

Breaking Through

SPORTS, PAGE 12

Yorktown freshman Julia Hays finished runner-up in the all-around at the Conference 6 championship meet on Feb. 5.

Consultants Unveil
Draft Plan for
Lee Highway

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Completing the
Street

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Choosing from
3,000 Books

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HomeLifeStyle

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PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Creating a Multigenerational Home



It's becoming increasingly popular for several generations to live in one home. But before you start planning the perfect "in-law" suite or elevator, there are a few things you should consider.

Assess Your Home

Identify the areas of your home that are easily used by the people who need to be there and those that require modification.

Determine Your Budget

Figure out how much you would like to invest into the project, both your ideal and your maximum.

Keep Resale Value in Mind

While modifications to your home are made for your needs, it's also important to think about resale value. Universally designed space, which means flexible space that can be used for a variety of purposes, will oftentimes add to the value of your home.

Design for the Future

When planning your new space, think about not only how you will use the remodeled space now, but down the road as well. This will ultimately save you time and money.

Plan Ahead

You don't want to do things twice. Planning ahead and not rushing decisions will actually save time and money over the long run.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

Visit GlickmanDesignBuild.com or call 301.444.4663 to learn more.

NEWS

Completing the Street

Public feedback potentially left on the roadside.

BY VERNON MILES
THE CONNECTION

How's your sidewalk? If you live near a road where there's no sidewalk on either side of the street, or the sidewalk is incomplete, your street might be receiving a makeover courtesy of Arlington County. The new Neighborhood Complete Streets Program, approved by the County Board at its Jan. 28 meeting, could have a radical impact on the lives of some Arlingtonians.

Dennis Leach, deputy director of transportation, said the project focuses on providing safer streets for multi-family neighborhoods. Leach said over half of Arlington's population lives in multi-family homes, but that these neighborhoods are often not as well organized or active as some of Arlington's single-family home neighborhoods.

The new projects are prioritized based on points "earned" from problems facing the street, like speeding issues, frequent crashes, inadequate street lighting, and lacking in sidewalks. Additional points come from the location of the street, with priority given to those near a metro station, school, bus stop, or along a bicycle route.

Once the streets in need are determined, the program will assess potential solutions and funding related issues, then presenting its proposal to the County Board.

But ideal as the new program sounds at first, it had its share of detractors at the County Board meeting. Many neighborhood representatives expressed misgivings at a part of the program which allowed the program to get around the existing County process which requires the approval of neighborhood organizations. Local citizens were worried that the new program would give the county a way to circumvent the wishes of the neighborhood.

"These things are perfect in the abstract, but the details matter," said Vinh Nguyen, a resident of Ashen Heights. "The sidewalk project



PHOTO CONTRIBUTED

One of Arlington's newest complete street projects: utility undergrounding, tree installation, and street lights on Columbia Pike between South Wakefield Street and Four Mile Run Drive.

I participated in failed, it wasn't approved by [the local residents] for very specific reasons ... I'm bringing this up because that's a sign that the program works."

In particular, part of the program that concerned citizens was a section that seemed to deliberately prohibit neighbors from planning projects and voting on them. The program said that there would be no resident voting or petitions on projects, and that all feedback would have to go through the staff.

"At a time when the County Board is working to restore the community's faith that public participation is valued and valuable," said resident John Kline, "[staff] is asking the board to accept a proposal that rejects the public participation."

When the decision went to the County Board, there was unanimous agreement that the process needed to be made more open to the public.

"We've heard a lot of concern about this being a way for failed projects to reappear," said County Board Member Katie Cristol. "My concern is that this would represent a failure of the democratic process and a let down of what I hope this program guide might offer."

Board Member Christian Dorsey proposed

the first of several amendments, which prohibited any project that was not approved by the neighborhood conservation process or was removed from that process from being considered in the Complete Streets program for four years after the withdrawal.

Other amendments were more sweeping and vague. County Board Member John Vihstadt reaffirmed that the County Board should not mandate a community vote on these projects, but suggested that the County Board would carefully consider any demonstrations of how a community feels with respect to an upcoming project. The vagueness of the County Board's promise of consideration to public feedback drew questions from County Board Member Jay Fiset, who proposed amendments to Vihstadt's proposal.

"These are friendly amendments?" County Board Chair Libby Garvey asked, prompting groans from Fiset and Vihstadt.

"Well, let's see how friendly they are," Vihstadt answered.

But the amendment, it turned out, was more of a clerical adjustment. The vague promises to listen to the public remain, and the County Board unanimously approved Arlington's Neighborhood Complete Streets Program.

Awards Spotlight Architectural and Landscape Designs

Eleven architectural and landscape projects were selected to receive 2015 DESIGNArlington awards.

Judges examined 54 entries for the award. The winners include public art, new construction, and renovations of private homes and commercial space. Images of the winning works can be found at <http://projects.arlingtonva.us/planning/urban-design/designarlington/2015-winners/>

The winners will be recognized by the County Board at its recessed meeting on Feb. 23.

A separate awards ceremony, free and open to the public, will be held in March.

Awards of Excellence

❖ **Wakefield High School** – replacement facil-

ity designed for 21st century learning and shared use with the public.

❖ **Discovery Elementary School** – new school that reaches the highest standards in instructional space, sustainability, operating costs and flexibility.

❖ **2332 Tuckahoe Street** – restoration and remodel of a 1919 Sears bungalow, saved from demolition in the East Falls Church neighborhood.

❖ **The Hyde** – humanely-scaled, multi-family by-right development on the edge of Lyon Park that includes natural materials and light-filled spaces.

❖ **Arlington Mill Community Center** – community facility with iconic civic presence on the western end of Columbia Pike; an example of environmentally-responsible design.

❖ **The Maxwell** – eco-friendly multi-family residential community with LEED Gold rating, mixed-uses and on-site amenities.

Merit Awards

❖ **Rocky Run Park** – new community park in the Clarendon-Courthouse neighborhood with emphasis

on a variety of users and integration with the surrounding residential community.

❖ **Arlington Boulevard** – art enhancements of new bridges and retaining walls that connect Arlington Boulevard/Route 50 to the Courthouse-Clarendon neighborhoods. Programmable LED lighting provides nighttime interest and intricate concrete patterns create memorable landmarks at these entries to Arlington.

❖ **"Ripple" (Water Pollution Control Plant Fence Enhancement)** – design enhancement of over 800 linear feet of fence panels and brightly-colored "widgets," based on the designers' interpretation of tools and methods used at the plant.

❖ **3001-3003 Washington Boulevard** – commercial office that used transfer of density rights to preserve two off-site landmark buildings as well as the façade preservation and restoration of two historical buildings on-site.

❖ **Davis Place** – affordable housing in the Nauck neighborhood that aims to provide opportunity for first-time home buyers, designed to encourage neighbor interaction.

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Consultants Unveil Draft Plan for Lee Highway

Residents indicate approval of direction but concern about unintended consequences.

BY EDEN BROWN
THE CONNECTION

The concepts of “Complete Streets,” “New Urbanism,” pop-up parks, and TDR’s were new to many of the 183 residents gathered at Yorktown High School on Saturday, Feb. 6. But the biggest single hot button for the residents who sat for more than two hours reviewing the draft plan for upgrading the Lee Highway corridor was the idea that Lee Highway would have less than its current two lanes of traffic in either direction. It was not just the loss of a lane, it was the concept of increased density of population in areas where no Metro Station is within walking distance. One recently married couple said they were debating whether to live in Arlington or Fairfax: this meeting had swayed them heavily towards Fairfax.

“Who likes change?”, asked Bill Blaswell, of the Neighborhood Conservation Advisory Committee. “No one.”

Representatives of the firm Dover, Kohl, & Partners, town planning consultants based in Florida, spent most of the morning going over the draft plan. Cautioning that this was an initial draft, they noted they had made recommendations based on previous charettes and public input, and that they were presenting the draft as an empowering document for citizens to use. Any major change to the Lee Highway corridor would come in the form of an “ultimate public/private partnership” because there would not be federal money or other large pots of dollars to make it happen.

Rick Hall, one of the presenters who specialized in transportation and who called himself a “recovering traffic engineer,” said residents bemoaned the loss of walkability and livability in Arlington. The concept of “complete streets” is therefore one of the “asks” of the local community, and that means bringing all modes of transportation back so the car is not the only option. To add bike lanes and trees, he noted, there would have to be a reduction in the Lee



County Board member John Vihstadt solicited the views of local residents as they reviewed the plan, and here he is seen chatting with Jay Harris and Paul Holland. Harris is on the board of Arlington’s Partnership for Affordable Housing, and Holland is on Arlington County’s Fiscal Affairs Advisory Commission.

Highway car space, proposing in the draft a three-lane road which used the center lane for turns and therefore cut part of Lee Highway’s current four-lane profile. Electrical distribution would either have to be moved back from the street by a block, or go underground, a more expensive option.

In another review of one of the major “asks” of local residents during the charrette, one planner reviewed the need for more parks and gathering spaces. Residents had complained it was a long walk to get to the places they want to be: the goal is therefore to add more such public spaces closer to where people live.

Another issue was how to get to those spaces. Biking and circulator buses were options.

Another speaker addressed how to create a “complete community” as well as complete streets? Improving the look of Lee Highway should not come at the expense of affordability for small businesses and housing.

Planners noted that at the rate Arlington is growing, 23,000 units of affordable housing would be needed by 2040. Eleven per-

cent of those are expected to be in the Lee Highway corridor. Some properties currently owned by the county or by local churches could be used for more high-density housing, including some age-in-place developments, using the concept of “bonus density” where a portion of units built by developers must be affordable.

The planners said they had heard a strong priority voiced by local residents who value the affordable commerce in the area. They believed the increased walkability of the area will favor local business but they would also use the concept of bonus density, again, to keep low rent for local business.

Presenters stressed the commitment any future design would have to keeping local businesses in the corridor. They noted parking was at its maximum in the shopping centers around the corridor right now, and a public/private partnership for constructing a parking garage might be a good option to enable more parking on less space. They also encouraged residents to consider a shop local campaign keeping money in local businesses, along the lines of the “Austin Weird” campaign.

Economic vitality and long-term sustainability were invoked during the morning, along with improved infrastructure, mixed use buildings, and walkability. Alternative zoning approaches were recommended to streamline the development approvals process. The current site plan process is too onerous for small properties who should be able to bypass such a costly process. And again, they urged exploring the

What Can Residents Do?

- ❖ Comment on the draft.
- ❖ Show up at upcoming meetings.
- ❖ Start a shop local campaign or join a civic association.
- ❖ Get involved in the historic preservation for the area.

For more information about the Lee Highway Visioning Process go to: <http://arlingtonva.us/leehighway>. The draft “Vision Study Document” is on the Lee Highway Community Visioning Study website, at <https://arlingtonva.opencomment.us/lee-highway-draft-community-vision>.

need for direct incentives for building upgrades, and evaluating TDRs to protect small business.

Arlingtonians, according to the planners, were most interested in multimodal transportation, walkable streets, open spaces, gathering places, affordable housing and economic vitality. Historic preservation was less of a priority, according to their data.

In an electronic poll of the attendees, the planners asked if residents thought they were on the right track (60 percent did), 27 percent answered “probably”, and 10 percent were not sure. Three percent answered “no.” Asked how they liked the draft vision, 87 percent liked it, four percent were indifferent, and nine percent said they didn’t like it. Planners acknowledged there is more work to do, and that they need to hear from those who don’t like the plan.

When the meeting opened up for questions, John Holder, a resident, asked whether the plan was to turn Lee Highway into another Connecticut Avenue. “Lee Highway is not pretty, but it is functional,” Holden said. “People can drive up to where they need to go. They can park. Are there any reliable estimates on how much additional traffic will be generated by this kind of extensive development? Why not just plant some more trees? What is in it for us to create density in these areas?”

Dave Gelman, of the Yorktown Civic Association, said, “I like it a lot; but not sure you are on

“I like it a lot; but not sure you are on the right track: this is an exercise in balance. Lee Highway must remain two lanes on both sides.”

— Dave Gelman, Yorktown Civic Association

the right track: this is an exercise in balance. Lee Highway must remain two lanes on both sides.”

Jim Hurysz, of Fairlington, weighed in on his concern that Columbia Pike was developed using the same principles: the mixed use mess that resulted has not been what he and his neighbors wanted.

Other residents reiterated a concern that development might be a replication of Columbia Pike. “Ivy Welding is the only welding shop in the county; would it survive?”

SEE A PLAN FOR LEE. PAGE 5

ARLINGTON CONNECTION ❖ FEBRUARY 10-16, 2016 ❖ 3

Bill Blaswell, chairman of the Neighborhood Conservation Advisory Committee, talks with Edith Gravely after the meeting.

PHOTOS BY
EDEN BROWN
THE CONNECTION



Helping Arlington Set a Course

Department of Parks and Recreation asks residents to weigh in.

BY EDEN BROWN
THE CONNECTION

Arlington residents were given four chances over the past week to weigh in on their parks, recreation, and natural resources. “POPS,” a Plan for Our Spaces, was initiated by the county’s planners and the Parks Department to solicit input from residents. They gathered on Friday, Feb. 5, at the happy hour at Whitlow’s on Wilson Boulevard to drink Dale’s Pale Ale and put green dots on the charts around the room.

Residents were asked to prioritize more WIFI access, urban agriculture and farmers markets, community centers, and hiking trails, to name a few categories. There will also be focus groups and a mailed questionnaire asking questions of residents so that a “needs assessment” can be set up. Caroline Haynes, chair of Arlington County Park and Recreation, and Lisa Grandle, Arlington’s Park Development division chief,

actively solicited the views of residents at Whitlow’s. They spoke about thinking ahead to the needs of an increasingly older population in Arlington, and some of the concepts which had been raised with them at meetings like this. Adult playgrounds? This is a trend in an aging baby boomer population where swings, balance bars, and fresh air are alternatives to TV and shopping malls.



Residents comment with green dots on what they want to see in their parks. The trend was towards open spaces, bike paths, dog parks, and woods.

Haynes said Arlington has to have the political will to look 30 years down the road and imagine what is wanted in terms of parks and green spaces. “Ask the Planning Commission how involved they are in this

process; they should be here tonight,” she said.

“I’m not sure they are looking at the big picture, or taking a comprehensive view of the county down the road. That is what this



Arlington Parks and Recreation Department Principal Planner Irena Lazic talked with residents at the Whitlow’s on Wilson event.

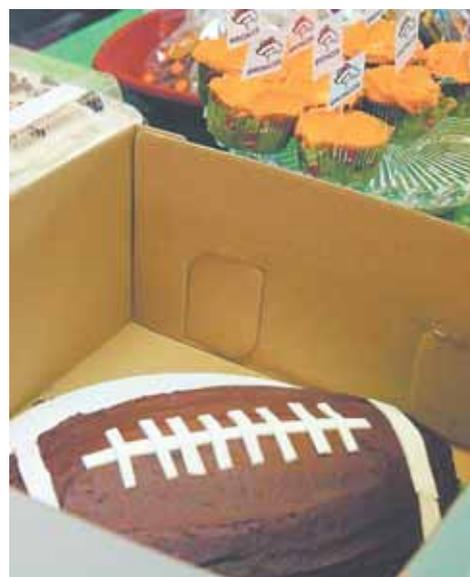
process aims to do.”

For those who didn’t know about the meetings, POPS has a facebook site and also advertises its events on Meetup. See www.parks.arlingtonva.us.

PHOTOS BY EDEN BROWN/THE CONNECTION



Charlotte Steinmetz browses through “Ten Little Dinosaurs” as her mother, Erika, is across the room checking out a large canvas bag bulging with children’s books at three for \$1. They had arrived early at the annual St. Ann Catholic Church Book Sale on Sunday, Feb. 7, from 8 a.m.-2 p.m. There were an estimated 3,000 books lining tables in the Parish Hall where there seemed to be an emphasis on history, politics, biographies and children’s offerings. They were donated by the Arlington community in just the last week before the sale.



The long table was spread with “irresistible goodies” according to a customer leaving the fifth St. Ann Catholic Church’s annual book sale and Valentine’s bake sale on Sunday, Feb. 7. Included in the choices were lemon cupcakes, three-tier mint brownies, blueberry muffins as well as a Super Bowl football cake and orange-frosted Bronco cupcakes.



Two cousins munch on cupcakes as they look through one of the large selection of children’s books. Abigail Greco, 11 years old, says she prefers the fiction choices while Maggie Donnelly, 10 years old, says that she likes anything magic or fantasy.



Lucy Kiernan holds tightly onto her animal book as her mother, Julia, browses for more children’s books at St. Ann Catholic Church’s Book sale.

PHOTOS BY
SHIRLEY RUHE
THE CONNECTION

A Plan for Lee Highway

FROM PAGE 3

If “New Urbanism” is the only tool in the toolbox, this sounds just more of the same kind of design and development, and just an opportunity for out of town real estate developers to make money, said Hurysz and others.

Kerry Johnson, who said she goes to Lee Highway a lot, mostly to spend money, felt a facilities study needed to be incorporated in this planning process. The county’s needs for public infrastructure have to be included. Except for a fleeting reference to Fire Station 8, no one has addressed bigger parks, medical services, and schools for a denser population. And if Lee Highway turned into a bottleneck for traffic, those who shop there now would stop. Edith Gravely said the plan was impressive, but pointed out Lee Highway is the emergency exit corridor for any ordered evacuation.

Ginger Brown, of the Lee Highway Alliance, noted Lee Highway would grow, whether it’s planned or not. And Bill Blaswell, returning to the idea that people don’t like change, noted that some of the buildings which had sprung up in Arlington recently, like the Avalon and Mom’s Organic Market, were built outside the “planning process” because they could be done “by right”, meaning, if they met the zoning and code requirements, they could be built. Blaswell advocated for a more comprehensive plan like the one being presented, rather than continue to let Arlington evolve “by right”.

Other residents said they were impressed with the process, the fact that 15 civic associations were at

the meeting, and that this is just a draft proposal and is still open for comment. Molly Lowndes of High View Park said she was disappointed in the low priority put on historical preservation but felt it was because people are not educated about what those potential historical spots are.

Nancy Iacomini, head of the Planning Commission, reiterated the strong feelings of residents about the history of the area, including Fire Station 8, which was a “turning point” for the community, a building around which much of local social community had turned. The meeting was attended by County Board members, including Libby Garvey and John Vihstadt. Community Planning, Housing, and Development Director Steve Cover, and most of the planning commissioners, were also there.

Residents filed out into the hallway after the presentation to look at graphics, and once again, leave sticky notes with their comments on the poster boards. Residents, aside from being wary about the Lee Highway traffic and whether their house would be affected by moving electrical lines back a block, also talked among themselves about the need for a more aggressive, green approach to the planning process. Solar energy panels were not incorporated into the design, for instance. Several noted the jargon of “New Urbanism” has gotten old. Edith Gravely noted the need for younger planners: “Let’s get some younger people involved in planning this area; we won’t be around in fifty years, but they will.”

Residents have until Feb. 18 to comment on the draft plan.

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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VDOT Virginia Department of Transportation

Transform 66 Inside the Beltway Project
 Arlington County, City of Falls Church and Fairfax County
 Design Public Hearings

All hearing times are 6-8 p.m., with a brief presentation beginning at 6:30 p.m.

Monday, March 7, 2016

Washington-Lee High School Cafeteria
 1301 N. Stafford Street
 Arlington, VA 22201

Tuesday, March 8, 2016

Eagle Ridge Middle School Cafeteria
 42901 Waxpool Road
 Ashburn, VA 20148

Wednesday, March 9, 2016

VDOT Northern Virginia District Office
 4975 Alliance Drive
 Fairfax, VA 22030

Visit Transform66.org to view a live stream of this presentation at 6:30 p.m.

The Virginia Department of Transportation (VDOT), in partnership with the Virginia Department of Rail and Public Transportation (DRPT), will host Design Public Hearings for the Transform 66 Inside the Beltway Project. Improvements involve converting I-66 to dynamically-priced toll lanes in the peak direction during morning (eastbound) and afternoon (westbound) rush hours between I-495 (the Capital Beltway) and U.S. Route 29 in Rosslyn, along with implementing a series of multimodal improvements that will benefit toll users of I-66. Information related to proposed locations and design of toll gantries and signage will be available at the hearings, as well as a presentation on how the toll system will operate.

In accordance with the National Environmental Policy Act (NEPA) and 23 CFR 771, draft Categorical Exclusion (CE) documentation has been prepared in cooperation with the Federal Highway Administration and is available for review and comment. VDOT staff will be available to discuss the environmental studies underway and the coordination with appropriate regulatory agencies to obtain information about the resources in the project’s vicinity. A public notice for review and comment on the final CE documentation will be posted at a later date. In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information concerning the potential effects of the proposed project on properties listed in or eligible for listing in the National Register of Historic Places is also provided in the environmental documentation.

Stop by to learn more about the project, discuss your questions with project staff, and attend the formal presentation.

Review project materials at the hearings, including the draft CE, traffic technical report, plans, project schedule, and right-of-way, environmental and civil rights information. Materials are available for review at www.Transform66.org, at public locations listed on the project website, or VDOT’s Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call 800-FOR-ROAD (800-367-7623) or TTY/TDD 711 to ensure availability of appropriate personnel to answer your questions.

Give your written or oral comments at the hearings or submit them to Amanda Baxter, Special Projects Development Manager, at the VDOT Northern Virginia District Office (address noted above). You may also e-mail comments at any time to Transform66@VDOT.Virginia.gov. Please reference “Transform 66 Inside the Beltway” in the subject line. Comments must be postmarked, emailed or delivered to VDOT by March 24, 2016 to be included in the public hearing record.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT’s Civil Rights Division at 800-367-7623 or TTY/TDD 711.

State Project: 0066-96A-358, P101 UPC: 107371

OPINION

Limiting Local Authority

Assembly rushes bill limiting proffers without addressing who will pay for infrastructure.

In Virginia, a Dillon Rule state, local governments have only the powers explicitly granted by the General Assembly. And what the assembly gives, the assembly can take away.

It's the reason, for example, that localities have limited means of raising revenue and limited taxing authority. And those limited means are one reason localities have turned to proffers, payments and improvements to infrastructure agreed to by builders as part of approval and zoning changes for new development.

Members of the General Assembly, including many who represent only Fairfax County districts, agree with builders that in many places, the way local governments are using proffers is unfair, even out of control.

Many point to Loudoun County, where builders pay substantial cash proffers, as an example. And to other counties where large, off site intersection improvements were required.

Everyone seems to agree that the "abuses" are not taking place in Fairfax, Arlington and Alexandria. But the restrictions apply to these areas as well.

How are local governments supposed to pay for the costs of growth? Should the lion's share be paid by existing residents through increase

property taxes?

This is a complex question, not one that should be rushed.

But right now, the General Assembly is rushing to restrict proffers and to give developers and builders substantial clout in legal challenges to local government action. And they are doing this without any consideration to how localities will replace the resources they will lose.

It's time to slow this process down, and for a reasoned consideration. What exactly are the abuses that require action? Look at specific examples and address the specifics.

Local delegates voting in favor of the bill restricting local proffer authority included Dave Albo (R-42), Eileen Filler-Corn (D-41), Charniele Herring (D-46), Patrick Hope (D-47), Tim Hugo (R-40), Paul Krizek (D-44), Mark Levine (D-45), Ken Plum (D-36) and Vivian Watts (D-39).

Local delegates who voted against the bill included Jennifer Boysko (D-86), David Bulova (D-37), Mark Keam (D-35), Kaye Kory (D-38), Jim LeMunyon (R-67), Alfonso Lopez (D-49), Kathleen Murphy (D-34), Mark Sickles (D-43), and Marcus Simon (D-53).

The Virginia Senate was expected to vote for

an amended version of the bill on Tuesday, Feb. 9.

Reasonable action will fall to the conferees in reconciling the House and Senate versions, and to the governor, who would be able to amend the bill before signing or veto.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Pet Photos for the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on Feb. 24, and photos and stories of your pets with you and your family should be submitted by Feb. 17.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, llamas, alpacas, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name). Email to editors@connectionnewspapers.com or online at www.connectionnewspapers.com/pets.

For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

EDITORIAL

BULLETIN BOARD

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

THROUGH THURSDAY/APRIL 14
Free Tax Preparation Assistance.
Be prepared by bringing the necessary documents with you.

Spanish speaking volunteers are available at both locations. Please note: the IRS no longer supplies the library with tax forms.

❖ Central Library walk-in tax assistance times: Tuesdays, 10 a.m.-7 p.m.; Thursdays, 10 a.m.-4 p.m.; appointments available by calling 703-829-6192.

❖ Columbia Pike Branch Library walk-in only tax assistance times: Tuesdays, 1:15-7:45 p.m.; Fridays and Saturdays, 10 a.m.-2 p.m.

To download and print the AARP Volunteer Tax Assistance Schedule for Arlington, visit <http://arlingtonvalibrary.s3.amazonaws.com/files/2016/01/Tax-Prep-Clinics-2016.pdf>.

WEDNESDAY/FEB. 10

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 investing for retirement. Free. Visit www.bit.ly/VCEFinancePrograms to register.

SATURDAY-SUNDAY/FEB. 13-14

"Singing Valentines." The "Arlingtons" Barbershop Chorus will be offering "Singing Valentines" in the Arlington area. Contact Bob O'Harrow at 239-940-5876 or mmates37@aol.com, Tom Wiener at 703-201-8355 or TomBariTones734@cox.net for more.

TUESDAY-SATURDAY/FEB. 16-20

YogaFit Conference. At the Hilton Crystal City Hotel, 2399 Jefferson Davis Highway. This conference will offer yoga teacher training classes and will also offer the chance for anyone who enjoys yoga, several classes to deepen their yoga practice. Visit yogafit.com for more.

WEDNESDAY/FEB. 17

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 planning for future life

events. Free. Visit www.bit.ly/VCEFinancePrograms to register.

SATURDAY/FEB. 20

Application Deadline. Arlington-Aachen Sister City High School Exchange July 2-19, 2016. Apply at www.arlingtononsistercity.com.

WEDNESDAY/FEB. 24

Community Snow Forum. 7-9 p.m. at Francis Scott Key Elementary School, 2300 Key Blvd. In the wake of Snowzilla, the January blizzard that hit our region, Arlington County Government is asking the public to invited to share their experiences during and to offer suggestions on how to improve efforts to quickly recover from these large-scale events. The discussion also will examine the challenges of responding to short but potentially dangerous events. Fill out the on-line Snow Survey at www.surveymonkey.com/r/BZKSH79 prior to the event or if unable to attend. Survey is available until Feb. 19.

FRIDAY/WEDNESDAY/FEB. 26-MARCH 2

LIONS, ARLINGTON NORTHWEST, CHARITY FUNDRAISING. Fresh Florida and Texas Citrus, Georgia Pecans, and 100 percent Vermont Maple Syrup for sale at the Overlee Bath House (Lower Level), 6030 Lee Highway, Arlington, Lower Entrance off John Marshall Drive. Friday, 12:30-6:30 p.m.; Saturday, 10 a.m.-5 p.m.; Sunday, 11:30 a.m.-4 p.m.; Monday, 8 a.m.-3:30 p.m.; Tuesday, 10 a.m.-5:30 p.m.; Wednesday, 8 a.m.-4 p.m. 703-528-1130.



Reem Acra

Designer of the Year

Reem Acra's designs epitomize global glamour, with European style, a sense of luxury and a modern aesthetic. She will be honored as Marymount University's 2016 Designer of the Year at the school's annual student fashion show, Portfolio in Motion, on April 28 in the Rose Benté Lee Center on Marymount's main campus in Arlington.



PHOTOS CONTRIBUTED

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Arlington
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PEOPLE

Mardi Gras Cooking with a Healthy Twist

Onion, green pepper and celery — “The Holy Trinity.”

BY SHIRLEY RUHE
THE CONNECTION

“**W**hat do you think of when I say New Orleans?” Katy Strong, dietitian, nutritionist and Extension agent, asked her Mardi Gras Cooking class the question on the day before Fat Tuesday, the celebration of Mardi Gras before the traditional fasting of Lent begins. One voice says “spicy.” Another offers “all those bands.”

“Yes, lots of music,” Strong replied. “Has anyone here ever been to New Orleans?” For an hour 14 hungry class participants were immersed in the culture and traditions of New Orleans, “the remarkable city.”

“Today we will be making a vegetarian jambalaya. It is a traditional dish but with a little tweaking I have lowered the fat and sodium in the recipe.” She says she has substituted healthy vegetable cooking oil instead of butter and left out the fatty sausage. “Just red beans and butter beans. But I have to replace the flavor of the sausage so I use fennel and Italian seasoning and garlic.”

Strong tells the class if they came expecting duck confit and bread pudding they won’t get that today. “You know, I also talk about food safety and the first step is washing my hands. Something may taste good but if you are making yourself sick, it doesn’t matter.” Now on to the aromatics — onion,

“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.

Arlington County senior centers will be closed Mon., Feb. 15.

Senior trips: Dover Downs, Del., Thursday, Feb. 18, \$29; Shen Yun Performing Arts, The Kennedy Center, Saturday, Feb. 20, \$132. Call Arlington, County 55+ Travel, 703-228-4748. Registration required.

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

Jack Russell terriers perform, Tuesday, Feb. 16, 115 a.m., Arlington Mill. Free. Register, 703-228-7369.

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

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

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

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

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

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

Presidential Trivia challenge, Wednesday, Feb. 17, 11 a.m., Culpepper Garden. Free. Register, 703-228-4403.



Katy Strong demonstrates a healthy vegetarian jambalaya by substituting vegetable oil for butter, cutting out the sausage and replacing the flavor with fennel plus garlic and spices. This Mardi Gras Cooking class was offered Feb. 8 at Langston Senior Center on Lee Highway.

green pepper and celery. “Do you know what they call this in New Orleans? Right, the Holy Trinity. Did everyone get a recipe from the table inside the door?”

A voice in the front row asks if Strong is going to use the whole onion. “Yes. I have a Vidalia onion that has a little sweetness that will caramelize when it is cooked.”

“Good,” comes the reply. “You can never have enough onion.”

Strong says she has a package of pre-chopped green pepper from the grocery store. “If chopping is too much work, you can usually find frozen chopped onions and other chopped vegetables.” She scoops the slices into the frying pan with a little oil

Armchair tour to Alaska, Wednesday, Feb. 17, 3:30 p.m., Langston-Brown. Free. Register, 703-228-6300.

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

Nutritious versions of comfort foods, Thursday, Feb. 18, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

Oral health, diseases, preventions, resources, Thursday, Feb. 18, 10:30 a.m., Langston-Brown. Free. Register, 703-228-6300.

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

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

Readings of great plays, Friday, Feb. 19, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

Ballroom Dance, Friday, Feb. 19, 1 p.m.-3 p.m., Lee. Free. Register, 703-228-0555.

How to register online for Arlington County classes, Friday, Feb. 19, 1:30 p.m., Aurora Hills. Free. Register, 703-228-0555.

Lee Walkers, Lee Senior Center, Fridays, 9:30 a.m., \$4. Register, 703-228-0555.

Fast-paced walking group, Fridays, 8 a.m., Aurora Hills. Free. Register, 703-228-5722.

Tai Chi practice, Saturdays, 9:15 a.m., Langston-Brown. Free. Register, 703-228-6300.

Mah Jongg, Saturdays, 12 p.m. – 3:45 p.m., Walter Reed. Free. Register, 703-228-0955.

Weight room, seniors only, Saturdays, 7 a.m. – 10 a.m., Madison Community Center, 3829 N. Stafford St., \$60/15 sessions, register, 703-228-4771.



Fourteen class members experience the culture and food of New Orleans at a program offered by Katy Strong, a dietitian, nutritionist and Extension agent. This is part of a series of cooking classes included in the 55 Plus program at Langston Senior Center. These classes are free to those who have paid the yearly membership fee.

and cooks them on low. Strong says she is always trying to add whole grains to the diet so she has brown rice. “But since it takes 45 minutes to cook we couldn’t finish it in our time today so I’ll use instant brown rice that takes five minutes.”

This “Mardi Gras Cooking with a Healthy Twist” demonstration is one class in a se-

ries on Eating Well offered by Strong. This series is part of the 55 Plus programs offered by Arlington County and is free to those who have purchased a County membership. Others in the series have included “Snow Day Cooking Favorites,” “Foods and Pain,” and “Warm Up the New Year with a Slow Cooker.”



Art and Hearts

Arlington residents took a Valentine’s Card making workshop with Jennifer Wilkin-Penick on Feb. 2 at the Arlington Arts Center.



Heather Cutler surprised herself with her hidden talent, and said she’d be back for more courses.

PHOTOS BY EDEN BROWN/THE CONNECTION

ENTERTAINMENT

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

ONGOING

“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 photograms 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.

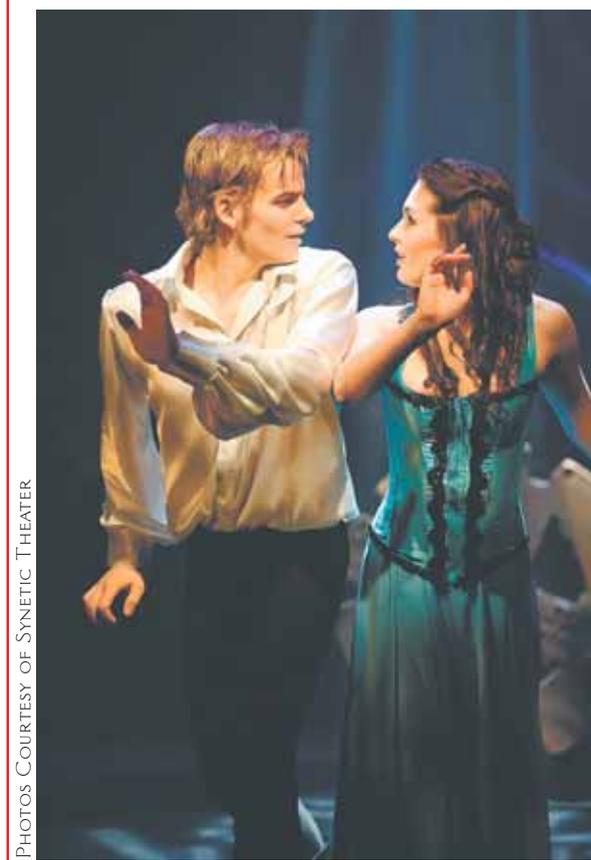
“King of the Forest: Adventures of BioPerversity.” Through April 3, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. This exhibit features the work of 13 contemporary artists from the mid-Atlantic region whose work explores the interactions between humans and non-human species. Free. Visit www.arlingtonartscenter.org 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 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 for more.

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



PHOTOS COURTESY OF SYNETIC THEATER



‘Romeo & Juliet’ Coming Soon to Synetic

One of Synetic Theater’s original Wordless Shakespeare productions, “Romeo and Juliet” stars Zana Gankhuyag and Irina Kavsadze, respectively as the star-crossed lovers. “Romeo & Juliet” runs Feb. 17 through March 27 at Synetic Theater, 1800 S. Bell St. Tickets for the performance start at \$35, \$15 for students. Synetic Theater will host a special event in conjunction with their Friday, Feb. 26 performance of “Romeo and Juliet.” Beginning at 7 p.m. in the lobby, guests can look forward to a trunk show, wine tasting, and live painting. Tickets start at \$40 and include that evening’s 8 p.m. performance. Visit www.synetictheater.org for more.

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.

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

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

Storytime. Mondays and Fridays, 10:30-11 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with

Ms. Laura. Call 703-527-5929.

Lego Club. Monthly on the first Wednesday. 4-5 p.m. Glencarlyn Branch Library, 300 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 <http://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/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 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 for more.

“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.

THURSDAY-FRIDAY/FEB. 11-12

Introduction to Sudoku. 11 a.m.-12:30 p.m. at Lee Community & Senior Center, 5722 Lee Highway. Learn how to play sudoku. Free. Call 703-228-0550 for more.

FRIDAY/FEB. 12

Homemade Valentines. 11:30 a.m.-12:30 p.m. at Aurora Hills Community & Senior Center, 735 18th St. S. Make homemade Valentines and socialize. There will be coffee, tea and cookies. This is an

event for seniors. Free. Call 703-228-5722 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

Living Legends Awards. 5 p.m. at Langston-Brown Community Center, 2121 N. Culpepper St. In celebration of High View Park’s 150th Anniversary and Black History Month, Hall’s Hill/High View Park Historic Preservation Coalition will recognize members of the community for achievements and services at the “Living Legends Awards” Awards will be presented for business, athletic, spirituality, performing arts, visual arts, education, community service and history makers. Free. Call 703-228-5210 for more.

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.

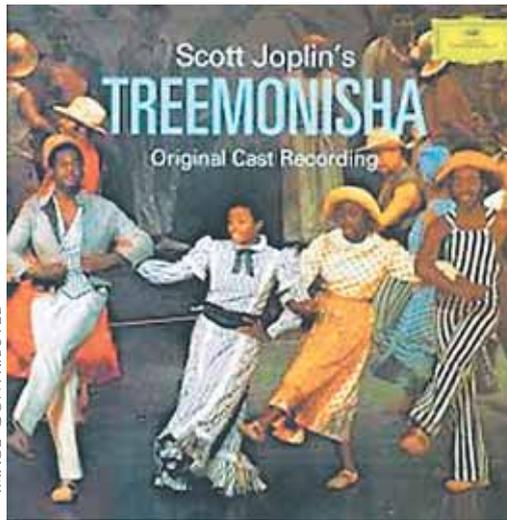
SUNDAY/FEB. 14

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

ENTERTAINMENT



Opera NOVA Presents 'Treemonisha' Brunch

"Treemonisha" is a folk opera written by African American composer Scott Joplin. Featuring ragtime, blues, and spirituals, this opera will be undertaken by Opera NOVA in fall 2016. To support the production of "Treemonisha," the public is invited to the annual Opera NOVA brunch at 1 p.m. on Sunday, Feb. 28 at the Fort Myers Officers Club, 214 Jackson Ave., Fort Myer. Tickets are \$75 each. Visit www.operanova.org.

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 for more.

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.

Arlington Sports Hall of Fame Program. 6:30 p.m. at Columbus Club of Arlington, 5115 Little Falls Road. Arlington Sports Hall of Fame officers will be making a brief presentation about the Hall of Fame and its activities and plans for 2016 and beyond, including plans for a Hall of Fame display in an Arlington public library or school, and possible annual social events. Tickets start at \$25. Contact Rick Schumann at BSCRSPV@gmail.com or 703-241-0390.

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, and improving 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.

Opening Reception. 6-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd. The center celebrates the artists and artwork of "King of the Forest: Adventures in Bioperversity," "Daydreams in Anthropocene," and "Instructor Select 2016." Free. Visit www.arlingtonartscenter.org for more.

SUNDAY/FEB. 21

Global-Phonic Music Festival: Rodrigo Amarante. 7:30 p.m. at Rosslyn Spectrum Theatre, 1611 N. Kent St. Performer of the theme song for Netflix show "Narcos" will perform contemporary Brazilian music. Free, but tickets required. Visit www.arlingtonarts.org.

MONDAY/FEB. 22

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.

FEB. 22-MARCH 17

Rosie Riveters. 4-6 p.m. at Shirlington Public Library, 4200 Campbell Ave. Three classes, for ages 4-6 (Tuesdays), ages 7-10 (Mondays), and ages 11-14 (Thursdays), are designed to provide space for girls ages 4-14 to imagine, create and play while developing their skills in science, technology, engineering, and mathematics (STEM). Boys may also enroll. Free. Visit www.rosieriveters.com to register.

THURSDAY/FEB. 25

Home Improvement Basics. 11:30 a.m.-12:30 p.m. at Lee Community & Senior Center, 5722 Lee Highway. Home Depot staff provide easy techniques for painting, staining, and repairing plastic or drywall. Free. Call 703-228-0550 for more.

Spellbinders Story Fest. 1-2 p.m. at Walter Reed Community Center, 2909 S. 16th St. Arlington Spellbinders, part of the national organization, is a group of retirees who tell stories to children in schools and day camps. Free. Call 703-228-0955 to register.

FRIDAY/FEB. 26

Nancy Connors: The Keirsey Temperament Sorter. 1:30-2:30 p.m. at Aurora Hills Community & Senior Center, 735 18th St. S. Join Senior Adult Specialist Nancy Connors and take a 70 question abbreviated Myer Briggs personality profile called the Keirsey Temperament Sorter, score it and discover and appreciate your personality temperament and style. Free. Call 703-228-5722 for more.

FEB. 26-MARCH 6

"Treasure Island." Various times at Thomas Jefferson Theatre, 125 S. Glebe Road. Encore Stage & Studio presents an adaptation of Robert Louis Stevenson's classic novel. Young Jim Hawkins leaves a dull life to search for where "X" marks the spot on a treasure map left behind by an old sea captain. Tickets are \$10-15. Visit www.encorestageva.org.

SATURDAY/FEB. 27

Bilingual Diabetes Storytime. 10:30-11:30 a.m. at Arlington Central Library, 1015 N. Quincy St. This storytime is for children and families living with diabetes. Offered in English and Spanish. Free. Visit www.library.arlingtonva.us for more.

Feel the Heritage Festival. 1-6 p.m. at Drew Community Center, 3500 23rd St. S. Find live music, dance, a "Hall of History," children's activities and more. Free. Call 703-228-5725.

"Wash Over You-Part 1." 4:30 p.m. at Atlas Performing Arts Center - Lab Theatre II, 1333 H St. N.E., Washington, D.C. Arlington's Jane Franklin Dance presents "Wash Over You," which finds travelers moved along an unpredictable river. Tickets are \$20. Visit www.janefranklin.com for more.

SUNDAY/FEB. 28

"Treemonisha" Brunch. 1 p.m. at Fort Myers Officers Club, 214 Jackson Ave., Fort Myer. Arlington's Opera NOVA is hosting a benefit for folk opera "Treemonisha." Tickets start at \$75. Visit www.operanova.org for more.

MONDAY/FEB. 29

Meet the Author: Diane Kiesel. 3-4:30 p.m. at Arlington Central Library, 1015 Quincy St. As part of Black History Month, Diane Kiesel will discuss her biography of Civil Rights pioneer Dr. Dorothy Boulding Ferebee. Free. Call 703-228-2144.

Movie Screening: "An Ordinary Hero." 7-8:45 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Freedom Rider and Civil Rights activist Joan Mulholland will be joined by author Mike O'Brien for a screening of the documentary "An Ordinary Hero: The True Story of Joan Trumpauer Mulholland," followed by a discussion, Q&A and remarks. Free. Visit www.library.arlingtonva.us for more.



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Kathryn J. Sowerwine, MD



Dr. Kathryn J. Sowerwine is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. She completed a residency in Internal Medicine at Georgetown University Hospital and her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD.

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Stylish Table Settings

Flowers and candles create romantic designs for Valentine's Day.



PHOTO COURTESY OF IVY LANE

A table setting by Alexandria-based Ivy Lane's Alex Deringer and Courtney Cox incorporates fresh flowers.

BY MARILYN CAMPBELL
THE CONNECTION

Fresh flowers and candles are an easy way to add elegance and romance to a Valentine's Day table. From dramatic to understated, local tastemakers offer suggestions for setting the mood for a memorable dinner.

"Candles are key to set a romantic atmosphere," said Marika Meyer of Marika Meyer Interiors in Bethesda, Md. "Soft lighting is flattering to all of us and creates a sense of intimacy for conversations."

The ambience is enhanced, says Meyer, when the candlelight glints off of metallic accessories like candlestick holders. "You can use silver, mercury, glass or even gold or brass to help move the light," she said.

In fact, gold accents are a current trend, says Angela Phelps of Le Village Marche in Arlington. "They pair well with pinks, reds, and fuchsias," she said. "So, as you're planning a romantic dinner at home, think about incorporating china, vases, candle votives, trays, and glassware with a gold trim for a stunning table."

Metals combined with a few pops of a soft color help create an elegant setting. "White and silver tables can be very romantic — for example, a white tablecloth, mirrored or silver placemats, silver flatware and crystal stemware," said Fay Johnson, an interior designer with J.T. Interiors in Potomac, Md. "The centerpiece [could be] a silver ice bucket with white and blush colored roses and a array of assorted size candles and votives."

For a more traditional table, Johnson stated that "a black, white and red table can be very dramatically romantic. A black and white tablecloth [such as] a houndstooth or herringbone ... pattern with red, glass stemware, white dinner plate, a ruby-red glass salad plate and silver flatware."

Johnson suggests completing the look with a crystal or silver vase filled with red roses and accented with few red glass votive candles.

Johnson believes that not all centerpieces need to be flowers. She suggests filling three compote dishes, graduating in size, with chocolates and red and pink rose petals for table design with a touch of whimsy.

A vase can add a powerful style impact. "A vase is like a frame for a picture," said Linda Wilson-Vertin, floral designer with Merrifield Garden Center in Fair Oaks. "A clear vase is like not having a frame on the picture."

Instead, choose a vase that has visual interest or one that is meaningful on a personal level. "I like using things that are special to the individual," said Wilson-Vertin. "I ask clients to bring in a container that they like so that I can create an arrangement that works with it."

While red is often the go-to floral color for Valentine's Day, Wilson-Vertin says that shades of pink, peach and purple can offer elegance and romance. "Go with what works for you and what works in your home," she said. "For example, red doesn't work in my home, so I use watermelon and apricot."

Consistency adds an unexpected touch of enchantment. A monochromatic palette conveys more romance than contrasting colors," said Wilson-Vertin. She recommends using "red roses with deep burgundy mini carnations to vary the size of the flower head and texture. Mini carnations have ruffled texture."

For the ultimate in texture and color variety, "think English garden, like roses, hydrangeas, lisianthus and snapdragons," said Wilson-Vertin. "Add berries and eucalyptus" to complete this elegant floral arrangement."

Linen napkins offer a finishing touch to an elegant table setting, says Kelley Proxmire of Kelley Interior Design in Bethesda, Md.

"Use pretty salt and pepper shakers, festive napkin rings, and if you have fancy water or wine glasses, now is the time to use them," she said.

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1415 SCOTT ST N	4	4	0	ARLINGTON	\$956,300	Semi-Detached	0.04	22209	FT MYER HEIGHTS	
1620 QUEBEC ST N	4	3	1	ARLINGTON	\$945,000	Detached	0.12	22207	CHERRYDALE	
1023 22ND ST S	4	3	0	ARLINGTON	\$939,000	Detached	0.14	22202	ADDISON HEIGHTS	
3187 17TH ST N	2	2	0	ARLINGTON	\$930,000	Detached	0.13	22201	LYON VILLAGE	
303 UPTON ST N	3	3	2	ARLINGTON	\$904,675	Townhouse	0.00	22203	BALLSTON ROW	
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5606 North 11th ST N	4	4	1	ARLINGTON	\$899,895	Attach/Row Hse	0.04	22205	WESTOVER	
4540 41ST ST N	6	4	0	ARLINGTON	\$890,000	Detached	0.31	22207	GOLF CLUB MANORS	
1027 KENSINGTON ST N	2	2	2	ARLINGTON	\$882,500	Townhouse	0.05	22205	WESTOVER PLACE	
4013 STUART ST N	4	3	0	ARLINGTON	\$880,000	Detached	0.24	22207	GOLF CLUB MANORS	
1029 KENSINGTON ST N	4	4	1	ARLINGTON	\$879,900	Townhouse	0.05	22205	WESTOVER PLACE	
1035 KENSINGTON ST N	4	4	1	ARLINGTON	\$869,900	Townhouse	0.03	22205	WESTOVER PLACE	
211 WAKEFIELD ST N	4	2	2	ARLINGTON	\$865,000	Detached	0.14	22203	ARLINGTON FOREST	
3800 FAIRFAX DR #1104	3	2	0	ARLINGTON	\$865,000	Hi-Rise 9+ Floors	0.22	22203	TOWER VILLAS	
1033 KENSINGTON ST N	2	2	3	ARLINGTON	\$859,245	Townhouse	0.03	22205	WESTOVER PLACE	
2633 SYCAMORE ST N	5	4	1	ARLINGTON	\$850,000	Detached	0.18	22207	BERKSHIRE OAKWOOD	
5105 26TH ST N	3	1	1	ARLINGTON	\$825,000	Detached	0.18	22207	COUNTRY CLUB ESTATES	
3714 MILITARY RD	3	2	1	ARLINGTON	\$825,000	Detached	0.29	22207	NONE	
3741 OAKLAND ST	4	3	0	ARLINGTON	\$810,000	Detached	0.24	22207	RIVERCREST	
1881 NASH ST #706	2	2	0	ARLINGTON	\$802,000	Hi-Rise 9+ Floors	0.22	22209	TURNBERRY TOWER	
3846 26TH ST N	4	3	0	ARLINGTON	\$785,000	Detached	0.23	22207	DOVER	
1201 INGLEWOOD ST	3	2	1	ARLINGTON	\$780,000	Detached	0.14	22205	LACEY FOREST	
4607 27TH ST N	3	2	0	ARLINGTON	\$767,000	Detached	0.31	22207	FOREST HILLS	
1000 RANDOLPH ST #409	3	2	1	ARLINGTON	\$765,000	Hi-Rise 9+ Floors	0.22	22201	THE BERKELEY CONDOMINIUM	
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5114 6TH N	3	3	0	ARLINGTON	\$762,500	Detached	0.19	22203	BRANDON VILLAGE	
1818 21ST ST N	3	3	1	ARLINGTON	\$762,500	Townhouse	0.22	22209	BEL ALTON	
2224 HARRISON ST	5	4	1	ARLINGTON	\$750,000	Detached	0.14	22205	BROYHILL HEIGHTS	
2002 BRANDYWINE ST	3	2	2	ARLINGTON	\$749,000	Townhouse	0.04	22207	BECKET GLEN	
3030 STUART ST N	3	1	1	ARLINGTON	\$742,000	Detached	0.23	22207	BROYHILL FOREST	
6434 LEE HWY	5	3	1	ARLINGTON	\$740,000	Detached	0.20	22205	ARLINGTON	
4098 21ST RD N	3	2	2	ARLINGTON	\$740,000	Attach/Row Hse	0.02	22207	CHERRYDALE	
228 EVERGREEN ST	3	2	0	ARLINGTON	\$735,000	Detached	0.16	22203	ARLINGTON FOREST	
1708 QUESADA ST N	4	2	0	ARLINGTON	\$735,000	Detached	0.21	22205	MADISON MANOR	
3624 JOHN MARSHALL DR	4	3	1	ARLINGTON	\$729,633	Detached	0.29	22207	ARLINGTON	
1201 GARFIELD ST #805	2	2	0	ARLINGTON	\$729,000	Hi-Rise 9+ Floors	0.22	22201	CLARENDON	
1106 HARRISON ST N	3	2	0	ARLINGTON	\$725,000	Detached	0.14	22205	LACEY FOREST	
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601 23RD ST S	3	3	1	ARLINGTON	\$720,000	Duplex	0.10	22202	ADDISON HEIGHTS	
640 19TH ST S	4	1	1	ARLINGTON	\$704,980	Detached	0.20	22202	ADDISON HEIGHTS	
1511 ROLFE ST #A304	2	2	0	ARLINGTON	\$699,900	Garden 1-4 Floors	0.22	22209	RHODES HILL SQUARE	
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1501 23RD RD S	3	2	0	ARLINGTON	\$694,000	Detached	0.22	22202	ARLINGTON RIDGE	
5014 11TH ST N	3	2	1	ARLINGTON	\$694,000	Detached	0.15	22205	WAYCROFT	
3625 10TH ST N #601	2	2	1	ARLINGTON	\$675,000	Hi-Rise 9+ Floors	0.22	22201	THE MONROE	
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1300 CRYSTAL DR #1106S	3	2	1	ARLINGTON	\$668,000	Hi-Rise 9+ Floors	0.22	22202	CRYSTAL GATEWAY	
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1111 19TH ST N #1501	1	1	1	ARLINGTON	\$661,000	Hi-Rise 9+ Floors	0.22	22209	WATERVIEW	
2001 15TH ST N #407	2	2	0	ARLINGTON	\$660,000	Hi-Rise 9+ Floors	0.22	22201	ODYSSEY CONDOMINIUM	
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1015 27TH ST S	3	1	1	ARLINGTON	\$641,500	Detached	0.22	22202	OAKCREST	
1020 HIGHLAND ST N #512	2	2	0	ARLINGTON	\$632,000	Hi-Rise 9+ Floors	0.22	22201	THE PHOENIX	
3409 WILSON BLVD #408	2	2	0	ARLINGTON	\$629,000	Mid-Rise 5-8 Floors	0.22	22201	ARC 3409	
6712 19TH ST N	5	2	0	ARLINGTON	\$625,000	Detached	0.11	22205	FALLS CHURCH PARK	
1330 HARRISON ST	4	3	0	ARLINGTON	\$622,585	Detached	0.21	22205	ARLINGTON	
3409 WILSON BLVD #308	2	2	0	ARLINGTON	\$615,000	Mid-Rise 5-8 Floors	0.22	22201	ARC 3409	
851 GLEBE RD #1320	2	2	0	ARLINGTON	\$612,000	Hi-Rise 9+ Floors	0.22	22203	THE CONTINENTAL	
1124 KENTUCKY ST	2	2	0	ARLINGTON	\$608,000	Detached	0.17	22205	WESTOVER	
2310 14TH ST N #404	2	2	0	ARLINGTON	\$605,000	Other	0.22	22201	COURTHOUSE HILL	
4832 9TH ST S	4	3	0	ARLINGTON	\$600,000	Detached	0.16	22204	BARCROFT	
1107 16TH ST S	4	2	0	ARLINGTON	\$590,000	Duplex	0.06	22202	ADDISON HEIGHTS	
4741 20TH ST N	2	1	1	ARLINGTON	\$590,000	Detached	0.15	22207	GLEBE WOODS	
3409 WILSON BLVD #205	2	2	0	ARLINGTON	\$579,900	Mid-Rise 5-8 Floors	0.22	22201	ARC 3409	
851 GLEBE RD N #417	2	2	0	ARLINGTON	\$577,500	Hi-Rise 9+ Floors	0.22	22203	CONTINENTAL	

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HomeLifeStyle

Bringing Order to Household Chaos

Clever design solutions for hiding clutter.

By MARILYN CAMPBELL
THE CONNECTION

Wires, cable boxes, soccer cleats, pet bowls and other items are life's necessities, but they can be unsightly and disrupt the aesthetic of an elegant living space. From textured baskets to custom-made furniture, local architects and designers believe that everyday items can be concealed, maintaining the design integrity of a space while incorporating the household items that make daily life run smoothly.

For pet owners, a kitchen renovation is an ideal time to consider adding a custom space for pet bowls and beds. Hidden drawers near the bottom of a kitchen cabinet can keep pet supplies out of sight.

"When designing kitchens and baths, we always consider the best ways to store essentials in a neat, aesthetically pleasing way," said Jim Rill, principal of Rill Architects in Bethesda, Md.

The kitchen is also an ideal room for carving out storage space for electronics and charging stations. "Add an outlet to a small drawer in the kitchen for charging phones so the cords ... are not all over the countertop," said Michael Winn, principal of Winn Design Build in Falls Church. "Use flip, pop-up and other types of hidden outlets in kitchen countertops, like those used in some offices."

Winn says outlets can be hidden in spaces such as fake drawer fronts, under cabinet lighting or a countertop edge. "Use a built-in wireless phone charger on a table," he said. "The Holy Grail is wireless electricity. It's not a stretch to imagine that the homes we'll be building a decade or so from now will have this technology."

Interior designer Molly Bruno, owner of Molly Bruno Interiors, suggests choosing one area as the "hot zone" for high-tech devices. "A specific place where your family's phones, iPads and tablets can all charge together. A central spot is key ... someplace away from bedrooms, possibly a corner of the kitchen or a designated tray on your desk."

Mudrooms have evolved into an essential space for inclusion in home design, says Rill. "[They] pro-



PHOTO COURTESY OF WINN

Winn Design Build designed and built mudroom storage inside the side door in this Arlington home to keep clutter at bay.

vide a drop-off spot for coats, hats, keys, and more when entering a home and [are] often hidden from view," he said.

Interspersing closed storage with open is a design strategy that Bruce Wentworth, president of Wentworth, Inc. uses to hide frequently used household products. "Closed storage to conceal the necessities of life that are not always so attractive and open shelving to display personal treasures and books," he said.

From soccer cleats and shin guards to basketballs, corralling clutter becomes less daunting with textured baskets, says Bruno. "Pottery Barn's beachcomber baskets are great placed at the end of a couch for extra blankets and pillows or by the back door for shoes or sporting equipment."

These also work in a linen closet or bathroom. "Roll up several clean towels, place them vertically in the basket and you'll have fresh towels at the ready" for family and guests.

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Breaking Through

Yorktown gymnastics wins Conference 6 championship.

BY JON ROETMAN
THE CONNECTION

The Yorktown gymnastics team entered Friday's Conference 6 championship meet as the most talented and experienced team in the gym.

When it came time to compete, however, the pressure of being favored to win, along with memories of past disappointment, had the Patriots feeling nervous, rather than confident.

"When they started, they were super nervous," head coach Joanne Price said. "We just talked about it and tried to relax a little bit. ... They were feeling really nervous [before] vault. That was our lowest event today — that's usually a pretty easy event for us. ... I think the pressure got to them."

"... As much as we downplayed it, they were aware of being the favorite and I think it's hard to be in that spot, to not that let add pressure to what you're doing."

Yorktown gymnasts and coaches talked about the pressure and decided to let it go — to enjoy the meet, regardless of the outcome. While easier said than done, the Patriots would settle down and take care of business.

"As much as we downplayed it, they were aware of being the favorite and I think it's hard to be in that spot, to not that let add pressure to what you're doing."

— Yorktown gymnastics coach
Joanne Price

After finishing behind perennial powers McLean and Washington-Lee each of the last two seasons, Yorktown finally broke through, winning the conference championship and earning a regional berth on Feb. 5 at Washington-Lee High School.

Despite being one of the more talented teams in the area the last two years, Yorktown failed to earn a regional berth due primarily to the quality of the teams in its conference. Despite competitive scores, the Patriots twice finished behind McLean and W-L at the conference meet, with only the top two teams from each conference earning a spot at regionals.

In 2014, W-L went on to win its third consecutive region championship, and McLean finished region and state run-



The Yorktown gymnastics team won the Conference 6 championship on Feb. 5 at Washington-Lee High School.

ner-up. In 2015, McLean went on to win region and state championships.

This year, it was Yorktown snapping McLean's streak of four consecutive Liberty District/Conference 6 championships with a season-best score of 146.225. McLean finished runner-up with a score of 139.6, earning the conference's other regional berth.

"It feels really good to be on this end of it because we've fallen short just barely the last couple years," Price said. "It's been a long time coming for the girls who have been on the team awhile."

Juniors Juliette Mitrovich and Olivia Zavrel are two of Yorktown's most experienced gymnasts, with each competing for the Patriots since they were freshmen.

On Friday, both qualified for regionals in the all-around. Mitrovich placed fourth with a score of 36.375. Zavrel finished outside of the top four, but qualified for regionals with a score of 36.15. Gymnasts needed a score of 35 or better to earn a regional all-around berth.

Mitrovich placed third on bars (9.25), fourth on floor (9.3), tied for fourth on beam (9.025) and tied for ninth on vault (8.8).

"It was a little nerve-wracking," Mitrovich said, "but our coaches just told us just focus on yourselves and if you keep doing what you've been doing then it's all going to work out."

Yorktown freshman Julia Hays finished

runner-up in the all-around with a score of 37.45. She won conference titles on beam (9.85) and floor (9.65), and placed sixth on vault (9.125) and bars (8.825).

Yorktown sophomore Marisa Daugherty also qualified for regionals in the all-around, producing a score of 36.25.

"Marisa Daugherty ... had probably [her] best meet of the season by far," Price said. "She was rock solid."

Hayfield senior Molly Overstreet won the all-around title with a score of 37.875.

The 6A North region meet is scheduled for Saturday, Feb. 13 at Patriot High School.



Yorktown junior Olivia Zavrel competes on floor at the Conference 6 meet on Feb. 5. Zavrel qualified for regionals in the all-around.



Yorktown junior Juliette Mitrovich placed fourth in the all-around at the Conference 6 meet on Feb. 5.

PEOPLE



PHOTO COURTESY OF THE MARINE CORPS MARATHON

Healthy School Award

The Marine Corps Marathon presented the Healthy School Award and a \$1,000 check on Feb. 4 to Taylor Elementary School from MCM partner Sodexo. Taylor Elementary had 219 students participate in the MCM Kids Run held on Oct. 24, 2015 during Marine Corps Marathon Weekend. From left are: Farrah Johnson, SueLynn McAndrew (both PE teachers); Larry McMarlin of Sodexo (red jacket in back); Molly the bulldog; Harold Pellegreen, principal; Miles the bulldog; Stephanie Barlow of the National Watermelon Promotion Board; the Tiger (Taylor Elementary School mascot) and Marine Corps Marathon Director Rick Nealis.



Leadership Arlington's newest class of the Young Professionals Program.

Newest Class of Leaders

On Wednesday, Jan. 20, Leadership Arlington, welcomed its newest class of the Young Professionals Program as it gathered for the first time for a day-long retreat.

The Boeing Company hosted the launch session for this four-month program that focuses on civic and philanthropic awareness to promote a deeper level of community engagement throughout the D.C. metro region. Twenty-three participants were selected to engage in the Spring session of this experiential program, now in its ninth session. The new class joins Leadership Arlington's membership of over 1,200 leaders, representing over 600 organizations.

Participants in the Young Professionals Program Spring Class of 2016 are:

- Uche Akobundu, Meals on Wheels America;
- Emily Almand, Arlington Public Libraries;
- Victoria Bown, Arthritis and Rehabilitation Therapy Services;
- Scott Desmond, Accenture Federal Services;
- Laura Dietsch, Verizon;
- Meredith Eisenhart, Arlington

County, Department of Human Services, Aging and Disability Services Division;

Kyle Epting, Arlington Law Group;

Nikki Ferraro, HITT Contracting; Ling Gao, AmeriCorps: The Literacy Lab;

Reem Garada, Arlington Community Federal Credit Union;

Chelsea Jacobs, Ann Wilson Homes, Keller Williams Realty;

Serena Jezior, Council on Foundations;

Bernie McKeever, TransWestern; Sawyer Mueller, Accenture Federal Services;

Alison Nashed, Freddie Mac; Megan Pierce, The Shooshan Company;

Chris Rozario, Freddie Mac; Kate Rutherford, CEB;

Kate Shooltz, TCS Realty Associates;

Tyson Stanislaus, Arlington County Fire Department;

Taylor Vaughn, United Bank; Aaron Walsh, Marymount University;

Travell Williams, Freddie Mac.

Premier sponsors are Arlington Community Federal Credit Union and Marymount University.

For more information, visit www.leadershiparlington.org.

Cadet of the Month

Cadet Elian Gonzalez from Arlington was named Fishburne Military School's Cadet of the Month for December 2015. Gonzalez is a sophomore and the son of Mr. and Mrs. Robert Edwards.



PHOTO CONTRIBUTED

SCHOOL NOTES

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

Caroline McCune has been named to the dean's list for the fall 2015 semester at the University of Vermont (Burlington, Vt.). McCune is a class of 2018 business administration major in the Grossman School of Business.

Elizabeth Caltagirone of Arlington Named to the University of Hartford (West Hartford, Conn.) dean's list for fall 2015.

The University of Wisconsin-Madison has recognized the following students

named to the dean's list for the fall semester of the 2015-2016 academic year: **Ian Berner**, College of Engineering, dean's honor list; **John Cohen**, College of Letters and Science; **Juan Siguenza Navidad**, College of Letters and Science; and **Lauren Silverstein**, College of Letters and Science.

Zoe Dormuth, a computer engineering major at the University of Minnesota, has been named to the dean's list for the fall 2015 semester.

The following local students achieved dean's list at Juniata College (Huntingdon, Pa.) for the fall semester of 2015: **Beverly Lenore Kamin**, a senior studying education studies, is the daughter of Steven Kamin and Adrienne Grossman; **Max Horn Ferlauto**, a sophomore studying environmental science, is the son of Richard Ferlauto and Hillary Horn; and **Amanda Ann Mingus**, a freshman studying preK-4th grade certification, is the daughter of John Mingus and Carolyn Yocom.

Ryan Kovich, a Wakefield High School 10th grader, is the winner of Arlington's 2016-17 Decal Design Competition. Kovich's photo of the historic landmark, the Arlington Cinema 'n' Drafthouse, will appear on more than 160,000 vehicles in Arlington County.

Alexander Guecia, of Arlington, recently received a Master of Business Administration degree in management from Frostburg State University (Frostburg, Md.).

Kidus Michael was among Davis & Elkins College (Elkins, W.Va.) students taking a resort management class who recently traveled to The Greenbrier in White Sulphur Springs, W.Va., for a three-day session to gain insight into the various aspects of the resort's opera-

Award Winners

Otilia Danalache (left) of Vienna and Atharv Gupta of Arlington, Thomas Jefferson High School for Science and Technology freshmen, won a Best Delegate Award at The Ivy League Model United Nations Conference 2016. The conference, which took place Jan. 28-31 in Philadelphia, featured debate, discussion, and the opportunity for the world's future leaders to engage with and solve myriad issues.



PHOTO COURTESY OF WILL RYU

TJHSST's Model United Nations team won 9 Gavels, 9 Outstandings, 6 Honorables and 4 Verbal Awards, as well as the ILMUNC XXXII Outstanding Large Delegation Award.

Not Snow Fast



By KENNETH B. LOURIE

As an originally diagnosed-as-terminal, lung cancer patient, I try not to panic or worry unnecessarily or be a harbinger of doom or a purveyor of gloom. Unfortunately, the providers of the news/weather reports of "accumulating" (that seems to be the popular phrase of late) snow in the forecast currently and in general, apparently are of the opposite opinion. Rather than make light of the inches predicted, the common (as if they're all reading from the same script) presentation is typically fraught with inferences of impending disaster and/or catastrophic loss. Not only is the message tiresome, its redundancy is downright distressing, as if the goal is to strike such fear into the local population that toilet paper, bread, water, and batteries aside; it's the media that will be the most important must-have.

Do you know what my most important "must-have" is? Sanity, and calm in the face of adversity; logical and rational behavior in the midst of over-the-top reporting of events (maker that snow/weather predictions) destined to change lives – of the media, for the most part. Granted, there's lots of valuable information that must be disseminated when a storm of generational proportions smother the area. Nevertheless, don't burden us with emotional baggage in the interim. The weight of the snow, especially for us manual shovelers, will do more than enough to keep us "sheltered in place." Sometimes, the message is lost in the hyperbole, or in the "emergency" programming as seen on the non-stop, 'round the clock reporting. The sheer volume of it diminishes its impact. Quite frankly, less is more, and more manageable, too.

What us viewers and listeners endure in the Metropolitan Washington, D.C. Area, or what it has increasingly become known as: "The D.M.V.;" (yet another media creation forced upon us residents) is above and beyond the call of citizen duty. Being called as a juror appeals to me more than being subjected to the media maelstrom that precedes (and of course, follows), these "weather events."

Yet here I sit and write, approximately two weeks after the "Blizzard of 2016," trying to filter out fact from fiction concerning next week's "snowcast." And even though the two-plus feet of snow is mostly long gone (but not forgotten), I fear its effect on our preparations and predictions will inhibit us for years: fueled in no small way by the media's fascination with itself and its presumptive place in the world as well as its presumptive place in the lives of thousands of local residents for whom they feel uniquely responsible.

Not that I totally understand many of the ulterior motives behind the means and methods of communication when snow is in the atmosphere, but the pattern seems familiar: create the fear, report the fear, and then cover the effects of the fear; and then in another occasional adjunct: the after-the-fact self-analysis of the fear that was created, the reporting of that fear, and then a post-mortem on all the fear and its consequences.

I have to tell you; as a cancer patient, I can't live my life this way. Every day, I have to buck up and not look for trouble – and not make any trouble, either; not exactly the mission of the media. Ergo, I don't need to make matters any worse than they might otherwise be, nor can I presume and anticipate the worst, or create consequences in advance of them being consequential. Since I'm a great believer in context, having an incurable form of cancer (NSCLC, stage IV) may make me less tolerant of the snow coverage by the media. Then again, maybe I'm just a victim of circumstance, tired of being made to feel like the victim.

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

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The petition, whereby the courts decision can affect your personal rights, if any, regarding minor child will be heard on 2/11/2016 at 9:45am at 20 Franklin Sq. 3rd Fl. New Britain, CT 06051.

Therefore it is ordered, that notice of the hearing of this petition be given by publishing this Order of Notice once, immediately upon receipt, in the Arlington, VA, a newspaper having a circulation in the city of Arlington, VA.
Hon. Stephen F. Frazzini,
Signed Melissa C. Lapent 1/15/16

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Dolan Wins 50 Free Region Title

BY JON ROETMAN
 THE CONNECTION

Yorktown senior Suzanne Dolan won the 50 freestyle and placed third in the 100 breaststroke during the 6A North region swim championships on Feb. 6 at Oak Marr Recreation Center.

Dolan, the defending state champion in each event, was Yorktown's top performer on Saturday. She won the region title in the 50 with a time of 23.19 seconds, good for All-American status. She finished third in the 100 breaststroke with an All-American time of 1:03.21.

"I thought that my 50 was a strong race," Dolan wrote in an email. "I took off training for a few weeks leading up to this meet and I am very pleased overall with how I swam. ... I was not extremely happy with my 100 breast, but I wasn't disappointed in my swim because it was still my best time all season and I hope to drop time at states once I have some more training under my belt. I am not upset about coming in third. Obviously it would be fantastic to win, but I swam as fast as I could that night and I got out-swam."

Dolan said being a defending state champion brings pressure, but she doesn't let it bother her.

"Leading up to the meet I felt pressure from many places because I had won states in both of these events last year, although you can't let the pressure get to your head," she wrote. "I just love racing. That is what I focus on, not on 'defending a title.' One thing about swimming is that every year new competitors or old come and step up to the plate and it is exhilarating to race them."

Dolan, who is committed to Duke University, helped Yorktown place sixth in the girls' team standings with a score of 141.5. Robinson won the championship with a score of 222, followed by Langley (194) and Oakton (183).

The Yorktown girls' team won the Conference 6 championship.

"I think Suzanne swam well at regions," Yorktown head coach Claire Shreeve wrote in an email. "She swam the events she loves and swam them like I know she can. She (and probably a good number of swimmers) has felt a little out of it, since missing pool time due to the snow. I think she is on track to have a great state meet. I believe improvement will come with more time in the water the next two weeks. I don't think there is anything in-particular she needs to focus on."

The Yorktown boys' team placed 15th with 71. Langley won the team title.

The 6A state diving competition is scheduled for Feb. 19 at Oak Marr. The 6A state swim meet is scheduled for Feb. 20 at George Mason University.

"I have high expectations for states," Shreeve wrote. "For the boys and girls, I hope we get everybody back to finals night. That is a big accomplishment with such a fast state/region we compete in."

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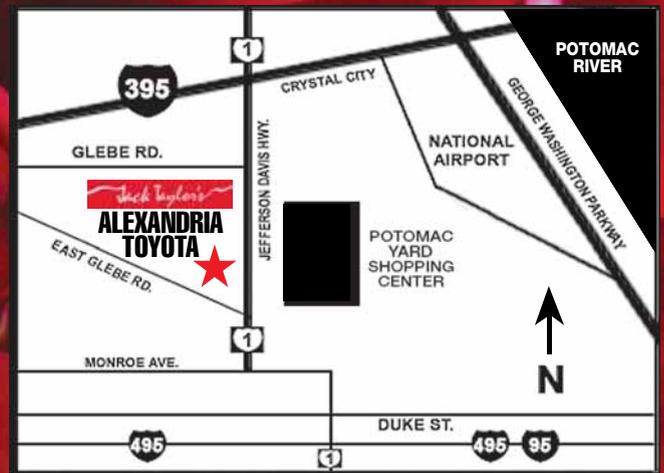
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TRANSMISSION FLUSH \$189.95
POWER STEERING FLUSH \$139.95
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NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 2/28/16.

TOYOTA GENUINE SERVICE
30000 MILES FACTORY RECOMMENDED SERVICE \$159.95

Synthetic \$10 More
INCLUDES: Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

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TOYOTA GENUINE SERVICE
4 WHEEL ALIGNMENT \$79.95

Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy.

INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

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TOYOTA GENUINE SERVICE
WE WILL MEET OR BEAT ANY LOCAL TOYOTA DEALERSHIP'S CURRENT ADVERTISED SERVICE SPECIALS

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