnast was in the midst of something special.

"Sophie was, again, on a roll," D'Emidio said on Feb. 11 in reference to Hatcher producing all-around scores of 37.625 (conference) and 37.65 (region) during a nine-day span. "She won the all-around at conference and here she is, not missing a beat. We just hope that beat keeps going all the way to states. We're following her excitement and the team is still excited for her that she's advancing."

The VHSL 6A/5A state meet was originally scheduled for the weekend of Feb. 20-



CONNECTION FILE PHOTO

Washington-Lee senior Sophie Hatcher and other gymnasts have had to deal with the individual state meet being postponed twice due to inclement weather concerns.

21 at Patriot High School. The team competition continued as planned on Friday, Feb. 20, with McLean winning the state championship. However, inclement weather concerns caused the following day's individual competition to be postponed for a week. As Feb. 28 approached, inclement weather concerns arose once again, leading to another week-long postponement.

As of Tuesday, the individual state meet was scheduled for noon on Saturday, March 7 at Patriot High School.

If there are no more postponements, the VHSL individual state meet will be held nearly one month after Hatcher won the regional all-around title. She has completed

in one club meet for the YMCA's Arlington Angels since Feb. 11.

"I don't think it's unlucky, really," Hatcher said of about the two-week delay following her pair of stellar performances. "I had two of the best meets I've ever had in a row and I hit all my routines. I'll just try to do my best for a third time (at states) and see what happens."

Hatcher said the postponements have been "a little frustrating."

Yorktown sophomore Juliette Mitrovich qualified for states in three events — beam, bars and floor — but will compete only on beam due to a scheduling conflict with her club team, the Arlington Aerials. Mitrovich has a club meet on the same day as the VHSL meet, so Mitrovich said she will compete on beam because it is the least strenuous on her body.

If the state meet was held on its original date, Mitrovich said she would have been able to compete in all three events. If the meet was held Feb. 28, she would have had a scheduling conflict.

The VHSL announced on Feb. 20 that the individual state meet had been postponed from Feb. 21 to Feb. 28. On Feb. 21, there was heavy snowfall in the area. Days before the Feb. 28 re-scheduled meet, the VHSL announced the competition would be postponed until March 7. When Feb. 28 arrived, however, the weather was deemed safe enough that regional basketball tournament games were played in the area.

"The first weekend it was postponed, I wasn't very surprised because I knew there was going to be a lot of snow," Mitrovich



PHOTO BY LOUISE KRAFT/THE CONNECTION

Yorktown sophomore Juliette Mitrovich qualified for states in three events, but will only compete on beam due to a scheduling conflict.

wrote in an email. "However, the second weekend I was extremely surprised it was postponed because it didn't seem like there was a reason for it."

Mitrovich said she's hoping to enjoy Saturday's competition.

"Mainly, I would just like to go to the meet and have fun," Mitrovich wrote. "However, I would like to redeem myself on beam because in the conference and regional meets, I fell, which is uncharacteristic of me, so it would be nice to show everyone what I can actually do."

SPORTS BRIEFS



PHOTO BY LOUISE KRAFT/THE CONNECTION

Hailey Finlay, seen earlier this season, and the Wakefield girls' basketball team won a region tournament game, beating Massaponax on Feb. 27.

Wakefield Basketball Teams Suffer Defeats

The Wakefield boys' and girls' basketball teams suffered season-ending losses in the quarterfinals of their respective 5A North regional tournaments on Feb. 28.

The boys' team, which entered the contest on a 23-game win streak, lost to Freedom 62-59 at Wakefield High School. The Warriors finished the season with a 24-2 record and a Conference 13 championship.

The girls' team lost to Tuscarora 65-63 at THS. The previous night, Wakefield defeated Massaponax 49-47 in the opening round at WHS. The Warriors finished the season with a 16-10 record and a runner-up finish in Conference 13.

Yorktown Boys Lose to Battlefield

The Yorktown boys' basketball team ended its season with a 64-55 loss to Battlefield on Feb. 27 in the opening round of the 6A North region tournament.

Yorktown entered the game as the No. 4 seed from Conference 6. Battlefield was the top seed from Conference 8.



PHOTO CONTRIBUTED

Champions

The top-seed NoVa Ice Dogs U12-A girls' ice hockey team defeated the Montgomery (MD) Blue Devils 4-3 to win the Chesapeake Bay Hockey League U12 girls' championship on Feb. 22 in Frederick, Md. The Ice Dogs, coached by Mike Donovan of Falls Church, are composed of 19 11-year-olds from around Northern Virginia. The roster includes: Katherine Donovan, Sarah Ettinger, Kaia Jefferson, Jillian Kendrick, and Bryana Nace of Falls Church City; Kelly DeMatties and Mira Majure of Falls Church Fairfax County; Alexandra Friedman and Ana Evans of Alexandria; Rachel Clarke and Emily Rotter of Arlington; Gwenyth Holloway and Braylee Weets of Springfield; Lexi Lewis of Nokesville; Elizabeth Mueller of Fairfax Station; Caley Duchak of Vienna; Mia Boris and Macie McGraw of Washington, D.C.; and Sara ten Broecke of Columbia, Md. Tryouts for next year's girls teams will be held April 30-May 7 in Alexandria. Contact Peter Townsend at peterwtownsend@comcast.net for more information.

Remodeled Home Tour Will Benefit Casa Chirilagua

A March 7 tour of recently remodeled Arlington home will benefit Casa Chirilagua.

BY JOHN BYRD

A tour of a recently remodeled Arlington home will benefit Casa Chirilagua, a four-year-old non-profit that provides after-school classes, mentoring and leadership development to local children whose parents have re-located from El Salvador, Honduras and other Central American countries since the 1980s.

The tour and networking event will be held at the home of Steve and Louise Brooks on March 7, noon-4 p.m. Steve Brooks, who helped Casa Chirilagua improve staff retention rates, is a management consultant. Louise Brooks is the director of the Kids' Small Group at The Restoration Anglican Church in Arlington.

Casa Chirilagua is a faith-based non-profit (501c3) headquartered in Alexandria. The organization provides academic assistance and support to children in grades 1-5, helping students achieve grade level performance and build confidence. "Chirilagua," a city on the Pacific Coast of El Salvador, is a nickname for the Arlandria section of Alexandria used by the local Central American immigrant community.

The nonprofit was founded by Dawnielle Miller who moved to Alexandria from Illinois in 2007. Within a year, Miller and several friends started a reading club for children in their apartment complex. Miller had been pursuing a career in international economic development and had worked in Ecuador, but saw the need for community outreach shortly after moving to Alexandria.

TODAY, CASA CHIRILAGUA has a staff of nine and more than 100 weekly volunteers who serve more than 80 children and



Casa Chirilagua founder Dawnielle Miller (right) with Louise and Steve Brooks. A March 7 tour of the Brooks' recently remodeled Arlington home will benefit Casa Chirilagua, a non-profit that helps children and families from the central American immigrant community. Sun Design Remodeling will co-host the event.

their families. After-school classes are held in the Beverly Hills Community Methodist Church.

"We know Dawnielle from our church," said Louise Brooks. "She has been remarkably effective in building cultural bridges within the uniquely diverse community that is all around us. Steve and I want more of our neighbors to know what Dawnielle and her team are doing, and to see how they can get involved."

Miller said, "By finding the common ground that underlies the perceived ethnic and economic barriers, we've formed a community that has been able to make a difference in the lives of local children and their families. Identifying local leaders who recognize that they have something to contribute has been critical."

THE OPEN HOUSE is sponsored by Sun Design Remodeling, a full-service design build, remodeling firm that supports community causes. This past January the company hosted an event in a remodeled home

in Oakton for the benefit of a therapeutic riding program. Last year, the firm organized a tour of several recently remodeled residences in Clifton that helped a local widow raise funds to repave the driveway to her home, which is also a daycare center.

"We've been doing tours of newly remodeled homes for about 10 years," said Bob Gallagher, Sun Design's president. "We've found that the open houses often become neighborhood meet-up opportunities where people naturally start exploring matters of mutual interest. A home tour is a great way to help the community."

Louise Brooks said Sun Design's makeover to her 25-year-old kitchen and several contiguous rooms has made it easier for her to host large gatherings.

"We are a host site for a lot of local activities, so we use the space often to meet with friends," Louise Brooks said. "Our intention was to create a place that makes everyone feel at home."

"It also works extremely well when it's

Details

"Spring To Action" — the annual 24-hour, online giving campaign — is scheduled for April 22; donations are also accepted at www.casachirilagua.org

Sun Design Remodeling, in its 27th year of business, is headquartered in Burke and has a second office in McLean. Call 703-425-5588 or visit www.SunDesignInc.com.

just Steve, me and our daughter," Louise Brooks added. "The open plan allows us to happily pursue different tasks within the same space."

Sun Design concentrated on strategic improvements inside the envelope of the existing structure: a nearly 800-square-foot great room was formed by eliminating walls separating the kitchen, dining room, living room and foyer; to create the 14-foot-cathedral ceiling, the new interior incorporated a seldom-used attic.

The plan also increased natural light. A south-facing trapezoidal-shaped window provides a hilltop view of the neighborhood. Finishwork details delineate key activity zones that feature generous sightlines in all directions.

"It works ... because it's so well integrated into the rest of the house," Louise Brooks said. "But the open house is also a chance for local people to learn about a really relevant outreach that is helping a lot of children."

Currently, 37 children receive daily reading support, homework help, and character-building activities through Casa Chirilagua's Kids Club. A mentoring program also matches each student with a caring adult.

Looking ahead, Dawnielle Miller, says the nonprofit has been steadily increasing the number of children in its mentoring program while enlarging its volunteer base. Classes aimed at improving parenting and family communication skills are currently being developed. Plans include adult classes focused on reading skills, language development and even financial literacy. The group has also begun a search for a facility of its own.

John Byrd (byrdmatx@comcast.net) has been writing about home improvement and related topics for 30 years.

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21 Announcements

21 Announcements

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applied for authority to operate as a Common
Carrier of Passengers over Irregular Routes.

If granted, the certificate will only authorize
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The deadline for submitting letters of sup-
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Sole-Searching



By KENNETH B. LOURIE

There's no denying the emotional fact that the CT Scan results I received and wrote about last week were a bit of a disappointment. Not a shock, mind you, because once yours truly was characterized as "terminal," back in late February 2009, all subsequent bets came off the table, almost literally; and expectations, such as they were explained to Team Lourie, likewise nearly ended up on the floor, figuratively speaking, meaning they were pretty low at that point. And ever since, my life has been about managing expectations and reacting to scan results and lab work and trying to live forward. This recurring assessment has dominated my life over these past six years.

So receiving results last week was, in and of itself, nothing new. Heck, I've received bad results before; I've even been hospitalized because of them. Obviously, I was not hospitalized this time. Nor will there be any changes to my treatment protocol, although we are advancing by one month my next CT Scan, as a precaution/prudent course of reaction to the mass which seems to be forming in my left lung. At this juncture however, premature as it may or may not be, nothing really has changed. Life goes on.

Nevertheless, I can't help thinking that change has indeed occurred. Unfortunately, the process by which one finds out about such change: scans, sort of happens in arrears. That's not to say that now is definitely too late, but neither is it too early. It's more that this kind of timeline makes for worrisome days and sleepless nights. All of which, if you believe the anecdotal evidence, are counter-productive to surviving cancer. It serves no purpose, other than as an entirely reasonable and predictable response to an incredibly difficult set of circumstances, to focus on such a negative. Moreover, attempting to control something likely beyond one's control similarly stretches one's emotional strings. Finding a balance between what is and what isn't quite yet, or what might become of what hasn't been confirmed, is a constant struggle.

Do I care and/or worry now and beat the rush, or do I do neither, and care/worry later? If this growth isn't quite something, do I presume its nothing? Or do I presume it's something even though it may still be nothing? Do I go around in circles or do I attempt to live long and prosper and damn any torpedoes that interfere with my life?

Such is life as a "terminal" cancer patient (mine anyway); upside down and all around, and never the twain shall meet, "except on the twack," as my father always joked. And though I am regularly supported - and encouraged, by friends, family and many of you returning readers, this surviving-cancer business is most often a solitary endeavor. Living with my own thoughts, internally, this cancer-afflicted life, regardless of what I hear, see or read externally, is my responsibility and somehow I must navigate the landscape; a landscape I knew very little about previously and one fraught with danger, both mentally and physically.

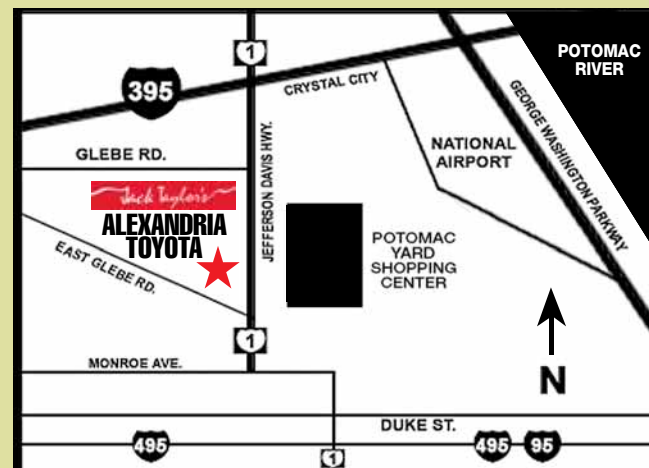
Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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