

Keeping the Legacy Alive

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Baakari Wilder tap dances in one of the performances at the 47th annual tribute to Dr. Martin Luther King Jr. on Sunday, Jan. 17, at Wakefield High School.

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PHOTO BY VERNON MILES/THE CONNECTION

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Fire Station Task Force Welcomes Public Input

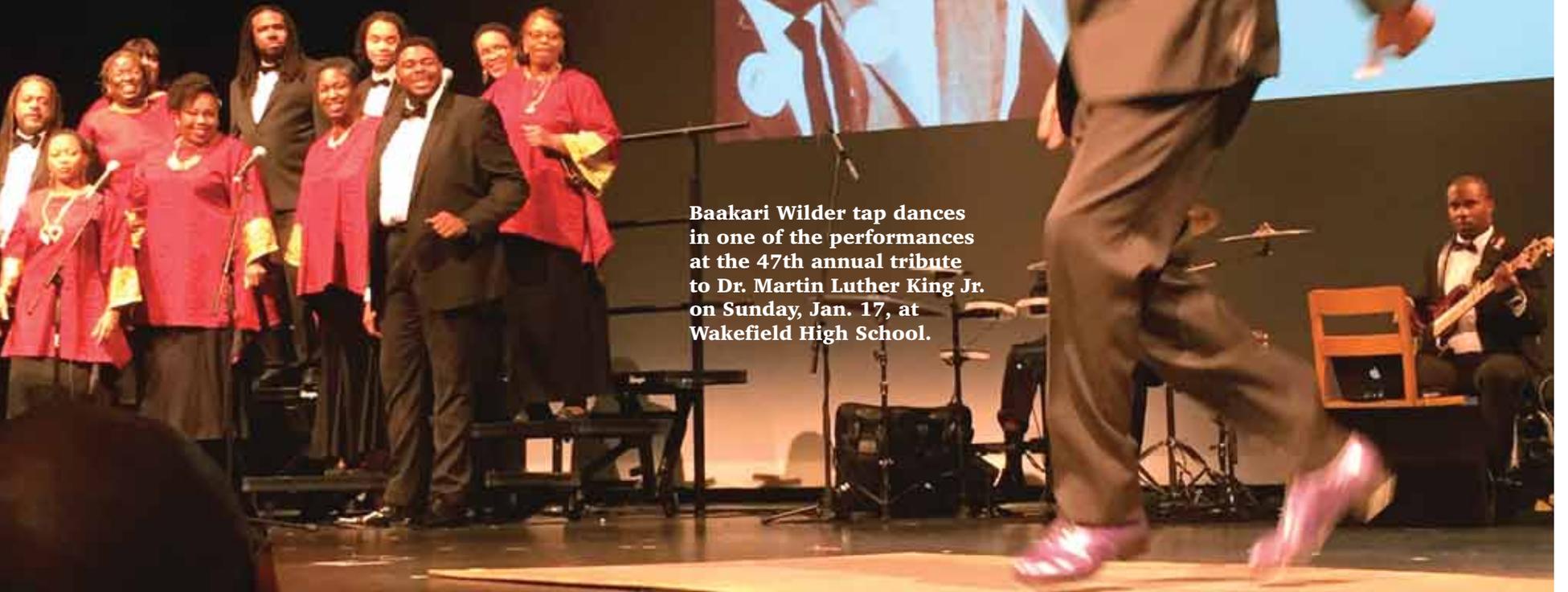
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Fire Station Task Force Welcomes Public Input

Task Force will “listen” not just “hear.”

BY EDEN BROWN
THE CONNECTION

One of the first residents to take up the microphone during the 20-minute “open mike” portion of the Jan. 14 meeting of the Fire Station 8 Task Force was Amanda Mackaye. “I just want you to see me,” said Mackaye. “I live next door to the station, and the county has talked about demolishing my house and the one next to it to make room for a new station; I want to be included in any conversation about this.”

Mackaye had been in the audience when the first public meeting on Fire Station 8 took place last year. When the graphic was thrown up on the screen showing houses that would be demolished for the replacement of the old fire station with a new one, she looked up and saw her house. “That’s my house,” she remembered telling the person next to her, “They are talking about demolishing my house.” Mackaye added: “That’s when people started to think Arlington County wasn’t handling the issue of Fire Station 8 too well.”

That may have changed.

After heated meetings last summer and fall, the scene at Langston-Brown Community Center on Thursday night last week was different. Roughly 30 residents attended the meeting. The Task Force set up to review the Fire Station proposal went out of its way to announce its independence from the County Board, with County Board Chair Libby Garvey arriving to give brief remarks and then as she departed, stressing she was “leaving the group to do its work.”

Noah Simon, appointed as head of the task force, laid out the mission. Simon made it clear he valued the historical value of the fire station, and also, the requirements of the fire department. He recognized the competing needs of Arlington residents. He spoke of the role of Fire Station 8 as more than a fire station: it was a community cen-



Raquel Page talks after the meeting about Fire Station #8.

ter, a gathering place, a historical place. He spoke with appreciation for the fire department, which had responded to his own son’s medical emergency with alacrity. Simon encouraged those on the task force and those in the audience to be open-minded and collaborative. “Anyone coming to the discussion of the station with a strong view about emergency services, also had to look at the issue through the lens of history of the community. And conversely, anyone looking at the issue through the lens of history, also had to look at it through the lens of emergency preparedness,” he said.

Simon also indicated he was assured when he agreed to take the position of Task Force chair, “This is not a done deal.” He also reminded task force participants that replacement of the building did not necessarily mean relocation.

Appointees to the task force present were Patrick Bogenberger, Arlington Fiscal Affairs Advisory Commission; Marguerite Gooden, native Arlingtonian and Hall’s Hill resident; James Shroll, Planning Commission; Richard Samp, North Arlington Civic Association; Rodney Turner, resident of Hall’s Hill; Joe Reshetar, Arlington Fire Chief; Frank McDermott, Bellevue Forest Civic Association; Alisa Cowen, Old Dominion Citizens Association, Arlington resident since 1980; Jim Pebley, Woodlawn area Civic Association, five years on Planning Commission; Noah Simon, Cherrydale resident, 20 months on the Arlington School Board; and



Hall’s Hill resident Edith Gravelly, who said she would be happy to sell her house to the county for a new fire station, talks with Amanda Mackaye. In the background, Raquel Page talks with Rodney Turner.

June Locker, Arlington Department of Environmental Services, Bureau Chief in Facilities Design and Construction Group.

Simon described the Task Force’s charge: to review viable sites for replacement of the station, to recommend a site based on the consensus of the Task Force membership, and if no consensus is reached, to recommend 2-3 sites with a justification for each.

All information, including questions and answers, would be posted for the public to see and comment on at <http://projects.arlingtonva.us/events/fire-station-8>, and, in May a report would be made to the County Board. The County Board would vote in July and the Task Force’s job would be over.

During the hour-long discussion between members, Reshetar noted it was important to decide what the problem was before they discuss a solution; he reminded attendees that replacement of the station had been identified in the Capital Improvement Plan because Fire Station 8 could not meet current requirements. It had been built in 1963 when shifts were different, the fire engines (apparatus) were different, safety considerations were different, and stations were not co-ed. There had been other changes: the Urban Areas Federal Initiative, a post-9/11 initiative to make sure regional response to and recovery from acts of terrorism was upgraded had come into play; Ballston had changed and become a more demanding area; more advanced technol-

ogy, like defibrillators, requiring more battery-powered equipment, took up space. The chief noted there was only one refrigerator in the fire station, and not enough parking spaces in the parking lot. One often could not get into compound because of the county vehicles using the fuel pumps. Responsibilities for the station had increased, and the HVAC system could not longer keep up with demand for cooling.

Against this backdrop, participants pursued several consistent threads: much of the conversation during the meeting revolved around the three studies done on Arlington fire station response times: the 1999 study on the whole system, the 1999 TriData study and the 2012 update of that study. North Arlington near Chain Bridge apparently had the poorest response times in the 2012 report.

Another conversation involved previous renovations or rebuilds of fire stations in Arlington: Fire Station 3 was rebuilt, not moved northward even though the data showed that would have been ideal: and the question was asked if the response times for Station 3, once it was rebuilt, had improved. Reshetar said Fire Station 3 has always met its response time goals; Fire Station 8 is the only one that physically cannot meet the 4-6 minute response time.

The issue of call processing times, since that took an initial minute or two, and whether that could be reduced, was raised more than once. In the TriData report, call processing times were too long and should be addressed. The fire chief said the Emergency Communications Center has improved those response times and 2012 data may no longer be valid given those improvements. Several of the task force members questioned whether the TriData Survey figures from 2012 were current enough to rely on. The Task Force will review.

Turnout time and travel time were also discussed in connection with call processing time, and the task force committed to looking into a complete review of what response time really means.

The issue of whether McLean fire stations could answer some of the calls from the Chain Bridge Forest area which is consis-

SEE FIRE STATION, PAGE 5

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PHOTO BY VERNON MILES/THE CONNECTION

Joy King singing with the Voices of Inspiration.

Keeping King's Legacy Alive

Arlington celebrates its 47th Martin Luther King Jr. tribute.

BY VERNON MILES
THE CONNECTION

The audience in the auditorium at Wakefield High School got to its feet, hands joined and sang. From hundreds of Arlingtonians — diverse in age and race — came the chorus of “We Shall Overcome” at the end of the 47th annual tribute to Dr. Martin Luther King Jr. on Sunday, Jan. 17.

“What started as an anthem for the Civil Rights movement has become an anthem for oppressed groups around the world,” said Nolan Williams Jr. before he led the “Voices of Inspiration” in song. His mother, Gloria Williams, was sitting three rows from the front and said she thought the performance was spectacular.

The event was filled with songs and dances from the Civil Rights-era, punctuated by short

speeches from members of the County Board.

“This was one of the best we’ve ever had,” said Sandra Green, one of the event’s organizers. “It’s important that we celebrate Martin Luther King Jr. Day to really understand his contributions. We can’t let his legacy die.”

“This was our first time coming out and it was amazing” said Javelle Teate. “I will be back again.”

Her young son, Christion Teate-Martin, had come to see the dancing, and gave the whole ceremony his enthusiastic approval. Every year, Javelle Teate says she reads stories about Martin Luther King Jr. to her son.

“This captured the history and the essence of the Civil Rights movement,” said Teate.

“I wasn’t from that generation, so this makes it all feel very real.”

Treating Arlington

How Virginia’s decision not to expand Medicaid impacts Arlingtonians.

BY VERNON MILES
THE CONNECTION

Where do you go when you’re sick? For most Arlingtonians, the answer would be the hospital. But for 170,000 people in Northern Virginia, the answer is not so simple. Thirty states have chosen to expand Medicaid benefits to those who are ineligible for the Affordable Care Act coverage, while Virginia is one of the 20 that have not. Expansion would reinvest \$2.5 billion into these hospitals, all of which is from federal taxes already paid by Virginia citizens. But the problem doesn’t just affect Arlingtonians without insurance. At an event on Jan. 13, leading regional experts and advocates for healthcare reform told the Arlington Committee of 100 that the decision not to expand Medicaid will have a substantial effect county-wide.

Mary Margaret Whipple, former County Board member and state senator, represented the Virginia Hospital and Healthcare Association. Whipple argued that the decision not to expand Medicaid coverage could have major economic impacts. According to Whipple, there are 107 hospitals in Virginia, and the majority of them are non-profits. They create \$36 billion in economic activity and provide 115,000 jobs. In Virginia, one in nine jobs is related to the healthcare field. But hospitals aren’t doing so well in Virginia. Whipple said that half of the rural hospitals in Virginia “in the red” and one, in Lee County, recently had to close.

“What kind of company is going to want to move into an area where their employees don’t have access to a hospital?” asked Whipple.

James Cole, president and CEO of Virginia Hospital Center in Arlington, says hospitals treat anyone that comes in through their doors, and that the decision not to expand Medicaid doesn’t change that. However, Cole noted that having the emergency room as a patient’s primary care is costly for Arlington at large.

“If they have a heart attack or a car crash, they will receive good care,” said Cole. “But when [the patient] is discharged, they don’t have a doctor who can help take care of them.”

“Diabetes, asthma, congestive heart failure, all of these are issues that have acute episodes that will put a patient back into the emergency room, but could be managed with proper medical access. The



PHOTO BY VERNON MILES/THE CONNECTION

James Cole (left), Mary Margaret Whipple (center), and Nancy White.

emergency room is their primary care, which is the most expensive medical care you can get.”

But Cole says that this impacts his hospital’s ability to care for all patients, not just those who can’t afford health insurance.

Cole says his hospital has 350 beds for in-patients, those who need to stay overnight. But at one point in the week before his event, Cole said that they had 450 in-patients in the hospital. The hospital is forced to schedule procedures so that patients’ stay in pre-operation or post-operation is largely dictated by bed space.

Without healthcare expansion, fixing the problem is next to impossible. Cole says that any expansion would cost at least \$200 million, which would require hospitals to issue bonds, which Cole says difficult due to because of some hospitals’ poor financial rating.

The Virginia Hospital Center donates \$30 million in voluntary medical care. It initiated and operates the Arlington Free Clinic on Columbia Pike.

Nancy White, executive director of the Arlington Free Clinic, said the only group that isn’t impacted by the lack of expansion is the uninsured, who are already in the worst situation.

“Most of our patients are below 20 percent of the federal poverty level,” said White.

While the median income of Arlington County is \$100,000 per year, White says most of the Free

Clinic’s patient have a median income of \$15,000, even while over 70 percent of their patients work more than one low-wage job.

When the audience was allowed to ask questions, several centered around questions of why the majority of the state legislature opposed expansion.

“It still boggles my mind,” said Whipple. “It has become a partisan, political issue.”

But the panel was made up exclusively of representatives advocating for healthcare expansion, which some attendees found upsetting.

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OPINION

Pay Attention General Assembly action matters more in Virginia.

The Virginia General Assembly began its 60-day 2016 session on Wednesday, Jan. 13. Here in Northern Virginia, residents are often far more cognizant of national politics and government than state and local government. But there are several reasons why, especially in Virginia, especially if you live in Northern Virginia, you should pay attention.

In Virginia, localities have only the power expressly given by the General Assembly. So living in Fairfax or Arlington or Alexandria, your local governments and regulations are often not able to reflect the values and preferences of residents.

For example, for Fairfax County to have any say about whether a gun store can operate adjacent to a school, where students can see customers coming and going with weapons, the General Assembly would have to vote to give the county that authority. While this has been a hot topic here, and several legislators have introduced "authorizing legislation," it would be remarkable if the currently constituted assembly would allow this to go forward.

Living in the wealthiest areas of the Commonwealth also raises concerns. Localities have very limited options for raising revenue.

The revenue that is actually based on someone's ability to pay, income taxes, is only collected by the state; localities cannot claim any portion of income tax. Of course Northern Virginia is the economic engine of the state, and so it makes sense that a significant portion of the state budget would be funded with Northern Virginia dollars. But it is unfair that the General Assembly limits localities ability to access other revenue choices to fund local necessities like schools.

There are dozens of other examples, and most are complicated. But local officials are elected, and if local government takes action not supported by local voters, they will be voted out. Because of gerrymandering of districts in both the House of Delegates and the Virginia Senate, the makeup of the General Assembly is far more conservative than the Commonwealth overall, as evidenced by Democrats elected to all statewide offices. This makes the control from Richmond all the more egregious. Every resident is represented by one delegate and one senator in the Virginia General Assembly. You can visit the General Assembly website to find out who represents you, for contact information, for session livestreaming and more.

<http://virginiageneralassembly.gov>

More Election Information:

State Board of Elections, 804-864-8901, 800-552-9745, info@sbe.virginia.gov, www.sbe.virginia.gov

Vote Now for Presidential Primary

Who will be the next President of the United States also matters.

In order to vote in either of Virginia's presidential primaries on March 1, voters must be registered by Feb. 8. Voting "absentee in person" (early voting available for myriad reasons, including anyone who will commute to work on Election Day) is already underway.

In Virginia, voters do not register by party. In the primaries for President, you can vote either the Democrat or Republican ballot, but not both. If you choose to vote the Republican ballot, you will be required to sign the following statement first:

Section 24.2-545 of the Code of Virginia allows the political party holding a primary to determine requirements for voting in the primary. The Republican Party of Virginia has determined that the following statement shall be a requirement of your participation. STATEMENT: My signature below indicates that I am a Republican.

The General Assembly Convenes

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

As the 2016 General Assembly legislative session began on Jan. 13, it was my honor to take the oath of office for the sixth time to serve the people of Alexandria, Arlington, Mount Vernon and Lee in the state legislature. I formally introduced my friend and colleague, Scott Surovell (D-Mount Vernon), to the Senate, and I look forward to working with him, Sen. Jeremy McPike (D-Prince William) and the five other new senators to get things done on your behalf.

That evening Gov. Terry McAuliffe delivered his State of the Commonwealth address, where he emphasized the need for bipartisanship and achieving results rather than gridlock and dysfunction. However, he also made clear that he would veto any legislation that makes Virginia a less welcoming or less safe state, and I applaud his steadfastness in ensuring we do not move backward on important issues like gun safety and equality.

I have introduced over two dozen bills to move Virginia forward on a wide array of issues, from making HOT lanes more consumer-friendly and reforming our marijuana laws to preventing gun violence and assisting immigrants on the path to citizenship. I have also reintroduced bills from last session to codify nondiscrimination protections for state employees and allow future governors to serve two consecutive terms, as Virginia is the only state in the nation that limits its executive to a



single consecutive term in office.

In addition to continuing to serve on the General Laws and Technology Committee and the Agriculture, Conservation and Natural Resources Committee, I am excited that I

have also been assigned to the Privileges and Elections Committee, where I will work to safeguard Virginians' voting rights.

Disappointingly, Senate Republicans swiftly moved to adopt new rules barring reporters from the chamber floor and relegating them to the balcony. The change was adopted under the guise of allowing more room for senators to move around, but this effectively limits the media's access to the legislature and makes us less transparent.

I will be holding several town hall meetings over the next few weeks and I hope you will join me at one. In case of severe weather, check www.AdamEbbin.com or call my office at 571-384-8957 for updates.

❖ Mt. Vernon: Saturday, Jan. 23, 9-11 a.m.
Whitman Middle School – 2500 Parkers Lane, Alexandria, 22306

with Sen. Scott Surovell and Del. Paul Krizek
❖ Lee District: Saturday, Jan. 23, 4-6 p.m.
Groveton Elementary School – 6900 Harrison Lane, Alexandria, 22306

with Sen. Scott Surovell, Del. Mark Sickles and Del. Paul Krizek

❖ Arlington: Saturday, Feb. 6, 10-11:30 a.m.

Walter Reed Community Center – 2909 16th Street South, Arlington, 22204

with Del. Alfonso Lopez
❖ Alexandria: Saturday, Feb. 6, 2-3:30 p.m.

Mt. Vernon Community School – 2601 Commonwealth Avenue, Alexandria, 22301

with Del. Mark Levine
Please share your thoughts on legislation and other state-related matters with me by emailing district30@senate.virginia.gov. Follow me 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.



State Sen. Adam Ebbin (center) takes the oath of office in Richmond next to Sen. David Marsden (right) and Sen. Kenny Alexander.

Resolve to Run and Benefit Arlington Thrive ... Together

“Fear not. You are among friends.”

BY EDEN BROWN
THE CONNECTION

New Year's resolution already a thing of the past? At the point in January when many Arlingtonians have just given up their new year's resolve, there is a group just making a resolution. It's a resolution several Arlingtonians have set before, and who now encourage others to join the throng of those who will run, not just for themselves, but also for Arlington Thrive, to benefit those who need help in the area.

Beginning on Jan. 30 this year, Resolve to Run's certified running coaches will once again prepare runners for the George Washington Parkway Classic 10-Mile or 5K on April 24 or a separate half-marathon race.

The first event to mark on the calendar is the Happy Hour on Jan. 20, 5-7 p.m. at Pete's New Haven Apizza in Clarendon, 3017 Clarendon Blvd., where prospective runners are invited to meet past program participants.

Resolve to Run trainers use the Jeff Galloway training method to help people of all fitness levels or running experience complete their chosen race. This method alternates walk breaks with running to help increase endurance and general overall fitness at a gradual and safe pace, reducing the risk for injury.

The second event is registration: new program participants are required to attend an informational meeting on Jan. 23 at 10 a.m. or Jan. 27 at 7 p.m. at First Presbyterian Church of Arlington, 601 Vermont St., Room 103.

The third event is the actual raining for the 10-Mile group, which will begin on Saturday, Jan. 30 and for the 5K group on Saturday, Feb. 27, at 9 a.m. All training will



“Fear not. You are among friends. Just do it.” That's the advice of John Morrill, second from the left, a 2015 participant in Arlington Thrive's Resolve to Run program, now in its sixth year.

take place at Bluemont Park, 601 Manchester St., at the corner of Wilson Boulevard and Manchester St. At the intersection, enter the Bluemont Park parking lot; the group will meet at the pavilion at the far end of the parking lot. Training runs will start at the W&OD Trail 3.5 mile marker.

And the final event is the race on April 24.

Information and registration forms are available on Arlington Thrive's website at <http://arlingtonthrive.org/category/events/>.

The program costs \$85, which includes a \$25 donation to Arlington Thrive. The race also is a way for Arlington Thrive to raise funds, and participants will be given detailed instructions about how to set up a personal fundraising page.

Resolve to Run registrants will receive a 20 percent discount from the Clarendon Pacers Running Store and a discounted fee for the GW Parkway Races. For more information, go to www.arlingtonthrive.org, email info@arlingtonthrive.org or call 703-558-0035.

“For the last two years, I've been a “resolve to Run” runner. In 2014, I trained for the GW Parkway Classic 5K, and in 2015 I trained for the Ten-Miler,” said Katharine Carney, shown here with Karia Rios Paniagua.

PHOTOS CONTRIBUTED



John Underwood and Jill Barker ran in the Resolve to Run race last year. “I have done the Resolve to Run program twice,” said Underwood. “I have to admit that I was reluctant the first time, already being a runner with set habits. However, I knew that Thrive was a good cause and deserved support. Now I am an enthusiastic participant. It's great for those just starting running, having a coach and a built-in support group. What surprised me is that it's also great for more experienced runners. I learned a lot from the coach and other runners and met a whole new group of friends. Of course, the biggest reward is helping Thrive continue its good work.”



Fire Station Task Force Welcomes Public Input

FROM PAGE 2

tently above the 4-6 minute time frame was raised more than once. While most believed the Fairfax County Fire Department is already taxed with the surge of growth around the Tysons area, several noted that building a new fire station in any of the three proposed sites would not actually reduce response times significantly to those areas near Chain Bridge. Alisa Cowen also pointed out that Fairfax County has far fewer stations per capita than Arlington does, and its response time goal is also longer: 10 minutes.

Some task force members noted Fire Station 8 cannot be the only fire station which does not meet all the requirements of a modern fire station post 9-11. If that is the case, why aren't others also being renovated or replaced?

Simon, noting the importance of timely

response, also reminded the task force that the budget was important: every dollar spent on Fire Station 8 was a dollar not spent on schools, potholes, and other needed services. Simon stressed: “There cannot be too many people involved in this process,” and “judging by the body language out there, there may be some skeptics here tonight who still believe they won't be included in this process.” He said he had reached out to members of the community who were important in this process: the Lee Highway Alliance, which has met to discuss the future of Lee Highway, and Marymount University, which would be affected by new construction if the 26th Street site is chosen.

The task force allocated the last 20 minutes to questions from the floor. Several commented on the rational discourse as a huge step forward. Raquel Page, who lived in Hall's Hill, noted concern that there is

another way of getting to the same goal, but for some reason, relocation keeps coming up. A resident of Dorsey Woods revisited the question of putting a facility nearer to the North Arlington area which is underserved, and wondered if it really is 4-6 minutes for every single piece of geography in Arlington other than that area. The Yorktown Civic Association asked if analysis had been done on the response time to those northern areas if the move was made to Marymount and would homes near the Virginia Hospital Center then be less well served? He also pointed out that improvements made in housing materials meant that one hundred years ago there were many more structures that burned than there were in 2015, and that such changes also had to be factored in.

Several attendees commented among themselves after the task force had left for its tour of the fire station that this meeting

was an improvement but many residents believed moving the fire station was a “done deal.”

Local resident Raquel Page said there were other pieces of property that could be part of a new fire station and Barbara Carte, of Hall's Hill, said the fire chief's “wish list” seemed to be high in terms of space: she wanted to see a differentiation between needs versus wants.

Joyce Reed, who said she has attended every meeting on Fire Station 8, echoed the importance of the fire station to her community. And Amanda Mackaye, whose house would potentially be at risk, said she thought the county was not taking into account the sacrifices some less wealthy residents had made to get into the Yorktown High School district. She and her husband had looked long and hard to be able to afford their house near the fire station. Simply having the county buy her house would not address her son's educational plan. Residents remained wary of the outcome of the review process.

ENTERTAINMENT



The 15th Season of the Art On the ART Bus Mobile Gallery will feature paintings based on the stories of four Arlington entrepreneurs. Artist David Amoroso has depicted Farah Brunache of Electric Feel, Sheyla Difo of Sheyla's Luxury Boutique Truck, Robbie Peck of Java Shack, and Woyni Tewelde, R.Ph. Attending the opening reception on Feb. 3 at 5:30 p.m. at Sehkraft Beer Garden & Haus, 925 N Garfield St. Free, but tickets required. Visit www.arlingtonarts.com for more. Pictured here: Robbie Peck, owner of Java Shack. Painting by David Amoroso.

CALENDAR

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

“West Side Story.” Through Jan. 24, various times at Signature Theatre, 4200 Campbell Ave. For Signature Theatre's adaptation of classic musical “West Side Story,” no audience member will be further than 20 feet from the stage. Tickets start at \$40. Visit www.sigtheatre.org for more.

Christmas With Nova Y. Payton and Friends. Through Jan. 24, various times at Signature Theatre, 4200 Campbell Ave. Star of “Dreamgirls” and “Hairspray” sings some of her favorite holiday tunes. Tickets are \$35. Visit www.sigtheatre.org for more.

“Winter Light.” Gallery hours at Gallery Underground, 2100 Crystal Drive. Art influenced by winter. Free. Visit www.galleryunderground.org for more.

“The History Boys.” Through Jan. 30, 8 p.m. Thursday-Saturday at Gunston Theatre One, 2700 S. Lang St. This play features boys at a British boarding school guided by a young history teacher and a veteran English teacher. Tickets are \$20. Visit www.dominionstage.org for more.

“The Civil War Grand Review.” Through Feb. 1, Monday-Thursday 10 a.m.-9 p.m.; Tuesday-Wednesday 1-9 p.m.; Friday-Saturday 10 a.m.-5 p.m. at Cherrydale Branch Library, 2190 Military Road. View “The Civil War Grand Review: Photos of the Sesquicentennial Reenactment Parade.” Free. Call 703-228-6330.

“Georgie: The Life and Death of George Rose.” Through Feb. 7, various times at Signature Theatre, 4200 Campbell Ave. In a limited engagement, Signature Theatre will host the world premiere of “Georgie: The Life and Death of George Rose,” a one-man play written and

performed by Ed Dixon detailing Dixon's relationship with friend and mentor George Rose, a Broadway character actor. Tickets are \$25-45. Visit www.sigtheatre.org for more.

“A Midsummer Night's Dream.” Through Feb. 14, 7:30 p.m. and 2:30 p.m. at Gunston Theatre Two, 2700 S. Lang St. Avant Bard presents a new take on “A Midsummer Night's Dream.” Director Randy Baker will reimagine Shakespeare's dream using Indonesian-inspired shadow puppets, accompanied by an actor-generated percussion orchestra. Tickets are \$10-35. Visit www.wscavantbard.org for more.

“Photography by Jan Bender and Richard Weiblinger.” Through March 3, 10 a.m.-8 p.m. Monday-Thursday, 10 a.m.-6 p.m. Friday-Saturday at The Barry Gallery-Reinsch Library at Marymount University, 2807 N. Glebe Road. Photographer Jan Bender focuses on film, using traditional techniques, Weiblinger's photographs and plant photographs are hand-printed. Free. Visit www.marymount.edu/barrygallery.

Sci-Fi Book Club. Third Wednesday of each month, 7-8:30 p.m. at Java Shack, 2507 N. Franklin Road. Free. Visit www.library.arlingtonva.us.

Arlington's Historical Museum Open on First Wednesdays. The Arlington Historical Museum is open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at garrett.peck@arlingtonhistoricalsociety.org.

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. For 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. Age 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or visit www.RiRa.com/Arlington for more.

Food Truck Thursdays. 5:30-8:30 p.m. at the corner of North Irving Street, and Washington Boulevard. Find a round-up of regional food trucks. Free to attend. Visit www.dmvfta.org.

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.

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. 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.

Lego Club. Monthly on the first Wednesday. 4-5 p.m. Glencarlyn Branch Library, 300 S. 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.

Crystal City Sparket. 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC's Eastern Market with arts, crafts, and handmade goods. Free to attend. Visit www.crystalcity.org.

Open Mic Night. Wednesdays, at 8 p.m., sign ups are at 7:30 and 10

p.m., at Iota Club & Cafe, 2832 Wilson Blvd. Free. Visit www.iotaclubandcafe.com/.

Art for Life. Third Thursday of each month. The Hyatt Regency Crystal City's “Art for Life” Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit www.torpedofactory.org.

Brunch at Freddie's. Third Saturday of every month, 11 a.m.-1 p.m. at Freddie's Beach Bar, 555 23rd St. The Arlington Gay and Lesbian Alliance gathers for an all-you-can-eat breakfast buffet (\$9.99). All are welcome. No reservation is required. Visit www.facebook.com/events/700174390103305.

WEDNESDAY/JAN. 20

Pet Therapy. 10:15-11 a.m. at Walter Reed Senior Center, 2909 S. 16th St. The public is invited to meet Zoe, a therapy Yorkshire Terrier. Free. Call 703-608-8314 for more.

THURSDAY/JAN. 21

Forty+ Performance. 10:30 a.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Forty+ is a group of performers past the age of 40 that study with a local choreographer at Jane Franklin Dance studios. Tickets are \$5. Visit www.janefranklin.com.

Healthy Soul Food Cooking Demonstration. 6-8:30 p.m. at Charles Drew Community Center, 3500 23rd St. American heart Association Chef Cynthia Anderson provides a health seminar and cooking demonstration. Free. Email heartlinks2016@gmail.com for more.

Poetry Reading. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Sandra Beasley (“Count the Waves”) and Sass Brown (“USA-1000”) read from their collections of poetry. Free. Visit www.onemorepagebooks.com.

FRIDAY/JAN. 22

The Accidentals & Kevin Heider. 7 p.m. at FORUM Arlington, 3304

Washington Blvd. Live music. Tickets are \$10-15. Visit www.arlingtonforum.org.

FRIDAY-WEDNESDAY/JAN. 22-27

Charity Fruit Sale. 12:30-7:30 p.m. on Friday, 10 a.m.-3 p.m. on Saturday, 11:30 a.m.-4 p.m. on Sunday, 8 a.m.-2:30 p.m. on Monday, 10 a.m.-5:30 p.m. on Tuesday, 8 a.m.-4 p.m. on Wednesday, at the Overlee Bathhouse, 6030 Lee Highway. Fresh Florida citrus, Georgia pecans, and 100 percent Vermont maple syrup for sale. Call 703-528-1130 for more.

SATURDAY/JAN. 23

Families Unplugged: “Puppets in Outer Space.” 1-3 p.m. at Carver Community Center, 1415 S. Queen St. Goodlife Theatre will present a puppet show that reimagines classic fairytales — in outer space. After the show, guests can make their own puppets. Tickets are \$8. Visit www.arlingtonva.us and use activity code 730016 to register.

BalletNova Open House. 1-4:30 p.m. at BalletNova Center for Dance Open House, 3443 Carlin Springs Road, Falls Church. Mini-classes available for students ages 3-adults. Free. Visit www.balletnova.org for more.

1K Beer/Wine Walk. 2-6 p.m. at 1750 Crystal Drive. Pass the start line and sip your way along the race course, stopping at “Wine” and “Beer” hydration stations along the course. Sample 20 wines or 20 beers. Tickets are \$20 online and \$25 at the door. Visit www.crystalcity.org for more.

“Mouse in the House.” 3 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Jane Franklin Dance gives a performance of an adaptation of the book by Elizabeth Spire, “Mouse in House,” which reveals a friendship between a mouse and reclusive 19th-century poet Emily Dickinson. Tickets are \$10-15. Visit www.janefranklin.com.

Rosebud Film Festival Nominee Showcase. 2-8 p.m. at Navy

ENTERTAINMENT

Heritage Center, 701 Pennsylvania Ave., NW, Washington D.C. The Rosebud Film Festival, a project of Arlington Independent Media will showcase 20 short films made by nominees. Tickets are \$15. Visit www.rosebudfestival.org for more.

Forty+ Performance. 5 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Forty+ is a group of performers past the age of 40 that study with a local choreographer at Jane Franklin Dance studios. Tickets are \$15 in advance, \$20 at the door, \$10 for seniors 65+ and children 17 and under. Visit www.janefranklin.com.

"Niche." 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. "Niche" follows an unremarkable couple with a new house, big careers, and odd neighbors. 2-D cut-outs projected via 'old school' technology supply visuals. Tickets are \$15 in advance, \$20 at the door. Visit www.janefranklin.com.

JAN. 23-APRIL 3

"King of the Forest: Adventures of BioPerversity." Gallery hours at Arlington Arts Center, 3550 Wilson Blvd. This exhibit features the work of 13 contemporary artists from the mid-Atlantic region whose work explores the interactions between humans and non-human species. Free. Visit www.arlingtonartscenter.org for more.

"Daydreams in the Anthropocene." Gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Artist Rachel Schmidt examines the role humans play in the environment. Free. Visit www.arlingtonartscenter.org for more.

SUNDAY/JAN. 24

Forty+ Performance. 1:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Forty+ is a group of performers past the age of 40 that study with a local choreographer at Jane Franklin Dance studios. Tickets are \$15 in advance, \$20 at the door, \$10 for seniors 65+ and children 17 and under. Visit www.janefranklin.com.

"Niche." 4 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. "Niche" follows an unremarkable couple with a new house, big careers, and odd neighbors. 2-D cut-outs projected via 'old school' technology supply visuals. Tickets are \$15 in advance, \$20 at the door. Visit www.janefranklin.com.

Rosebud Film Festival Awards Gala. 7-10 p.m. at Clarendon Ballroom, 3185 Wilson Blvd. A panel of judges, drawn from the area's rich media arts community, selected the 20 nominees from which five winners, including one Best of Show, will be chosen. Festival winners will each receive a cash prize and will be announced at the Rosebud Awards Gala. \$15 ticket to the showcase allows free admission to the gala. Visit www.rosebudfestival.org for more.

MONDAY/JAN. 25

Pet Therapy. 1:30 p.m. at Walter Reed Senior Center, 2909 S. 16th St. The public is invited to meet Zoe, a therapy Yorkshire Terrier. Free. Call 703-608-8314 for more.

"Looking at Asia from Washington and Beijing." 3-4:30 p.m. at Arlington Central Library, 1015 Quincy St. Dr. David Keegan will speak on "Looking at Asia from Washington and Beijing: Two Very Different Pictures" as part of the Encore Learning "Meet the Speaker" series. Free. Call 701-228-2144 for more.

Laughter Yoga. 6-7:30 p.m. at Arlington Central Library, 1015 N. Quincy St. Laughter Yoga, for all ages, is a fun practice that reduces stress and strengthens the immune system. Free. Email arlingtonlaughteryoga@yahoo.com.

TUESDAY/JAN. 26

Adult Coloring Party. 7 p.m. at Aurora Hills Library, 735 18th St. Studies show coloring can have a calming effect on the adult mind and help promote overall wellness. Color intricate designs. Free. Visit www.library.arlingtonva.us.

THURSDAY/JAN. 28

Author Talk. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Writer, editor and French teacher Marianne Bohr shares from "Gap Girl Year: A Baby Boomer Adventure Across 21 Countries." Free. Visit www.onemorepagebooks.com for more.

Book Talk. 7-8:30 p.m. at Arlington Central Library, 1015 N. Quincy St. Hear author and Arlington resident Eric Lotke discuss his latest

novel, "Making Manna." a tale in the tradition of Horatio Alger. "Making Manna" follows Libby Thompson, just 14 years old, who flees her abusive home with her newborn son, Angel. Free. Visit www.library.arlingtonva.us for more.

SATURDAY/JAN. 30

Yoga to Benefit Arlington Free Clinic. 9-10:30 a.m. at Top of the Town, 1400 14th St. N. Take a yoga class with Sun and Moon Yoga Studio's Nancy Carter followed by an inspirational talk by Spiritual Coach Andrea Haynes: "Stress Less, Live More!" Tickets are \$50. Visit www.arlingtonfreeclinic.org/yoga.

Music and Dancing Through the Decades. 10 a.m.-1 p.m. at Fairlington Community Center, 3308 S. Stafford St. Dancing to music from the 1950s to the present including ballroom, swing, hand dancing, and moonwalking. Free. Call 703-228-4711 for more.

The Book Divas. 2 p.m. at One More Page Books, 2200 N. Westmoreland St. The Book Divas — authors Puja Guha, B. Swangin Webster, Dee Lawrence, and K.R. Raye — chat about their books in the romantic suspense, new adult, drama, and thriller genres, along with sharing their writing journeys. Free. Visit www.onemorepagebooks.com for more.

"Mouse in the House." 3 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Jane Franklin Dance gives a performance of an adaptation of the book by Elizabeth Spire, "Mouse in House," which reveals a friendship between a mouse and reclusive 19th-century poet Emily Dickinson. Tickets are \$10-15. Visit www.janefranklin.com.

Piano Concert. 4-5 p.m. at Holy Trinity Lutheran Church, 3022 Woodlawn Ave., Falls Church. Dr. Sarah Masterson will perform music by 20th century American composers, including a set of arrangements of folk songs, the solo version of Rhapsody in Blue, and a concert fantasy on the spiritual "Wade in the Water." Free. Visit www.holytrinityfallschurch.org.

92nd Annual Arlington Business Gala. 6:30 p.m. at The Ritz-Carlton Pentagon City, 1250 S. Hayes St. The Arlington Chamber of Commerce will be celebrating its 92nd year in business with area business leaders and Chamber members at the 92nd Annual Arlington Business Gala, hosted by 2016 Chamber Chair Todd Yeatts, The Boeing Company. Tickets are \$225. Visit www.arlingtonchamber.org/events for more.

Rodef Performs! 7:30 p.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. This "beit café" (coffeehouse) show will feature musical performances in a wide variety of genres, including jazz, folk, rock, classical, klezmer, and stand-up comedy. Tickets are \$18. Visit [www.rodefperforms.eventbrote.com](http://www.rodefperforms.eventbrite.com).

"Niche." 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. "Niche" follows an unremarkable couple with a new house, big careers, and odd neighbors. 2-D cut-outs projected via 'old school' technology supply visuals. Tickets are \$15 in advance, \$20 at the door. Visit www.janefranklin.com.

"O Rosa Bella." 8 p.m. at St. George's Episcopal Church, 915 N. Oakland St. Hear music by Machaut, Dufay and Ciconia performed with voices, vielles, other bowed instruments, and recorder, by Tracy Cowart, Elena Mullins, Sian Ricketts, David McCormick and Niccolo Seligmann. General admission tickets are \$25, \$10 for students 18 and younger. Visit www.capitolearlymusic.org for more.

SUNDAY/JAN. 31

Arrangement Seminar: "Fun with Roses." 2-4 p.m. at Merrifield Garden Center- Fair Oaks at 12101 Lee Highway, Fairfax. The Arlington Rose Foundation will host an interactive demonstration of design secrets for rose arrangements. Free. Call 703-371-9351.

"Capitol Steps." 7 p.m. at Yorktown Theatre Arts, 5200 Yorktown Blvd. Satirical comedy troupe The Capitol Steps will perform to help raise money for the Yorktown Theatre Arts program. Tickets for the show alone are \$35, dinner at the Pre-Show Cafe is an additional \$10. Visit www.yhstheatre.org.

MONDAY/FEB. 1

"Slaves of Mount Vernon." 1-2 p.m. at Arlington Woman's Club, 700 S. Buchanan St. In honor of Black History Month, attend a presentation by Mary Thompson a researcher/author with George Washington's Mount Vernon Home and Farm. Learn more about Mount Vernon's 18th Century slave culture. Free. Email womansclubarlington@gmail.com.



PHOTO BY CHRISTOPHER MUELLER

"Road Show" depicts the story of real-life Mizner brothers as they pursue the "American Dream" via the Alaskan gold rush and the Florida real estate boom. "Road Show" will play at Signature Theatre, 4200 Campbell Ave. Feb. 16-March 13. Tickets start at \$40. Visit www.sigtheatre.org for more



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SATURDAY, JAN. 30, 7 P.M.
Yorktown High School
5200 Yorktown Blvd
Arlington, Va.

All concerts are FREE and open to the public. Tickets or reservations are not required. For more information about additional concerts in your area, please check our online performance calendar at: www.navyband.navy.mil.

WWW.NAVYBAND.NAVY.MIL

Parks' Buzzer-Beater Keeps Wakefield Undeclared

The plan was for senior Deng Nhial to attack the rim and send the game to overtime with a bucket or a pair of free throws. But when Marshall defenders collapsed on the Wakefield guard, Nhial passed the ball to teammate Halil Parks, who was standing open at the top of the arc.

Despite a rough shooting night to that point, the junior guard knocked down a 3-pointer at the buzzer, giving the Wakefield boys' basketball team a 42-41 victory on Jan. 15 in Arlington.

Parks had made just 1 of 5 field-goal attempts prior to his game-winner.

"His teammates," Wakefield head coach Tony Bentley said, "still believed in him."

Wakefield survived despite shooting 12-of-42 as a team.

"We couldn't throw it in the ocean," Bentley said.

The victory improved the Warriors' record to 14-0 and gave them

sole possession of first place in Conference 13.

While Wakefield is rolling, Bentley said the Warriors have to "stay humble." Last season, Wakefield experienced a 20-plus game win streak, only to lose in the regional quarterfinals.

Remaining focused could be a challenge for the Warriors, whose Feb. 5 rematch with the Statesmen at Marshall High School will likely be the only conference test remaining on Wakefield's regular-season schedule.

The Warriors are scheduled to host Falls Church at 7:15 p.m. on Friday, Jan. 19.

— JON ROETMAN

Yorktown Gymnastics Improves to 5-0

The Yorktown gymnastics team remained undefeated by winning

its final home meet of the season on Jan. 14.

The Patriots made it five out of five this season, posting a score of 144.175 during the five-team event at Yorktown High School. Hayfield placed second with a score of 131.85, followed by Mount Vernon (120.45), Madison (118.15) and South County (107.575).

"As a whole, we did well in our final home meet this season," Yorktown head coach Joanne Price wrote in an email. "Our team score continues to grow and we are improving and building momentum as we head into the qualifying meets. The team is very excited about our progress but each individual on the team continues to evaluate their own routines and find ways to improve. They are all striving for a personal best in addition to a team best."

Hayfield's Molly Overstreet won the all-around competition with a score of 37.375. Yorktown freshman Julia Hays finished runner-up (36.7), and teammate Olivia Zavrel, a junior, finished third (36.3).

"Olivia Zavrel was a standout at our home meet," Price wrote. "She placed third in the all-around with a 36.3. Olivia continues to grow and impress us this year. Julia Hays and Juliette [Mitrovich] continue to be solid competitors on all events. They had a few uncharacteristic wobbles and falls in this most recent meet but this only provided motivation for them to work that much harder."

Hays finished first on beam (9.6), second on bars (9.325) and third on floor (9.075). Mitrovich took first on floor (9.425) and second on vault (9.4). Zavrel was third on bars (9.3) and beam (9.2). Yorktown's Marisa Daugherty finished third on vault (9.2).

Yorktown is scheduled to compete in two meets in a three-day span this week, starting with a meet at Washington-Lee High School at 6:30 p.m. on Thursday,



PHOTO BY JEFF MCQUILKIN

Wakefield's Halil Parks, seen earlier this season, made the game-winning 3-pointer against Marshall on Jan. 12.

Jan. 21. The Patriots will compete against Wakefield, Centreville, Westfield, Stuart and the host Generals.

Two days later, W-L will host the Barbara Reinwald Invitational, starting at noon on Saturday.

"It is taxing to have two meets essentially back to back," Price wrote. "My advice to the girls is always to rest and relax as much as they can in between. They are excited about the W-L Invitational. It will be fun to have a chance to compete against so many other teams, some of which we haven't seen yet this season. They are optimistic and hopeful."

The Conference 6 meet is scheduled for 6 p.m. on Friday, Feb. 5 at Washington-Lee High School. The 6A North region meet is scheduled for 5 p.m. on Saturday, Feb. 13 at Patriot High School.

— JON ROETMAN

W-L to Face McLean

The Washington-Lee girls' and boys' basketball teams are scheduled to face McLean on Friday, Jan. 15.

The girls' team will host McLean at 7:15 p.m. The Generals improved to 8-5 overall and 3-3 in Conference 6 with a 52-43 victory over South Lakes on Jan. 15. McLean dropped to 7-7 with a 48-32 loss to Fairfax. The Highlanders won their first meeting with the Generals this season, 49-40 on Dec. 15.

The W-L boys' team will travel to McLean. The Generals dropped to 6-8 overall and 2-4 in the conference with a 70-63 loss to South Lakes on Jan. 15. W-L won its first meeting with McLean, 53-45 on Dec. 15.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Yorktown gymnast Olivia Zavrel, seen earlier this season, placed third in the all-around at a home meet on Jan. 14.

SCHOOL NOTES

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

Nathan Hughes has been named a member of New England Women's and Men's Athletic Conference (NEWMAC) Men's Relay Team of the Week. Hughes is a senior at Worcester Polytechnic Institute (Worcester, Ma.).

Anthony Taylor has graduated from Ashland University (Ashland, Ohio) with a Bachelor of Science in

Business Administration degree with a major in Business Management. Taylor is a 2011 graduate of Washington-Lee High School.

Jose Martinez has graduated from Troy University (Troy, Ala.).

Arianna Hume, a commercial music major at Belmont University (Nashville, Tenn.), performed in the "Christmas at Belmont" concert at Nashville's Schermerhorn Symphony Center, a performance which was aired

nationally on PBS.

Kathryn Metro has been named to the dean's list at Berry College (Mount Berry, Ga.) for the fall 2015 semester.

Ana Felix has been named to the provost's list at Troy University (Troy, Ala.) for the fall semester/Term 2 of the 2015/2016 academic year.

Richie Santry of Arlington has been named to the honor roll for the Fall term at Groton School (Groton, MA) where

he is a IV Former (10th grader).

Erin Fox has been named to the University of Dayton's (Dayton, Ohio) fall 2015 dean's list.

Thomas Bacas, a member of the Wofford College (Spartanburg, S.C.) class of 2017, is studying abroad in China and Tibet, during Interim 2016. Interim permits students and professors to concentrate for the month of January on a single study project of his or her choosing.

Margaret Klappert Stewart named to Wofford College's (Spartanburg, S.C.) fall 2015 dean's list.

Daniel Lyew, son of Naomi Lyew of Arlington, has been named to the dean's list of Macalester College (St. Paul, Minn.) for the fall semester of the 2015-2016 school year.

A graduate of International High School, Lyew was a junior at Macalester last fall.

Seniors Who Sing

BY MARILYN CAMPBELL
THE CONNECTION

When musician Jeanne Kelly was asked to be a part of a study on creativity in the aging, she readily accepted. She was a natural to be tapped for the job, since she was running a program for older adults at the Levine School of Music's Arlington campus. She was tasked with helping to measure the impact of professionally conducted cultural programs on older adults.

"The study found that artistic excellence has huge benefits, physically, mentally and socially. Out of that study, I decided to start Encore," said Kelly, referring to a group of singers, all seniors, who are part of one of the 18 Encore Chorales that make up Encore Creativity for Older Adults.

Encore is a nonprofit organization that offers arts education and performance opportunities for seniors. The chorales are currently accepting new members through the end of January.

CHORALE MEMBERS pay a fee which covers sheet music and the cost of the performances. In exchange, members receive music education and training from profes-

sional musicians, a chance to make social connections and an opportunity to perform challenging choral music. Participants learn proper breathing techniques and ways in which they can improve their voice, all under the guidance of a conductor.

"We don't dumb things down for our older adults," said Kelly. "Our members really appreciate the respect they get."

Adjustments are made, says Kelly, to accommodate the needs of some seniors. For example, rehearsals are held during the day out of consideration for those who don't drive at night, and members with mobility issues are not required to stand during rehearsals or performances.

Encore focuses on offering a classical music repertoire. Choral works such as Giuseppe Verdi's "Messa da Requiem" are chosen to pair well with seniors' voices.

"Our voices do change as we age," said Kelly. "Soprano voices aren't as high as we age, for example, so we choose wonderful music that really shows them off and will challenge them to the max."

"What they're doing is beautiful because they're not only making healthy social connections, they're also challenging their brains which helps maintain their cognitive flexibility," said Carolyn Lorente, Ph.D, assistant professor of psychology at Northern

Improving and preserving the quality of life through music education.

Virginia Community College in Alexandria. "To be able to memorize a piece of music is impressive."

Encore Chorales travel and perform at venues around the globe. Janet Hansen, the chorale master for the Langston Brown Encore Chorale in Arlington, traveled to Cuba last year. "It was a marvelous experience that I wouldn't have had if I hadn't been in Encore," said Hansen, who is a retired education policy researcher. "I wanted to try new things that were different than I did when I was working. This one has been very rewarding." Chorale masters are singers who assist the conductor with administrative duties, serve as contact for singers with questions, etc.

The chorales are open to everyone over the age of 55, regardless of musical experience or ability. Members range from beginners to accomplished musicians.

Joan and Ted Thayer are members of the George Mason University Potomac Arts Academy Encore Chorale in Fairfax. Ted Thayer has been a musician for most of his adult life, majoring in music at the University of Illinois and spending more than 30 years in the National Symphony Orchestra. Joan Thayer, however, had no musical experience. Both participate in their chorale. Joan Thayer says she has enjoyed learn-

Encore Chorales

Singers accepted through the end of January. Visit encorecreativity.org, call 301-261-5747 or email info@encorecreativity.org. Fee is \$150 for 15 weekly rehearsals, sheet music and performances. Weekly rehearsals are underway at:

❖ Alexandria Encore Chorale – Rehearsals on Mondays at 10:30 a.m. at Convergence, located at 1801 N. Quaker Lane, Alexandria.

❖ Langston Brown Encore Chorale – Rehearsals on Tuesdays at 1:45 p.m. at Langston Brown Senior Center, 2121 Culpeper St., Arlington.

ing and sharing one of her husband's passions. "Singing is challenging for me, but I always come away happy and relaxed after an hour and a half rehearsal," she said. "It's a great group of people, and it's nice to be able to talk with someone about something that happened in the 1940s or about things that seniors are going through now, and actually be understood."

ENCORE has more than 1,200 members in 17 Chorale locations in the Washington, D.C. area and six Chorales in other cities. Opportunities for performance and travel for 2016 include a French Riviera cruise and intensive summer training at college campuses around the country. The season concludes with combined performances with other Chorales as well as local concerts at most Chorale locations.

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431



Saint Ann Catholic Church

<p>SUNDAY LITURGY SCHEDULE: Saturday Vigil: 5:30 PM Sunday: 7:30, 9:00, and 11:00 AM 1:30 PM Spanish Liturgy</p>	<p>DAILY EUCHARIST: Weekdays Monday-Friday, 8:30 AM Saturday, 8:30 AM</p>
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"What a fabulous morning – I was a Montessori kid! Just as my son enjoys his mornings at Aquinas, I was able to have lessons and see through his eyes."



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Pills A-Poppin'



By KENNETH B. LOURIE

I ingest between 40 and 50 pills per day. It's the first thing I do before breakfast, an occasional thing I do before/during/after lunch, and the last thing I do before dinner and sometimes before bedtime as well. To say I'm pill-centric would be an overstatement; I will admit to be pill-mindful though. Either I'm arranging them, organizing them, counting them or ordering them. Whether it matters or not to my health, I try never to be off my schedule too much or be too many days without my normal pill allotment/inventory. If I leave the house at pill time, I will take pills with me and swallow them accordingly. If people ask for any details, I offer as few as possible and move on. Not that I'm uncomfortable with any of the questions, it's more that there are infinitely more interesting topics of conversation.

Being away from home and routine does present some problems, however, especially if the trip involves planes. Trains and automobiles are not the problem. Not having a dedicated travel case, like the "train" case my mother had for her cosmetics, I simply stuff my 25-plus bottles into a plastic shopping bag and knot the handles at the top. No fuss, no muss. Planes, or rather the carry-on rules about such things are another matter entirely. I have never inquired – or gone on the TSA Website, to determine pill procedures. Certainly I'm aware – post-9/11, of the limits concerning toiletries, etc., and the plastic bags into which it all must fit. Not wanting to risk having hundreds of dollars of expensive pills confiscated at the airport, I've always preferred checking my bags (containing the pills) and avoided the potential nightmare. As to the alternative solution of segregating 40-odd pills (into three-times-a-day packets) times however many days into some kind of daily packaging – and leaving the bottles home instead – that has not been a solution I've been able to conjure. Not that any of this is an impediment, more like a challenge and inconvenience. And most definitely a consideration.

Still, it's a small price to pay – so to speak, to incorporate/assimilate a pill plan into my everyday life. I mean, for all I know, and I know very little, these pills might actually be responsible for my life-expectancy odds having been so badly beaten. Accordingly, I see no reason to stop now, especially considering that the majority of the drugs I take are designed to build up my immune system. Which, when one understands that at its core, cancer treatment weakens one's immune system, enhancing its resilience is crucial.

Recently, an entire new class of drugs called Immunotherapy ("OPDIVO") have been introduced. They have been designed – among other reasons, to stimulate the body's own immune system to fight the cancer. Rather than the process occurring externally and unnaturally as before, these new drugs will fight the cancer internally and naturally. It's an extremely encouraging and exciting evolution in the cancer treatment world, and holds great promise for many of us cancer patients burnt out (no pun intended) on the toxic chemotherapy drugs of our past.

In the interim, since I am not now on Immunotherapy, as a prudent and logical adjunct, I will continue to give myself and my body every opportunity, dare I say advantage, in its efforts to keep the cancer at bay. The pills are never really a problem, more so a piece of the puzzle. And the longer I live, the more convinced of it I become.

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

NEWS Treating

FROM PAGE 3

"I wish we could have had some presentation by someone who opposes [health care expansion]," said Lola Reinsch.

The committee members did, on request, note that opponents of the planned expansion have concerns about long-term decreases in funding levels from the federal government. However, Whipple followed up by noting that the legislation to increase funding levels comes with the option to stop funding expansion if the federal levels drop, and that the hospitals have offered part of their already strained budget to cover the cost of decreased federal funding.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Jan. 25-29.

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culpeper St.; Culpeper 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: The National Ballet of Canada, The Kennedy Center, Sunday, Jan. 24, \$88; Maryland Live! Casino, Hanover, Md., Monday, Jan. 25, \$9; Madame Tussauds, D.C., Wednesday, Jan. 27, \$22; Ford's Theatre, "The Glass Menagerie," Saturday, Jan. 30, \$44. Call Arlington, County 55+ Travel, 703-228-4748. Registration required.

Tea tasting, Monday, Jan. 25, 10 a.m., Culpeper Garden. Free. Register, 703-228-4403.

Core conditioning classes begin, Monday, Jan. 25, 11 a.m., Arlington Mill, \$22.50/5 sessions. Register, 703-28-7369.

Gentle Hatha Yoga classes begin, Monday, Jan. 25, 10 a.m., Aurora Hills, \$25/ sessions.

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

BULLETIN BOARD

WEDNESDAY/JAN. 20

Money Talk: A Financial Course for Women. 6:30-8:30 p.m. at the Arlington Central Library, 1015 N. Quincy St. This course is designed specifically for women. This session will cover financial basics. Free. Visit www.bit.ly/VCEFinancePrograms to register.

THURSDAY/JAN. 21

Leadership Arlington Town Hall. 6:30-8 p.m. at George Mason University's Arlington Campus, 3351 N. Fairfax Drive. Leadership Arlington in conjunction with co-host, George Mason University, and supporting partner, Arlington Chamber of Commerce, invites citizens who live, work, or have interest in the Arlington County community to attend its annual Meet the Chair. Free. Visit leadershiparlington.ejoinme.org/MTC2016 to register.

TUESDAY/JAN. 26

"Arlington's Food Shed: Past, Present, and Future." 7-8:30 p.m. at Fairlington Community Center, 3308 South Stafford St. Arlington County's Friends of Urban Agriculture will explore "Arlington's Food Shed: Past, Present, and Future" at their meeting. Featured speakers will include: William Gray from the Wallace Center, a nonprofit that supports entrepreneurs and communities as they build a new, 21st century food system that is healthier for people, the environment, and the economy; and Hui Newcomb, co-owner of Potomac Vegetable Farms. Their Vienna location is the last remaining farm in Fairfax County. Visit http://topics.arlingtonva.us/urban-agriculture/friends-of-arlington-urban-agriculture/ for more.

WEDNESDAY/JAN. 27

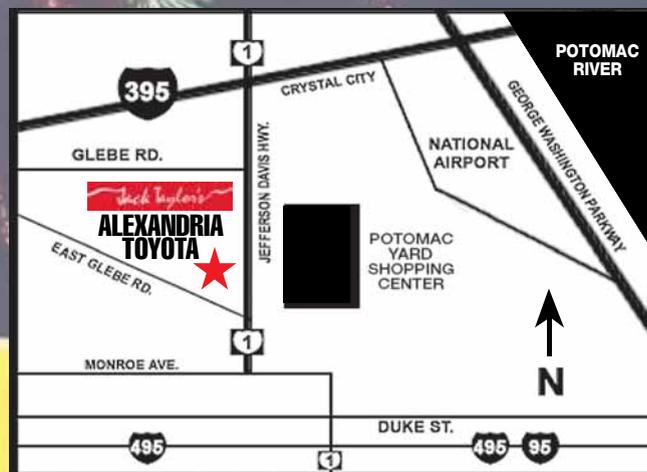
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