

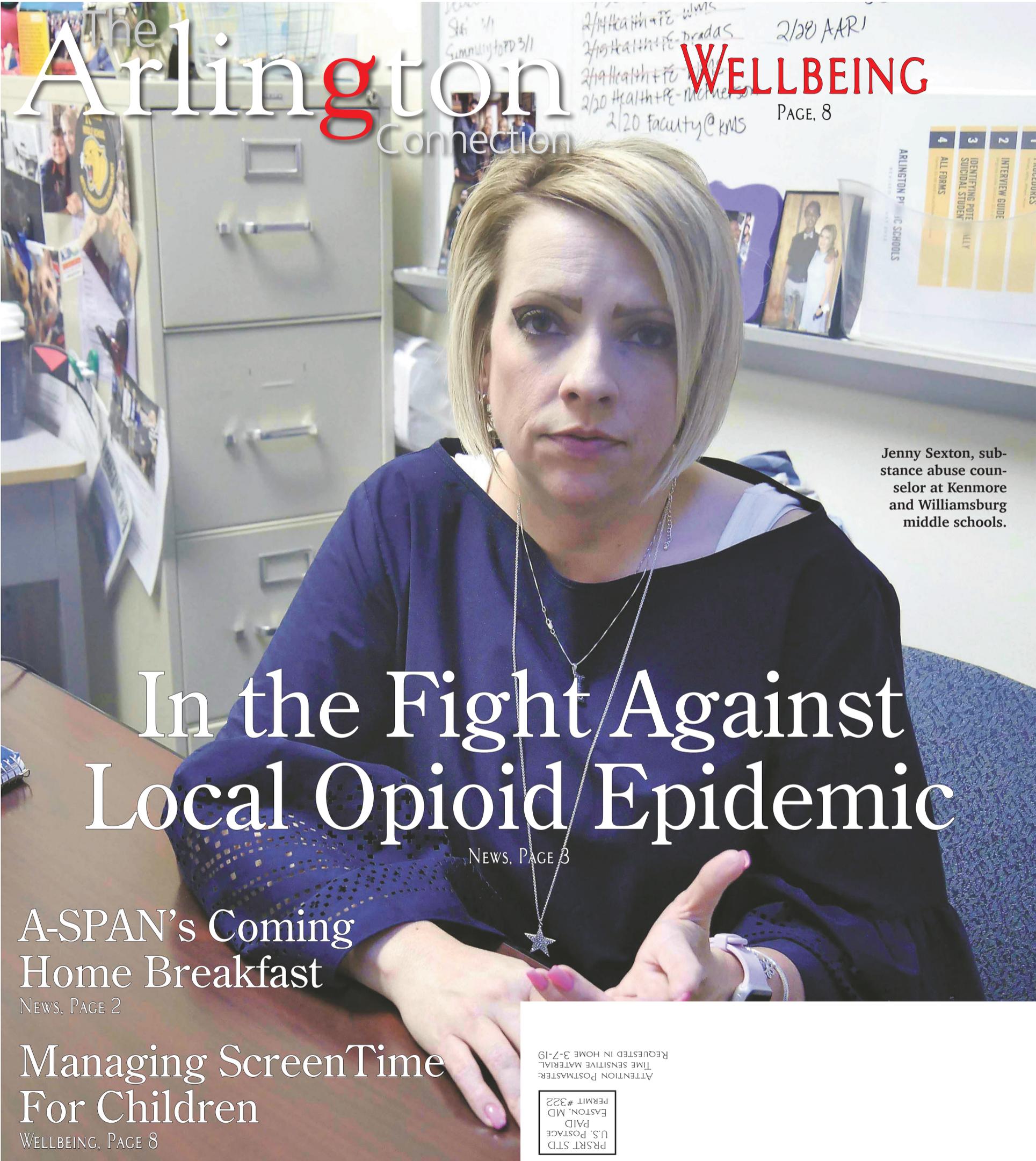
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The **Arlington** Connection **WELLBEING**
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Jenny Sexton, substance abuse counselor at Kenmore and Williamsburg middle schools.

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Managing ScreenTime For Children

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

NEWS

Support A-SPAN

At Coming Home Breakfast.

A-SPAN will hold its sixth annual Coming Home Breakfast on Friday, March 29 at the NRECA Building at 4301 Wilson Boulevard. This free breakfast and fundraiser will focus on the people A-SPAN serves and the vision to End Homelessness in Arlington.

Attendees will hear the story from Ms. Martin who has just celebrated her first year anniversary in her new home thanks to A-SPAN's efforts.

In addition, the keynote speaker will be Del. Alfonso Lopez (D-49). With over 25 years of legislative experience at the highest levels in Federal and State government and a record of achievement in the community, Alfonso has dedicated his life to public service and Virginia.

A-SPAN's services begin on the streets and expand to the Homeless Services Center which provides shelter as well as supportive services.

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In the Fight Against Local Opioid Epidemic

Drug of the moment may change but underlying problem remains.

BY SHIRLEY RUHE
THE CONNECTION

Arlington's major anti-opioid efforts began in January 2017 when Detective Charles "Ed" Bane came to Department of Human Services (DHS) Residential and Specialized Clinical Services Bureau Chief Suzanne Somerville and said, "We've got a problem. We're getting swamped with opioid addiction. We need to do something." Bane says he started focusing on the issue in 2015 when it was on the news and Internet, and heroin and opioids were having a real impact, "but Arlington wasn't yet affected."

But Bane saw an unexpected jump in the numbers in 2015 and "by 2016 I went to my boss and said 'we've got to buckle down; this is going to hit us hard. That's when they went to Somerville and presented the numbers. "It was a shock to her and to us as well."

Overdoses reported to police had gone up from 10 in 2015 to 45 in 2016 and were to go even higher in 2017 to 74. Bane, a former Arlington narcotics investigator in the late 1990s, said, "That's the funny thing about this. It isn't like the stereotype heroin user." These numbers cut across age, gender, race ethnicity, and geography with zip codes 22204 and 22202 in south Arlington and 22207 in north Arlington hardest hit. Bane says the highest target age for ODs in Arlington is 32-40 years old, "an odd age." He emphasizes that these numbers represent those reported to police.

Even these numbers underestimate the problem. Emily Siqueland, assistant pro-



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Emily Siqueland, assistant program manager, SA Residential Services and Office-Based Opioid Treatment.

gram manager, SA Residential Services and Office-Based Opioid Treatment, Arlington County DHS, says these statistics don't include unreported high school overdose victims. "You know in north Arlington where there is a lot of pressure to get your kids into top colleges, they don't want it on their record. Parents want to keep it secret. How do we address this stigma?"

Bane said there are also quite a few non-reported overdoses from people reviving each other.

THIS INITIAL CONVERSATION launched what has now become a massive effort that cuts across the community and includes outreach, information and prevention. Arlington Addiction Recovery Initiative (AARI) was established by DHS and the Arlington County Police Department in 2017 and has now branched out to include police, fire, sheriff's office, Commonwealth Attorney's Office, probation, public schools, non-profit organizations, treatment providers as well as family and people in recovery.

"We meet once a month to discuss issues that arise, share our experiences, and do strategic planning," Siqueland said. They focus on outreach to the community to increase prevention as well as treatment expansion and streamlining what is available to make information easier to access. "We're working on a 'cool tool' with SAFE project that will allow you to look for treatment across the region. We have a lot of people motivated to make a difference," Siqueland said. SAFE is an organization founded

Police Investigated Incidents Involving Opioids

Calendar Year	Total Incidents Involving Opioids*	Total Opioid Overdoses**	Total Opioid Overdoses – Non-Fatal	Total Opioid Overdoses – Fatal
2014	No Record	10	6	4
2015	73	10	6	4
2016	122	45	33	12
2017***	157	74	55	19
2018	153	53	42	11
2019 (as of 2/1/19)	7	4	3	1

*All incidents involving heroin (Overdoses, Possession and Distribution Cases)

**Total Fatal and Non-Fatal Heroin Overdoses

*** 5/4/18 Update: Recent returns of lab results from 2017 case evidence submissions has increased the Total Incidents Involving Opioids in 2017 from 155 to 157. (Data reflects police incidents.)

Police reported opioid numbers.

by Arlingtonians Admiral James and Mary Winnefeld in November 2017 to work through "a collaborative, multi-pronged and non-partisan approach to end the nation's catastrophic addiction epidemic." They lost a son to an accidental opioid overdose during his freshman year in college after his struggle with opioids in high school and turned their grief into action.

Siqueland is on the AARI Community Outreach Committee that participates in community events at least once a month to share information. This has included such events as the County Fair, Farmer's Market, Nauck Community Day, Choose Health Fair at Yorktown High School and Employee Safety Week, panel discussions and two town halls. She said at the fair they engaged people by spinning a wheel and if they could answer an opioid question, they got a stress ball.

Siqueland adds when people have the opportunity to talk to someone one-on-one at these events they may say, "I think my brother may be using opioids, how can I tell?" Or they may ask for a list of family resources in order to help them know what to do.

"I'm not trying to scare people but this could be your friend," Siqueland said.



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Box of confiscated vaping equipment at Kenmore Middle School.

She had a woman tell her, "I need to carry Narcan. I'm not using but my friends are. They are teachers, functioning adults."

Siqueland says one of the challenges is how to connect with 18-25 year olds. "We're hoping to have bus ads out. We're looking at things like how to get information on the bathroom doors at a bar where they post advertisements."

AARI has created a brochure and flyers for first responders to hand out and have an active social media campaign. "One of my proudest accomplishments, and it doesn't sound like much, was to get a redirect line which is so much easier to access than the long url code. It's 1Arl.org. Now people can remember it. It reduces barriers to getting treated." And it will fit on the side of an ARTS bus.

DESPITE THE STATISTICS, there are signs of diminished use of opioids in the last year. But whether there is a problem depends on where one's perspective. And it's too soon to know if this is just a blip in the numbers. Anne Marsh, Fire/EMS battalion chief, said, "We have 15,000 calls a year with 10,000 transports. Out of this number the cases of primary and secondary impressions plus administration of Narcan totaled 198 last year. "I'm not crying crisis. We just don't see it." She says they have seen the pendulum swing back on prescription drugs because they are now so hard to get. "We even have trouble getting the drugs that we need. So now people turn to heroin. There's no one more creative than an addict."

Statistics from the Arlington Partnership for Children, Youth and Families (APCYF) Youth Risk Behavior Surveys indicate that use of over-the-counter medication to get high has increased notably from 2 percent for sixth graders in 2013 to 11 percent in



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Anne Marsh, Fire/EMS battalion chief for Arlington County Fire Department.

SEE DRUGS, PAGE 5

OPINION

State Adds Funds for Education

BY ADAM EBBIN
STATE SENATOR (D-30)



My final vote of the session was the passage of the budget. This year the General Assembly voted to invest a tremendous amount of the State's excess revenue in education. The final budget included a 5 percent increase in teacher salaries, \$12 million in funding for school mental health counselors, and nearly \$25 million to support the education of students living at the lowest income levels (known as the at-risk add on). We also voted to fund early education programs for lower-income youth and incentivize institutions of higher learning to freeze tuition rates. Because of this decision, Virginia Tech is considering freezing tuition for the first time in decades. Additionally, the budget sent to the Governor for final approval invests in the tech-talent pipeline with nearly \$17 million to expand computer science degrees and \$15.5 million to support need-based financial aid. As Northern Virginia continues to grow into one of the most popular tech destinations on the east coast, we need to create opportunity for our own students to be the beneficiaries of new, high-paying jobs in this field. We can do this by bolstering early education and increasing access to cutting-edge programs from a young age for all students.

COMMENTARY

Our final budget also grows investment in affordable housing and increases Temporary Assistance for Needy Families (TANF) benefits by 5 percent. I believe the focus of this budget on working class Virginians will provide a strong framework for future, bolder budgets that will build on this structure.

I am thankful for the hard work of Alexandria's elected officials and staff which resulted in the budget including \$25 million in state funding for the city's combined sewer overflow system remediation. This will go a long way in relieving the pressure on ratepayers and city taxpayers of paying for this project, which will cost an estimated \$375 to \$555 million to complete.

With the budget complete, my team and I returned to Northern Virginia after seven long weeks in Richmond. We are having a hard time adjusting to "normal" life. The transition from the all-consuming task of legislating to constituent service and meeting with community groups is abrupt. While our daily responsibilities have changed, there's still more than enough work to go around.

I have begun reviewing my legislation from this year that failed to advance. It's tempting to decide that with a Democratic majority most of my bills would have made it through the General Assembly easily, and to focus all my efforts on this year's political races. But hoping for a positive political outcome won't necessarily get results. To pass meaningful legislation it's critical to do the hard work of self-assessing, finding faults in legislation, and trying again.

Towards session's end we held a meeting of the General Assembly Gun Violence Prevention Caucus, which I co-chair with Del. Kathleen Murphy (D-McLean). Our caucus is dedicated to passing tenable and innovative solutions to ending the ever-present threat of gun violence that hangs heavy over our state. We have already begun to strategize for next year's session.

I will continue working with advocates and stakeholders involved in supporting victims of domestic violence to find a legislative fix for

how our state defines family and household abuse. Our current law does not include those in dating relationships in the domestic violence statute, leaving many victims without appropriate recourse or protection if they are abused. A bill I carried this year to add those in dating relationships to our current definition surprisingly died in committee. This was, in part, due to the overly complex and muddled way Virginia law handles family and domestic abuse, custody, and protective orders. I will be planning meetings with lawyers, advocates, and police representatives in order to successfully address this issue next year.

During the interim I also represent the Senate on several committees and commissions that recommend policy to the General Assembly and oversee current state programs. These include the Northern Virginia Transportation Commission, which promotes and allocates funding for regional transportation; the School Readiness Committee, which oversees the professional development and credentialing of early education professionals; and the Commission on Economic Opportunity for Virginians in Aspiring and Diverse Communities.

Additionally, I have begun researching and meeting with stakeholders to vet new legislative ideas for next year. I recommend that constituents reach out to my office in the spring and early summer with legislation to consider or issues to address so that my staff and I have time to do the research and drafting of bills on their behalf.

Despite the upheaval from painful distractions during the legislative session, we were able to adopt a fiscally sound budget and pass compromise legislation on several major issues. As we continue to wrestle with the issues brought to light during this session, and head into the contentious campaign season, we must always remember that our job is to represent the best interests of Virginia.

Focus on Affordable Living

BY LIBBY GARVEY
MEMBER, COUNTY BOARD

Two important items on our February agenda addressed the problem of affordable living in Arlington.

Child Care Initiative: Studies show Arlington has the most expensive childcare in the nation. That, on top of expensive housing, makes it very difficult for young families to live here. Our staff reported out on 18 months of work to amend 18 sections of our code updating it from the 1960s. Their work should improve the quality, and increase the affordability and availability of childcare in Arlington. Many of our code sections did not make sense or did not align with national standards and best practices. We advertised these code changes and will be voting on them in March. We have a long way to go to having affordable quality childcare for any family needing it, but this is a big step forward and I look forward to more progress.

American Legion Affordable Housing: We moved forward with the Arlington Partnership

for Affordable Housing (APAH) project in partnership with the American Legion. The project will build 160 affordable units for families and for veterans, and give the Legion a new post on the ground floor. Issues discussed included the nature of the whole site and whether it should have the usual street grid when the "Y" completes its project. While final decisions on street types were not made, the Board made clear it viewed the site as a campus and wanted priority for pedestrians rather than cars. Immediate neighbors were understandably concerned about the effect of construction and a large new building right next to their homes. APAH had already agreed to a number of mitigating measures and expressed willingness to work with the neighbors to minimize disruption.

FY 2020 Budget: The Manager presented his budget for next year and the Board voted to advertise a number of fees and the real estate tax rate for next year. By law, the Board must advertise a tax rate before it sets the tax rate

SEE AFFORDABLE, PAGE 11



PHOTO BY MICHAEL MCMORROW/THE CONNECTION

Where is it?

SEE ANSWER ON PAGE 11.

The
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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to
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In Fight Against Drugs

FROM PAGE 3

2017 and use of prescription drugs for other than intended purposes has increased in particular for 12th and sixth graders.

But school counselors have seen the landscape change dramatically in just the last couple of years from abuse of prescription drugs to a shift to other addictive substances.

Jennifer Sexton, a substance abuse counselor for Kenmore and Williamsburg middle schools said, "We are not seeing abuse of prescription drugs at the moment but the bigger thing is electronic cigarettes." She takes out a box of confiscated JUULs, the pods that go into it and the docking device that charges right from a computer. "One of these pods is 200 puffs, equivalent to smoking a package of cigarettes, and it is very addictive. They market the flavors like cinnamon toast and mango to young people."

Siobhan Bowler, substance abuse counselor in APS for 15 years, now at Swanson Middle School and H-B Woodlawn Secondary Program, said, "If you

think about it this way, the reason they like it so much is that it has all of these technical pieces of equipment. The kids just have to have them — just like getting a new iPhone."

Sexton said, "We do a lot of locker searching here, go up into the ceilings in the bathrooms to find abandoned containers." Her message is, "This is going down. Folks, this is here. Your kids could be exposed to it." She talks to community groups, PTA, holds forums and panels, and she is always there "keeping an eye on the kids."

Bowler has also noticed the change with much less abuse of ADHD medications to keep kids "going and going" to electronic delivery devices and drinking. She said, "Kids report they get enough of a hit to get them through the day from JUULing so they no longer need to use Adderall. But she said, "You can put anything that can be vaporized in a JUUL from K2, Spice to powdered alcohol to anything crushed. It's very upsetting how quickly they

SEE DRUGS, PAGE 9



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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday.

THURSDAY/MARCH 7

Inside Signature with Felicia

Curry. 1 p.m. At Signature Theatre, 4200 Campbell Ave., Arlington. Free. Starring as Mitra in the world premiere "Masterpieces of the Oral and Intangible Heritage of Humanity," Felicia Curry was last seen at Signature in Kander & Ebb's "The Scottsboro Boys." Visit www.sigtheatre.org for more.

Feeding Time. 3:30-4:30 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Ages 6-10. Find out what's on the menu for the center's animals and what they would eat in the wild. Learn about the adaptations that help them find, capture and swallow their meals. Then feed the center's snakes, turtles and frogs. Cost is \$5. Call 703-228-3403.

Author Alma Katsu. 7 p.m. At One More Page Books, 2200 North Westmoreland St., Arlington. Katsu will discuss "The Hunger," a reimagining of one of America's most haunting human disasters, the Donner Party — with a supernatural twist. Visit www.onemorepagebooks.com.

FRIDAY/MARCH 8

Super Slimy Animals. 3-4 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Cost is \$5. Come learn about all things slimy, from fish to amphibians and more. Also meet some live slimy animals. Then, create some slime for you to take home. Call 703-228-6535.

Opening Reception. 5-8 p.m. At Gallery Clarendon, 2800 Clarendon Blvd., Arlington. "Retrospective" features works by Marina Troy. Marina's paintings are inner expressions of childhood beaches and bare mountains. Marina's work is executed in acrylic, with her own technique of paint applied in wide strokes with expired credit cards, edited with various brushes. Visit www.galleryclarendon.org.

Wake Up Spring Campfire. 6-7 p.m. At Long Branch Nature Center, 625 South Carlin Springs Road, Arlington. The whole family is invited for lots of old-fashioned fun. This engaging program will be filled with entertaining activities which may include stories, special animal guests, games, songs and of course, S'mores! Find out where to look for the earliest signs of spring this evening while keeping warm around the fire. Cost is \$5. Call 703-228-6535.

Concert: Bethesda Songwriting Contest Finalists. 7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. The fifth annual Bernard/Ebb Songwriting Awards, produced by the Bethesda Arts & Entertainment District, features a live concert performed by the competition finalists, including Sarah Baumgarten, of Arlington. Tickets begin at \$15 at www.bethesda.org.

MONDAYS/FRIDAYS/MARCH 8-APRIL 9

My 1st Portfolio. 10-11 a.m. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. This is a special offering for young children ages 2-4 and their caregivers. Children, along with their moms, dads, grandparents, or nannies, will participate in a creative experience that develops cognitive, sensory, and motor skills. Caregivers will be active in each class, helping children to realize their own budding artistic vision. No art experience is necessary for children

or caregivers. Visit www.arlingtonartscenter.org.

SATURDAY/MARCH 9

Free Yoga Workout. At Ballston Quarter, 4238 Wilson Blvd., Arlington. Join in a free workout every second Saturday of the month with classes taught by OneLife Fitness instructors. Bring your own mat. Tickets at www.eventbrite.com/e/2019-burn-series-free-workouts-at-ballston-quarter-tickets-55410233500.

R.I.P. - Remove Invasive Plants.

9:30-11:30 a.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Want to restore habitat and increase species diversity right here in Arlington? Work parties are held every month and are making a real difference, with the return of ferns and wildflowers, and the animals that depend on them, in areas once covered in destructive invasive plants. No registration required. Free. Call 703-228-3403.

Four Mile Run Stream Cleanup. 10 a.m.-1 p.m. Arlington County Park Rangers are calling for volunteers to join in the annual cleanup of Four Mile Run Stream. Get outdoors and help Arlington restore its natural spaces. No registration required. Click environment.arlingtonva.us/events/annual-four-mile-run-stream-cleanup/ for details.

Families Unplugged: Puppet

Playtime. 10 a.m.-noon. At Walter Reed Community and Senior Center, 2909 16th St., South, Arlington. The experts at Blue Sky Puppet Theater will present their show "Pig Tales," an engaging show about sharing, working together, and friendship. After the show, each child will get to create their own puppet to take home. A chance to "unplug" from the electronics, puppetry is artistically, educationally and socially engaging for the entire family. \$8 per person (resident), \$9.20 per person (non-resident).

Four Mile Run Stream Cleanup. 10 a.m.-1 p.m. Arlington County Park Rangers are calling on volunteers to help clean Four Mile Run at Madison Manor, Glencarlyn, Barcroft and Shirlington Parks and by Arlington Mill Community Center. Volunteers should wear waterproof boots and bring gloves. Bags will be provided. An adult must accompany volunteers under 18 years old. Call 703-525-0168 or visit environment.arlingtonva.us/events/annual-four-mile-run-stream-cleanup/.

Spring Lawn Care and Turf Alternatives. 10:30-12:30 p.m. At Westover Branch Library, 1644 N. McKinley Road, Arlington. Make a lawn a more environmentally sustainable part of the home garden. Discuss turf alternatives to the traditional lawn. This class is offered by Extension Master Gardeners. Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

Free Play Days. 1-2:30 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Ages 6-10. Give kids unstructured time they can call their own. Your child will love this chance to explore our woods, make mud pies, throw rocks in the creek and just be free. Dress to get wet and dirty, and wear closed-toe shoes. Free. Call 703-228-3403.

March is National Craft Month. 1:30-3:30 p.m. At Fairlington Community Center, Room 130, 3308 S. Stafford St., Arlington. Crafters of all ages and abilities can drop in anytime and enjoy an afternoon of crafty fun.

Crosshairs Garage Races. 4-9 p.m. At 201 12th St. South, G4 Level, Crystal City, Arlington. Crosshairs



Rock Spring children's concert

Classical Music Can Be Fun for Children

BY SHIRLEY RUHE
THE CONNECTION

Bring the children to experience classical music in a comfortable setting at Rock Spring Congregational UCC on Little Falls Road on March 9 from 9-10:30 a.m.

"Kids can sit on the floor, not in a concert hall 20 rows back where they can't see," said Elizabeth Kluegel-Niblock, director of Music at Rock Spring. She says the goal is to make classical music accessible to children in a fun atmosphere, and it is free for those who can't afford to donate.

The March 9 concert will feature Philippe Chao on the viola with his wife Eva Cappellini-Chao on the violin with their children who also play stringed instruments. Both Philippe and Eva play with the Kennedy Center orchestra. They will talk about string instruments and explain classical music.

Kluegel-Niblock says this is part of a series for children in the winter months "although this year we will wrap it around to the fall

Garage Races challenges amateur and elite cyclists to compete weekly for points and prizes. Visit www.crystalcity.org.

Author E.A. Aymar. 6 p.m. Will discuss "The Unrepentant," accompanied by vocalist Ayana Reed. Set in the DC/Maryland/Virginia triangle, "The Unrepentant" combines action and black comedy, with a no-holds-barred examination of the dark corners of the human mind. But for someone who writes such edgy and hard-boiled thrillers, he's an awfully nice, funny guy. Visit www.onemorepagebooks.com.

when the weather is better." She says one concert featured a cellist with a magician. "Presto, and the violin became bigger and was a viola." She said they also had a program featuring American composers where they asked what was going on in America during the time period of the compositions, what would people be wearing, seeing to get children engaged in the time."

Often the performers are instructors and will bring 3/4 size instruments so the children can touch "the petting zoo of instruments." She said, "The programs are specifically geared to young children."

Kluegel-Niblock said the recital series began about 14 years ago when they had a relationship with IBIS Chamber Music who couldn't host it so Rock Spring has been holding children's concerts ever since. These concerts are held at Rock Spring Congregational UCC at 5010 Little Falls Road on Saturdays with 3-4 a year. They are followed on Sunday afternoons by a longer related program for adults, also at the church.

Family Skate Nights. 6:30-9 p.m. At Thomas Jefferson Community Center, 3501 2nd St., South, Arlington. Time to add roller skating to the calendar of weekend evening fun. Enjoy a live DJ, moon bounce and fun on wheels. The cafe will be open for snacks./ \$2 per person; skate rental is \$3. This is a cash only event.

SATURDAY-SUNDAY/MARCH 9-10

Kiddie Concert. 9-10:30 a.m. At Rock Spring Congregational UCC, 5010 Little Falls Road, Arlington. Phillippe Chao, violist and Carlos

Rodriguez, piano. Come and hear these musicians play selections by Glinka, Busch, Rota, Akunov and Schubert. Bring children, grandchildren or come alone to this approximately 30-40 minute children's program. Visit www.rockspringucc.org.

THROUGH MARCH 10

"Ain't Misbehavin'. At Signature Theatre, 4200 Campbell Ave., Arlington. Step into Harlem for a swinging, dancing celebration of big band and the songs of Thomas "Fats" Waller. This Tony Award-winning musical tribute features all of Waller's beloved tunes including "The Joint is Jumpin'," "Honeysuckle Rose," "Handful of Keys" and more. A cast of Signature favorites including Nova Y. Payton (Jelly's Last Jam), Kevin McAllister (Titanic) and Iyona Blake (Titanic) strut the stage while Jelly's Last Jam's Mark G. Meadows tickles the ivories. Visit www.sigtheatre.org.

SUNDAY/MARCH 10

Author Julia Sarcone-Roach. 2 p.m. At One More Page Books, 2200 N. Westmoreland St., Arlington. Will share from her new picture book, There Are No Bears in This Bakery. The creator of the New York Times bestselling The Bear Ate Your Sandwich brings us another sly story of a hungry bear and a smooth-talking narrator. Visit www.onemorepagebooks.com.

Notable Nature. 3:30-4:30 p.m. At Long Branch Nature Center, 625 South Carlin Springs Road, Arlington. Lessons in nature journaling and sketching. Construct a nature journal, hone writing and drawing skills and talk about the season while hiking. Call 703-228-6535.

Revels Pub Sing. 7-9 p.m. At Ireland's Four Provinces, 105 W. Broad St., Falls Church. Raise a glass and sing a rousing tune at Washington Revels' annual Pub Sing in Falls Church. A family friendly event, with sing-along sheets and song leaders provided. Cost is \$10-\$23. Tickets available at revelsdc.org/2018/mar10-pub-sing-falls-church/

MONDAY/MARCH 11

Mass in Gaelic. 7:30 p.m. At St. Thomas More Cathedral, 3901 North Cathedral Lane, Arlington. The Col. John Fitzgerald Division #1 Arlington AOH will celebrate the Mass in Gaelic. The following organizations are cooperating in this effort: The Virginia State Board AOH and Ladies State Board along with several Divisions. The celebrant will be the Rev. M. Valentine Keveny from County Mayo, Ireland.

TUESDAYS/MARCH 12 - APRIL 9

Animals in Art. 4:30-6 p.m. They will use mixed media — cardboard, collage, paint, and more— as they explore the animal world and learn to use new materials and art techniques. Find inspiration in the work of contemporary artists and illustrators. For ages 8-10. Visit www.arlingtonartscenter.org.

TUESDAY/MARCH 12

Author Greer McAllister. 7 p.m. At One More Page Books, 2200 N. Westmoreland St., Arlington. McAllister will share her new novel, Woman 99, a vivid historical thriller about a young woman who's quest to free her sister from an insane asylum risks her sanity, her safety, and her life. Visit www.onemorepagebooks.com.

ENTERTAINMENT

WEDNESDAY/MARCH 13

Fun With Minerals. 3-4 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Ages 7 to 10. Minerals are found in all seven continents of the world. From Amethyst to Zircon and everything in between, learn all about minerals in the classroom and then see how many can be found on a hike. Cost is \$5. Call 703-228-3403.

Calling Baseball Enthusiasts. 7 p.m. At One More Page Books, 2200 N. Westmoreland St., Arlington. Join a discussion with Cesar Brioso about his new book, *Last Seasons in Havana: The Castro Revolution and the End of Professional Baseball in Cuba*. Explore the intersection between Cuba and America's pastime, from the late 1950s to the early 1960s, when Fidel Castro overthrew Cuban dictator Fulgencio Batista. Brioso takes the reader through the triumph of the revolution in 1959 and its impact on professional baseball in the following seasons. See onemorepagebooks.com.

THURSDAY/MARCH 14

Artist Talk with Rachel Schmidt. 6:30 p.m. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. Join former Arlington Arts Center (AAC) resident artist Rachel Schmidt and AAC's Curator of Exhibitions Blair Murphy for a discussion of Schmidt's work, including the development of *Distort Displace*, currently installed on AAC's lawn.

Sears Houses in Arlington. 7 p.m. At Reinsch Library, Marymount University, Arlington. Kathy Holt Springston, Arlington's Sears House expert, discusses the mail-order "kit houses" that were sold by Sears from 1908 to 1940. Relatively rare nationwide, Arlington was home to hundreds. Visit www.arlingtonhistoricalsociety.org or call 703-892-4204.

Deep Dive: Amphibian Eggs. 8-9 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Take a Deep Dive into natural history that scratches more than just the surface. Amphibian eggs are different from the eggs we eat for breakfast. What are the advantages of aquatic eggs for a terrestrial animal? How do these soft eggs differ from the firm eggs of birds? Cost is \$5. Call 703-228-3403.

SATURDAY/MARCH 16

Bird Walk for Beginners. 9-10 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 6 and up. Register children and adults; children must be accompanied by a registered adult. Learn the basics of binoculars, field guides, identification and finding birds. Loaner binoculars are

available. Call 703-228-6535.

Stories of Migration. 1-3 p.m. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. A family friendly, community workshop and artist talk with Over, Under, Forward, Back artist Natalia Nakazawa and curator Blair Murphy. Nakazawa explores human movement through art objects and storytelling. In this workshop, participants are invited to embroider their own ancestral, present, and future paths onto the surface of a world map tapestry, which has been constructed with open source digital images mined from online museum collections. RSVP online at www.eventbrite.com/e/our-stories-of-migration-with-natalia-nakazawa-tickets-56945305943.

MOVE ME Festival. 1-4 p.m. At Kenmore Middle School, 200 S. Carlin Springs Road, Arlington. Bowen McCauley Dance Company is celebrating its 10th Annual MOVE ME Festival, which includes a roster of local artists, musicians and dance companies that will join this professional company. Local artists selected for the 2019 Festival include The Arlingtones, El Tayrona (Colombian Folklore Dance Ensemble), Encore Stage and Studio, Everybody Dance, Halau O 'Aulani, Joy of Motion Dance Youth, Kalavaridhi Center for Performing Arts, Old Dominion Cloggers, Potomac Harmony, Prio Bangla, Utpalasia, Zumbini with Kidovation Stage and Zumbini with Heidi. Visit www.bmdc.org.

Spring Ready Event. 1-5 p.m. At Fashion Centre at Pentagon City, 1100 S. Hayes St., Arlington. Free. Guests can explore fresh beauty, clothing and accessory trends through fashion displays, pop-up makeover stations and more. Favorite brands, including Coach, Macy's, Kate Spade New York and Nordstrom, will also offer a variety of samples to savvy shoppers. As a special bonus, shoppers who spend \$150 or more at any Fashion Centre at Pentagon City store will receive a fashionista cosmetic tote filled with complimentary goodies, available while supplies last at Guest Services. Visit simon.com/fashioncentreatpentagoncity.

Native American Games. 3:30 - 5 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ages 8-12. Young hunters would hone their skills with games to prepare themselves for survival in the wilderness. Come try it out with spear throwing, relay races in the woods and other challenges. Cost is \$5. Call 703-228-6535.

Crosshairs Garage Races. 4-9 p.m. At 201 12th St. South, G4 Level, Crystal City, Arlington. Crosshairs Garage Races challenges amateur and elite cyclists to compete weekly for points and prizes. Visit www.crystalcity.org.

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A new study shows that even after one hour spent on electronic devices each day, children and teens may begin to have less emotional stability and a greater inability to finish tasks.

Managing Screen Time

Working collaboratively
with one's child can
decrease the struggle.

BY MARILYN CAMPBELL

Julia Wires purchased an iPhone for her 12-year-old daughter in part she says, because many of the girls at her Potomac, Md. school have smartphones that they bring to campus daily. Wires and her husband were initially hesitant to make the purchase because their daughter was diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD) and Anxiety Disorder at the end of 2018.

"First, there's the social pressure she feels because all of her friends have iPhones. Then there's the issue of her dad and I being able to keep in touch with her now that she has more freedom to go places on her own," said Wires. "Both of those [factors] are juxtaposed against the fact that she has trouble staying focused and calming down when she needs to. That made the decision tough for us."

Too much time spent on gaming, smartphones and watching television could exacerbate symptoms in children who've been diagnosed with ADHD, according to a new study by researchers at San Diego State University and the University of Georgia. The report showed that even after one hour of screen time, children and teens may begin to have lower self-control, less emotional stability and a greater inability to finish tasks.

"Kids with ADHD have trouble keeping track of time, so they could spend hours on their tablet without realizing it. Screen time can make bedtime rou-

tines more difficult and parents might have an additional struggle getting their kids to fall asleep," said child psychologist Adele Schwartz, Ph.D, of McLean, who was not involved in the study. "Kids with ADHD also might be more likely to ignore parental guidelines and I would worry more about them engaging in risky behavior online."

Helping a child with ADHD transition from playing a video game to doing their homework could require special handling, advises Sarah Bryant, LCSW. "Instead of telling your child that they have to stop watching television at six o'clock or that they have five more minutes on a video game, try telling them that they have to stop at the next commercial break or at then end of the round in a video game," she said.

Working collaboratively with one's child will reduce the chance of a power struggle, says Bryant. "You and your child can work together to list all of

the things that need to get done, like homework, time spent outside, doing sports, chores and other activities and come up with a schedule," she said. "Figure out how much time is left for things like video games and television. Hang the schedule somewhere that's visible to both of you. Your child will see how little time is left for playing video games and since they were part of the process, they'll feel like they're part of a team rather than a subordinate with no control over their life."

"Parents of kids with ADHD should definitely make use of parental controls on tablets, smart phones and television, especially during school hours or when kids should be doing their homework," added Schwartz. "It's also important that children, especially those with ADHD not use electronics at least an hour before bedtime. And it almost goes without saying that parents should model the behavior that they want their children to have by limiting their own screen time."

"... parents should model the behavior that they want their children to have by limiting their own screen time."

— Adele Schwartz, child psychologist

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In Fight Against Drugs

FROM PAGE 5

progress to marijuana.”

In terms of high school “what youths really know about is alcohol — and I mean vodka — marijuana and oil.” Bowler added, “Kids are not switching to opioids until after they graduate. “We have lost kids from our school system after they graduate.”

BOTH SEXTON AND BOWLER talk about the importance of prevention.

Prevention efforts begin early with the Health/PE curriculum at the middle school level. Sexton’s summer project was to help align the Health and PE curricula with the SOLs on substance abuse including alcohol, opioids, vaping, and tobacco.”

Sexton explains addiction “to the kids whose brains are still growing and can’t look beyond the moment and who could become dependent in five days” in terms they can understand. “It’s equivalent to getting ice cream every day for a month and then you don’t. You wonder where you are going to get your next ice cream. That’s the mind of addiction.”

Bowler said, “We know scare tactics don’t work. We lead them through a low-pressure conversation.” She also stresses the importance of working together with parents as

a team. “I can’t imagine what it would be like working in a school system that didn’t have these resources. Here they trust our experience and want to learn what we know.”

Bane says one of the worrisome trends in Arlington is a lot more fentanyl in drugs, “like mixed with marijuana. It’s scary, and it adds another level of danger to handling the drugs.” He added, “We don’t even field test them anymore due to officer safety issues of exposure. It’s 100 times more powerful than morphine.”

Is it worth it? What’s the point of the community efforts?

Siqveland said, “Addiction is so lonely. If we can just be that one light. Every time you revive the person, even if it is five times, it may not be this time but it gives you one more opportunity.

“What I love about it so much is it is cool to see so many of my community coming together to actually solve a problem. We’re not just talking, talking, talking like a lot of the groups I know; it feels like we’re actually doing stuff.”

(This is the first in a series of articles focusing on the opioid epidemic in Arlington. The second in the series, next week, focuses on Inside Narcan Training.)

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-Werner Heisenberg

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Announcements

SPORTS



PHOTOS BY WILL PALENSCAR

Max Geiseman #34 scored 15 points for the home team Washington-Lee Generals.

Generals Fall to Bulldogs in Overtime

The Westfield Bulldogs and Washington-Lee Generals advanced to the 1st round of the regional tournament held on Feb. 19 in Arlington.

The Generals started out by making 3 three-point baskets in the opening eight minutes, scoring 15 points in the quarter. The Generals were paced by Marino Dias, Anthony Reyes and Max Geiseman who each connected from long range. Geiseman led Washington-Lee with 5 points. Westfield's 8 points were paced by Marshall Reed's 4 points.

The 2nd quarter saw the Generals increase their lead to 15 points after the eight-minute quarter. Again Washington-Lee was hot from long range connecting on 4 three-point baskets. Anthony Reyes scored 8 points, including two three pointers. Westfield's Marshall Reed and Taylor Morin each made three pointers, but Westfield could only get 4 additional points in the quarter.

The Bulldogs would need to get things going in the second half for there to be any possibility of coming back from 33-18. Westfield scored 14 points in the 3rd quarter. Taylor Morin would score 5, Marshall Reed 4 and Tahj Summey would convert on a long range shot for 3 points, but Washington-Lee still scored 13. Anthony Reyes scored 7, while teammate Max Geiseman added 4, and the Westfield deficit was still 46-32 with a quarter to play in regulation.

In the 4th quarter things changed for Westfield. The Bulldog defense pressured the Generals, creating turnovers for easy scores. Additionally, Nicholas Lottchea entered the game making 3 three pointers in the quarter and scoring 10 points. Marshall Reed added 5 points including a three-point basket. Two of Westfield's three pointers came in just under the first minute of the quarter, narrowing the deficit to 46-38. After Reed was fouled and converted on two free throws, Westfield was within two possessions of tying the game. Westfield later pulled to within a point 47-46 with 5:30 to play. Lottchea struck from



Washington-Lee's Alex Simmons #32 matches against Westfield's Marshall Reed #3.

long range with 4:31 to play and the Westfield Bulldogs took a 49-47 lead. With Patrick McGee's basket, the score was knotted up at 49 with just under four minutes to play. Both teams were unable to score for the remainder sending the game to overtime.

In the 4-minute overtime, Westfield went back to what worked the first 3 quarters, a high dosage of Marshall Reed. Reed would account for 7 of Westfield's 9 points in the overtime while holding Washington-Lee to just 6 points for the 58-55 OT win.

Westfield's Marshall Reed led all scorers with 23 points. Taylor Morin and Nicholas Lottchea added 10 apiece. Washington-Lee's season ends at (14-11). Washington-Lee was led by Anthony Reyes 20 points, Max Geiseman 15 and Marino Dias 11.

— WILL PALENSCAR

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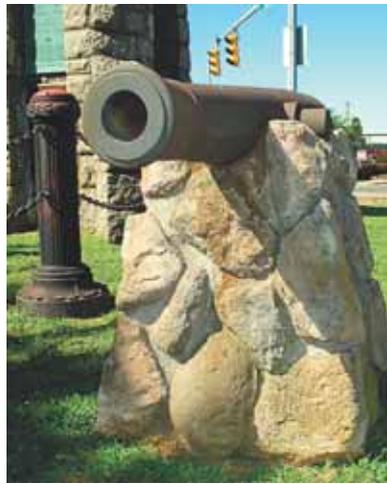


PHOTO BY MICHAEL MCMORROW/THE CONNECTION

Here
The Clarendon Circle War Memorial

Affordable

FROM PAGE 4

in April and, while it can set a tax rate lower than we advertised when we vote on April 23, we cannot set a higher rate. We voted to set the cap for the tax rate at an additional 2.75 cents and will be working over March and April to bring that down. While the budget will not be as difficult as I feared a few months ago (changes include that commercial real estate revenues are up and medical costs for employees are down), we still have many increased needs (new schools opening, Metro, Medicaid). Our work sessions are informative. You can look online and decide which areas interest you the most and then either come to watch or watch online.

Amazon: We are planning to vote on the Amazon package at our March 16 meeting. Before then, Board members are going to civic associations and other groups which would like to hear from us about Amazon. Amazon reps have been meeting with some civic associations and other groups, such as non-profits, as well. They have expressed to me their desire to get to know our community and become a part of it themselves and their actions so far align with that desire.

LETTER

Take Action on Climate Change

To the Editor:

Science, while not perfect, is the best system humans have ever devised for uncovering the truth.

Science tells us we need to act aggressively on climate change. We need to listen.

U.S. Sen. Dianne Feinstein (D-Valif.) says it can't be done. But she was raised in an era where change happened slowly.

Today, with the Internet and Social Media, change can and does happen much more quickly.

We need thinkers who recognize this; Senator Feinstein listen to the kids, this can be done.

Mark Stevens
Arlington

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No Spring in My Future Step



By KENNETH B. LOURIE

I wouldn't say I'm feeling any significant side effects yet from my immunotherapy treatment but, if I'm handwriting these columns to begin with – which I am, I have to do so while holding a pen with a rubber grip (just above the ballpoint). No longer am I able to manipulate without this extra assistance. My fingers simply can't sustain the grip otherwise.

Nor would I say my reaction to my wife, Dina's suggestion, as we walked to the car this morning – and looked around "Belly Acres" (our two acres of mostly trees) post wind storm, concerning what homeowner/landowner thing we should do in the spring: pick up sticks and miscellaneous other debris off the ground, was at all enthusiastic. It was quite the contrary. In fact, I can't think of anything I'm less physically able to do given the side effects I'm semi experiencing:

- ❖ Due to the chemotherapy I've infused – and pill, for 10 years, the neuropathy in my feet makes walking an enduring challenge and running – even in place, totally out of the question. Related to this difficulty walking is difficulty maintaining my balance, especially when walking on non-level ground like "Belly Acres." I'm not exactly a danger to myself – or others, but if those yellow caution signs were placed strategically around our property, there would be yellow every which way you looked.

- ❖ Because I'm semi overweight (a partial side effect) and definitely out of shape (sort of a side effect), bending over exacerbates the shortness-of-breath side effect I am most assuredly experiencing. Therefore, picking up sticks and stones off the ground may not exactly break any bones, but the names I may be called for being unable to perform this mundane task will not hurt me at all. It might amuse me actually.

- ❖ The preceding task runs directly into yet another side effect: musculoskeletal pain and weakness. My bones ache a little and my muscles quiver a lot.

Add up the deficits and you get the following: I can't walk. My balance is impaired. Bending over is exhausting and shortens my breath which all together limits my stick picking.

Moreover, carrying the weight I've gained is made more difficult by the weakness and pain I feel in my bones and muscles. This is the trifecta plus one.

I can do many things (activities of daily living, etc.), but the trifecta plus one, I can't. Other than adding a chainsaw ("the most trusted tool in the homeowner's arsenal") and being forced to wear those extremely heavy, metal-toe work boots to the equation, I can't imagine a less enticing spring activity as I gait around attempting to clean up and carry around a season's worth of ground clutter.

Having said all that, I think I deserve a certain amount of credit for knowing my limitations. Granted, such an admission is unlikely to garner any awards or "attaboys," however; when one's life hangs in the balance (or lack thereof) knowing what not to do may be as important as knowing what to do.

And I know what to do indoors; it's more outdoors that presents the problem.

It seems that the side effects I'm beginning to feel, though not quite life changing, are nevertheless life-affecting.

But I'm one of the lucky ones: still alive and reasonably well. I can live, still work (sort of) and play (occasionally) and even walk upright (though my posture could use some straightening).

So I have a few side effects which prevent me from doing two acres worth of stick work. I couldn't have planned it any better.

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

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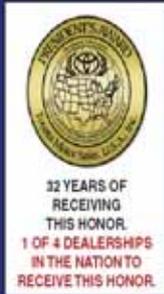
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