

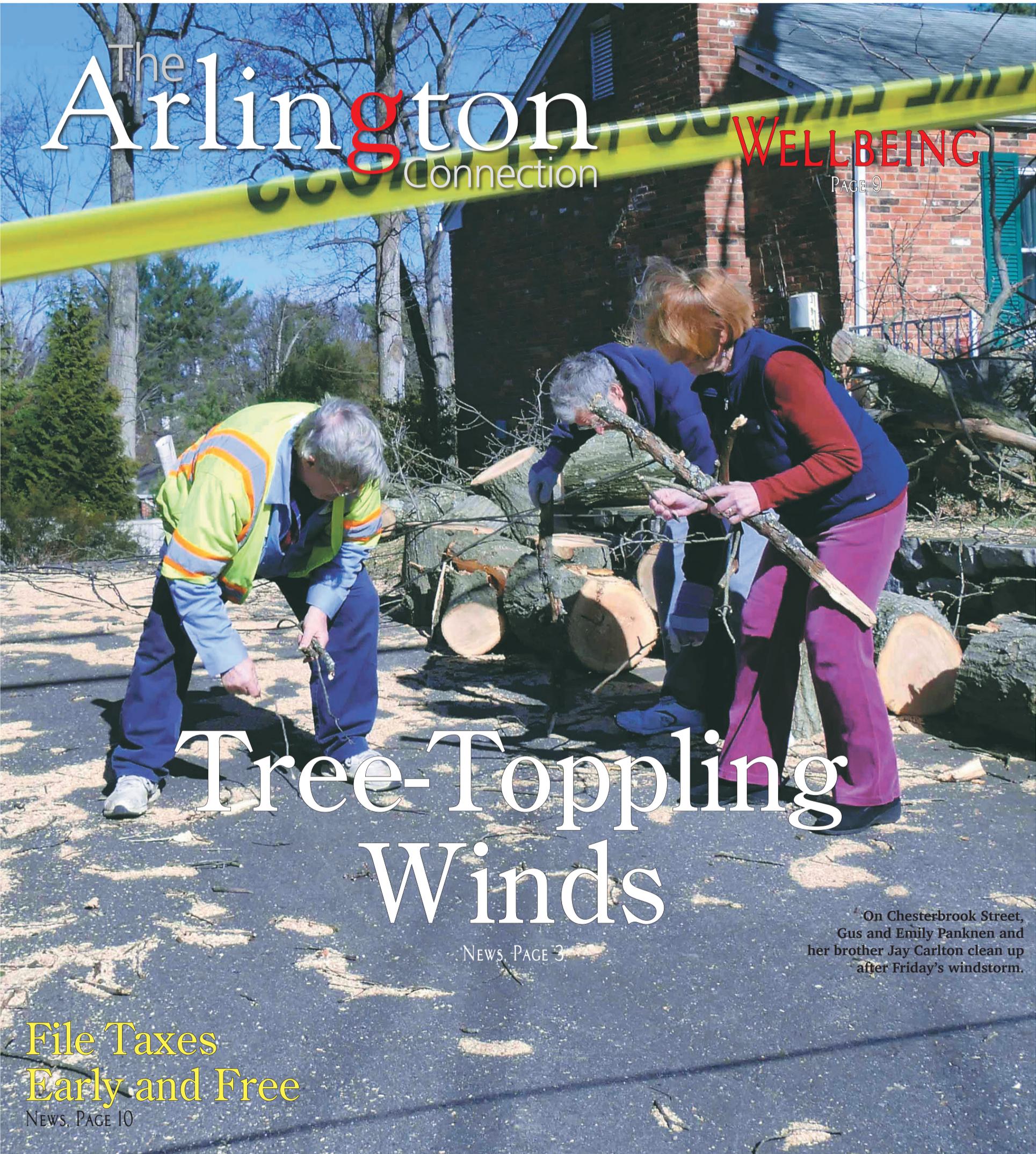
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# The Arlington Connection

**WELLBEING**

PAGE 9

# Tree-Topping Winds

NEWS, PAGE 3

On Chesterbrook Street, Gus and Emily Panknen and her brother Jay Carlton clean up after Friday's windstorm.

**File Taxes Early and Free**

NEWS, PAGE 10

PHOTO BY SHIRLEY RUHE/THE CONNECTION ENTERTAINMENT, PAGE 6 ♦ CLASSIFIEDS, PAGE 10

# NEWS



PHOTOS BY SHIRLEY RUBE/THE CONNECTION

A large tree fell through the roof of a house on the corner of George Mason Drive and 26th Road splitting the roof in two.



A loud snap woke the family at about 1 a.m. Friday morning, March 2. The next day, large newly cut tree stumps are piled on the side of the yard on Chesterbrook Street as Gus and Emily Panknen and her brother Jay Carlton are out gathering up debris. Carlton said, "I discovered it when I walked out the front door." Emily Panknen said, "There were three explosions in the back that directly hit three transformers." Gus Panknen said, "It sounded like the Fourth of July. It came in bursts." Emily Panknen explains it was an about 100-year-old oak tree, one of the originals that was already here when these houses were built in 1954. She says no one came out to cut up the tree until Saturday morning because they couldn't do anything until the live wires were handled.



Yellow caution tape blows along 36th Street, which is blocked off by an evergreen that fell across the road. The tree uprooted and ripped through the metal fence surrounding the property and took out the pole with phone and power lines.

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# 60 Mile Per Hour Winds Topple Trees

Some neighborhoods without power for more than 20 hours.

BY EDEN BROWN  
THE CONNECTION

**T**here was a big mess on North Van Buren Street on Saturday, March 3, and Bruce Arnette, an engineer with Dominion Power for the past 30 years, was waiting for clearance to start clearing it up. He had six crews standing on the street near their trucks and two more crews on the way. They were electrical contractors who had come from North Carolina and Georgia to help.

For neighbors, the novelty of losing power since the night before was beginning to wear off. Carol Burnett, who lives on Westmoreland Street, asked Arnette when he was going to start cutting down the tangle of trees at the end of the street. She noted that the border of East Falls Church and Arlington was at the end of the street, and no doubt creating jurisdiction issues. Burnett said she was walking her Schipperke “Katie” because “It’s warmer to walk the dog than to stay at home with no heat.” Arnette said he and his crews would have to replace eight telephone poles up and down the street, and the wires on the street



**Carol Burnett walks her dog Katie in order to stay warm as she looked at the destruction on North Van Buren Street.**



**Arlington Parks Department Evangelista (“Lito”) Zavala clears a tree in the Benjamin Banneker Park.**

Mason Drive, a massive Aspen had fallen onto the roof of a house, destroying one side of the roof and a window. The owners, who had just moved to the area last August, said it was the largest Aspen south of Pennsylvania, and a “notable tree” of Arlington County.

Many residents of Country Club Hills and Yorktown neighborhoods were without power from about 4 a.m. to about 9 p.m. on Saturday. There were also outages of Verizon service in the area.

were still live and very dangerous. “So I’m just waiting to make sure we get clearance and they know we are working in the area,” he said.

Elsewhere in Arlington, the area near Yorktown High School had some major tree falls. At one house on the corner of North George



PHOTO BY EDEN BROWN/THE CONNECTION

**The largest Aspen south of Pennsylvania tumbled into a house near Yorktown High.**

PHOTOS BY MICHAEL MCMORROW/THE CONNECTION



**A tree down on N. Ohio Street on March 2.**



**Damage from Friday’s windstorm is evident at Alcova Heights Park, at George Mason Drive at 8th Street, S.**



PHOTO BY EDEN BROWN/THE CONNECTION

**One house at the end of Van Buren Street was damaged by a large tree.**

## Reconciling Bills, Ignoring Gun Violence

BY ADAM EBBIN  
STATE SENATOR (D-30)



**W**e have entered the final days of the General Assembly session, and the focus of the legislature has shifted from systematically addressing the more than 3,400 introduced bills and resolutions to conference committees — small groups of legislators charged with reconciling bills that have passed the House and Senate with slight (and sometimes not-so-slight) differences.

Two major pieces of legislation in conference are bills dealing with establishing a dedicated funding source for Metro and the starkly contrasting Senate and House budget proposals.

Del. Mark Sickles (D-Fairfax), who represents part of the 30th District, has been named as one of

six House budget conferees. This is the first time since I was elected in 2003 that there are two House Democrats among the conferees. Senate conferees include Senators Janet Howell (D-Reston) and Dick Saslaw (D-Fairfax). Howell represents part of Arlington and Saslaw's district covers part of Alexandria's west end.

Over the course of the 2018 session, the legislature has held lengthy floor debates on issues ranging from use of hands-free phones while driving to reopening the Colonial Downs horse racing track. However, one issue which has been notably absent from floor debate has been legislation to curb the epidemic of gun violence.

While over 60 bills were introduced this legislative session to address the epidemic of gun violence, nearly all of those bills were quietly and summarily dismissed by Republican-led committees and subcommittees along party-line votes. Legislation introduced in the wake of the Las Vegas massacre to make mass shootings less deadly such as bills that would ban bump stocks (SB1-Ebbin), provide universal background checks (SB5-Ebbin), or restrict the sale of high-capacity magazines (HB1145-Convirs-Fowler) were swiftly defeated.

Every 10 hours, a Virginian is killed with a gun. While devastating to those directly involved, many of these deaths rarely make the news. Legislation to address the reality of everyday gun violence, including bills to prohibit the possession of firearms by stalkers (HB1544-Murphy), exempt gun safes from retail sales tax to incentivize gun owners to keep guns where children can't easily get to them (HB172-Filler-Corn), or reinstate the one-handgun-a-month limit (HB353-Reid) to stem the rapid export of crime guns to other states, were defeated as well.

Including the tragic events of Parkland, Fla., over 153,000 students attending more than 171 primary and secondary schools in the United States have experienced a shooting on campus since the Columbine High School massacre in 1999. Despite this, HB198, legislation introduced by Del. Rip Sullivan that would keep guns out of the hands of people who present a threat to themselves or others and that mirrors a proposal supported by U.S. Senator Marco Rubio of Florida, was not even

granted a hearing.

Only HB287, a bill to provide a special license plate for supporters of gun violence prevention, is still under consideration. I co-sponsored this legislation introduced by Del. Marcus Simon (D-Falls Church).

One silver lining was that the vast majority of firearms legislation introduced this session focused on gun violence prevention. As a result of the 2017 election, we've been able to stop playing defense against bills to expand concealed carry reciprocity, permit Virginians to carry ninja stars, and introduce guns into domestic violence situations. A bill to allow guns in churches passed the Senate on a party line vote, but was quietly defeated in the House when the Speaker of the House assigned the bill to the Rules committee and neglected to have it taken up for consideration. A companion House bill was pulled from floor consideration and sent back to committee to be shelved.

This changing atmosphere surrounding gun violence has been met with bristling opposition by pro-gun legislators. Last Friday, the debate reached a boiling point. Delegate and US Senate candidate, Nick Freitas (R-Culpeper) lashed out at House Democrats blaming "the abortion industry," "broken families," and the "welfare state for the gun violence epidemic."

It has become clear that the voices of legislators alone cannot move this issue forward. In the aftermath of the school shooting that claimed 17 lives, the bravery and resilience of the young people in Parkland have moved and inspired action. Students throughout the country are standing in solidarity with the survivors and speaking out in loud, informed and passionate voices to amplify this message.

In Alexandria, over 1,000 TC Williams High School students led by Jay Falk and Hannah Miller, in coordination with over a dozen high schools in the capital region organized a day of action termed #WeAreAllEagles, in reference to the mascot of Marjory Stoneman Douglas High School.

The actions of young people are rekindling important debates in Washington about common-sense gun violence prevention measures

such as bans on assault weapons, bump stocks, and instituting universal background checks. Their activism has begun to have widespread impact in the private sector as well. Under public pressure, several companies have discontinued discounts and other promotions for NRA members and retail giants WalMart and Dick's Sporting Goods have raised the age to purchase firearms to 21.

Upcoming student-led actions include widespread school walkouts on March 14 to mark the one-month anniversary of the Parkland Shooting. Coincidentally, this is the same day as the rally at the NRA headquarters in memory of the victims of the Sandy Hook tragedy that has been held on the 14th of each month since the shooting in Newtown, Conn. On Saturday March 24, students are leading the March For Our Lives to advocate for gun violence prevention reforms in Washington, D.C. Hundreds of sister marches are scheduled to occur simultaneously around the country, including ones in Charlottesville, Richmond, and Hampton Roads.

In order to coordinate our efforts as lawmakers to complement this grassroots activism, Delegate Kathleen Murphy and I have formed a General Assembly Gun Violence Prevention Caucus. Our first meeting was attended by over 25 members from both the House and the Senate and featured a discussion with the office of the Secretary of Public Safety and Homeland Security. We discussed avenues available for reform, enforcement actions and other steps that the executive branch may be able to take, as well as crafting our 2019 agenda.

Local officials are also stepping up. The Alexandria City Council and Fairfax County School Board have passed resolutions in support of gun violence prevention. Alexandria School Board members will be voting on a similar resolution on March 8. Arlington Public Schools have issued a statement supporting the March 14 walkout and plan to issue a call to action for local legislators at an upcoming board meeting.

Led by the courageous students of Parkland, the time is now to channel outrage into activism and enact meaningful gun violence prevention. We can't wait any longer.

Please follow @AdamEbbin on Twitter, like my facebook page at facebook.com/ebbincampaign, and email your views to me at district30@senate.virginia.gov.

It is my continued honor to serve the people of the 30th District.

### LETTER TO THE EDITOR

#### Top Priority

To the Editor:

I am a skateboarder from Arlington and learned of a plan to rebuild Powhatan Springs Skate Park. I think this is a great idea and the County Board should approve it.

Powhatan gets a lot of use, not only from skateboards but from people on bikes, roller blades, and scooters. An improved skate park would get kids to spend more time outside and less time on their phones or doing things they should not be doing. You

always see families having fun together at Powhatan.

With a new and improved skate park, even more kids will use the park and stay away from private-property. When they hear about the repairs and new obstacles they cannot find anywhere else, they will head there in a heartbeat.

The county has a lot of projects to consider, but rebuilding Powhatan should be one of the top priorities.

**Jackson Hicks**  
Arlington

The  
**Arlington**  
Connection

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# 10 Years of Housing the Homeless

The annual community informational session on homelessness will be held March 15 at 7 p.m. at the Marymount University Ballston Center Auditorium. This year will celebrate 10 years of housing the homeless.

The meeting will focus on the latest data and trends, biggest challenges and a look ahead at the new strategic plan. Keynote speakers will include state Sen. Barbara Favola, Arlington County Board

Chair Katie Crystal and Marymount President Matthew D. Shank.

This event is free with light refreshments provided. Sign language interpreters and alternate format materials for qualified individuals with disabilities are provided by the Arlington County Government. To arrange this in advance contact Kurt Larrick at Klarrick@arlingtonva.us or 703-228-1775.

— SHIRLEY RUHE

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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## THURSDAY/MARCH 8

**Art Show.** 7 p.m. at the Woman's Club of Arlington, 700 S. Buchanan St. The Woman's Club of Arlington will feature an "Art Show" with woodworking; hand crafted jewelry; many sewn fabric creations and embroidery; textiles and an art demonstration by members and their families. Free parking. Visit [womansclubarlington.org/](http://womansclubarlington.org/).

**Commemoration Through Rehabilitation.** 7-9 p.m. at Marymount University, Reinsch Library, 2807 N. Glebe Road. World War I caused thousands of American casualties, and many survived devastating injuries that they would not have survived in previous wars. Join historian Allison S. Finkelstein to learn about the postwar legacy of the WWI "reconstruction aides," civilian women who treated injured soldiers using techniques that became the basis for modern physical and occupational therapy. Visit [www.arlingtonhistoricalsociety.org](http://www.arlingtonhistoricalsociety.org).

**Deep Dive: Insect Metamorphosis.** 8-9 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Adults. Take a Deep Dive into natural history that scratches more than just the surface. What really happens inside a chrysalis or cocoon? Explore the process of metamorphosis in the lives of insects as it differs from one group to the next. For information: 703-228-3403. \$5. #632848-A. To register, call 703-228-4747 or visit [registration.arlingtonva.us](http://registration.arlingtonva.us).

## FRIDAY/MARCH 9

**Brunch and Mah Jongg.** 10 a.m.-4 p.m. at Temple Rodef Shalom, 2100 Westmoreland Drive, Falls Church. Sponsored by Women of TRS, brunch and mah jongg fun day will include food, prizes, raffle baskets (Queen for a Day; Wine Lovers; Curl Up and Read; NiteIn/Nite Out; Timeless Paris), one-of-a-kind silent auction items and more. Proceeds support a number of charities and organizations. \$50 by March 1; \$60 March 2 thru 9 (space permitting). Visit [bit.ly/2Arwv08](http://bit.ly/2Arwv08).

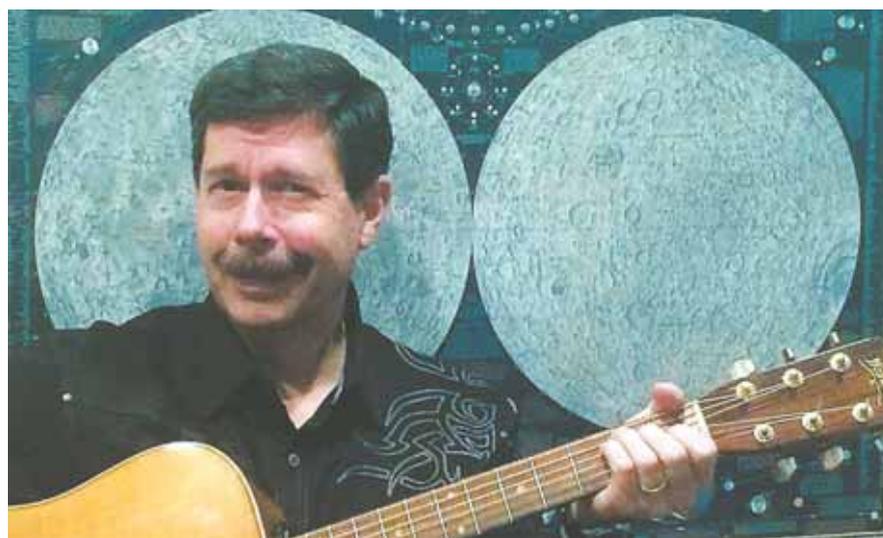
**Parents Night Out.** 6-10 p.m. at Walter Reed Community Center, 2909 16th St. S. Children will enjoy an evening of games, art, and fun while parents enjoy a night out. Brought to you by Teens Making A Difference. \$25 per child. Learn more here. To register, call 703-228-4747 or register online using activity code 720118-F at [parks.arlingtonva.us](http://parks.arlingtonva.us).

## MARCH 9-11

**Narnia – The Musical.** March 9-10, 7 p.m.; March 11, 2 p.m. at St. Peter's Episcopal Church, 4250 N. Glebe Road. The Lion, the Witch and the Wardrobe, the first and most famous story of the Chronicles of Narnia, is brought to the musical stage by the young people of St. Peter's Church and their friends (50 in total). Free, tickets required, available at [2018NarniaTickets@gmail.com](mailto:2018NarniaTickets@gmail.com). Questions, email [Narnia2018@comcast.net](mailto:Narnia2018@comcast.net).

## SATURDAY/MARCH 10

**NoVa TEEN Book Festival.** Opens at 9:30 am at Washington-Lee High School, 1301 N. Stafford St. Forty authors will take part in the NoVa TEEN Book Festival. Author panels and breakout sessions will be held throughout the day-long event packed with books, authors, and activities. Book lovers of all ages are



## Jim Thorne and the MoonDiggers

Concert performance by Jim Thorne and the MoonDiggers, featuring a full-dome show set to Mission to Europa, a song from Jim's new album. Appropriate for all ages. \$5. Sunday, March 18, 1:30-2:30 p.m. at David M. Brown Planetarium, 1426 N. Quincy St. Email [contact@friendsoftheplanetarium.org](mailto:contact@friendsoftheplanetarium.org) or visit [friendsoftheplanetarium.org](http://friendsoftheplanetarium.org).

Stories of Daredevils, Debutantes & Other Dauntless Girls, featuring a discussion with the editor Jessica Spotswood (Wild Swans, A Tyranny Of Petticoats) and contributors Robin Talley (As I Descended) and Lindsay Smith (A Darkly Beating Heart). Call 703-300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

## THURSDAYSATURDAY/MARCH 15-17

**"Almost, Maine."** Thursday-Saturday, 7 p.m.; Saturday, 2 p.m. at Yorktown High School, 5200 North Yorktown Blvd. Yorktown Theatre presents "Almost, Maine" by John Cariani. On a cold, clear, moonless night in the middle of winter, all is not quite what it seems in the remote, mythical town of Almost, Maine. Tickets are \$10 at [yhstheatre.org](http://yhstheatre.org) or [tinyurl.com/yhsmaine](http://tinyurl.com/yhsmaine).

## SATURDAY/MARCH 17

**Fort Ethan Allen Park Walking Tour.** 12-12:45 p.m. at Fort Ethan Allen, 3829 N. Stafford St. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Fort Ethan Allen was built by the Union Army in September 1861, to command the approach to Chain Bridge, and has the most extensive remaining features of any Civil War fort in Arlington. For information: 703-228-7033. Free. #632758-A. To register, call 703-228-4747 or visit [registration.arlingtonva.us](http://registration.arlingtonva.us).

## SUNDAY/MARCH 18

**Jim Thorne and the MoonDiggers.** 1:30-2:30 p.m. at David M. Brown Planetarium, 1426 N. Quincy St. Concert performance by Jim Thorne and the MoonDiggers, featuring a full-dome show set to Mission to Europa, a song from Jim's new album. Appropriate for all ages. \$5. Email [contact@friendsoftheplanetarium.org](mailto:contact@friendsoftheplanetarium.org) or visit [friendsoftheplanetarium.org/](http://friendsoftheplanetarium.org).

**Remove Invasive Plants.** 2-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Adults, teens, and families ages 8 and up. Restore habitat and increase species diversity in Arlington. Work parties are held every month. No registration required. For information: 703-228-6535. Free.

## MARCH 21-23

**Fundraising: Citrus Sale.** 9 a.m.-5 p.m. at the Overlee Community Pool-Bath House (Lower Level), 6030 Lee Highway, lower entrance off John Marshall Drive. Fresh citrus (with honeybells), pecans, and maple syrup for sale to support Northwest Arlington Lions Club/Charities. Call 703-528-1130.

## SUNDAY/MARCH 25

**Meet the Artist.** 1-3 p.m. at Metro Micro Gallery, 3409 Wilson Blvd., on the corner of Kansas Street and Wilson Boulevard. An exhibition of new works by Nico Fertakis. The exhibition's title, "HALO-HALO," refers to a popular dessert in the Philippines and means "mix-mix" or "mixed together" in the Filipino dialect, Tagalog. The exhibition runs March 1-April 7. Visit [www.metromicrogallery.com](http://www.metromicrogallery.com).

## THURSDAY/MARCH 29

**Meet the Author.** 7:30 p.m. at Walter Reed Senior Center, 2909 S. 16th St. Dr. Charles Toftoy discusses his book, "Amazing Fireside Talks" about finding inspiration and hope. Free. Call 703-228-0955 or email [ikanuit@arlingtonva.us](mailto:ikanuit@arlingtonva.us) for more.

welcome. Free admission. Find a full event schedule and registration information at [novateenbookfestival.com](http://novateenbookfestival.com).

**R.I.P.-Remove Invasive Plants.** 9:30-11:30 a.m. at Gulf Branch Nature Center, 3608 N. Military Road. Adults, teens, and families ages 8 and up. Want to restore habitat and increase species diversity right here in Arlington? Work parties are held every month. No registration required. For information: 703-228-3403. Free.

**Families Unplugged in the Kitchen.** 10 a.m.-noon at Walter Reed Community Center, 2909 16th St. S. A nutritionist will guide families through making Healthy Shamrock Shakes, Matcha Coconut Macarons and Green Monster Veggie Muffins. \$8 per person. Register at [parks.arlingtonva.us/events/green-st-patricks-day-goodies-families-unplugged-in-the-kitchen/](http://parks.arlingtonva.us/events/green-st-patricks-day-goodies-families-unplugged-in-the-kitchen/).

**Four Mile Run Stream Cleanup.** 10 a.m.-1 p.m. at five locations along the stream. Arlington County Park Rangers are calling on volunteers to help with the 30th Annual Four Mile Run Stream Cleanup. Great project for individuals, families service clubs and school groups. Volunteers should wear waterproof boots and bring gloves. Bags will be provided. An adult must accompany volunteers under 18 years old. Where to meet:

- ❖ Arlington Mill: Main courtyard area
- ❖ Barcroft: Rear picnic pavilion
- ❖ Glencarlyn: 3rd St. entrance by the restrooms
- ❖ Shirlington Park: Foot bridge in-between Jennie Dean Park and Shirlington Dog Park
- ❖ Madison Manor: Main park pavilion

**Concert for Children.** 10:30 a.m. at Rock Spring Congregational United Church of Christ, 5010 Little Falls Road. The IBIS String Quartet will be on hand to introduce young friends to a wide variety of music. No minimum age suggested (and no maximum either). Free, donations accepted. Visit [www.rockspringucc.org/](http://www.rockspringucc.org/).

**"Winnie the Pooh & Friends."** 11 a.m. at Cherrydale Library, 2190 Military Road. The play is a world premiere of Judith Walsh White's new adaptation of A. A. Milnes' classic "The House at Pooh Corner" with original songs with lyrics by White and music by Michael Oosterhout. Pooh's pleasant routine gets bounced into chaos when the rambunctious Tigger shows up in the Hundred Acre Wood. This performance is free and open to the public, and features a post-show meet-and-greet with the playwright. Visit [www.travelingplayers.org](http://www.travelingplayers.org) or call 703-987-1712.

**Free Play Days-March.** 1-2:30 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Ages 5 to 9. Register

child only. Give children unstructured time they can call their own. For information: 703-228-3403. Free. #632828-A. To register, call 703-228-4747 or visit [registration.arlingtonva.us](http://registration.arlingtonva.us).

**Saturdays are for Crafting.** 1:30-3:30 p.m. at Fairlington Community Center Art Studio, 3308 S. Stafford St. Love crafting (for free)? No fooling! We're metal tooling! Join the Second Saturday Crafternoon Workshop anytime 1:30-3:30 p.m., create and take home a masterpiece the same day. Free. All ages are welcome but children under 16 must be accompanied by an adult. Visit [parks.arlingtonva.us/locations/fairlington-community-center-park/](http://parks.arlingtonva.us/locations/fairlington-community-center-park/).

**Singing Frogs and Toads Campfire.** 7-8 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Families. Register children and adults; children must be accompanied by a registered adult. The whole family is welcome at the Gulf Branch fire ring for old-fashioned fun like stories, special animal guests, games, songs and of course, S'mores. For information: 703-228-3403. \$5. #632858-A. To register, call 703-228-4747 or visit [registration.arlingtonva.us](http://registration.arlingtonva.us).

## SUNDAY/MARCH 11

**Documentary Film Screening.** 2-4 p.m. at Virginia Hospital Center, John T. Hazel Conference Center, 1635 N. George Mason Drive. The Center for Safer Wireless is hosting the screening of the new documentary GENERATION ZAPPED which investigates the potential dangers of prolonged exposure to Radio Frequencies from wireless technology. \$10 suggested donation. Call 703-909-9936 or visit [www.centerforsaferwireless.us](http://www.centerforsaferwireless.us).

**Notable Nature.** 3-4:15 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. Lessons in nature journaling and sketching. Construct nature journals, hone writing and drawing skills, and talk about the season while hiking. Includes an optional 15 minutes of practice time following the one hour program. For information: 703-228-6535. \$5. #632958-E. To register, call 703-228-4747 or visit [registration.arlingtonva.us](http://registration.arlingtonva.us).

**War and Peace.** 3 p.m. at Rock Spring Congregational United Church of Christ, 5010 Little Falls Road. IBIS Chamber Music Society presents soprano Elizabeth Kluegel. Program includes Barber's *Dover Beach*, songs by Fauré, Finzi's elegiac *Farewell to Arms* for voice and piano, and the *Piano Quartet No. 1 in C minor* of Fauré, as well as a few more lovely works featuring violin and cello.

Free, donations accepted. Visit [www.rockspringucc.org/](http://www.rockspringucc.org/).

## MONDAY/MARCH 12

**Meet the Speaker.** 3-4:30 p.m. at the Arlington County Central Library, 1015 N. Quincy St. Encore Learning will present a lecture by Dr. Charlotte Gill on Building Community Safety in Appalachia: Poverty, Hopelessness and the Opioid Crisis. The public is invited. Call 703-228-2144.

## TUESDAY/MARCH 13

**Birding the Delaware Shore.** 7 a.m.-5 p.m., meet vans at the Lubber Run Community Center, 300 N. Park Drive. Adults. Join this excursion to the Delaware shore where stops may include Prime Hook National Wildlife Refuge, Mispillion Lighthouse and the Indian River Inlet. Participants should dress for the weather and bring binoculars, a bag lunch, a drink and snacks for the day. The trips may include walking over uneven terrain and gentle slopes. For information: 703-228-3403. \$48. #632848-D. To register, call 703-228-4747 or visit [registration.arlingtonva.us](http://registration.arlingtonva.us).

**Dr. Seuss Storytime.** 10:30-11 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families ages 2 and up. Register child only, but caretakers must attend. Come have fun, you won't be the only one! Join the Cat in the Hat, the Lorax, and more-ax! For information: 703-228-6535. Free. #632918-V. To register, call 703-228-4747 or visit [registration.arlingtonva.us](http://registration.arlingtonva.us).

**Author Event.** 7 p.m. at Arlington Central Library, 1015 N. Quincy St. Young Adult author, Matt de la Peña, the New York Times Bestselling, Newbery Medal-winning author of six young adult novels comes to Arlington Central Library. He's also the author of critically-acclaimed picture books. Call 703-300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

## WEDNESDAY/MARCH 14

**Tour the Solar System.** 3:30-4:30 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Ages 8 to 12. Explore the eight planets of Earth's solar system, and Pluto, through interactive activities that compare travel distance, weather conditions, size and the lengths of days and years. For information: 703-228-3403. \$5. #632828-F. To register, call 703-228-4747 or visit [registration.arlingtonva.us](http://registration.arlingtonva.us).

## THURSDAY/MARCH 15

**Book Release Event.** 7 p.m. at One More Page Books, 2200 N. Westmoreland St., #101. Celebrate Women's History Month with the release of *The Radical Element*: 12

# BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## SOBER-RIDE FOR ST. PATRICK'S DAY

**Free Sober Rides.** Saturday, March 17, 4 p.m. through Sunday, March 18, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's St. Patrick's Day SoberRide promo code will be posted at 2 p.m. on March 17 on [www.SoberRide.com](http://www.SoberRide.com). The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

## THROUGH APRIL 17

**Tax Assistance.** Tuesdays, 10 a.m.-7 p.m.; Thursdays, 10 a.m.-4 p.m. at Arlington Central Library, 1015 N. Quincy St. AARP Foundation Tax-Aide has helped low- to moderate-income individuals for more than 40 years in every state and the District of Columbia. AARP Foundation Tax-Aide is offered in cooperation with the IRS. No need to be a member of AARP to receive help with completing taxes. Some appointments available. Call 703-829-6192 for more.

## MONDAY-THURSDAY/MARCH 7-8

**Unclaimed Property.** Virginians can visit any of the four events below and find their unclaimed property. This free public service is facilitated by The Virginia Department of Treasury. Learn more at [www.VaMoneysearch.org](http://www.VaMoneysearch.org).

- ❖ Wednesday, March 7, 9 a.m.-3:30 p.m. at Fairfax County Jennings Judicial Center Cafeteria, 4110 Chain Bridge Road, Fairfax
- ❖ Thursday, March 8, 9 a.m.-3 p.m. at Hollins Hall Senior Center, 1500 Shenandoah Road, Alexandria

## THURSDAY/MARCH 8

**Leading from the Inside Out.** 7-9 p.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Are You Standing in Your Own Way? - examine the biases and faulty thinking that limits our personal and professional development. \$25-40. To RSVP visit [wotrsleadinginsideout.eventbrite.com](http://wotrsleadinginsideout.eventbrite.com).

## SATURDAY/MARCH 10

**Stephen Ministry Introductory Workshop.** 9 a.m.-1 p.m. at Our Lady Queen of Peace Catholic Church, 2700 S. 19th St. Our Lady Queen of Peace Catholic Church will host a Stephen Ministry Introductory Workshop. Registration begins at 8 a.m. To register, call Stephen Ministries at 314-428-2600, or visit [www.stephenministry.org/workshop](http://www.stephenministry.org/workshop).

**Lee Highway Alliance Educational Forum.** 9:30 a.m.- noon at the Russell Building, Suite 208, 4620 Lee Highway. This educational forum, hosted by the Lee Highway Alliance, will focus on the Housing Conservation District and the types of incentives being considered within its boundaries. Attendees will have the opportunity to provide feedback on proposed HCD incentives. Arlington County staff presentation starts at 10 a.m. Visit [housing.arlingtonva.us/affordable-housing/housing-conservation-district/](http://housing.arlingtonva.us/affordable-housing/housing-conservation-district/).

**Wikipedia Edit-a-thon.** 11 a.m.- 4 p.m. at Arlington Central Library, 1015 N Quincy St. In honor of Women's History Month, Wikimedia DC will lead a Wikipedia Edit-a-Thon with the goal of editing biographical articles about Arlington women throughout history. Free. Email [mfernandez@arlingtonva.us](mailto:mfernandez@arlingtonva.us) or call 703-228-5954.

## MONDAY/MARCH 12

**Placement Exams for ESL Classes.** 9 a.m. or 6 p.m. at Syphax Education Center, 2110 Washington Blvd. #106. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the March 26-June 15 session. Classes to be held at Syphax Education Center. Afternoon and evening classes available. Tuition is \$285 & \$200 for people who live or work in Arlington; \$470 & 350 for people who do not live or work in Arlington. Exams are free. call 703-228-4200 or visit [www.apsva.us/leep](http://www.apsva.us/leep).

## WEDNESDAY/MARCH 14

**Arlingtonians for a Clean Environment.** 6:30-9:00 p.m. at The Navy League Building, 2300 Wilson Blvd. With the United States out of the Paris Climate agreement and the dismantling of the Clean Power Plan, local action for environmental protection is more important than ever. The ACE annual meeting will explore the ways in which the latest and best practices in community action can be applied locally and what is on the horizon. Light refreshments will be served. RSVP. Visit [www.arlingtonenvironment.org](http://www.arlingtonenvironment.org).

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## NEWS

### Bridges to Independence Black and Gold Bash 2017

PHOTO CONTRIBUTED



## Having Fun for a Good Cause

**F**oodie? Sports fan? Social advocate? Get all three at the Bridges to Independence Black and Gold Bash on March 21 from 6:30- 9:30 p.m. at MakeOffices at 3100 Clarendon Blvd.

Arlington County Board Member Christian Dorsey will emcee the evening with HUNGRY catering the hors d'oeuvres and DC Sweet Potato Cake the desserts.

Auction items include Washington Capitals tickets and a signed Alex Ovechkin jersey, a vacation home in Myrtle Beach and art created

by Bridges' youth.

Tickets are \$85 each or \$130 a pair and include three drink tickets as well as appetizers, desserts and live music. Proceeds from this annual event go to assist families experiencing homelessness to attain financial security and to become self sufficient as well as to assist those who have gained independence to ensure they can remain security housed. Bridges has been working to assist homeless families since 1985.

— SHIRLEY RUHE



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# Discussing School Shootings with Children

Open dialogue is key to quelling fear, say mental health professionals.

BY MARILYN CAMPBELL

Helping parents who are grappling with their children's feelings of anger and fear following the recent Florida school shooting and subsequent fallout was a recent topic that Lisa Jackson-Cherry, Ph.D., department chair and program coordinator, Pastoral Clinical Mental Health Counseling & Pastoral and Spiritual Care programs at Marymount University, had with her graduate students. The class discussed how high profile acts of violence can frighten children who might feel as though they or someone they love could become a victim or find themselves in danger. From mass shootings to natural disasters, an open dialogue with children is key to dealing with thoughts and feelings.

"In most instances, talking about the incident helps to gain some control over what is not controlled," said Jackson-Cherry. "Normalizing feelings and thoughts like fear, sadness, anger, and confusion can help children know they are not abnormal in how they are feeling or thinking."

"First ask what they heard rather than starting by telling them about it," added Joanne Bagshaw, Ph.D., professor of psy-

chology at Montgomery College. "I wouldn't get too stuck on the details. Just get a sense of what they know and make sure it's accurate."

In fact, exploration is key. "Encourage children to express their feelings and validate them," said Bagshaw. "You can start by saying, 'I can understand why you're feeling that.'"

Monitor both the amount and source of information that children receive about high profile incidents, advises Bagshaw. "I would really limit their social media and news intake about the violence," she said. "Videos about the shooting are too traumatic, and watching them can be too traumatizing and too dramatic."

Reviewing the family's safety plan can help children feel secure, advises Bagshaw. It's something she did in her own family. "At my daughter's middle school, you can't just walk into a building like they did in Florida," she said. "I reminded my daughter of this and explained the safety differences between her school and the school in Florida. One thing that you don't want to say is that 'That will never happen here.' You want to focus on what's real and what's realistic."

Maintaining a sense of normalcy follow-

ing a public display of violence can help quell fear that children might be feeling, advises Jerome Short, Ph.D., associate professor of psychology at George Mason University and a licensed clinical psychologist. "Parents play a key role by staying calm, maintaining household routines, explaining that many events we worry about seldom happen, and stating that we will cope with whatever happens," he said. "Parents should place the highest priority on helping children stay safe."

"I would caution against using leading questions like, 'Are you scared?' because this question already implies they should be scared of something and that may not be accurate," continued Jackson-Cherry. "Depending on their answers, parents can assist in having the child integrate aspects of power and control in a situation where they may not be in control."

While putting national events into perspective in a way that children can understand, Short also advises parents to explore emotions. "Ask children what they are feeling and empathize and validate what they say. Ask children how they feel about school," he said. "Is there anything at school that worries them? Be reassuring that you will help protect them."

Reviewing safety guidelines can help children feel secure, says Short. "Parents [can say that] local police are working to keep the community safe. We need to look out for each other," he said. "Say that high-profile violence is unlikely to happen at local schools because of safety procedures. For example, there are more than 130,000 elementary and secondary schools, and we focus on relatively few schools where shootings have occurred."

Even those children who don't express emotions or appear unaffected by news reports of violence might still be anxious about the event. "Many children may not display outward anger or fear but that does not mean they are not fearful, angry, or sad about what they have heard or experienced," said Jackson-Cherry. "I think in most circumstances, parents asking about a child's knowledge of the event would be a good way to start."

Limit a child's exposure to media coverage of acts of violence and discuss it in an age appropriate manner, advises Jackson-Cherry. "If the parent is watching or listening to the news together with their child, try asking, 'What are you thinking or feeling about what just happened or was reported?'" she said. "I asked my 15 year old, 'Has the school discussed the shooting in Florida? Have you had drill in case it were to happen?'"

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**NEWS**

**File Taxes Early and Free**

**Volunteers assist low-income families and elderly**

BY SHIRLEY RUHE  
THE CONNECTION

**N**ow is a good time to get free assistance filing 2017 income taxes. According to Jim Morris, assistance with taxes began Feb. 1 and goes as late as April 17. "It is really busy in the beginning and at the end but March is the quiet between the early birds and the procrastinators." Morris, a spokesman for the Arlington Central Library location, is a 26-year volunteer preparing tax returns for the elderly.

Four locations in Arlington offer assistance for low- and moderate-income elderly and families. Although all four locations offer assistance to both groups, the Arlington Central Library and Columbia Pike Branch Library locations, run by the AARP Foundation Tax Aide Service, serve mostly elderly. The Arlington Department of Human Services and Ethiopian Community Development Corporation (ECDC), run by Volunteer Income Tax Assistance, serve mostly low-income families with an income limitation of \$54,000. There is also a tax assistance service for homebound that is handled by the travel team. The number is 703-766-6268.

Only the Central Library location takes appointments although an appointment is not required. Appointments may be made by calling 703-829-6162. Morris says an hour and fifteen minutes is allocated for each appointment. He says a person must present a photo ID and a social security or Medicare card for each family member. In addition, the applicant must also bring all tax documents.

Each person is assigned to a counselor. "We don't do taxes for people who own rental property but we can do taxes for people who have stock dividends, who sell their house and can calculate taxes on retirement or social security benefits," Morris said. When the tax forms have been completed, a quality review team comes in to double check the results. The form goes back to the original counselor to print it out and then to file it electronically.

The four sites are all staffed by volunteers who must pass a test in order to participate. Morris says there are a large number of volunteers. The Central Library counselors can handle 13 tax returns at a time and four additional volunteers do quality review. They have three shifts at the Central Library on Tuesday and two shifts on Thursday.

SEE TAX HELP, PAGE 11

**Free Tax Preparation  
Clinics in Arlington**

For People with Low or Moderate Income

**ARLINGTON CENTRAL LIBRARY**

**1015 North Quincy St.**

Sponsor: AARP, [www.aarp.org/taxaide](http://www.aarp.org/taxaide)

**Tuesdays (10 a.m. - 7 p.m.)**

**Thursdays (10 a.m. - 4 p.m.)**

**February 1 to April 17**

Some appointments (703-829-6192); first-come, first-

served; Spanish speakers available

**COLUMBIA PIKE BRANCH LIBRARY**

**816 S Walter Reed Drive**

Sponsor: AARP, [www.aarp.org/taxaide](http://www.aarp.org/taxaide)

**Tuesdays (1:15 p.m. - 7:45 p.m.)**

**Fridays & Saturdays (10 a.m. - 2 p.m.)**

**February 2 to April 14**

No appointments; first-come, first-served; Spanish

speakers available

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Sponsor: AARP, [www.aarp.org/taxaide](http://www.aarp.org/taxaide)

Appointments only, call 571-766-6268 to schedule

**ARLINGTON DEPARTMENT OF HUMAN SERVICES**

**2100 Washington Boulevard, Arlington 22204**

First Floor - Public Assistance Bureau

ART 42, 45, 77, Metrobus 4, 16

Sponsor: Community Tax Aid.

[www.communitytaxaidcc.org](http://www.communitytaxaidcc.org)

**Tuesdays (5:30 p.m. - 7:30 p.m. or when all**

**available slots are filled)**

**February 6 to April 10**

No appointments; first-come, first-served; income

maximum (\$35,000 for one or \$53,000 for families);

Spanish speakers available

**ECDC ENTERPRISE DEVELOPMENT GROUP**

**901 S. Highland Street, Arlington, VA 22204**

(Also, prepare your own taxes with assistance)

**Fridays (6 p.m. - 9 p.m.)**

**Saturdays (9 a.m. - 1 p.m.)**

**February 2 to April 14**

No appointments; first-come, first-served; income

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**Announcements**

**Legals**

**PUBLIC NOTICE**

AT&T proposes to modify an existing facility (new tip heights 72') on the building at 4241 Columbia Pike, Arlington, VA (20180340). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

**Legals**

**PUBLIC NOTICE**

AT&T proposes to modify an existing facility (new tip heights 136') on the building at 1401 Lee Hwy, Arlington, VA (20180313). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.



PHOTO BY SHIRLEY RUHE/THE CONNECTION

**AARP Foundation Tax Aide Stephanie Weisbroth assists Chafic and Noha Aboulhosh with their free tax preparation at the Arlington Central Library.**

# Tax Help

FROM PAGE 10

Morris says you don't have to live in Arlington to take advantage of this service. "People come from Maryland and all over."

## "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs March 11-16.

**Senior centers:** Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culppeper St.; Walter Reed, 2909 S. 16<sup>th</sup> St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18<sup>th</sup> St.  
**Senior trips:** Little Theatre of Alexandria, "The Audience," matinee, Sunday, March 11, \$32; Shamrock Restaurant, Thurmont, Md., Wednesday, March 14, \$5 (transportation only); Hollywood Casino, Charles Town, W.Va., Thursday, March 15, \$31; National Museum of Women in the Arts, D.C., Friday, March 16, \$19. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

### NEW PROGRAMS:

**Music appreciation group** to discuss music from Shakespeare, Monday, March 12, 1 p.m., Langston-Brown. Details, 703-228-6300.

**Would-be or veteran fishermen**, Monday, March 12, 10 a.m., Walter Reed. Details, 703-228-0955.

**Pickleball beginners**, Mondays, 9-10 a.m., Arlington Mill, 703-228-7369.

**Identify and remove invasive plants**, Tuesday, March 13, 1 p.m., Arlington Mill. Register, 703-228-7369.

**Preparing a will**, Tuesday, March 13, 12 p.m., Lee. Register, 703-228-0555.

**Roundtable group to discuss explorers in America**, Tuesday, March 13, 11:15 a.m., Lee. Details, 703-228-0555.

**Explore traditional Chinese culture**, Tuesday, March 13, 10 a.m., Walter Reed. Details, 703-228-0955.

**Necessary estate planning documents**, Wednesday, March 14, 1 p.m., Langston-Brown. Register, 703-228-6300.

**Breast cancer prevention**, Wednesday, March 14, 11 a.m., Langston-Brown. Register, 703-228-6300.

**Arlington Seniors Golf Club meeting**, Wednesday, March 14, 11:30 a.m., Walter Reed. Newcomers welcome. Details, 703-228-6300.

**Arlington Walking Club** will travel to Burke Lake Park, Fairfax, for its weekly walking program, Wednesday, March 7, 9:30 a.m., \$4. Register, 703-228-4403.

**New 55+ foodies discussion group**, Thursday, March 15, 6 p.m., Central Library. Details, 703-228-5946.

**Origami class for beginners**, Friday, March 16, 10 a.m., Arlington Mill. Register, 703-228-7369.

**Open Latino dance**, Friday, March 16, 10 a.m. - noon, Arlington Mill. Details, 703-228-7369.

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## Reflections



By KENNETH B. LOURIE

A few weeks back at my last post CT-scan appointment with my oncologist (when all continued to be amazingly stable), he finally asked me the question I've been wondering if he'd ever ask: "Mr. Lourie, I talk about you all the time, how well you're doing; is there anything I can tell people about what you're doing that might help them?"

My first reaction was to laugh and then ask if I even have cancer. I mean, typically, one diagnosed with an incurable disease doesn't just live life merrily along as if the diagnosis was a mere inconvenience, no matter what he or she may or may not be doing. My oncologist assured me that I indeed have cancer and even offered up some news about my tumors with which I was totally unfamiliar.

Five years ago when I was hospitalized (due to excessive fluid in my lungs), in the course of the procedure, the thoracic surgeon did a DNA profile of my tumors to determine if I had a specific mutation (allowing for more targeted treatment). Unfortunately, the ALK and ROS-1 mutations were not confirmed. In pursuit of more current information, more recently, I had a liquid biopsy (a blood test) which tested for the EGFR and T790 mutations. Again, no confirmation. As it stands now, I am as unclassified. For the nine-year moment then, I remain in treatment without the targeted precision so many of my fellow cancer survivors have been extraordinarily fortunate to have. Yet life goes on.

So what am I doing? Other than laughing in the face of death (my best attribute), which if anecdotal reports are to be believed, truly is the best medicine, a bit more. Remaining positive and generally upbeat is a parallel corollary to humoring yourself and those around you.

But more specifically and perhaps uniquely, I am supplementing my standard of care with some non-Western care: alkaline water, organic apple cider vinegar, and about 60 pills a day, most chosen for their qualities of strengthening my immune system and/or eliminating the toxins from my body. I can't say I'm eating really right, but neither will I admit to not eating totally wrong. Reducing stress and exercising are popular advisories in my control. One out of two will have to do.

However, as I told my oncologist, whatever I'm doing I've been told to do by my holistic health and fitness coach. She knows what, how and why. (I might as well be Sergeant Schulz from "Hogan's Heros: "I know nothing.") I don't feel qualified to speak to any of what I do.

Yes, I've survived but, I'm a sports and chocolate guy not a science and medicine man. All I can do is list what I'm doing. I can't chapter and verse any of it. I'm not NIKE, but I just do it. It's a routine and I rarely stray. I do add stuff occasionally but to think any of what I do might have a bearing on another cancer patient's survivability? Not hardly, and that's what I told my oncologist. Dina suggested the alkaline water. I suggested my "coach."

I guess I'm just not that deep of a thinker. I trust people the same way that as a salesman I want them to trust me. I'm not leading anybody astray, and I'm providing them the best available knowledge. I'm not manipulating. Nor am I maneuvering. I'm simply managing dos, don'ts, maybes, what ifs and why nots.

Moreover, I'm trying to think outside the box while respecting and appreciating that the box has its purpose as well.

Heck, for all I know, my non-Western stuff has had minimal impact on my life expectancy and the standard of care from my oncologist has provided the most.

Maybe I'm just an anomaly, pure and simple: a nine-year-plus non small cell lung cancer survivor. What am I doing? Trying not to abuse the privilege, that's what.

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

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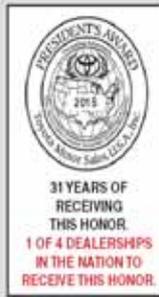
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