

Three-year-old Calliope Willis shows off her favorite "book of the moment." Her grandmother, Dot Green, says Calliope loves books. That one is in the chewable bookcase (since her 9-month-old sister Thalia likes to chew everything), and the good books are over on the wall.

Interlocking Generations

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Mix Traditional with Eclectic Valentine Gifts

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

Braving Slippery Streets to Run or Walk

Thrive posts updated registration and clinic dates due to snow

BY EDEN BROWN
THE CONNECTION

Chip Benjamin came to the happy hour at Pete's Pizza in Clarendon on Jan. 20, because he was thinking of walking the 5K in honor of his friend, Judie Armington, who died of ovarian cancer this past year. He had heard about Arlington Thrive at the First Presbyterian Church in Ballston, and arrived somewhat undecided, as the first snow of the year started falling. "I think I'm going to walk the race," he said tentatively.

Several in the small crowd came up to shake his hand and congratulate him on his effort: Benjamin was only 15 minutes into the happy hour when he realized there was no way he was not going to run or walk after all the comments about how great the race was.

And then, he won the door prize of a free three-month membership at the Sport&Health fitness club in Ballston.



Chip Benjamin and Shandra Niswander at Pete's Pizza during the Happy Hour.



John Morrill (left) and Jeff Myers, the 5K coach.

Cecelia Gallegos was concerned: Would they let her walk part of the race if she couldn't run 5K?

"Of course", said John Morrill, "I walked it last year." He enjoyed it so much he's back to run it this year.

Matt Cunningham came back; he started out doing the ten miler last year but at six miles, he decided he wasn't ready. He did the 5K and will try for a longer distance

this year. There is no pressure to do better than that, said Jill Barker. It's not about winning, it's about Arlington Thrive and making friends. Some of those who came to the happy hour are celebrating their 10th run with Arlington Thrive. They were showing that same dedication on Thursday night — being in Clarendon past 7 p.m. meant some of them took more than five hours to get back home on the slippery roads.

The registration dates have changed due to the snowstorm. The informational meetings for new runners will be Thursday, Feb. 4 at 7 p.m., First Presbyterian Church, Rm. 103. New runners are required to attend. The 10 Mile training will take place Saturday mornings at 9 a.m. starting Saturday, Feb. 6 through April 16, and the 5K training will take place Saturday mornings at 9 a.m. from Feb. 27 through April 16.

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Gondola Project Gets Off the Ground

Board approves feasibility study for Rosslyn-Georgetown Gondola.

BY VERNON MILES
THE CONNECTION

It's crazy enough that it just might work.

This was the logic behind a unanimous vote at the Jan. 28 County Board meeting, when the board approved participation in a feasibility study for a gondola doorway connection between Rosslyn and Georgetown. The county will contribute \$35,000 as well as staff and technical experience to the study.

Members of the County Board remain unconvinced of the plan's practicality, but there's enough potential that it merited further study.

The need for some kind of transportation improvement isn't in dispute. Dennis Leach, deputy director of transportation, noted that the Key Bridge between Rosslyn and Georgetown is the most heavily used bike and pedestrian sidewalk in Arlington, and the road carries over 50,000 vehicles per day.

According to Assistant County Manager Shannon Flanagan-Watson, the study would consider the cost, regulatory requirements, financing mechanisms, ridership estimates, design choices, real estate consideration, and timetables for a potential gondola project. The study would take approximately nine to 12 months to complete.

"This is the first step to determine if this is a feasible option," said Flanagan-Watson.

Arlington County was initially set to contribute \$40,000 of the study's \$205,000. An additional \$30,000 comes from various sources in Arlington, including \$20,000 from the Rosslyn Business Improvement District.

On the Washington D.C. side, \$75,000 is being contributed by the Georgetown Business Improvement District and \$25,000 by Georgetown University. The District of Co-



Georgetown BID's rendering for potential gondola project.

PHOTO CONTRIBUTED

lumbia Department of Transportation is contributing \$35,000 to the study, \$5,000 less than Arlington, and a major sticking point for a County Board already rooting through potential controversies. Though overall Washington contributors make up twice as much of the project's costs as Arlington contributors, County Board members were concerned with the symbolism of the only other government at the table paying less than the County Board would.

"I am very concerned that the District, which from a transportation perspective would solve a lot of problems, yet when you look at the jurisdictional split they're playing less than Arlington. I don't understand that math," said County Board Member Christian Dorsey. "It's worth less to them than to Arlington?"

Joe Sternlieb, president of the Georgetown Business Improvement District, said it had started with an even 50-50 contribution request on either side of the river.

"It was taking so long that we put in more money on our side," said Sternlieb. "I don't think it's a productive conversation to argue about \$5,000. They're committed to this We have 50,000 cars going over the Key Bridge every day, and it's in everyone's in-

terests to reduce that."

"We don't dispute that at all," said Dorsey, "but you have to recognize that constituents may look at that a little bit differently, and we represent them as well."

Victor Hoskins, Arlington Economic Development director, also emphasized that the benefits of the gondola would be symbiotic rather than competitive. In particular, Hoskins noted that Arlington Cemetery and the Marine Corp Memorial, the county's two largest tourist attractions, are located in Rosslyn.

"The easier it is to get there, the better it will be for Arlington," said Hoskins, "anything that can lower the barrier of movement will benefit both."

Ultimately, it was **M a r y - C l a i r e** Burick, executive director of the Rosslyn BID, who helped the County Board haggle down to a \$35,000 contribution. Burick said the project was important enough to the business community that they would be willing to cover that extra \$5,000 cost to put the Washington and Arlington governments on an even footing.

"We had the very same concerns when we were first approached, but after hearing other partners doing this and looking at other projects in United States and abroad, it seemed to make more sense," said Burick. "My hope is that Arlington County has that seat at the table."

For some on the County Board, it was Burick's pledge that sealed the approval of the study.

"I started out really skeptical," said County Board Chair Libby Garvey. "I am still pretty skeptical, but I want to have an open mind. It means a lot that the business community really stepped up."

Chris Slatt, chair of Arlington's Transportation Commission, shared the hopes and misgivings his group expressed when the project came before them.

"There's a possibility it could be a real transportation solution," said Slatt. "A [feasibility] study is the right vehicle to find out [if this] could be a real transportation option. Gondolas do well when they cross rivers cheaply. They do well when there is steep grade to deal with. If they're going to be a useful transportation solution, it could be here... The concern is that this is a distraction. Taking time and energy away from other transportation things we should be focusing on, like moving buses more quickly and getting metro back on track."

Though unspoken, the specter of the streetcar loomed over the proceedings. The expensive transportation project, cancelled two years ago, sharply divided the county and was largely responsible for breaking the uncontested democratic hold on the board. John Vihstadt, one of the County Board members who'd helped defeat the streetcar proposal, said he was wrestling with the real opportunities to explore a benefit to transit, a boost to tourism, and a potential to foster economic development against his preconceived notions of this as a "cartoonish, Disney-like proposition."

When the time came to vote on the study, County Board Member Jay Fisetete made the initial motion, and it was Vihstadt who seconded it.

"Even if this study comes back and says this is feasible, doesn't mean it's fiscally responsible, wise, or the appropriate thing to do, but we won't know that until we have the study," said Vihstadt. "I'm a little bit skeptical. I'm concerned about views to and from the Arlington

"Everyone that first hears it has skepticism. But if there is to be benefit, it will clearly be a mutual benefit."

— Jay Fisetete, Member, County Board

skyline. I'm concerned about reaction of National Park Service and National Capital Planning Commission, and I'm concerned about inhibiting a boathouse on Arlington side of the river."

Vihstadt wasn't alone. Each member of the board expressed misgivings. For County Board Member Katie Cristol, there was concern that the study obligated the county to lend already overstressed county staff as an in-kind contribution. But in their unanimous approval, each of the County Board members said they believed it was at least worth consideration.

"I have no idea if this is a good idea, but I think studying it is a good idea," said Fisetete. "Everyone that first hears it has skepticism. But if there is to be benefit, it will clearly be a mutual benefit."

"While I don't have any idea of whether the gondola is practical or desirable, the only way we're going to be able to answer that question is if we get some data," said Dorsey. "So I have absolutely no problem with a feasibility study. It guarantees that Arlington has a seat at the table."



PHOTO BY VERNON MILES/THE CONNECTION

Rosslyn Skyline from the Francis Scott Key Bridge.

PEOPLE

Juggling Grandparenting in Baltimore and Arlington

Making schedules work across the generations.

BY SHIRLEY RUHE
THE CONNECTION

It is Monday. That means that Mike and Dot Green are caring for their granddaughters Calliope and Thalia Willis in their home on N. 31st Street in Arlington. Dot Green says that Calliope at 3 is very funny and active. She has lots of facial expressions and loves to run ... “has to run,” Mike Green interjects.

Her sister Thalia at 9-months-old enjoys putting things in her mouth to see what they are. “She is just plain relaxed,” Dot Green says, “rarely cries.” Part of the mix is the five-year-old black Labrador retriever, Shadow, who allows both girls to climb all over her and pull her ears. Dot Green says during the last week when the grandchildren were home due to the storm, “The dog was beside herself.”

On Wednesday and Thursday Mike and Dot Green alternate driving to Baltimore to care for their other two grandchildren. Catherine is six and in first grade, more intense. “She has always been that way,” Mike Green says. Also she is very musical and really enjoys activities and crafts.

David is 2-years-old, also very funny. “He absorbs things and then makes statements. The way he says things is practical, down to earth and it just comes out funny.” The person with that week’s Baltimore schedule spends Wednesday night in Baltimore and the person babysitting at home is invited to the Arlington daughter’s home for dinner. “That’s our pay,” Mike Green says.

The Greens started caring for their grandchildren almost 6 years ago when Catherine was 6 weeks old and their daughter-in-law Liz went back to work full-time as a geologist for the Maryland Department of Environment. It was an hour and five minutes to get to their house in Baltimore and Mike or Dot Green had to be there at 7:30 a.m. Through subsequent years schedules evolved into a changing jigsaw puzzle as Dot Green went to Baltimore Tuesday and



Mike and Dot Green care for their grandchildren in Arlington five days a week and by dividing up duties they they also care for two grandchildren in Baltimore two days a week. Here Thalia plays with grandpa while the black Labrador retriever takes a nap on grandma and Calliope makes squares with Magna-Tiles.

Thalia Willis loves to crawl under the table and bump her head. She emerges on the other side, pulls herself up and bumps up and down, ready to take her first step while grandparents Mike and Dot Green wait in anticipation.



Wednesday and Mike Green came on Thursday while Liz worked four 10-hour days and their son did four days plus Saturday. Dot Green worked part time at Yorktown until December. She and her husband did lots of juggling. Now it is easier since Catherine is in first grade and David is in preschool so they don’t need to pick him up in Baltimore until noon.

Dot Green says she and her husband cover for each other when there are other activities. “I go knitting on Thursday afternoons,” and Mike Green adds that he goes to the gym and serves as vice president of their

civic association.

Calliope picks up a purple Magna-Tile and adds a red one to build a square. When it falls apart Dot Green says, “What do we do?” Calliope answers, “We put it back together.”

Calliope has just returned from her 1.5 hour preschool Chinese language class. Dot Green explains that Calliope’s mother and father had met when they were teaching in China so their daughter feels it is important for Calliope to learn the language. After the class Dot Green and Calliope go to the library to check out 10 books. “We al-

ways get 10,” Dot Green says, “so we can remember how many we have to return.” Then in the afternoon Calliope is allowed 1-1/4 hours of TV experiences with a Chinese DVD or You-Tube if she wants. “I do,” Calliope pipes up. Thalia will begin Chinese when she is older. “They will talk to each other in Chinese and we will be in real trouble,” Dot Green says.

“The key to this working for all of us is to have a working communication. We have similar child-raising styles as our kids and we also talk about things. In their house in Baltimore if we have a question we ask our grandkids what would mom and dad do? And the grandkids are honest,” she says. “Part of the reason our kids are so receptive to their kids spending time with us is that they saw the benefit of the time they spent with their own grandparents and they wanted the same thing for their kids.”

A stuffed panda, zebra, fox and dog sit side by side on the couch. The stuffed penguin has a privileged place in the stroller. “I don’t know why,” Dot Green says. After breakfast of toast or dried cereal and fruit, “We play,” Mike Green says. And after lunch, “we play some more.” Sometimes they go to the park. “Arlington has great parks,” Dot Green says, “And sometimes we go to the zoo.”

Calliope sits on the floor thumbing through books. Calliope looks frustrated as she points to a picture in her book and repeats a phrase to a puzzled audience. “That’s the Chinese word for chicken,” she pronounces. Meanwhile Thalia has pulled herself up and is bouncing up and down and inching along. “If she walks you’ll see her first step. She is ready. We’re in for it.”

Why do they do this? “There’s no better way to get to know your grandchildren. And we’re lucky with our grandchildren,” Dot Green says. “Our kids in Baltimore and South Arlington are an hour and a half away but at Christmas everyone was here for four days together with the grandkids camped out on futons,” Mike Green says. Even though Thalia seldom takes naps anymore, the hand-made wooden cradle in the living room seems a symbol of the continuity of the generations. It dates back to the great grandparents in the late 1800s with each generation sleeping in the same spot.

The Snowstorm Doesn’t Stop Beauvois

Physical therapist walks in snowdrifts to meet clients.

BY SHIRLEY RUHE
THE CONNECTION

It was Tuesday, Jan. 26, two days after the second largest snowstorm in recorded history hit Arlington. Jean Philippe Beauvois, in-home physical therapist with LightHouse Healthcare, Inc., looks out his front door at the mounds of snow-

drifts and unplowed roads on N. Dickerson Street. He has four appointments scheduled that day beginning at 9 a.m.

“I thought about taking my motorcycle. It is a heavy duty BMW but there wasn’t any way out. So I decided to walk,” he said.

Beauvois layered on a blue shirt, a black vest and a jacket and pulled on his heavy duty brown boots. He tucked his notebook under his arm and headed for his first patient recovering from a stroke; the patient needed balance exercises to reduce fall risks. He crunched through the snow toward the street behind Marymount University. The patient had said his curb was clean but

he didn’t know if the house was accessible. When Beauvois got close he could see the house but the sidewalk was piled high with drifts. So he borrowed a snow shovel from the next door neighbor and shoveled his way there. Beauvois said, “I arrived sweating and I was 45 minutes late. I thought it would be much closer.”

Beauvois’ next appointment was a couple of miles away on N. Woodstock Street. His only choice was to walk along the edge of Glebe Road keeping an eye out for cars that could slip his way. His cell phone buzzed in his pocket. It was his 18-year-old daughter

SEE PHYSICAL, PAGE 12



Before discharging a patient Jean Philippe Beauvois teaches the patient how to get up from a fall. He says a patient can do a lot to help himself.

NEWS

TreeStewards Seek Volunteers

Washington, Virginia, and Maryland have lost roughly 2.5 percent of tree canopy every decade since 1950. According to Casey Trees, only 35 percent of Virginia is tree canopy. Trees need advocates, and the TreeStewards, together with Casey Trees, the Park Service, and county officials, function as local advocates.

Applications are now being accepted for the 2016 Class of TreeStewards. The TreeStewards of Arlington and Alexandria are volunteers dedicated to improving the health of urban trees through educational programs, tree planting and care, demonstrations and tree maintenance throughout the community. In addition to serving as volunteers, those who graduate from the class are better informed about their own gardens and trees,

and become effective pruners and native plant connoisseurs. TreeStewards help local churches, schools, temples, and parks maintain their trees and rid the areas of invasive plants.

New volunteer training are held Tuesday evenings, through April 12, with some Saturday mornings. Fun and interactive training is provided by experts in tree care and citizen advocates. Scholarships are available and no one will be turned away due to lack of funds to pay the course fee. TreeStewards especially seeks school and county staff to attend.

For more information and to complete an application, visit the TreeSteward website at www.TreeStewards.org or email info@TreeStewards.org.

— EDEN BROWN

BULLETIN BOARD

THURSDAY-SATURDAY/FEB. 4-6

Parks, Recreation and Natural Resources.

Come to a public meeting to provide input on and ask questions about the changing needs for parks, recreation, and natural resources.

- ❖ Thursday/Feb. 4, 7-9:30 p.m. Public Meeting at Langston Brown Community Center, 2121 N. Culpeper St.
- ❖ Friday/Feb. 5, 10 a.m.-2 p.m. Open House at Courthouse Plaza, 2100 Clarendon Blvd.
- ❖ Friday/Feb. 5, 10-11 a.m. Chat with Parks Director at Courthouse Plaza
- ❖ Friday/Feb. 5, 5-7 p.m. Happy Hour at Whitlow's on Wilson, 2854 Wilson Blvd.
- ❖ Saturday/Feb. 6, 9:30 a.m.-12 p.m. Public Meeting at Arlington Mill Community Center 909 S. Dinwiddie St.

Visit <http://parks.arlingtonva.us/2016/01/pops-a-plan-for-our-places-and-spaces/> for more.

FRIDAY-SATURDAY/FEB. 5-6

Mastermind Event for Small Business Owners.

Join 14 other business owners for a one-day workgroup at a home in Arlington led by Nancy Becher of Business Success Unlimited. Choose either Feb 5 or Feb 6. For details and to register, email Vicki@success4biz.biz or call Nancy 269-319-6041.

SATURDAY/FEB. 6

Community Meeting.

10 a.m. at Yorktown High School, 5200 Yorktown Blvd. Outcomes from the fall Lee Highway Community Visioning Charrette have been compiled into a Draft Community Vision. Everyone is invited to attend a presentation of the draft, ask questions and provide feedback. Visit <http://projects.arlingtonva.us/plans-studies/land-use/lee-highway/> for more.



PHOTO CONTRIBUTED

Heart Pillows for Heart Month

Woman's Club of Arlington is honoring Heart Month by making padded recovery heart pillows to be donated to those who have had recent heart surgery. From left are Sandy Newton, Vicky Gill, Kathleen Harrison and Club President Anne Kauzlarich. The American Heart Association's National Wear Red Day is Friday, Feb. 5.

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Economic Development in Virginia

The General Assembly prides itself in providing a pro-business climate, but refuses infusion of more than \$3 billion annually.

Hundreds of bills before this year's General Assembly session focus on "business climate," providing incentives for businesses to locate and expand here, extending tax exemptions and tax credits, encouraging international trade, reducing regulation and many other approaches perceived as pro-business.

Previous years of robust economic growth have been fueled by federal spending in Northern Virginia, but now that growth has slowed due to reduced spending on defense, homeland security and other programs.

But ideology and partisan politics have led this otherwise pro-business state to ignore pleas from virtually every business group in the Commonwealth to adopt a policy that would result in more than \$3 billion in economic activity, add more than 30,000 jobs, make the overall population healthier, save the lives of many poor residents and pave the way for solving Virginia's mental health crisis.

Implementing Medicaid expansion in Vir-

ginia would provide a \$3.9 billion boost to the Virginia economy annually, according to an independent study commissioned by Virginia Hospital and Healthcare Association, and could support more than 30,000 additional jobs. (The multiplier effect results in economic benefits several times greater than the initial injection of funds.)

EDITORIAL

In no way should the decision on expanding Medicaid be left up to the General Assembly that is gerrymandered to favor ideologically driven members who oppose the Affordable Care Act for inconsistent reasons without regard to the wellbeing of the Commonwealth and its residents.

To quote the VHHA study: "Strengthening the existing Medicaid program and potentially extending coverage to an estimated 400,000 low-income adults has far reaching consequences that go well beyond what can be quantified in purely economic terms."

— MARY KIMM

Another Opportunity To Talk About It

Super Bowl Sunday is Sunday, Feb. 7, and often more about the parties than the game. The parties have resulted in a measurable increase in impaired driving on that day.

During Super Bowl Sunday 2012, more than a third of traffic fatalities involved alcohol-impaired drivers according to the National Highway Traffic Safety Administration.

"It's important to have a game-plan prior to kick-off and to beat this too often deadly opponent," said Kurt Gregory Erickson, president of the nonprofit Washington Regional Alcohol Program (WRAP), a local 34-year-old public-private partnership.

Plan to bring a designated driver. Plan to party where you can take public transportation. Plan to celebrate at home or someplace where you can spend the night. Plan to abstain. Plan to call a cab or Uber or Lyft and retrieve your car the next day if need be.

But don't miss the chance to talk to the members of your household and members of your social circle about the importance of keeping impaired drivers off the road.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Nondiscrimination Bills Pass Senate

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

As the snow thawed and the General Assembly went about its business last week, a number of developments oc-

curred involving LGBT rights.

I am excited that both SB12, my bill prohibiting anti-LGBT discrimination in public employment, and Senator Jennifer Wexton's (D-Loudoun) bill SB67, prohibiting discriminatory housing practices, passed the Senate 25-15. Six fair-minded Republicans joined Senate Democrats in passing these bills to promote fair hiring and housing practices that have been endorsed by business coalitions and political advocacy groups alike. My bill SB10, which removes provisions in the Code of Virginia prohibiting same-sex marriage in light of the landmark US Supreme court decision Obergefell v. Hodges, was carried over to the 2017 session, awaiting the review of the Virginia Code Commission as to which changes will be necessary to comprehensively update the code to bring the current terms of "husband" and "wife" into alignment with this decision.

Four more of my bills passed the Senate this week and now await consideration by the House of Delegates. They include SB373, which clarifies the scope of food that must be served at restaurants holding mixed-beverage licenses. Under current law, only restaurants that serve "full course meals with a single substantial entrée" can prepare cocktails. This does not reflect the current culinary diversity of the Commonwealth. For example, in Virginia, you can have oysters on the half shell; then enjoy pizza and salad, or head for sushi at another establishment and under current law you would have never consumed a single "substan-



tial entrée" that would enable the restaurateur to serve spirits. My legislation, which passed the Senate unanimously, would allow an applicant for a license to serve any food, not just substantial entrees; simplifying the process for independent small business owners. After all, a restaurant menu should be prepared by a chef, not a lawyer.

My bill SB322 — which would end the practice of charging prison inmates exorbitant phone rates to contact their families and loved ones — passed 37-2, while SB420, which simplifies the voter registration process for those who have had their rights restored, also passed 26-14.

COMMENTARY

I will be holding four Town Hall Meetings over the coming weeks and hope you can join me at one:

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

Walter Reed Community Center – 2909 16th Street South, Arlington with Del. Alfonso Lopez

❖ **Alexandria:** Saturday, Feb. 6, 2-3:30 p.m. Mt. Vernon Community School – 2601 Commonwealth Avenue, Alexandria with Del. Mark Levine

❖ **Lee District:** Saturday, Feb. 20, 9:30-11:30 a.m.

Hayfield Elementary School – 7633 Telegraph Rd, Alexandria with Sen. Scott Surovell, Del. Mark Sickles and Del. Paul Krizek

❖ **Mt. Vernon:** Saturday, Feb. 20, 12:30-2 p.m.

Whitman Middle School – 2500 Parkers Lane, Alexandria

SEE EBBIN, PAGE 7



PHOTO CONTRIBUTED

Starting New Year Off Giving

Andrea Morici, a member of the Woman's Club of Arlington, knitted more than 300 items to donate in 2015: scarves, hats, baby and lap blankets. She delivered 40 hat/scarf sets to A-Span in Arlington recently, just in time for the cold weather. Lamont Coleman appreciates his new, bright set. A-Span staff noted there is an ongoing need for donations of coats for both men and women. See www.a-span.org/.

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Standing Up for the Safety Net

BY PIPER PHILLIPS CASWELL
CEO, PHILLIPS PROGRAMS FOR
CHILDREN AND FAMILIES

Everyone may know someone like Brian, a child who struggles at school, has emotional outbursts, and is constantly visiting the office and facing detention. It's children like Brian and their families — whose lives are spiraling — that members of the Virginia Association of Independent Specialized Education Facilities serve — including Phillips Special Education Day Schools.

Ebbin

FROM PAGE 6

with Sen. Scott Surovell and Del. Paul Krizek

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.

We are part of the educational system many people don't see or know about. Programs such as ours provide a custom education for those who have significant learning and emotional challenges and for whom school has often been a place of repeated failure and frustration. As partners to the public schools systems and families, we step in to give a child another chance at education and life success.

With the elections past us, new and returning members of the state legislature are preparing for the 2016 legislative session. As they do, we wanted to make a plug for the safety net. It's important that kids — especially vulnerable ones like Brian — don't get lost in the shuffle.

We often work with youth who are part of the foster care system. It can be a difficult journey for a child, especially as they are emancipated from the system. Some select to do so before their 21st birthdays — choosing to forgo services. However, if they change their minds, it is difficult for them to opt back into services that can help them succeed. That's why we hope legislators will help this fragile population regain access to services if they have a change of heart.

Changes that provide funding for comparable education services for students approved for residential services are also a

critical to meeting the needs of youth who have emotional, behavioral and other special challenges. Currently there is no mechanism for children placed in residential care to have any of their educational costs paid. That puts more children and families at risk.

Another way we can help these at risk children is to make it easier for them to get services. Too often children and their families are denied critical services due to burdensome, confusing and time-consuming assessment and qualification criteria. Virginia's serving agencies must be facilitators for families to access services, not barriers.

Families we meet are often frazzled by the challenges they face in getting appropriate education and services for their children. For those of limited means, the process and costs of getting help can seem insurmountable. That's why expanding Medicaid up to 133 percent of the poverty level will remove another obstacle to low-income families getting help.

Having a strong safety net is critical to ensuring youth with special challenges grow, learn and succeed. But the net is only good if it can catch kids as they are falling. Our legislators can make it stronger, protecting and propelling youth forward.

COMMENTARY

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Feb. 8-12.

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 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: Celebrate Chinese New Year, Peking Gourmet Inn, Falls Church, Tuesday, Feb. 9, \$33; Riverside Dinner Theatre, "The Buddy Holly Story," Wednesday, Feb. 10, \$59; National Museum of Women in the Arts, D.C., Friday, Feb. 12. Cost \$17. Call Arlington, County 55+ Travel, 703-228-4748. Registration required.

Healthy Mardi Gras cooking, Monday, Feb. 8, 11 a.m., Langston-Brown. Free. Register, 703-228-6300.

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

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

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

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

Protecting cognitive health, Tuesday, Feb. 9, 6:30 p.m., Walter Reed. Free. Register, 703-228-0955.

Are kids responsible for their parents, Tuesday, Feb. 9, 1 p.m., Lee. Free. Register, 703-228-0555.

How did the United States get their shapes, Tuesday, Feb. 9, 11:15 a.m., Lee. Free. Register, 703-228-0555.

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

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

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

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ENTERTAINMENT

Mixing Mystery, Plot Reversals, Humor

TAP presents "Deathtrap."

BY STEVE HIBBARD
THE CONNECTION

The Arlington Players (TAP) will perform "Deathtrap," the longest running comedy-thriller ever on Broadway, Feb. 5-7 and 12-13, at the Thomas Jefferson Community Theatre in Arlington. The show is a blend of mystery, plot reversals and humor. Its author, Ira Levin, wrote both "Rosemary's Baby" and "The Stepford Wives."

In discussing the challenges of putting on a show, Producer Janet Bordeaux said in community theater, they rely on volunteers. "None of us is paid to do the work that is required to get a show up. Not the board members, the director, the actors, the designers or those who work behind the scenes," she said. "So I would say the biggest challenge is getting people to volunteer their time after a full day of work and giving up weekends."

She added: "People who regularly volunteer their time to The Arlington Players and other area community theaters understand the rewards of putting a show together, but it's hard to convey this to someone who hasn't done it before."

Director Andrew JM Regiec said that last January he chose "Deathtrap" to present to the TAP Board by sending his "bucket list" of shows, and "Deathtrap" was one that caught their interest. "I had seen the show when it was first on Broadway and it left a mark," he said.

Regiec said theatre can be a transformative experience. "This can be uplifting after a musical or contemplative after a drama," he said. "We see lots of movies and TV that tackle the drama — and for good cause. Those media control your focus much more, using closeups and cutaways and underscored music adding to the manipulation the actors and script provide."

He added: "It's a little harder to carry the audience along onstage — more of a burden for the actors. I hope to have helped them fine-tune their motivations and the skills used to convey them to the audience. This, and providing a provocative physical environment for them to play in is my path to providing a memorable theatrical experience."



PHOTOS BY PETER HILL

The Arlington Players present "Deathtrap" Feb. 5-7 and 12-13 at the Thomas Jefferson Community Theatre in Arlington.

As far as audience takeaways, he said the show is meant to be a lot of fun for those who like the "who's-gonna-do-it-to-whom" type of show.

Zell Murphy plays the role of Sidney Bruhl, a well-known playwright who hasn't had a hit in 18 years. "He desperately longs for that next successful thriller that will bring him renewed fame and fortune," he said.

Besides memorizing all of the lines, the challenge was "getting a handle on all the details and intricacies of the plot and really trying to get into the head of Sidney Bruhl," he said.

He added: "I want the audience to be shocked and surprised by all the twists and turns that this classic 'one set, five character' thriller will take them on."

Jennifer Lyons Pagnard plays the role of Myra Bruhl, who comes from a wealthy family with a silver spoon in her mouth. "But since her marriage to Sidney, a washed up playwright, she's almost burned through her riches. She enjoys her wealthy lifestyle, and she'll do almost anything to maintain it,"

she said.

As far as challenges, she said, "It took me a while to find the right approach to Myra. She's not

exactly a weak character, but she's certainly not a pillar of strength either. She also has a heart condition, so I had to work that into the character as well."

She added: "If someone in the audience hasn't seen 'Deathtrap,' I think they'll enjoy the unexpected twists and turns of the plot. I also think all of my fellow castmates are giving stellar performances. That, combined with brilliant direction and an amazing set and production team, make for a 'killer' night at the theatre."

Sam Nystrom plays the role of Clifford Anderson, an ambitious young playwright who has written a terrific new thriller and will do most anything to ensure its success.

"There are lots of baits and switches in this play," he said. "And it is tricky deciding a character's real motivation. It can be hard to tell when certain characters are telling the truth because at times, (playwright) Ira Levin has them act a certain way so as not to give away surprises and plot twists to the audience."

Gayle Nichols-Grimes plays the role of Helga ten Dorp, a Dutch psychic extraordi-

nary who is in the U.S. for rest and is co-writing a book. She "gets things right most of the time, but not in the ways you may think," she said.

One of her challenges with the role was trying to sound Dutch instead of German, she said.

Bernard Engel plays the role of Porter Milgrim, an attorney who is there to plant certain seeds which will sprout later in the play. "He is, in other words, a device. If I told you more it would ruin the show for you," he said. "As a dramatic device the challenge was to make sure the 'seeds' would be presented to the audience in such a manner that they would be remembered later in the play."

"I hope the audience will walk away from our performance realizing that quality theater can be found in a variety of venues and that professionalism is not a function of a paycheck," he said.

The Arlington Players will perform "Deathtrap," at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. Performances are Feb. 5-7, and 12-13. Fridays and Saturdays at 8 p.m.; Sundays at 2:30 p.m. Tickets are \$21.50/adults; \$16.50/juniors and seniors. Visit: www.thearlingtonplayers.org.

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

"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.

Art Exhibit: "The Power of Color."

Through Feb. 27, Monday-Friday 10 a.m.-6 p.m. and Saturday 10 a.m.-2 p.m. at Gallery Underground, 2100 Crystal Drive. "The Power of Color" focuses on vibrant color. Free. Visit www.galleryunderground.org for more.

"Photography by Jan Bender and Richard Weiblinger."

Through March 30, 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.

"King of the Forest: Adventures of BioPerversity." Through April 3, 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."

Through April 3, 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

ENTERTAINMENT

more.

Instructor Select. Through April 3, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. In the Jenkin's Community Gallery, Arlington Arts Center will present Instructor Select 2016, featuring work by both students and instructors. Free. Visit www.arlingtonartscenter.org.

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.

Invasive Plants Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit registration.arlingtonva.us. Free, no registration required.

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

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

THURSDAY/FEB. 4

Valentine Crafternoon. 4 p.m. at Arlington Central Library, 1015 N. Quincy St. Kids and teens are invited to make a valentine treat. Free. Visit library.arlingtonva.us for more.

THURSDAY-SATURDAY/FEB. 4-6

Crystal Couture Show & Sale. 6-10 p.m. on Thursday, Friday and 2-10 p.m. on Saturday at 1750 Crystal Drive. More than 30 area boutiques, designers, and retailers, take part in a runway show. Guests can shop discounted merchandise both on the rack and on the runway as models showcase select offerings. General admission is free, VIP tickets are \$20. Visit www.crystalcity.org for more.

"How to Succeed in Business Without Really Trying." 7 p.m. and a 2 p.m. Saturday matinee at

Washington-Lee High School, 1301 N. Stafford St. "How to Succeed in Business Without Really Trying" centers on a young window-cleaner, J. Pierrepont Finch, who begins a meteoric rise from the mailroom to Vice President of Advertising at the World-Wide Wicket Company. Tickets are \$10 in advance, \$15 at the door. Visit www.wltheater.com.

FRIDAY/FEB. 5

Opening Reception: "The Power of Color." 5-7 p.m. at at Gallery Underground, 2100 Crystal Drive. "The Power of Color" focuses on vibrant color. Free. Visit www.galleryunderground.org.

FRIDAY-SUNDAY/5-7

"Deathtrap." 8 p.m. Friday-Saturday, 2:30 p.m. on Sunday at Thomas Jefferson Community Theatre, 125 S. Glebe Road. The Arlington Players present "Deathtrap," a comedy-thriller. Tickets are \$21.50, \$15.50 for children 18 and under and seniors 60 and older. Visit www.arlingtonplayers.org for more.

FEB. 5-MARCH 6

"Talley's Folley." Various times at Theatre on the Run, 3700 S. Four Mile Run Drive. At a dilapidated boathouse in Lebanon, Miss., in 1944, Matt Friedman and Sally Talley become acquainted. Tickets are \$15-20. Visit www.petersalley.com for more.

SATURDAY/FEB. 6

Grasses for the Masses. 9:30-11 a.m. at Fairlington Community Center, 3308 St. Stafford St., Room 118. Learn to grow native plants indoors during the winter months, and install them in the spring where they can provide environmental benefits. The fee for the workshop is \$40. Visit www.cbf.org/grasses to register.

Singles Dinner and Movie Night. 5 p.m. at Rock Bottom Brewery, 4238 Wilson Blvd. New Beginnings, a support group for separated/divorced men and women, sponsors a fixed-price dinner and a movie. Tickets are \$32, RSVP required. Visit www.newbeginningsusa.org.

Piola Carnival. 9 p.m. at Piola, 1550 Wilson Blvd. Piola's annual Carnival features samba, choro, forró and bossa nova with the famous Gigi MacLaughlin. Bring your feather masquerade masks, costumes and beads. Tickets are \$35. Visit www.rosslynva.org for more.

SUNDAY/FEB. 7

St. Ann Annual Giant Used Book Sale. 8 a.m.-2 p.m. at St. Ann Church-Parish Hall, 5300 10th St. N. All genres available. Also find a bake sale and free coffee. Free to attend. Visit www.stannchurch.org for more.

MONDAY/FEB. 8

Lecture. 4-4:30 p.m. at Arlington Central Library, 1015 Quincy St. Kenneth A. Daigler will discuss "Early American Spies, American Revolution Spy Craft and Tactics. Free. Call 703-228-2144 for more.

Anti-Valentine Day Party. 7 p.m. at Aurora Hills Library, 735 S. 18th St. Find chocolate, crafts, coloring, and more. Free. Call 703-228-5715.

TUESDAY/FEB. 9

Mardi Gras Parade. 7 p.m. starting at North Barton St. More than 50 participants will march to Washington Blvd. Free. Visit www.arlingtonarts.org for more.
Mardi Gras Ball. 7 p.m. at Clarendon



"The Power of Color" is on display at Gallery Underground, 2100 Crystal City Drive, through Feb. 27. Pictured here: "Princeton Study" by Parveneh Limbert. Visit www.galleryunderground.org for more.

Ballroom, 3185 Wilson Blvd. 8ohm Band and Yomomanem Jazz Band perform, Louisiana-themed food, Mardi Gras Punch, and more. Tickets are \$20. Visit www.clarendon.org for more.

Workshop: Vegetable Gardening.

7-8:30 p.m. at the Walter Reed Recreation Center, 2909 16th St. South. The Master Gardeners of Northern Virginia, (Arlington and Alexandria) present a workshop for the beginning vegetable gardener will address best management practices for site selection, soil requirements and soil improvement. This planning program provides guidance on crop selection and planting schedules. Free. Call 703-228-6414.

New Play Reading: "Pray for the Dead." 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. This dark musical comedy is about morgue workers. This event is part of First Draft's New Play Reading Series. Free. Visit www.firstdraft.org.

WEDNESDAY/FEB. 10

Toast to Our Troops. 6-10 p.m. at Women In Military Service For America Memorial, Arlington National Cemetery, Code of Support Foundation will be hosting its annual Toast To Our Troops, a salute to the service of our military service members, veterans and their families. The wine tasting event also features live music, hors d'oeuvres, and a silent auction. Ticket and silent auction proceeds will fund the Foundation's critical programs. Tickets are \$125. Visit www.cofesupport.org/toast.

THURSDAY/FEB. 11

REEP 40th Anniversary Open House. 10 a.m.-12 p.m. or 6:30-8:30 p.m. at Syphax Education Center, 2110 Washington Blvd. The Arlington Education and Employment Program will host an open house

allowing patrons to meet staff, visit adult English classes, and learn more about the programs the program has to offer. Free. Visit www.apsva.us/reep for more.

Advance Movie Screening.

6-10 p.m. at Rosslyn Spectrum Theatre, 1611 N. Kent St. The Arlington Philharmonic hosts an exclusive screening of "Maestro" about conductor Paavo Jarvi. Audience Q&A with the film's director and producer, David Donnelly will follow. Tickets are \$30 in advance, \$40 at the door. Visit www.arlingtonphilharmonic.org.

"The Girls Who Glow." 7 p.m. at Yorktown High School, 5200 Yorktown Blvd. Ginny Mohler, a graduate of Yorktown High School in Arlington, will be back at her old school for a presentation of "The Girls Who Glow," an adaptation of her film script about the "Radium Girls," teenage factory workers who were slowly poisoned while painting glow-in-the-dark watches in the 1920s. Free. Visit www.apsva.us.

"Bridge Builder of Nauck/Green Valley."

7 p.m. at Marymount University, 2807 N. Glebe Road. The Arlington Historical Society will host Dr. Alfred Taylor, who will speak about his book, "Bridge Builders of Nauck/Green Valley." Free. Call 703-942-8247 for more.

FRIDAY-SATURDAY/FEB. 12-13

"Deathtrap." 8 p.m. Friday-Saturday, 2:30 p.m. on Sunday at Thomas Jefferson Community Theatre, 125 S. Glebe Road. The Arlington Players present "Deathtrap," a comedy-thriller. Tickets are \$21.50, \$15.50 for children 18 and under and seniors 60 and older. Visit www.arlingtonplayers.org for more.

SATURDAY/FEB. 13

Bowen McCauley Dance: Valentine Concert. 7:30 p.m. at Rosslyn

Spectrum Theatre, 1611 N. Kent St. Bowen McCauley Dance partners with the National Chamber Ensemble. Tickets are \$17-33. Visit www.bmdc.org for more.

SUNDAY/FEB. 14

Love the Run You're With 5K Race. 9 a.m. at Pentagon Row, 1101 S. Joyce St. The USATF-certified course runs along Army Navy Drive starting and finishing at the Shops at Pentagon Row shopping complex. Registration is \$35-45. Visit www.runpacers.com/race/love-the-run-youre-with-5k for more.

FEB. 16-MARCH 13

"Road Show." Various times at Signature Theatre, 4200 Campbell Ave. Musical "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. Tickets start at \$40. Visit www.sigtheatre.org.

TUESDAY/FEB. 16

Workshop: Vegetable Gardening. 7-8:30 p.m. at the Kate Waller Barrett Branch Library, 717 Queen St., Alexandria. The Master Gardeners of Northern Virginia, (Arlington and Alexandria) present a workshop for the beginning vegetable gardener will address best management practices for site selection, soil requirements and soil improvement. This planning program provides guidance on crop selection and planting schedules. Free. Call 703-228-6414.

WEDNESDAY/FEB. 17

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.

FEB. 17-MARCH 27

"Romeo & Juliet." 8 p.m. Wednesday-Saturday, 2 p.m. Sunday at Synetic Theater, 2611 Jefferson Davis Highway. Synetic returns with another "Wordless Shakespeare" production. General admission tickets start at \$35, \$15 for students, and senior citizens and military receive a \$5 discount. Visit www.synetictheater.org for more.

THURSDAY/FEB. 18

Designing a Sustainable, Manageable Yard. 9 a.m.-12:30 p.m. at Fairlington Community Center, 3308 S. Stafford St. Master Gardeners of Arlington and Alexandria will cover the basics of sustainable landscapes and answer questions about individual garden management challenges. Learn the best management practices of sustainable landscapes — using native plants, making the most of available water, building soil health and reducing maintenance. Free, but registration required. Visit www.mgnv.org for more.

SATURDAY/FEB. 20

Workshop: Vegetable Gardening. 10:30 a.m.-12 p.m. at the Ellen Coolidge Burke Branch Library, 4701 Seminary Road, Alexandria. The Master Gardeners of Northern Virginia, (Arlington and Alexandria) present a workshop for the beginning vegetable gardener will address best management practices for site selection, soil requirements and soil improvement. This planning program provides guidance on crop selection and planting schedules. Free. Call 703-228-6414.

THEATRE

Story of Radium Girls To Glow on Yorktown Stage

One-act drama co-sponsored by the League of Women Voters-Arlington and American Association of University Women-Arlington.

BY MARJ SIGNER
THE CONNECTION

On Thursday, Feb 11, Ginny Mohler will be back at her old high school in Arlington, where she was a theater student 10 years ago. This time, she'll be there as a prize-winning filmmaker, watching the Yorktown High School actors perform "The Girls Who Glow," an adaptation of her screenplay. The one-act drama is a sister project of the feature film "Radium Girls" which Mohler co-wrote and is slated to direct this spring.

After the 7 p.m. performance, Mohler will take part in a "talkback" with Carol Cadby, the Yorktown High School theater teacher, and the student actors who make the historical drama come to life. The evening is free and open to the public and co-sponsored by the League of Women Voters-Arlington and American Association of University Women-Arlington, with a social hour and refreshments provided by Yorktown Theatre Arts Parents.

The Radium Girls were teenage factory workers in New Jersey in the 1920s who were slowly poisoned while painting glow-in-the-dark watch dials with radium. Mohler is determined to make their story known, in part because it relates to so many injustices today, she says, citing as one the Samsung factory in South Korea where workers have fallen ill making smartphones

and other consumer products. Not only were the Radium Girls deceived about the suspected dangers of radium, they were instructed to lick the tip of the brushes they used to create a fine point for painting the numbers on the watch faces. When the girls began to suffer pain, crumbling bones, loss of teeth and other debilitating effects, their suspicions were dismissed, ignored, and ridiculed.

Mohler discovered their story after she graduated from New York University Tisch Film School in 2011 and was working as a researcher on a documentary about the atomic bomb. In 2013, the screenplay "Radium Girls" by Mohler and co-author Britany Shaw won the NYU-Alfred P. Sloan \$100,000 Feature Film Production Grant. This grant provides the initial funding for the film she is now making with producer Lydia Dean Pilcher, founder of Cine Mosaic, an independent production company. The Yorktown High School production was adapted by Yorktown Advanced Theatre IV students and Cadby, who chairs the Yorktown theater department. She is also the lead theater teacher for Arlington Public Schools and an adjunct acting professor at George Mason University.

Mohler learned that the injustices the Radium Girls faced were daunting — corporate greed and lies, a callous legal system, abusive labor practices that preyed on the vulnerable and disregarded the health and safety of working-class women. That is



Yorktown High School actors will perform "The Girls Who Glow" on Thursday, Feb. 11.

why telling this story is important to the League of Women Voters and AAUW, which work for women's rights and human rights. Despite these obstacles and against all odds, six of the Radium Girls sued the U.S. Radium Corporation. After being worn down by endless legal delays, the dying workers received a small settlement, much less than they had asked for.

Even though they didn't get the compensation they deserved, Mohler credits the Radium Girls with a historic achievement in forcing the radium company to go on the record and expose its deceptions and distorted research at a time when corporations were considered beyond reproach. The girls were not victims, she said. "They found their voice in seeking justice. I want to make sure we honor that."

Like the Radium Girls who sued, Mohler is dedicated to seeking justice and empowerment through storytelling. The growth

and change she has experienced over the four years she has worked on the film parallels in many ways the fictional coming-of-age journey of the feature film's protagonist, Bessie, who goes from dreamy teenager to radical activist as she loses her sister to radium poisoning.

"It really feels like the story picked me, I didn't pick this story," she said. By the end of the film, Bessie has become a very different person, questioning what "the system" does and says. Mohler has also learned to question established historical facts, now knowing that there are alternate historical perspectives, not just those in history books.

"We won't be able to do anything about injustices until people are aware," Mohler said. "Being at that first stage of real awareness is frustrating but this is the beginning of that road to change. So I'm grateful I stumbled across this story and that it took hold."

Kareem Abdul-Jabbar Visits During Book Tour

Sharing his view on life, sports and religion.

BY GALE CURCIO
THE CONNECTION

Life is short, but it's very wide," said Kareem Abdul-Jabbar, in response to a question during the recent Conversations with Tyler: Kareem Abdul-Jabbar.

The question was about how Abdul-Jabbar brings together his wide range of interests.

Held at The Westin Arlington, Conversations with Tyler: Kareem Abdul-Jabbar was moderated by Tyler Cowen and sponsored by George Mason University's Mercatus Center.

There are few things that Abdul-Jabbar hasn't done during his lifetime. He is a top scorer in basketball, has written 11 books, starred in and directed movies, been an avid reader since he was young, is a jazz aficionado, was cultural ambassador for Secretary of State Hillary Clinton — and that's just for starters.

Early on in the interview, he talked about



Abdul-Jabbar

converting to Islam and issues with Black America. "Black America needs to get a grasp of what's afflicting them and how to fix it," said Abdul-Jabbar. "We need to get the best and the brightest the best education. Knowledge is power. You need to read and experience life to experience that power."

"The problem in the Islamic world is not just the distribution of wealth, but also the way that it is interpreted is contrary to the way the prophets meant it," said Abdul-Jabbar. "I am not optimistic about the outcome [of Muslim countries]. It's the job of the West to show them what Islam really is."

Cowen honed in on Abdul-Jabbar's love of jazz and asked him how many times he had seen jazz icon Thelonious Monk. Abdul-Jabbar said that he had seen him at least 20 to 30 times, but said that there was a story behind that.

He babysat for Ben Riley, Monk's drummer, as a teenager, so he was allowed to sit in on some of the shows at the Village Vanguard.

"It was a great part of my life," said Abdul-Jabbar.

When asked which Miles Davis album that he thought was most underappreciated, Abdul-Jabbar said that he really liked "Seven Steps to Heaven."

Abdul-Jabbar also said that he didn't think jazz was dying. "I know for a fact that it's not dead," he said. "Jazz musicians are coming from all different places — Azerbaijan, Indonesia. There are still people all over the world who love it [jazz] and will make it survive."

Talking about Abdul-Jabbar's favorite personalities from the Harlem Renaissance, he said that he loved Chester Himes.

"He wrote those crazy detective novels," said Abdul-Jabbar. "I love 'Cotton Comes to Harlem'."

The conversation turned to basketball and Cowen asked Abdul-Jabbar if he remembered the game against the Detroit Pistons. It was one of the last games that he would

play before retiring.

While the Lakers didn't win the game, Abdul-Jabbar gave a great performance.

Abdul-Jabbar said, "We were without Magic Johnson and Byron Scott but I wanted to go out the best way I could."

Abdul-Jabbar was well known for his Sky Hook and when asked why none of the current players use that technique, he said, "They don't realize that if you get close to the basket, you get more baskets. They want to be out there in the stratosphere getting the three-pointers."

He cited how Stephen Curry made 92 out of 100 three-pointers during practice.

"The three-point shot is worth more so if you have people who can work those shots, it's to their advantage," said Abdul-Jabbar.

But he did wonder if it's going to change the game so much that it won't be as exciting to watch.

Abdul-Jabbar was in town to promote his latest book, "Mycroft Holmes." He said he has been fascinated with Sherlock Holmes since he was a young boy. So much so that he used deductive reasoning even while playing basketball.

Arlington Enters Final Snow-clearing Phase

The fallout of the 2016 massive snow storm is coming to a close for Arlington. “We’re in phase four, the clean-up phase, which follows the residential phase,” said Greg Emanuel, director of the Department of Environmental Services. “Today was alleys. More importantly, we got curb to curb on some of our arterials to fully restore transit operations.”

Emanuel said that the county is gradually letting contractors go and will shortly begin the lessons-learned process. County Manager Mark Schwartz noted that, in the future, the county needs to do a better job of mapping and tracking which areas were plowed.

“My street was done, but the online map said it hadn’t been yet,” Schwartz said. “There’s a lot of people searching for that information and we have to do a better job of that.”

Jane Rudolph, director of the Department of Parks and Recreation, addressed questions about why the bicycle trails were clear while the county was still working on clearing the main roads.

“In fiscal year 2015, the board allocated funding for the Parks Department to plow nine miles of trail concurrently while the roads are being plowed. There were two pieces of equipment with four employees, and they clear the trails. Those employees and equipment could not be used on the streets. We’re not pulling resources from the streets to clear the trails.”

— VERNON MILES



Snow plows work to clear Arlington streets.

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Mix Traditional with Eclectic Valentine Gifts



Johanna Braden, owner of Two the Moon gift shop tucked in the corner of the Williamsburg Shopping Center, said, "This Ussies book is probably the most unique Valentine's gift in the store. You know, like everyone takes selfies on their phone; this is Ussies for couples." The books sits on a Valentine-themed table amidst lover's coupon books for "an errand of your choice," a "foot massage", "I'll be a designated driver," as well as red candles, Love Notes and XOXO note pads. Braden was a nurse for 35 years specializing in-end-of-life care. But she was wondering what to do next with her life, and her dream of opening a neighborhood gift shop was born. She opened her shop in September 2015. "It's nice to know you were one thing and you can become another." She points to several unusual picture frames. "I like this company in Michigan." She goes to markets in Atlanta and New York to find new and unusual gifts and she adds, "customers make requests." Most of my jewelry is locally made." Braden says she has monthly wine and cheese events featuring local artisans. "I'll have a Men's Night soon to help men pick out their Valentine's gifts." Braden says the name of her shop comes from her two children and their frequent question. How much do you love me? To the moon and back.



Anna Barratt is tempering the chocolate for the Sloop Betty, one of the six cocktails in the mixology collection made with local spirits at Artisan Confections at 1025 N. Fillmore Street. This one uses white Russian Vodka from Maryland. The process begins with Valrhona chocolate imported from a small town in France. The chocolate is poured into the mold, hardened in the cold room overnight, then piped with the individual filling and topped with a layer from the faucet of liquid chocolate. The mold is leveled off with the scraper and put back in the cold room overnight.



"Making these chocolates is a two-day process before we pop them out of the mold," according to **Chelsea Harnett** at Artisan Confections. Each flavor has a unique design stenciled on top — their logo is "we make tiny masterpieces." She said they will be making 2,000 pieces each of 15 flavors including ancho chili, red wine, cherry-lemon caramel and fresh mint. Specials for Valentines Day go on sale beginning Feb. 6 and include homemade vanilla marshmallows, red boxes of heart-shaped salted caramels, blond honey chocolates made with blond "hunny" beer with a pretzel crust, "like beer and pretzels" and snickerdoodle bonbons with homemade snickerdoodle crust and cinnamon ganache. In addition, there will be 200-300 prepackaged boxes of a selection of chocolates.



Try Preston's Care Pharmacy at 5101 Lee Highway for a wide selection of Valentine's Day cards. A tall card carousel just inside the front door pivots around with 72 choices. Two nearby displays hold over 120 additional cards from the sweet to the humorous. **Melissa Eklund** whose husband owns the store says she chooses the cards. "If I see anything I like when I travel, I find out where to get the line of cards. For instance, I discovered Curly Girl designs in St. Michaels where I visit my mother." She says that sometimes she likes something but it isn't necessarily universal. She points to a card with a tastefully disguised nude couple and said that one day two little old ladies turned the card around to show the blank back of the card. "And look at these darling English cards. And over here is our best selling line from Persimmon Press. People love them." And for a little something extra you can supplement the card with a Gianna Rose Atelier French milled pink heart-shaped soap.

PHOTOS BY SHIRLEY RUHE THE CONNECTION

Physical Therapist Walks to Appointments in Snowdrifts

FROM PAGE 4

Chloe calling from California to wish him a happy birthday. As he approached the light at Little Falls Road Beauvois said, "I spotted a German shepherd wandering in the street. I had to stop traffic and chase the dog. I had to hold on hard but the owner came to retrieve the dog and was very glad to see him back."

Finally, slipping around the corner he arrived at his next appointment where he was working with a patient just recovering from back surgery. Beauvois rang the doorbell and took off his boots to leave beside the door. He said, "I am still sweating from all the snow shoveling. I have on too many layers." He sat at the table and updated his computer records for the patient's mobility, changes in medications, blood pressure, general well being "and all those stuffs." He said, "This is so much easier than when I was in California. Having everything on the computer instead of writing it all out leaves me more time to spend with my patient."

Beauvois has been in Virginia for four years working as an in-home physical therapist for LightHouse Healthcare. He says that LightHouse has been in business for 10 years and they work with referring doctors to provide a variety of skilled services including PT which is his expertise, OT and RN and caregivers. "I love this hands-on



PHOTO BY SHIRLEY RUHE/THE CONNECTION

In-home physical therapist Jean Philippe Beauvois walks from his home on N. Dickerson to his four appointments in Arlington on Tuesday after the snowstorm.

work and wonder why I spent so many years in California as director of rehab in Studio City at a skilled nursing facility. I spent so much time behind a desk coordinating the interdisciplinary staff of doctors, social workers, family, staff and patients and doing a lot of paper work." Beauvois is a native of Belgium where he graduated from

the University of Leuven in 1985. He says there is a difference in the approach to physical therapy in the two countries. "Here in America we have access to a lot of machines but in Belgium there was much more physical contact with the patient. But," he added, "in Belgium there was an overflow with a PT on every corner and with socialized medicine wages were low."

Practicing in-home physical therapy gives him the chance to interact with people, to help people out and "to improve their ailments." What he likes is to maximize the outcome of rehab by being creative, using hands on the furniture in every household so the patients can see how they can function in their home.

In earlier appointments the patient had mastered the log rolling technique for getting out of bed without stressing his back. For the next step he lies on the bed doing the bridging exercise for lower back stretching. "Up, two three four, again two three four." Beauvois is strengthening the gluteus maximus muscle. On to the next round of exercises. "Here," he said, "hang on to the counter and we'll do some exercises for balance. First up on the toes, down two three four. Then back on the heels. How does that feel, good?"

"I don't want to do too much more today. When can we schedule our next appoint-

ment?" Beauvois says that it is good when people can stay in their homes where they feel comfortable. He says there is a balance between physical and mental and one treats the whole person. "If they can function better in their own environment, it is best for everyone to stay there. The patient is in a better emotional spirit in his home environment." He says stroke is the hardest thing to treat because one side of the body is affected and you have to teach the person how to move, usually with a quad cane. Before Beauvois is finished, the patient needs to know how to get up if he falls. "People start to panic but there is a lot they can do to help themselves." He demonstrates, "Roll on your back, roll to your side. Good. Use your hands to push up. Get on your strong leg and brace yourself. You got it," he said, clapping for the patient who has done it correctly the first time. "It's as simple as that."

Beauvois heads down the street to Chesterbrook Road and left on to Forest Lane where his next patient has had a knee replacement and is not out of bed yet. Finally he goes to 37th Street to help strengthen the legs of a patient with recent open heart surgery. Then he heads back home through the snow. But for the final event of the day he has called a taxi to take his wife out for a birthday celebration.

WELLBEING

Marking American Heart Month

Month-long observance raises awareness about cardiovascular disease.

By MARILYN CAMPBELL
THE CONNECTION

Music is thumping, sweat is dripping and hearts are pounding. In a packed aerobic dance studio, students move in the name of health.

"There's a push by the community to have aerobic and cardio programs, especially ones that start after 5 p.m.," said Peter Selikowitz, director of the Potomac (Md.) Community Recreation Center, where the aerobic dance classes are held. "That has been a big shift in recent years, and it's a shift we're looking to make."

Throughout the month of February, in honor of American Heart Month, health and fitness professionals are raising awareness about cardiovascular disease and the role of aerobic exercise in preventing it. While recent studies, including one by the Mid America Heart Institute, found that extreme exercise training and competing in endurance events can actually damage the heart, exercise is still the best prescription for a healthy heart.

"All aerobic activity has the potential to bring positive health benefits if the correct intensity [or] level of difficulty and duration are used," said Michelle Walters-Edwards, chair and associate professor of Health and Human Performance at Marymount University in Arlington.

Some warning signs that an exercise program might be too intense include "constantly sore muscles, changes in mood, trouble sleeping, a decrease in appetite or feeling weak," said Joel Martin, Ph.D., assistant professor of kinesiology at George Mason University. "Those are signs that you might

Wear Red Day

FRIDAY, FEB. 5

The American Heart Association is encouraging residents to show support for the fight against heart disease in women by wearing red on Friday, Feb. 5 — National Wear Red Day.

be over-training."

"Too much aerobic exercise can also cause soft tissue issues such as tendinitis and muscle strains. These are signs that the volume of exercise is too great for the muscles and tendons to deal with, and this should be modified," said Walters-Edwards.

To hit the right target for intensity and duration, both Martin and Walters-Edwards advise checking the guidelines offered by the American Heart Association and the American College of Sports Medicine (ACSM) on how to achieve

an optimum level of aerobic intensity. The formula calls for subtracting one's age from 220 and multiplying that number by 0.5 for a beginner, by 0.69 for someone who exercises frequently for moderate intensity, and by 0.8 to 0.85 for vigorous intensity for those with significant experience with aerobic exercise.

ACSM recommends 30 minutes of aerobic exercise three to five days each week at a moderate intensity. "If you can hold a conversation while exercising that is a safe intensity for beginners," said Walters-Edwards.

The standards are based on "how fit you already are, your age and how accustomed your body is to the demands of cardio workouts," said Walters-Edwards. "The more accustomed you are to working out aerobically the greater your endurance capacity will be."

A beginner, says Walters-Edwards, might aim for a combination of walking and jogging to reach the 30-minute recommended daily minimum. This time can be broken down into two 15-minute sessions. "It is always a good idea to have at least one rest day per week with no exercise to support recovery, she said.

Focusing on Children's Dental Health

It's time to wage a war on sugar. That's the message that dental professionals are spreading this February, National Children's Dental Health Month. The theme of this year's observance, which is sponsored by the American Dental Association, is "Sugar Wars." Dental professionals are using the month to educate children and families about the role that eating healthy

snacks, regular dental visits and proper brushing, flossing and rinsing play in good oral health.

The Northern Virginia Dental Society and local dental professionals will offer free screenings, treatments and education to local, underserved children as part of Give Kids A Smile Day on Friday, Feb. 5, from 8 a.m. to 1 p.m. at Northern Virginia Community Col-

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lege Medical Education Campus. The annual event happens on the first Friday in February. Visit <http://www.vdaf.org/Give-Kids-A-Smile/give-kids-a-smile.html>.

— MARILYN CAMPBELL

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"Snowforgotten"



By **KENNETH B. LOURIE**

At least, I hope so. And the inference might not be what you think. I am not referring to the feet of snow, the days of waste, the traffic of congestion, the disappearing of lanes, the "unplowing" of neighborhoods/side streets/sidewalks/driveways/parking lots/gas stations, and on and on and on; you name it, you remember it, I want to forget it. Not that I hadn't provisioned properly in anticipation of "Jonass" and was housebound eating Ritz Crackers all weekend. Hardly. I had Oreos and Ben & Jerry's, among other staples. And so as long as we didn't lose power, which most of us didn't, we were able to survive the storm without much adieu – albeit about something. Fortunately, we didn't need to leave the house – before we were advised to do so, and risk getting stuck going or coming from stores themselves not open or whose driveways were still impassable. It wasn't until Monday that the need arose, but by then the safety issues had subsided a bit.

No, what I am finally referring to is the non-stop loop of identical snow information from the same radio and television anchors (anchored to their desks, presumably; I know, "double shifts because of the storm;" yada, yada, yada) from the same stations (local and national) all day and all night. If the seriousness and urgency of the miscellaneous instructions and directives could have struck more fear – and loathing, in my household, anyway – not only would Hunter S. Thompson have been stirred from his grave (especially since we're in a political season), so too would Orson Welles have been tossed about remembering the hysteria that ensued with his famous radio broadcast of H. G. Wells' "War of the Worlds" on "Mercury Theatre on the Air" on October 30, 1938. Listeners thought then we were under attack from aliens. As the snow continued to fall here late Saturday evening, January 23rd, and even into Sunday morning, January 24th, one would have thought, listening to the daytime – and nighttime – broadcasts, that we also were all under attack. But we weren't under attack – from aliens. We were under attack from the media; and its tendency to bunker-down its mentality and hyper-act in the face of/the midst of, out-of-the-ordinary, potentially life-changing/property-damaging sets of uncharacteristic/atypical circumstances for the Washington, D.C. metropolitan area, nearly popped my cork. I'm not sure if it was the redundancy of the message or the forced spontaneity and extemporaneous words and deeds many of us listeners were forced to endure but it wasn't too long before I had reached my limit.

If the technology existed that allowed the audience to verbally interact – in real time, not simply by texting and then watching one's comments scroll across the bottom of the screen, I would have been yelling: "I GET IT. Now can we get back to regular programming, please?" (I realize I can switch channels. I am a sentient being. I'm not Data from "Star Trek: The Next Generation.") However, the frequency and the frequencies with which we were being subjected and in my mind, inundated and overwhelmed by this doom and gloom and over-the-moon reporting was cause for concern: my concern. We were not under attack. We were simply under snow. Get a grip. I realize there are risks and precautions and preparations to be considered, but really, sometimes, as my mother was fond of saying so many years ago: "It's enough already."

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

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Suzanne Dolan and the Yorktown girls' swim and dive team won the Conference 6 championship on Jan. 30.

PHOTO BY
CRAIG STERBUTZEL
THE CONNECTION

Proving Their Competitiveness

Yorktown girls' swim team wins first Conference 6 title.

BY JON ROETMAN
THE CONNECTION

For years, the Yorktown swim program dominated the National District, piling up championships against inferior opponents.

Prior to the 2013-14 season, the Patriots moved to Conference 6 as part of the VHSL's six-class re-alignment. The transition meant Yorktown would compete against some of the top program's in the region.

After two years of coming up empty, the Patriots on Monday took home a title.

The Yorktown girls' swim and dive team won the Conference 6 championship on Jan. 30 at Washington-Lee High School. The meet was condensed into a one-day timed finals format due to snowstorm-related school closures.

The Patriots had enough depth to win the team title despite not winning an individual event or relay.

"On the girls' side, I think it was an overall group effort," Yorktown head coach Claire Shreeve said. "A lot of kids just ended up scoring points throughout. I don't think we had any first-place wins, but it was the fact that every girl went out and got us points for the group win."

Defending state champion Langley finished runner-up, followed by McLean (third), South Lakes (fourth), Fairfax (fifth), Madison (sixth), W-L (seventh) and Hayfield (eighth).

"It's different dominating the National District and being handed it every year [and] kind of expecting it," Shreeve said. "... It's more exciting ... beating teams that ... are legit powerhouses, like Langley and Madison."

Senior standout Suzanne Dolan placed fourth in the 200-yard freestyle (1:55.65) and third in the 100 backstroke (59.62). She helped the 200 free relay (freshman Kayle Park, sophomore Emily Brooks, senior Katherine Lundy, Dolan) place second (1:39.08), finishing two-tenths of a second behind Langley, and the 400 free relay (Park, Brooks, senior Elizabeth Romano, Dolan) finish fifth (3:42.77).

Dolan (no relation to Olympic gold medalist and 1993 Yorktown graduate Tom Dolan) is the defending state champion in the 50 free and the 100 breaststroke.

Shreeve said Dolan decided to swim different events at Saturday's conference meet.

"She's a hard worker and naturally talented," Shreeve said about Dolan. "She takes the sport seriously, but she ... also has fun with it."

Park placed fourth in the 200 IM (2:10.29) and third in the 100 free (53.8) for the Patriots. Sophomore Hannah Karlin placed third in the diving competition with a score of 314.7.

Washington-Lee senior Bryn Edwards won the 100 breaststroke championship with a time of 1:04.34, providing the Generals with their lone title of the evening.

"Bryn really gets excited to swim at our championship meets," W-L head coach Kristina Dorville wrote in an email. "She did outstanding, breaking her own W-L record, qualifying for states, and getting an All-American consideration time cut. Overall, she's a standout in the 100 breast and will have a strong presence at both regionals and states."

In boys' action, Langley repeated as conference champion, followed by McLean (second), South Lakes (third), Madison (fourth), Yorktown (fifth), Washington-Lee (sixth), Hayfield (seventh) and Fairfax (eighth).

Yorktown senior Brady Almand placed third in the 100 breaststroke, setting a school record with a time of 58.01.

The Yorktown 400 free relay team of sophomore Jonathan Day, sophomore Nicholas Pasternak, senior Jacob Larsen and Almand tied for third, setting a school record with a time of 3:17.75.

The Yorktown 200 free relay team (freshman Sam Ellis, Pasternak, Larsen, Almand) placed second (1:29.68).

Day placed third in the 200 free (1:47.2) for the Patriots, and junior Jacob Kreider finished third in the dive competition (497).

W-L sophomore Jayapraka Kambhampaty took second in the 100 butterfly (51.81) and third in the 100 backstroke (51.56). Freshman Kai Green finished third in the 50 free (22.31).

Langley won each of the three relays and took home five individual championships.

Senior Carter Bennett, who signed a letter of intent to swim for the University of South Carolina, was a major contributor for the Saxons. Along with helping Langley win the 200 medley relay (1:35.19) and 200 free relay (1:27.96), Bennett won individual titles and set conference meet records in the 50 free (20.96) and 100 free (47.31).

The 6A North region swim finals are scheduled for 5:30 p.m. Saturday, Feb. 6.

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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 dates from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

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LEGAL NOTICE
Cellco Partnership and its controlled affiliates doing business as Verizon Wireless is proposing an existing location modification at 399 Old Jefferson Davis Highway, Arlington, VA 22202 (NAD 83) 38° 52', 5.6"N; 77° 2', 47.0" W. The project will consist of the removal of nine existing antennas and the installation of nine new antennas. The overall tower height will be 42-feet. Public comments regarding potential effects from this site on historic properties may be submitted within 30-days from the date of this publication to: Aarcher, Inc. c/o Bill Auchter, via email at bauchter@aarcherinc.com, or 2635 Riva Road, Suite 100, Annapolis, MD 21401 or (410) 897-9100 ext 111 referencing AARCHER Project Number - 090023.09.0091.

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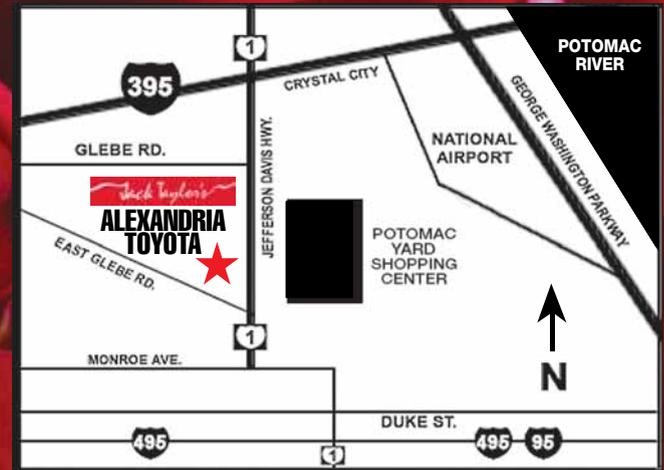
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