

The Arlington Connection

Wendy Caldwen and Lawrence Walden dance on the salsa room platform at the annual Sip and Salsa event on Sunday, Sept. 5.

Sip and Salsa

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News

When Food Is the Enemy

Pair of moms work to raise money for research into their sons' rare disorder.

By AMBER HEALY
THE CONNECTION

For a small but growing number of parents, having a child who's a finicky eater would be a dream come true.

Rosemary Moriarty and Vicki Boughton hold their breath every time their young sons get hungry, because a rare digestive disorder could cause an allergic reaction that appears not on their skin, but in their esophagus.

"My son had his first reaction at 9 months," Boughton said. Her son, Connor, is her youngest child, so from the day she and her husband brought him home from the hospital, something didn't seem right.

"At 5 months, I tried to introduce rice cereal," but he got very sick," she said. "From there, it spiraled out of control."

At 9 months, Connor had his first serious reaction — an anaphylactic response to some food, which prompted doctors to run a series of tests to determine if he was allergic to any of the so-called "Big Eight" allergens (soy, dairy, wheat, peanuts, tree nuts, shellfish, seafood and eggs). It wasn't until a few months later, her family learned that her son has Eosinophilic Esophagitis, a rare but serious medical condition in which his body has an internal allergic reaction to foods, causing his esophagus to swell and close when he eats most foods.

Boughton read anything and everything she could find on the subject, but it was a narrow field of research at the time.

"Doctors wanted us to give him whole milk yogurt, and he had a fast reaction" to it, because he's allergic to dairy, Boughton said. "We had no Epi-pen at the time. We were totally unprepared."

Connor was a small child because he was getting so little nutrition, but the doctors were trying to find something he could eat. He was put on an elemental formula, a variety of which he still consumes now, 45 to 48 ounces each day.

"It smells terrible and tastes worse," she said.

In all, her son is allergic to just about any kind of food a child would be exposed to on a normal day. An upcoming school field trip to an apple orchard is a source of stress, because he's allergic to apples. He can eat turkey, chicken, sweet potatoes and some kinds of sugar, like marshmallows.

For his birthday, Connor's been treated to shaved ice in many varieties, none of which can include flavoring because those would likely cause a reaction, Boughton said.



PHOTO CONTRIBUTED

Rosemary Moriarty, Vicki Boughton and Jennifer Monteverde, organizers for last year's Washington, D.C. Area Eosinophilic Connection (WAEC), are gearing up for this year's 5K run/walk, scheduled for Sept. 28 at Bluemont Park in Arlington.

He's even allergic to quinoa, an ancient grain and trendy superfood that's believed to be among the least allergenic foods known to humankind, she added. Any time his family wanted to try a new food, they'd have to call a doctor to schedule a gastrointestinal endoscopy to check his digestive tract to look for any signs of an allergic reaction.

To make matters worse, he's at an age now where he asks his two older sisters questions about what they eat, things like what does that taste like, Boughton said. "He realizes and he remembers" that foods can make him very sick, but he's curious.

"It's a steep learning curve," she admits. But it's one she's had to take quickly to keep her son safe.

IT'S A STORY ROSEMARY MORIARTY knows all too well. Her oldest child, her son, Jack, was diagnosed with Eosinophilic Esophagitis in 2009 at the age of 3 and a half.

"It's an allergic condition that affects the digestive system" and essentially is "the mother of all food allergies," she said. "If he eats something, he won't have hives on his skin, but he'll get them on the inside."

Like Boughton, Moriarty and her husband largely had to do their own research to find out what was plaguing their son. They took Jack off nearly all foods and then slowly, gradually started reintroducing them to him, holding their breath to see if he'd have a reaction.

Like Boughton, Moriarty said doctors tried to downplay her concern when Jack was an infant. She'd call up a doctor or take him to the emergency room because he was gagging on some food, "but what toddler doesn't gag?," she said. She knew it was more.

Understandably, Moriarty felt like her family was alone in this, dealing with a disease so rare insurance companies didn't have codes for treatment which made treating it very expensive. The National Institutes of Health consider it a rare disorder.

Through her searches, she came across Boughton, and the two became friends and started a support group, the Washington D.C. Area Eosinophilic Connection (WAEC), as a way to bring people together.

SEE WHEN FOOD, PAGE 7

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2nd Annual Walk for Eosinophilic Disorders

The Washington D.C. Area Eosinophilic Connection (WAEC) is sponsoring its second annual 5K walk/run in Bluemont Park on Saturday, Sept. 28, beginning at 8:30 a.m. Funds raised will go to benefit the American Partnership for Eosinophilic Disorders, which raises money for research into this rare disorder. The walk/run will begin at 9:30 a.m. For more information, or to register, go to www.WashingtonEos.org or send an email to WAECRun@gmail.com.



Event-goers practice their salsa moves on the dance floor.



Visitors listen to the Latin, gypsy rumba and jazz sounds of Trio Caliente.

Dancing in the Streets

Music, food and wine combine under a clear September sky for the Crystal City Business Improvement District's Sip and Salsa event.

With two bands featuring salsa music and plenty of space for dancing, Sunday's Sip and Salsa event was a success for the Crystal City Business Improvement District and its co-sponsor, the Washington Wine Academy. This was the seventh year for the event, according to Rob Mandle with the Crystal City BID, and one of the business organization's many events pairing food

and adult beverages.

More than 40 wines were sampled by 20 "pouring partners," in addition to 16 restaurants or food partners, Mandle said.

Next week, the same groups are sponsoring Pups and Pilsners, a beer tasting event, and on the 25th, they'll be hosting the final Blues and Brews night of the season. More information on upcoming events is available at www.crystalcity.org/.

— AMBER HEALY



One of the big hits of the Sip and Salsa event, this massive electric skillet of paella, prepared by the staff at Jaleo, took an hour to prepare and contained 30 pounds of rice, 40 quarts of stock and 50 pounds of chicken, among other ingredients. The staff prepared two skillets of the paella Sunday afternoon.



Remember that massive paella? This is what was left just a few minutes later.



Taking a break from pouring wine samples, Catherine Miller and Pete Giannino also told visitors to Sunday's Sip and Salsa event about Shop Arlington, a campaign encouraging people to first visit local independent stores and restaurants before going to a chain establishment.



Sonja Armstrong, left, and Tracy O'Connor helped dispense samples of wine from Twisted Vines during Sunday's Sip and Salsa event in Crystal City.



The outdoor patio at 220 20th Street in Crystal City was an open-air stage for plenty of salsa dancing Sunday afternoon, part of the Crystal City Business Improvement District's Sip and Salsa event.



Don Woodward of Legal Seafoods demonstrates the proper way to layer flavors for the restaurant's clam chowder during Sunday's Sip and Salsa event in Crystal City.

Full Disclosure?

Forms plagued by a lack of information, absence of oversight; redacted documents.

BY MICHAEL LEE POPE
THE CONNECTION

Republican Gov. Bob McDonnell is in hot water for taking gifts without disclosing them, and legislators are taking about increasing disclosure requirements for family members. But here in Northern Virginia, personal financial disclosure forms are often incomplete and inconsistent. Some elected officials choose to disclose a great deal of information while others disclose very little. Fairfax County officials have decided to redact information that's supposed to be part of the public record. And nobody is reviewing the forms to make sure they are accurate.

"During campaigns, the State Board of Elections reviews our campaign finance forms but the same thing does not happen when we file our annual forms of financial interest," said Fairfax County Board of Supervisors Chairman Sharon Bulova. "You would think that someone was taking a look, but that's not happening. And it probably should be happening."

A look at the personal financial disclosure forms across Northern Virginia reveals a hodgepodge of disclosure, some meticulous and others lacking. One of the biggest disparities is in the disclosure of gifts.

Bulova's form includes three pages of gift disclosures, everything from symphony tickets to Chamber of Commerce dinners. Some elected officials are meticulous in documenting events they have attended and noting the value while others simply leave the form blank.

"There's a lot of things we end up reporting that aren't gifts at all — things like when you are obliged to go to some dinner," said Arlington County Board member Chris Zimmerman. "So technically, that's a

"Virginia's disclosure laws are basically a big joke."

— Kyle Kondik, analyst with the University of Virginia Center for Politics

SEE LOCAL ELECTED, PAGE 4

Local Elected Officials' Disclosure Forms Lack Oversight

FROM PAGE 3

gift. But would these people be going to these events if they didn't have to? On the other hand, a Rolex watch is a gift."

THE FORMS are supposed to include information about everything from real estate and business interests to gifts and liabilities. That includes employers of elected officials and their family members. But a request for the public disclosure forms from the Fairfax County School Board was returned with a stack of redacted documents. The employer of one member was concealed, and several telephone numbers and addresses were blacked out of others. The names of immediate family members — required information to be disclosed to the public — was redacted from all the documents.

"Personal information is exempt from disclosure obligations," wrote Brandynn Reaves, public information specialist with Fairfax County Public Schools, in an email response to questions about the redactions.

Unless the Fairfax County commonwealth's attorney is willing to prosecute the school system for failing to disclose required information, that information will not be available to the public. And because the law merely requires the School Board clerk to receive the documents without scrutinizing them, any mistakes or missing information will not be identified or



An example of a redacted disclosure form from the Fairfax County Public Schools.

fixed. That leaves the public in the dark about information that could explain conflicts of interest among their elected leaders.

"Virginia's disclosure laws are basically a big joke," said Kyle Kondik, analyst with the University of Virginia's Center for Politics. "It doesn't seem like there's any penalty at all for bad reporting."

THE ONGOING political scandal involving a Virginia businessman showering the governor and attorney general with gifts — many of which were initially unreported — has brought a spotlight to the issue of ethics reform that is expected to dominate the upcoming session of the General Assembly. Del. Rob Krupicka (D-45) is preparing legislation that would move the repository function from the local clerk to the State Board of Election in an effort to create one publicly available statewide database. That would allow elected officials to file their

documents electronically, a change that would remove some of the inconsistency in terms of how individuals choose to fill out the documents.

"I think there are going to be folks uncomfortable with this level of disclosure and this level of accessibility to their data," said Krupicka. "We've made the migration to use technology with campaign finance, and I think we need to make the migration to use technology with our ethics and conflicts disclosure forms."

Last month, Republican Lt. Gov. Bill Bolling outlined a series of ethics reform measures he would like to see the next General Assembly take up. One of his recommendations would expand the gift disclosure requirements to spouses and dependent family members. Another one of his recommendations would lower the threshold of reporting sources of income from \$10,000 to \$1,000. A third recommendation would require elected officials disclose all memberships on boards or other committees of public or private companies that are held by themselves, their spouses or their dependent family members.

"Over the past few months, a series of unfortunate events have revealed to us several deficiencies in Virginia's current ethics laws," Bolling said in a written statement outlining his proposal. "As a result, the confidence of the people of Virginia in their state government has been eroded. In or-

der to begin the process of restoring this confidence, we need to take immediate action to strengthen Virginia's ethics laws and the proposals I am releasing today are designed to do just that."

Despite their flaws the forms reveal the broad financial outlines of elected officials in Northern Virginia and some of their economic interests. In Arlington County, for example, the forms show that none of the members of the Arlington County Board have full-time jobs. Two of the members listed the employment of spouses. And although County Board member Jay Fisetto once disclosed information about his partner, he has since decided that he will no longer provide that information until Virginia ends the constitutional prohibition against gay marriage.

"The symbolism of it was just not worth it," said Fisetto. "It was so hard because he makes a lot more money than I do and he had a lot of things to report. It was too much work, so I don't do that anymore."

Alexandria City Councilman Paul Smedberg, on the other hand, includes economic disclosure information for his partner. In an interview, he said he is probably not required to do so but he feels that it's best to err on the side of disclosing too much rather than not enough.

"It is a little unclear as to what you should put there," said Smedberg. "But I've always made the habit of including Mike on there."

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News

Join 5K Walk the Walk

Event to raise funds for
Volunteers of America
Chesapeake.

BY CAMILLE THOMPSON-CLOWNEY
THE CONNECTION



PHOTO CONTRIBUTED

The Volunteers of America Chesapeake's Residential Program Center in Arlington.

Lots of feet will pound the pavement in Arlington for the Volunteers of America Chesapeake 5K Walk the Walk event on Sunday, Sept. 29, 1:30-3:30 p.m.

Volunteers of America Chesapeake is a faith-based health and human services nonprofit serving Maryland, Virginia and the District of Columbia. The group runs 31 programs and offers services in various areas including homelessness, intellectual disabilities, veterans, mental illness and corrections. In the Northern Virginia area, Volunteers of America Chesapeake impacts 33 percent of all persons challenged with homelessness.

Proceeds from the 5K walk will support Volunteers of America Chesapeake's Residential Program Center in Arlington as well as Bailey's Crossroads Community Shelter in Falls Church. Since opening in 1994, the Residential Program Center is the only 24-hour program providing non-medical detoxification, substance abuse recovery and homeless services for single adults under one roof. Bailey's Crossroads Community Shelter is a 50-bed emergency homeless shelter for adult men and women.

The walk will begin at Penrose Square and go along Columbia Pike ending at Kenmore Middle School, giving walkers plenty of scenery for an afternoon stroll.

"Walk the Walk is a fantastic way for the Arlington community to come together and get active for a great cause," said Joseph Onyebuchi, Volunteers of America Chesapeake's Community Development Coordinator. "Our goal is to raise \$10,000 which will help us move more people out of homelessness."

Volunteers of America Chesapeake was founded in 1896 and is one of the first branches of Volunteers of America. It's also one of the nation's largest chapters, helping nearly 10,000 people in the D.C. area each year.

"Eliminating homelessness requires teamwork and collaboration amongst nonprofits, business leaders and government. Arlington is tremendously blessed with elected leaders who get it," continued Onyebuchi. "People sometimes need a strong safety net to get back on their feet. It's the provision of strong and compassionate case management and support systems that assure the most vulnerable people are able to avoid losing housing or to be rapidly rehoused."

Arlington County reports more than 479 homeless individuals and families in Arlington.

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OPINION

Addressing Virginia's Economy

Ending gridlock in Congress and supporting health care reform would be huge steps in supporting economic recovery in Virginia.

The strength of Virginia's economy, especially Northern Virginia's economy, comes significantly from federal spending.

So while the governor and other elected officials claim that Virginia's success is because Virginia is a low-tax state with fewer regulations, it's worth considering that the sequester and continuing gridlock in Congress threaten Virginia's most important resource, federal spending.

Virginia receives more federal money per capita than any other state except Alaska. Virginia received \$136 billion in federal funds in

2010, more than \$17,000 from the feds per capita, and paid \$2,807 per capita in federal income taxes. (Data from Consolidated Federal Funds Report for Fiscal Year 2010 by state and county from the Census Bureau.)

EDITORIAL Two examples: \$1.3 billion in federal transportation money came to Virginia. Virginia was on the receiving end of more than \$5,000 per capita in defense spending.

Current Virginia elected officials have barricaded the doors against expansion of an industry that would add more than 30,000 quality jobs in Virginia at no cost to taxpayers. The

expansion of Medicaid, which would provide healthcare to as many as 400,000 Virginians who currently cannot afford health insurance, would give Virginia's economy a significant boost, and create more than 30,000 jobs. Virginia taxpayers will still pay the taxes that will fund the expansion of Medicaid in other states without reaping the benefits of a healthier population and economic stimulus.

Private sector growth in Virginia depends on its educated and sophisticated workforce, on top school systems and universities. It depends on reliable transportation systems and access to high-speed Internet. And it depends on continuing to attract federal contracting dollars.

Virginia's U.S. Senators Tim Kaine and Mark Warner both work in the best interests of the commonwealth when they work to promote a culture of moderation and compromise in Congress.

'A Pathway to Safety and Stability'

Doorways for Women and Families commemorates 35 years of working to end homelessness and providing new start for victims of domestic violence.

BY AMBER HEALY
THE CONNECTION

Her voice broke several times in the course of a few short minutes, remembering the trials she and her son have endured since leaving Mexico.

"We don't have money. We don't have family. We have nothing, only each other," recalled Areli, wiping away tears while standing at a podium in front of more than 300 strangers.

All that changed when a social worker at her young son's school told her about Doorways for Women and Families, an Arlington institution dedicated to helping families like hers get a fresh start. She and her son arrived at the organization's safe house a few days later, where they had their own room with their own beds to sleep in, an improvement over the living room floor where they'd been staying.

"My bedroom door had a beautiful butterfly" on it, said Areli, identified only by her first name. After living in the house for a few months and working to find steady employment to provide for her family and an apartment of her own, her own transformation was well underway.

"I didn't know I'm a fighter," she said, voice breaking. "Doorways helps families like mine that have broken wings. My son said 'Mommy, we did it.' Now I have confidence to come here and tell my story."

Another woman, Leslie, had a similar story of escaping an abuser to stand on her own.

"I had bruises on my face," she said. "I lied to my family, friends and coworkers. There were numerous times I'd run away but I'd always go back. I kept telling myself things would get better and had changed."

Eventually, she'd had enough and reached out for help for herself and her two young



PHOTO BY AMBER HEALY/THE CONNECTION

A handful of elected officials attended the Doorways for Women and Families' 35th anniversary breakfast on Friday at the National Rural Electric Cooperative Association in Ballston, including (from left) Arlington County Board Chair Walter Tejada, Judge George Varoutsos, State Sen. Barbara Favola, Doorways Executive Director Caroline Jones, U.S. Rep. James Moran, and Arlington County Board members Mary Hynes and Jay Fissette.

daughters. Doorways was there to provide her a safe space.

"Without Doorways, I don't know where I'd be," Leslie said. "I felt safe, something I hadn't felt in a long time."

She and her daughters received shelter, love, support and therapy and now Leslie has a sense of self-worth, and now she's got a two-bedroom condo, a full-time job and is paying down her debt while establishing some savings.

For 35 years Doorways has been offering a place for women, men and families to go when they need to be safe, and helping thousands of people start their lives again.

On Friday, the organization and its board of directors kicked off a new phase of their efforts during a breakfast to commemorate its history with an eye toward the future.

Last year, more than 2,000 women, children and men came to Doorways for help, said Caroline Jones, Doorways' executive director. Many are living below the poverty line — female-headed households are more likely to be economically disadvantaged — and are living in their cars or in homes of friends or family, while others are struggling to get out of abusive relationships. Children account for more than half of the clients who entered the Safehouse last year.

"We're helping people create a pathway to safety and stability that can be both life saving and life preserving," Jones said.

Doorways not only provides a stable place to live, but therapy services, financial counsel

SEE HELPING DOORWAYS, PAGE 11

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When Food Is the Enemy

FROM PAGE 2

Before long, there were about 100 families involved.

The group is hosting its annual 5K run/walk fundraiser on Sept. 28, at Bluemont Park in Arlington. It's a way for the families to get together in an environment where things aren't as food-centric as other events — "everything in our society is food-based," Moriarty said — to raise awareness and funds for the disorder.

The two moms admit their sons know they have to be careful when going to school. Moriarty says her son's school just initiated a new "no treats" policy, meaning he doesn't have to be left out of birthday or other special food celebrations, in response to the rising number of children diagnosed with food allergies in recent years.

Boughton said that policy isn't in place in her son's school, and she's been notified after the fact that Connor didn't have enough special foods when classmates were celebrating birthdays, like the day when three birthdays were marked.

They don't eat out at restaurants much because a dish prepared incorrectly, or with an unusual allergen could mean a trip to the emergency room. There's a lot of planning involved in all meal preparations.

There are only a handful of doctors who have heard of EE, or EOE, as it's known in these families. Luckily, a few are advisors to WAEC,

like Ben Enav, a pediatric gastroenterologist and a member of the medical advisory panel of the American Partnership for Eosinophilic Disorders (APFED), the national organization that gets the proceeds from WAEC's efforts.

EOE has been known for about 20 years now, but roughly half of the limited field of research on the disorder has been conducted in the past three to five years, Enav said. It's a condition in its infancy stage, with more questions and unknowns than certainties, that affects an estimated 1 in 2,000.

Children are most commonly diagnosed with the disorder, but it can strike adults too, who might have a reaction to a food they've been eating all their lives, he said. Treatment involves not just a pediatrician and a gastroenterologist, but possibly a speech pathologist who can work with patients on feeding therapy.

Enav opened his own practice after starting a clinic specializing in conditions like EOE at Inova Fairfax, and in the past six months, more than 30 patients with the disorder have come through his doors. There were about 600 patients visiting him at the hospital, he said.

He's worked with both Moriarty and Boughton, and other specialists in the area send children who might have EOE to his practice.

There's no cure for EOE and no course of treatment that works for everyone, which is why Enav recommends a speech pathologist,



PHOTO CONTRIBUTED

Dr. Ben Enav, a medical advisor for the Washington D.C. Area Eosinophilic Connection participated in last year's 5K run/walk. He's one of the few doctors in the area familiar with the rare disorder, in which exposure to food can cause hives to occur on the inside of a person's esophagus, among other digestive problems.

and for patients to develop a good relationship with a gastroenterologist.

"Telling a parent they'll have to take their young child to get an endoscopy" is difficult, but it's a necessity with this disorder, he said. "In most cases, it's a routine procedure with little risk. But when you're dealing with an infant or toddler, and you have to put them under anesthesia, it sounds terrifying."

A Salute to the American Voice

The Children's Hour

written by Lillian Hellman
directed by Mark McCarver
produced by Carol Strachan

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ENTERTAINMENT

‘Come Blow Your Horn’

The American Century Theater dazzles with Neil Simon classic.

BY JEANNE THEISMANN
THE CONNECTION

It's been more than half a century since Neil Simon's "Come Blow Your Horn" made its Broadway debut, launching one of the most successful playwriting careers in the history of the American stage. Filled with what would become Simon's trademark wisecracking repartee, the autobiographical portrait of a young man leaving home to experience the swinging single lifestyle of the '60s is performed to perfection by The American Century Theater at Gunston Arts Center Theatre Two in Arlington.

Directed by Rip Claassen, "Come Blow Your Horn" tells the story of Buddy, a 21-year-old virgin who decides to leave his parents' home to live in New York City with his metropolitan man-about-town brother Alan. Complications and hilarity ensue as the brothers battle each other, their parents and the women who keep coming in and out of their lives.

Elliot Kashner is impressive in the central role of Alan. His savoir faire oozes off the stage as he brings an exasperated charm to the Manhattan playboy who is cruising through life with no worries, no commitments and no depth.

Fresh-faced Alex Alferov brings a wide-eyed innocence to the role of younger brother Buddy, who arrives suitcase in hand at Alan's bachelor pad in hopes of experiencing a more hedonistic lifestyle.

Kashner and Alferov are joined on stage by TACT veteran Mick Tinder as Mr. Baker, Allison Turkel as Mrs. Baker, Lizzie Albert as wanna-be starlet Peggy and Heather Benjamin as Connie, the woman Alan is in danger of losing. Together they form a formidable cast that handles Simon's intricately synchronized script with comedic precision.

In a classic scene, Turkel nearly steals the first act as the boy's perpetually agitated mother, teetering on the edge of hysteria over a succession of bewildering phone messages and a missing pencil.

Theater veteran Tinder is the demanding, morosely



PHOTO BY JOHANNES MARKUS

The Baker Brothers: Elliott Kashner as Alan and Alex Alferov as Buddy in "Come Blow Your Horn."

funny Mr. Baker, Turkel's partner in parenting. Tinder lifts every scene he's in as Simon's deftly written barbs fly from his mouth and keep the audience in stitches.

Produced by Ed Moser, who is also Sound Designer, the TACT technical team includes Stage Manager Charles Lasky, Lighting Designer Marianne Meadows, Costume Designer Patricia Tinder, Set Designer Trena Weiss-Null and Props Designer Kevin Laughon.

A 1995 Kennedy Center Honoree and recipient of the Mark Twain Prize, Simon penned the Academy Award-winning "The Goodbye Girl," and took home Tony Awards for "The Odd Couple," "Biloxi Blues," and the

Pulitzer Prize-winning "Lost in Yonkers." Under Klaassen's masterful eye, The American Century Theater production of "Come Blow Your Horn" brilliantly brings Simon's comic genius to a new generation of theater audiences in a night of hilarity that should not be missed.

"Neil Simon has been a major cultural force, but more importantly, his plays are still as funny as ever," said TACT Artistic Director Jack Marshall. "American theater and the culture owe a big debt to Neil Simon, for nobody has given us more laughs than he."

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437-228-6545.
Story Time: Baby Steps. 2 p.m. at Central Library, 1015 N. Quincy St. For children up to age 1. Free. 703-228-5946.

Speaker Series. 3 p.m. at Central Library, 1015 N. Quincy St. David Goure will discuss "Learning to Tango in Beijing: Studying, Working and Playing in the People's Republic of China." Free. 703-228-5946.

Paws to Read. 5:30-6:30 p.m. at Central Library, 1015 N. Quincy St. Children in grades K-5 can read to therapy dogs for 15 minutes. Register for a slot by calling 703-228-5946.

Drop-in Family Storytime. 6:45 p.m., Cherrydale Library, 2190 N. Military Road. All ages. Free. 703-228-6330.

Book Club. 7:30-8:30 p.m. at Central Library, 1015 N. Quincy St. Discuss "Wolf Hall" by Hilary Mantel. Free. 703-228-5946.

Author Talk. 7 p.m. at One More Page, 2200 N. Westmoreland St. Elizabeth Haynes discusses and signs "Human Remains." Free. Visit www.onemorepagebooks.com or 703-300-9746.

TUESDAY/SEPT. 24
Film. 2:34:5 p.m. at Columbia Pike

www.ConnectionNewspapers.com

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

ONGOING

Restaurants and Rhythms. The BID's free happy-hour live music series inside Rosslyn restaurants. Origem brings Brazilian jazz to Le Méridien. Dave Chappel and friends performs blues rock at the Hyatt Arlington and Mary Ann Redmond sings jazz standards at the Key Bridge Marriott. Visit www.rosslynva.org.

Comedy. Every Saturday at 3 p.m. at Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd., children can enjoy ComedySportz for Kidz. \$10. Visit www.comedyindc.com or 703-294-LAFF.

Comedy. Every Friday at 8 p.m. and Saturday at 7:30 p.m. is ComedySportz ("clean") and at 10 p.m. on Friday and Saturday is the Blue Show ("unclean"), both at Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd. \$15 each. Visit www.comedyindc.com or 703-294-LAFF.

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

Open Mic Nite. 8 p.m.-12:30 a.m. every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Featured musicians will perform from 9:30-10 p.m. Visit www.iotaclubandcafe.com or call 703-522-8340.

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

Pub Quiz. 8 p.m. every Sunday at Whitlow's on Wilson, 2854 Wilson Blvd. Prizes for 1st place. Free. Visit www.whitlows.com or call 703-276-9693.

Visual Arts Exhibit. On display at Artisphere, 1101 Wilson Blvd. Carolina Mayorga: Infestation, a semi-permanent installation mixing

multimedia, performance art and on-site installation. Free. Visit www.artisphere.com or call 703-875-1100.

Visual Arts Exhibit. On Display at Artisphere, 1101 Wilson Blvd. Linda Hesh: Art Every Day/Live For Art. Interactive project that invites public discussion on the meaning of art in everyday life. Free. Visit www.artisphere.com or call 703-875-1100.

Group Bike Rides. Tuesday nights through September at 7 p.m., meet at Freshbikes Arlington Store, 3924 Wilson Blvd. All abilities welcome. Free. After the ride purchase food from various food trucks each week. Visit www.freshbikescycling.com for more.

Spider Kelly's Running Club. Staff, friends and community welcome to join Spider Kelly's running club and train for their inaugural race, the annual Clarendon Day 5K, held on the last Thursday of September. Call 703-312-8888 or visit <http://spiderkellys.com>.

Art Exhibition. Through Sunday, Oct. 13, see Green Acres at Arlington Arts Center, 3550 Wilson Blvd. Call 703-248-6800 or visit www.arlingtonartscenter.org.

Mixed Media Exhibit. Through Sunday, Oct. 13, at Arlington Arts Center, 3550 Wilson Blvd. Opening reception is Saturday, July 13, 6-9 p.m. Visit www.arlingtonartscenter.org.

Special Art Exhibition. Through Sunday, Oct. 13, see Dupont Market. Arlington Arts Center, 3550 Wilson Blvd. Call 703-248-6800 or visit www.arlingtonartscenter.org.

Art Exhibit. See "Nature Extracted: Paintings, Prints and Constructions" by Patterson Clark and Pam Rogers through Oct. 17 at Marymount's Barry Gallery, 2807 N. Glebe Road. Hours are Monday-Thursday, 10 a.m.-8 p.m. and Friday-Saturday, 10 a.m.-6 p.m. Free. Visit www.marymount.edu for more.

Mr. Knick Knack. Fridays through October, 10:30 a.m. Market Common Clarendon, 2700 Clarendon Blvd., presents 45-minute performances for children. Visit www.marketcommonclarendon.net or 703-785-5634.

Thursday Lunchtime Concerts. 11:45 a.m.-1:30 p.m. Through October at All Spice Cafe and Catering. Visit

Library, 816 S. Walter Reed Drive. Watch "Key Largo" (1948). Free. 703-228-5710.

Story Time. 4:15 p.m. at Westover Library, 1644 N. McKinley Road, suite 3. For children up to age 5. Free. 703-228-5260.

Drop-in Story Time: Over 2s. 4:30-5 p.m. at Cherrydale Library, 2190 N. Military Road. For children age 25 months to 5 years. Free. 703-228-6330.

Family Story Time. 6:30 p.m. at Central Library, 1015 N. Quincy St. For all ages. Free. 703-228-5946.

Paws to Read. 5:30-6:30 p.m. at Westover Library, 1644 N. McKinley Road, suite 3. Children in grades K-5 can read to therapy dogs. Free. Register by calling 703-228-5260.

Film. 6:30-8:30 p.m. at Shirlington Library, 4200 Campbell Ave. Watch "Bon Voyage" (2003). Free. 703-228-6545.

Book Club. 7-8:30 p.m. at Westover Library, 1644 N. McKinley Road, suite 3. Discuss "Mrs. Lincoln and Mrs. Keckly: The Remarkable Story of the Friendship Between a First Lady and a Former Slave" by Jennifer Fleischner. Free. 703-228-5260.

Author Signing. 7 p.m. at One More Page, 2200 N. Westmoreland St.

www.ConnectionNewspapers.com

Farmers Markets...

Clarendon Farmers Market. Year-round, has locally produced breads and pastries, organic vegetables, flowers, soap, sorbet and more. Saturdays and Sundays, 8 a.m.-12 p.m. at Courthouse Parking Lot, 3195 North Wilson Blvd., Arlington. Also year-round on Wednesdays from 3-7 p.m. at Clarendon Metro Station. Visit www.Clarendon.org. Call 703-812-8881.

Arlington Farmers Market at Courthouse. Adjacent to the Arlington County Courthouse Parking Lot, at the intersection of N. Courthouse Road and N. 14th Street. This is a 'producer only' market with more than 30 producers. Saturdays from 8 a.m. - noon, through December. Each Saturday through September, Virginia Cooperative Extension Master Gardeners will answer any gardening question. Visit www.arlingtonfarmersmarket.com for a list of vendors.

Rosslyn Farmers Market and Lunchtime Concerts. The Farmers Market is every Thursday 11 a.m. - 2 p.m. at 1401 Wilson Blvd. (across from the Cupid's Garden sculpture) starting May 23. Lunchtime concerts will take place during the market from 11:45 a.m. - 1:30 p.m. For a list of market vendors, visit www.rosslynva.org/play/markets.

rosslynva.org.

Storytime at Kinder Haus Toys. 10:30 a.m. on Mondays and Fridays through Friday, Nov. 1. Children must be accompanied by an Adult. 1220 N. Fillmore St. Visit Kinderhaus.com or call 703-527-5929.

Art Exhibit. See new artist in residence Emily Francisco through Jan. 12 at Artisphere, 1101 Wilson Blvd. Francisco has hours every Friday from 6-10 p.m. and Saturdays from noon-6 p.m. Her exhibit is called "May I Have the Piano Delivered to You?" Free. Visit www.artisphere.com or call 703-875-1100.

THURSDAY/SEPT. 19

Cosmo Couture 2013. 5-10 p.m. at Artisphere, 1101 Wilson Blvd. The National Zoo's exotic birds provide inspiration for the garments. There will be a reception, runway show and desserts. \$80-\$180. Purchase online at www.cosmocouture.org.

TUESDAY/SEPT. 24

Fashion of Goodwill Runway Show & Gala. At Artisphere, 1101 Wilson Blvd. Features contemporary, vintage and other apparel available at the retail stores. Visit www.artisphere.com or call 703-875-1100.

Visit americancentury.org or 703-998-4555 for tickets.

Author Discussion. 7 p.m. at One More Page, 2200 N. Westmoreland St. Michael J. Sullivan will discuss "The Crown Tower" and "The Rose and the Thorn," the first and second installments in his Riyria Chronicles fantasy series. Free. www.onemorepagebooks.com or 703-300-9746.

THURSDAY/SEPT. 26

Book Club. 10:30 a.m. at Central Library, 1015 N. Quincy St. Discuss "Walden" by Henry David Thoreau. Free. 703-228-5946.

Drop-in Story Time: Over 2s. 10:30-11 a.m. or 11:15 a.m. or noon at Shirlington Library, 4200 Campbell Ave. For children age 25 months-5 years. Free. 703-228-6545.

Drop in Storytime. 10:30 a.m. at Cherrydale Library, 2190 N. Military Road. Children up to age 5 can enjoy stories. Free. 703-228-6330.

Drop-in Storytime: Under 2s. 10:30 a.m. at Aurora Hills Library, 735 S. 18th St. For children up to age 2. Free. 703-228-5715.

Drop-in Storytime: Over 2s. 11:15 a.m. at Aurora Hills Library, 735 S. 18th St. For children age 2-5. Free.

SEPT. 26 THROUGH NOV. 3

Theater Performance. See "The Picture of Dorian Gray" at Synetic Theater, 1800 S. Bell St. Performances are Wednesday-Saturday at 8 p.m. and Sunday at 2 p.m. Visit www.synetictheater.org/tickets.

FRIDAY/SEPT. 27

Latin American Harp Festival. 7:30 p.m. at Rosslyn Spectrum at Artisphere, 1101 Wilson Blvd. Presented by Teatro de la Luna. Visit www.artisphere.com or call 703-875-1100.

Screening. Doors open at 7:15 p.m., show starts at 7:30 p.m. at Arlington Planetarium, 1426 N Quincy St. Watch "Oasi in Space." All ages. \$3/child up to age 2, Friends members and seniors; \$5/teens and adults. Visit <http://friendsoftheplanetarium.org/> or 703-228-6070.

SATURDAY/SEPT. 28

Latin American Harp Festival. 7:30 p.m. at Rosslyn Spectrum at Artisphere, 1101 Wilson Blvd. Presented by Teatro de la Luna. Visit www.artisphere.com or call 703-875-1100.

Inaugural Eight-Thirteen Ball. 9 p.m.

703-228-5715.

Bilingual Story Time. 4:15 p.m. at Central Library, 1015 N. Quincy St. Children can enjoy stories, songs and crafts in English and Spanish. Free. 703-228-5990.

Knitting Group. 6:30 p.m. at Glencarlyn Library, 300 S. Kensington St. Drop-in for knitting support and instruction. Free. 703-228-6548.

Author Talks. 7 p.m. at One More Page, 2200 N. Westmoreland St. In conjunction with GMU's Fall for the Book Festival, A.X. Ahmad talks about his new mystery "The Caretaker" and Sujata Massey discusses "The Sleeping Dictionary," the first book in her Daughters of Bengal historical fiction series. Free. Visit www.onemorepagebooks.com or 703-300-9746.

FRIDAY/SEPT. 27

Story Time: Baby Steps. 10:30 a.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Children up to 1 year old can enjoy stories. Free. 703-228-5710.

Story Time: Baby Steps. 10:30 a.m. at Westover Library, 1644 N. McKinley Road, suite 3. For children up to age 1. Free. 703-228-5260.

Story Time: Over 2s. 10:30 a.m. or

at Artisphere, 1101 Wilson Blvd. The event will support Arlington Public Library's early literacy initiatives. The theme is "A Night Out with The Great Gatsby." Prizes will be given for the best 1920s attire. Visit www.library.arlingtonva.us.

Movie Night. Doors open at 6:15 p.m., show starts at 6:30 p.m. at Arlington Planetarium, 1426 N Quincy St. Watch "Deep Impact," a 1998 film about a meteor on a collision course with Earth. \$3/child up to age 2, Friends members and seniors; \$5/teens and adults. Visit <http://friendsoftheplanetarium.org/> or 703-228-6070.

SUNDAY/SEPT. 29

Opera NOVA's Season Opening Brunch. 1:30 p.m. at the NRECA Building, 4301 Wilson Blvd. Hear music, meet Alexandria Vice Mayor Allison Silberberg and more. Reservations required. \$25/person. Contact Opera NOVA at 703-536-7557, or e-mail mcdm1@verizon.net or visit www.Operaguildnova.org for more.

Music Performance. 8 p.m. at IOTA, 2832 Wilson Blvd. Mike Mangione & The Union will perform songs from their new album. \$12. Visit www.iotaclubandcafe.com or call 703-522-8340.

Presentation. Learn how to build comets out of dirt and dry ice while getting questions answered about comets, meteors and other celestial objects. Doors open at 1:15 p.m., presentation starts at 1:30 p.m. at Arlington Planetarium, 1426 N Quincy St. \$3/child up to age 2, Friends members and seniors; \$5/teens and adults. Visit <http://friendsoftheplanetarium.org/> or 703-228-6070.

Screening. Doors open at 2:45 p.m. and show starts at 3 p.m. at Arlington Planetarium, 1426 N Quincy St. Watch "Magic Tree House: Space Mission." Best suited for ages 5-12 and their families. Older children familiar with the book series might also enjoy the show. \$3/child up to age 2, Friends members and seniors; \$5/teens and adults. Visit <http://friendsoftheplanetarium.org/> or 703-228-6070.

11:15 a.m. at Central Library, 1015 N. Quincy St. Children age 25 months to 5 years. Free. 703-228-5946. Under 2s will meet at the same times.

Story Time: Wobbly Walkers. 10:30 a.m. at Westover Library, 1644 N. McKinley Road, suite 3. For children age 13-24 months. Free. 703-228-5260.

Harlem Wizards Basketball Game. 7-9 p.m. at Thomas Jefferson Community Center. Watch as the Harlem Wizards take on the Arlington Elite. Visit registration.arlingtonva.us for tickets or buy them at the door.

Author Discussion. 6:30 p.m. at One More Page, 2200 N. Westmoreland St. Victoria Schwab will sign and discuss "Vicious." Free. Visit www.onemorepagebooks.com or 703-300-9746.

SATURDAY/SEPT. 28

WAEC 5K Walk/Run. 8:30 a.m. at Bluemont Park. Washington, D.C. Area Eosinophilic Connection is raising money for Hope on the Horizon Research Fund. Register for this family-friendly event at waec5kwalk.eventbrite.com. There will be a raffle, allergy-friendly foods to sample and more.

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

ONGOING

Photography Exhibit. Through Monday, Sept. 30, see "Hallowed Ground: Photos of the Gettysburg Battlefield 150 Years After, by Ron Cogswell," at Cherrydale Branch Library, 2190 Military Road. Free. Call 703-228-6330.

"Miss Saigon." Extended through Oct. 6, at the Signature Theatre, 4200 Campbell Ave. Signature Theatre presents "Miss Saigon." Performances Tuesday through Sunday evenings, with matinees on Saturday and Sunday. Tuesday and Wednesday shows are 7:30 p.m.; Thursday through Saturday performances are 8 p.m.; and Sunday performances are 2 p.m. Matinee performances are 2 p.m. \$40. Call 703-573-SEAT or visit signature-theatre.org

CLASSES & WORKSHOPS

Theatre Classes. Encore Stage & Studio is holding classes and mini camps for children in grades K-8 at on Saturdays at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road and Tuesdays and Wednesdays after-school at Theatre on the Run, 3700 S. Four Mile Run Drive. Visit www.encorestageva.org.

THURSDAY/SEPT. 19

Drop-in Story Time: Over 2s. 10:30-11 a.m. or 11:15 a.m. or noon at Shirlington Library, 4200 Campbell Ave. For children age 25 months-5 years. Free. 703-228-6545.

Story Time. 10:30-11 a.m. at Cherrydale Library, 2190 N. Military Road. For children up to age 5. Free. 703-228-6330.

Drop-in Story Time: Under 2s. 10:30 a.m. at Aurora Hills Library, 735 S. 18th St. For children up to age 2. Free. 703-228-5715.

Drop-in Story Time: Over 2s. 11:15 a.m. at Aurora Hills Library, 735 S. 18th St. For children age 25 months-5 years. Free. 703-228-5715.

Bilingual Story Time. 4:15 p.m. at Central Library, 1015 N. Quincy St. Children can enjoy stories, songs and crafts in English and Spanish. Free. 703-228-5990.

Paws to Read. 5:30-6:30 p.m. at Aurora Hills Library, 735 S. 18th St. Children in grades K-5 can read to therapy dogs. Free. Register for a slot by calling 703-228-575.

Author Talk. 7 p.m. at One More Page Book, 2200 N. Westmoreland St. David L. Roll talks about "The Hopkins Touch: Harry Hopkins and the Forging of the Alliance to Defeat Hitler." Free. Visit www.onemorepagebooks.com or 703-300-9746.

Post-Show Talk-Back. After watching "Come Blow Your Horn" at Gunston Theatre Two, 2700 S. Lang St., discuss the show. Visit americancentury.org or 703-998-4555 for tickets.

Bocce Courts Ribbon Cutting. 6-7:30 p.m. at Glebe and Randolph Park. Enjoy a free clinic and free giveaways and more. Food will be for sale. Visit www.arlingtonva.us/departments/parksrecreation.

FRIDAY/SEPT. 20

Story Time: Baby Steps. 10:30 a.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Children up to 1 year old can enjoy stories. Free. 703-228-5710.

Story Time: Baby Steps. 10:30 a.m. at Westover Library, 1644 N. McKinley Road, suite 3. For children up to age 1. Free. 703-228-5260.

Story Time: Over 2s. 10:30 a.m. or 11:15 a.m. at Central Library, 1015 N.

Quincy St. Children age 25 months to 5 years. Free. 703-228-5946.

Story Time: Under 2s. 10:30 a.m. or 11:15 a.m. at Central Library, 1015 N. Quincy St. Children up to age 2. Free. 703-228-5946.

Story Time: Wobbly Walkers. 10:30 a.m. at Westover Library, 1644 N. McKinley Road, suite 3. For children age 13-24 months. Free. 703-228-5260.

Solo Show. 8 p.m. at Signature Theatre, 4200 Campbell Ave. Gia Mora will perform her show Einstein's Girl as part of the Autumn Cabaret Festival. \$25. Visit www.signature-theatre.org/autumn-cabaret-festival or 703-820-9771.

Movies on the Lawn. 7:15 p.m. at Cherrydale United Methodist Church, 3701 Lorcom Lane. Bring a blanket or lawn chair. Free. Visit www.cherrydaleumc.org/children.

SATURDAY/SEPT. 21

Story Time. 10:30 a.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Children up to age 5 can enjoy

stories. Free. 703-228-5710.



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NEWS

Helping Doorways

FROM PAGE 6

ing and job placement assistance, resulting in more than 85 percent of program graduates leaving the organization with jobs, savings, benefits and reduced debt. Half the families in Arlington dealing with homelessness include children, but most parents probably don't realize their child could be in a class with someone who doesn't have a home to go to at the end of the day.

"If you're a kid, just being a kid" can be a welcome diversion from the stress of knowing something's not right because mom's crying or dad's yelling, she said. Coming to Doorways gives a family "a chance to build a better life, to get back lost opportunities."

During the hour-long celebration, more than \$180,000 was raised, which will help assist dozens more families over the next year.

Raina Rose Tagle, a former board president and current volunteer, said Doorways is trying to make up for a \$350,000 shortfall in funding resulting from a foundation "winding down," but didn't seem concerned that Doorways

will slow down any time soon.

"Thousands of women and families need a safe place to call home, and the next chapter offers many opportunities," she said.

Laura Young started her volunteer work with Doorways in 2005 after hearing about it through her Mothers of North Arlington group, which she joined after having her first child. She started by helping with fundraising efforts but after becoming a board member in 2010, she now helps with shopping to ensure the Safehouse is well stocked with things like school supplies.

"The cause is very dear to me," Young said. "I'm impressed at how much good work is being done."

She knows there are "a lot of stories out there" from people who could use a place to go, like Doorways, and wishes "there was an organization like this in every town."

She credits the staff for their tireless dedication to their clients.

"God bless them all," she said. "People are genuinely committed, and I'm so proud. The staff at Doorways are absolutely the right people for the job."



"Fore" the Kids Golf Tournament

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The Third Annual "Fore" the Kids Golf Tournament will be held October 7th, 2013 at International Country Club in Fairfax County. Each year the event brings together golf enthusiasts for a round of golf, skills competitions, great food and wonderful raffle and silent auction items all to support Boys & Girls Clubs of Greater Washington, Fairfax County Region.

The event helps to fund programs run in the region's clubs. These range from daily homework help, participation in local sports leagues to STEAM (Science, Technology, Engineering, Arts and Mathematics) programming and financial skills building. Our clubs are helping members build confidence, develop character and learn skills that will help them become productive, civic-minded, and responsible adults.



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South Lakes' Khayri Denny carries the ball against Washington-Lee.



R.J. Lee and the South Lakes football team beat Washington-Lee on Sept. 12.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

W-L Football Loses Late Lead Against South Lakes

Senior quarterback Appel scores Generals' lone TD.

BY JON ROETMAN
THE CONNECTION

Not much had gone right for the South Lakes offense when the Seahawks took over on their own 19-yard line with less than 5 minutes remaining.

South Lakes trailed Washington-Lee, 8-7. Other than a long touchdown pass in the third quarter, the Seahawks struggled to move the ball against the Generals defense. South Lakes was running out of time and needed to make something happen.

"I just told the line to block hard and just give it your all," South Lakes senior Khayri Denny said, "and I'll go down and get the yards for them."

Denny had some help along the way, but his 12-yard touchdown run with 1:27 left on the clock capped a 13-play, 81-yard drive and propelled the South Lakes football team to a 14-8 victory over Washington-Lee on Sept. 12 in Arlington.

W-L took the lead with 6:58 remaining in the fourth quarter, when quarterback Sam Appel scored on a 1-yard run and followed by reaching the ball across the goal line for a two-point conversion. South Lakes fumbled the ball away to W-L on its next play, setting up the Generals at the Seahawks 31-yard line.

With their backs against the wall, the Seahawk defense stopped the Generals on

fourth down at the 19-yard line, and the South Lakes offense responded with the winning touchdown drive.

"It's definitely a great win," third-year South Lakes head coach Marvin Wooten said. "What I love most about this game — because we knew W-L, they're a good football team — what I loved most about it is our kids had to overcome adversity. This group right here, they haven't really been faced with a lot of adversity. ... To watch these kids come together and overcome that adversity is just a great feeling.

"... We wouldn't have won this game a year ago. We wouldn't have won this game two years ago."

Denny finished 37 yards and a touchdown on the ground and caught four passes for 85 yards and another score. Denny took a direct snap and ran 12 yards for the game-winning touchdown.

"He's our most dynamic player [on] both sides of the ball," Wooten said. "... Any great coach will tell you, when it's time to really test these kids, put the ball in your

playmaker's hands and that's what we did. We just made sure that he got his touches. We kind of threw it on his back and he stepped up. He answered the call and that's what great players do."

Wooten acknowledged the performance of sophomore quarterback Seth Ravenstahl

giving him the game ball after he completed 7 of 15 passes for 107 yards, with one touchdown and an interception. Ravenstahl connected

with Denny for a 65-yard touchdown with 10:58 left in the third.

"Seth's just a sophomore, so he still has some time to develop," Wooten said. "Right now, we don't have a seasoned quarterback. Seth is going to be that guy, but it's going to take time. We don't want to rush him. ... That pass he threw in the third quarter — that was as good a pass as anybody's going to throw. He read it perfectly. I really thought that was the play of the game."

South Lakes improved to 1-1. The Seahawks dropped their opener against Westfield, 45-7, on Sept. 6.

A gutsy call by Washington-Lee head

coach Josh Shapiro gave the Generals a fourth-quarter lead against South Lakes, but the Generals failed to hold on. Appel's 1-yard touchdown run with 6:58 remaining in the contest pulled W-L within a point at 7-6. The Generals lined up to attempt the game-tying extra point, but South Lakes jumped offside. The penalty moved the ball inside the 2-yard line and Shapiro elected to send his offense back onto the field for an attempt at a two-point conversion. Appel kept the ball and reached across the goal line to give W-L an 8-7 lead.

On the next play from scrimmage, W-L recovered a South Lakes fumble at the Seahawks 31-yard line. After the Generals picked up a first down at the 19, Appel threw incomplete four consecutive times, giving the ball back to South Lakes on downs. The Seahawks responded with the game-winning drive.

"It was kind of one of those things where, how many times can we rely on our defense to bail us out?" Shapiro said. "And finally they caved."

Appel completed 14 of 26 passes for 109 yards and an interception. Junior running back Daquay Harris carried 23 times for 70 yards.

"Offensively, we can't really find our identity," Shapiro said. "We're so inconsistent."

South Lakes will host rival Herndon at 7:30 p.m. on Friday, Sept. 20. W-L will host Stuart at the same time.

"It was kind of one of those things where, how many times can we rely on our defense to bail us out? And finally they caved."

— W-L football coach Josh Shapiro

SPORTS BRIEFS

Wakefield Football Starts 2-0

The Wakefield football team defeated George Mason 41-34 on Sept. 12, improving its record to 2-0 for the first time since 1986. Leon Young led Wakefield with 117 rushing yards and three touchdowns on 11 carries. Riley Wilson completed 6 of 12 passes for 97 yards and a touchdown. The Warriors defeated Marshall 19-9 in their season opener.

Wakefield will travel to face Thomas Jefferson at 7:30

p.m. on Friday, Sept. 20.

O'Connell Football Wins Third Straight

The Bishop O'Connell football team extended its winning streak to three games with a 33-20 victory against St. Christopher's on Sept. 13.

The Knights (3-1) will host Archbishop Carroll at 2 p.m.

on Saturday, Sept. 21.

Yorktown Football To Face Edison

The Yorktown football team had a bye last week and will return to action on the road against Edison at 7:30 p.m. on Friday, Sept. 20. The Patriots are 1-1 after beating Coolidge and losing to Langley.

Art Matters

Local experts say art classes help children develop new skills.

BY MARILYN CAMPBELL
THE CONNECTION

If you walk into Art at the Center in Mount Vernon on a Tuesday morning, you might find a group of preschool students and their parents or caretakers squishing potting clay with their fingers. In the same room, several other tots could be brushing an array of paint colors across art paper, making a mess but having fun. The children are part of the Center's Art Explorers class, designed for children ranging from 18 months to 5 years old.

"Parents say it is their happy place where they can explore with their child without worrying about a mess," said Kathryn Horn Coneway, director of Art at the Center. "It brings both parent and child into the present moment."

In addition to having fun, art educators say that art can help children develop a myriad of skills and abilities that range from self-expression to self-confidence.

"Creating art can help them work through their emotions," said Gioia Chilton, an art therapist who teaches art at Marymount University in Arlington. "It gives them a place where they can be confident, and where they can feel powerful and in control over something."



PHOTO COURTESY OF ART AT THE CENTER

Creating art projects, such as these, which were made by students at Art at the Center in Mount Vernon helps strengthen artistic behaviors such as observation, persistence and reflection.

Creating art teaches patience, said Coneway. "When children are working with clay, for example, there is little instant gratification. You make a piece, it has to be fired and then glazed. It is a process. But at the end, they can tell the story of how they made it."

Chris Haggerty, a professor of fine and applied arts at Marymount University, says research shows that art develops the right

side of the brain, which affects perception rather than logic. "Creating art teaches problem-solving skills," she said. "They get to try things out, see if they work, change their minds and start over."

Coneway, who is also an art therapist, said she has seen first-hand how art can help children share feelings that are difficult to verbalize. "Making things is a wonderful way for kids to connect ideas, express emo-

tions and share what is going on with them," she said. "Additionally, art is noncompetitive. Children progress at their own rate."

Art also helps establish a sense of community, she added. "Sometimes connections happen when children share their art," she said. "It is neat when kids ask questions of each other."

The sharing of what they make is as important as what they make."

Carolyn Webber, an art teacher at St. Andrew's Episcopal School in Potomac, Md., said, "Art is a universal language. Art education enables students to make creative connections with art and the world around them. [It] provides life-long learning in areas of visual arts, art history, interdisciplinary connections, multiculturalism and job opportunities."

Haggerty said, "The most successful people are creative thinkers, people who don't just think linearly, but who think outside of the box."

Coneway hopes that both her classes and others establish a life-long appreciation for art. "One of the things that I hope is happening is that parents and children are leaving my classes, going home and asking, 'Can we set up a corner our basement and have an art studio at home?'"



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21 Announcements

ABC LICENSE

Green Paradise, LLC trading as New Grand Mart, 6326 Arlington Blvd, Falls Church, VA 22044.

The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine off Premises license to sell or manufacture alcoholic beverages. Lydia Lee, Director

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

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Northern Virginia Deli and Restaurant Corp. trading as Deli Italiano, 9911 Georgetown Pike, Great Falls, VA 22066. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises/Delivery Permit license to sell or manufacture alcoholic beverages. Yasser Baslios, Member

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

21 Announcements

ABC LICENSE

V@P of Pentagon Row, LLC trading as Thaiphon, 1301 S. Joyce St, #D4, Arlington, VA 22202.

The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises, Mixed Beverages on Premises license to sell or manufacture alcoholic beverages. Vinai Kulnarong, Managing Member of V@P of Pentagon Row, LLC NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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21 Announcements

21 Announcements

OBITUARY

Robert Ray, III passed away February 6th, 2013 at 90 years of age. A funeral service will be held September 30th, 2013 at 2:45 PM at the Old Post Chapel on Ft. Myer, followed by burial at Arlington National Cemetery.

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A Study in Contrasts



By KENNETH B. LOURIE

The decision for yours truly to participate in a Phase 1 Study at N.I.H. or Johns Hopkins (depending upon availability and qualifications) discussed in last week's column has been put on hold, temporarily. It seems that my oncologist was thinking about me over the holiday weekend and called me on Wednesday following Labor Day to say he had a diagnostic idea concerning me: a 24-hour urine collection (a "Creatinine Clearance Study") which would provide a more accurate reading (than the regular lab work I have; from blood) of my kidney function. Although the logistics haven't been worked out - insofar as exactly how I get a sample to their lab - "the idea" as my father used to say, "has merit," so I happily agreed in principle and awaited a phone call from my oncology nurse to explain the dos and don'ts.

Apparently, there is yet one more chemotherapy drug - of recent vintage, and design, that my oncologist would like to try. He hasn't suggested its infusion previously, because like many drugs, it is filtered through the kidneys; and after four-and-a-half years of varying types of chemo/targeted therapy, (I.V. and oral) the damage to my kidneys - particularly as evidenced by my elevated creatinine level and below-average "glomerular filtration rate" (45 when 60 is normal) is and always has been cause for concern and caution. Collateral damage as I call it, is still damage, and renal failure/kidney dialysis is all it's cracked up to be: not good, so diagnosis-to-date, we've avoided the risk. I've always agreed that since trouble has already found me, I'm hesitant to look for it. Perhaps there will yet be a reward for our prudence and patience.

Per the over-the-phone instructions I eventually received, I submitted my 24-hour sample on Monday morning. At 10:11 that evening, my oncologist e-mailed my test results. Although the colors were not flying, the test results were nonetheless improved, sufficiently so that we are indeed going ahead with I.V. chemotherapy once again. Therefore, for the immediate future, anyway, N.I.H. and Johns Hopkins are "back-burnered." Alimta, the I.V. chemotherapy drug which I will be infusing, is my new best friend. A drug designed specifically for the treatment of patients with non-small cell lung cancer (me); every three weeks living forward, I will be infused at the Infusion Center. The entire process will take about two hours, I was told. "Two hours" I can do in my sleep, which sometimes is exactly what I do (the Barcaloungers are extremely comfortable and the warm blankets are super cozy). So here we go, again. Nevertheless, it feels right.

If I had been accepted into a Study, my treatment would have been experimental and as much - if not more, about the next person. As it was explained to me by my oncologist, I would have been sort of a guinea pig, being injected with an experimental, non-FDA-approved medicine that previously had showed some promise when treating mice. I have no problem with this process and understand that such pursuits occasionally provide miraculous outcomes, and I'm certainly open to reconsidering should the opportunity present itself. However, going from a definite maybe at N.I.H. to an FDA-approved for the treatment of non-small cell lung cancer drug seems like a no-brainer, even for me. Granted, I'm still a long way from anywhere, but it feels good to be back in the game, rather than being on the sidelines, sort of (with all due respect to N.I.H. and Johns Hopkins).

My future is now and thanks to this most recent diagnostic test, my treatment with Alimta can also be now; Friday the 20th, actually.

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

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