Attington Connection

Wolfgang and Carla Büchler, owners of Heidelberg Pastry Shoppe, held an open house on Saturday, March 15, to celebrate their 40th anniversary in Arlington.

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HENRICH HARTEN SHO HEIGHER HARTEN SHO HEIGHER HARTEN SHO Shoppe at 40 News. Pace 3 Change in

Photo by Shirley L Ruhe/The Connection

Change in Courthouse Skyline News, Page 3

Wakefield Boys' Soccer Faces Tough Early-Season Schedule SPORTS, PAGE 8 Choosing a Summer Camp A+, PAGE 9



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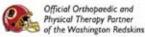




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News Change in Courthouse Skyline

County Board approves complex despite concerns about vacancies.

> By Vernon Miles The Connection

new 12-story office building at 2025 Clarendon Boulevard will change the face of Arlington's Courthouse neighborhood. At its March 14 meeting, the County Board unanimously approved the

"We're not getting the General **Services** Administration tenants we had in the past that take up whole buildings and complexes." — County Manager **Barbara Donnellan**

concerns about the design and use of the building. Peter Schulz, from the Department of Projects and Planning, compared the new structure to the Flatiron building in New York City as a wedge shaped design

in the heart of

Arlington's

redevelop-

ment despite

Courthouse metro area. Schulz said the building's design fits the county's ambitions to alter the local skyline with buildings that taper the density and height up towards the metro complex. The new building will occupy 195,870 square feet, including 6,960 square feet of ground floor retail. The design also in-



Rendering of the new designs for 2025 Clarendon Boulevard.

cludes 244 parking spaces in an underground garage.

The site is currently occupied by a Wendy's and Wells Fargo. As a condition of buying the property, the property's developer, Carr Properties, a large portion of the first floor retail space was taken up by the new Wells Fargo location.

In a Sept. 2014 report, staff said the 3,375-square-foot Wells Fargo Bank branch on the ground floor of the new structure was "inappropriate" for the location. In response, Carr added a fourth 995-square-foot retail area to the Clarendon Boulevard side of the building, with the aim of using the space as a coffee or sandwich shop.

"Planning principles have to accommodate where the market is," said Erik Gutshall, a member of the Arlington Planning Commission. "Normally we would not want to see a bank use on a prime retail spot, but I think the [Site Plan Review Committee] recognized that this is something that needed to be accommodated to make all of the other successful parts of this project work out. We did work to find ways to mitigate that use."

Some on the County Board raised concerns regarding the rest of the space being used as offices, particularly with a 20.5 percent office vacancy rate throughout Arlington, with numbers as high as 28.7 percent in Rosslyn.

"We have record high office vacancies across the county right now," asked County Board Member John Vihstadt. "Why do you believe your building is a breed apart? How are you going to surmount the current and near term office vacancy dynamics in Arlington?"

According to county staff, the new office spaces in the building are smaller than traditional office spaces and are more reflective of a new type of development in Arlington.

"The people we're recruiting to come here as tenants are downsizing and want more flexible space," said County Manager Barbara Donnellan. "The 10,000-square-foot 30,000-square-foot tenant is who we're trying to attract and keep here. We're not getting the General Services Administration tenants we had in the past that take up whole buildings and complexes."

Gutshall commented that the Planning Commission was excited to see developers continuing to build new office development in Arlington, despite the vacancy rate.

The discussion in the County Board meeting also took the unlikely turn towards a discussion on the nature of art. The development currently plans to build a mural based on a picture of local historic figure Crandal Mackey on one of the building's blank walls. Mackey was an Arlington Commonwealth Attorney who, in 1905, led a series of raids against brothels and bars throughout Rosslyn to tone down the area's nightlife, an event that neighborhood's nightlife has never fully recovered from. A park in the county was named after Mackey, but a new Central Place development will replace that park. So with a blank space on a property once owned by Mackey, the developer included the mural as a tribute to the prosecutor.

While the design was approved by the Arlington Historic Affairs and Landmark Review Board, Jon Hensley from Arlington's Public Art Committee took objection to art being added to a public space without any input from Arlington's artistic community.

"We don't believe that public art should be used in this manner, without artists and preordained," said Hensley. "We prefer that the public art contribution go through the standard process. The idea of this was presented at the December meeting and it was presented as potentially public art, and was presented as potentially public art at the Planning Commission." Carr has said the project's development schedule is to be determined, while no current plans are set for the removal of the Wendys and current Wells Fargo bank from the site. After approval of the project by the County Board, Carr has three years to begin development.

Heidelberg Pastry Shoppe Celebrates 40th Anniversary

Cars line the street for blocks for free cake at the German bakery.

> By Shirley Ruhe The Connection

he large paddle cuts through the dough in the large aluminum bowl. "This is enough for about 100 carrot cakes," said Wolfgang Büchler. Büchler www.ConnectionNewspapers.com

and his wife Carla own the Heidelberg Pastry Shoppe on Lee Highway in Arlington. Büchler's day begins in the dark at 1:30 a.m. when he arrives at the bakery to get the donuts and Danish underway for the day. "I like working when it is nice and quiet." Next to him is another bowl with enough ingredients to make a couple of thousand shortbread cookies. He says all of their flour is ordered from Germany. "Watch out," he said over his shoulder to Saran Chuong who is flipping over the German jelly-filled berliners in the hot oil.

Büchler points to Thomas Fend nearby who is making loaves of bread. "We produce about 110 loaves a day including 20



Wolfgang Büchler, chef and owner of Heidelberg Pastry Shoppe, arrives at work in the dark about 1:30 a.m. so he can get the donuts and pastries started for the early morning customers.

kinds of bread," Büchler said with his heavy German accent. "Bread is the most difficult challenge of anything we make in the bakery. Yah," he said. "Humidity can change everything and one minute in mixing time can make a difference in how the bread turns out. This bread is for tomorrow. It will sit, then we put it in the fridge to proof 15-20 hours."

In the back of the bakery, a nephew, Nathan Smith, monitors small donuts automatically dropping into the vat of special melted shortening to fry before the machine arm flips them over. Cinnamon-sugar is added. "We used to do this by hand," he

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OPINION On Police Information and Secrecy

Time for change in public access to police information.

County Ad Hoc Police Practices Review Commission will take place next Monday, March 23, and

it comes with hope for real change. Police could take one step that would signal that they are serious about regaining public trust.

Police departments in Northern Virginia should let go of their relentless pursuit of secrecy. Police departments all over the country routinely allow access to police reports, incident reports, dashboard video and many other sources of information without harm, all things that police here refuse to allow the public to see.

The first paragraph of Virginia Freedom of Information Act, passed by the General Assembly in 1968, states that all public records "shall be presumed open." But the legislation includes an exception that allows police to withhold "complaints, memoranda, correspondence, case files or reports, witness statements and evidence."

Police officials in Fairfax (and also in Arlington and Alexandria) have adopted what they

he first meeting of the Fairfax call a "blanket" approach to using their exemption. That means they have decided to withhold any document they can without any analysis of whether they should, whether the case is open or closed, whether they are about a "police-involved shooting" or informa-

tion requested by a family about a ho-Editorial micide victim.

It is only because of legal action by

the family of John Geer, shot dead by a Fairfax County police officer in the doorway to his own home in August 2013, and the resulting court order that we know details of what happened that day. And what we now know confirms that the information released by police was incomplete and misleading at best.

We've learned that we cannot trust the leadership at the Fairfax County Police Department to tell the truth voluntarily on these matters. (See Editorial: "Not the First or Only Time," Connection, Feb. 11, 2015.)

Repeating what we have said in this space many times: Police wield power unlike any other entity - the power to detain and question, the power to arrest, the power to respond with force when necessary, sometimes deadly

Family Matters Prevent colon cancer for self and loved ones.

By Megan Beyer

t may never feel like a "good time" to have a colonoscopy. You might have already used the excuse that the preparation day before a colonoscopy is unpleasant and cuts into your busy schedule — and then you put it off another year. But momentary discomfort or inconvenience is a small price to pay for saving your life.

Colorectal cancer is the second leading cause of death from cancer in the United States. Only 40 percent of colorectal cancer cases are found in the early stages when it is most treatable. Consider the implications of not getting screened, or of a family member putting off screening until it is too late. If you are over 50 years old and of average risk, you should get screened for colorectal cancer. Those at higher risk may need to be screened earlier. And colorectal cancer, long thought of as a disease of older adults, has been rising in young adults - which makes it especially important for people of all ages to be aware of risk factors like tobacco use, obesity and heavy drinking, as well as family history.

Bulletin Board

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

FRIDAY-MONDAY/MARCH 13-23

Marine Corps Marathon Lottery. For 10 days, starting March 13 at noon, the Marine Corps Marathon will conduct a registration lottery for their 40th anniversary event on Sunday, Oct. 25. Registration is \$125. Visit marinemarathon.com.

WEDNESDAY/MARCH 18

An Introduction to Hospice and Palliative

March is National Colorectal Cancer Awareness Month. There is no need to be uncomfortable talking about colorectal cancer. Make colonoscopy, there are a variety of other screenthis a conversation topic in your fam-

ily and encourage them to speak with their health care professionals about getting screened. Nearly everyone

has lost a loved one to cancer, and colorectal cancer is a disease that takes too many lives each year. This year an estimated 132,700 people will be diagnosed with colorectal cancer. Worse, nearly 50,000 people will die from it. In 2014 about 136,830 people are predicted to be diagnosed with colorectal cancer in the United States, and about 50,310 people are predicted to die of the disease. Don't become a statistic. Start taking preventive steps today.

Determine your family history of cancer and talk with your health care professional about colorectal cancer screening options. Experts recommend both men and women over 50 of average risk get screened. A colonoscopy allows medical professionals to examine the entire colon and remove any polyps (pre-cancerous growths) before they ever become cancerous. When colon cancer is found early, it is

Care. 7 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St., Arlington. Get an overview of hospice and palliative care, and dispel myths and misconceptions surrounding this specialized care. The cost of care will be addressed. Presented by Dan Cronin, Senior CARE Representative of Capital Caring Hospice. Call 703-

Tech Class: Introduction to Twitter. 7-8:30 p.m. at Central Library Computer Lab, 1015 North Ouincy St., Arlington, Learn how to post, reply to messages, follow other Twitter users, use hashtags, add photos and videos and customize your Twitter page. A personal email account is required. Free. Call 703-228-5959.

force.

COMMENTARY

With that power, comes responsibility - the responsibility to operate openly and with transparency, the responsibility to make available the greatest possible amount of information,

especially the responsibility to provide the public with a full picture of what happened when something goes wrong.

Most Northern Virginia residents think very highly of their police. We are very safe here. People understand that sometimes mistakes happen, that sometimes force is needed, and that sometimes police will exercise deadly force. What they are unlikely to accept is secrecy that shrouds mistakes, and failure to take responsibility for explaining events of deadly force.

It's clear that discretion about when to withhold information cannot be left up to the police department.

—Mary Kimm, Editor and Publisher

MKIMM@CONNECTIONNEWSPAPERS.COM Mary Kimm is a member of the Ad Hoc Police Practices Review Commission; news coverage of police issues will continue to be the responsibility of reporters at the

more treatable, and the five-year survival rate is 90 percent. If you cannot or will not have a

ings available, such as a virtual colonoscopy, flexible sigmoidoscopy or double-contrast barium enema. Talk to your health professional

about what is best for you. Some people need to start screening earlier

because they are at a higher risk of colon cancer — they have personal histories of colorectal cancer, pre-cancerous polyps or inflammatory bowel disease; family histories of colorectal cancer, polyps or a hereditary colorectal cancer syndrome; or have Type 2 diabetes. Colorectal cancer incidence and mortality rates are highest in African-American men and women; incidence is about 25 percent higher and mortality rates are about 50 percent higher than those in Caucasians.

Healthy living is a vital step to cancer prevention and can lower risk for colorectal cancer. Maintain a healthy weight and stay active by exercising regularly for 30 minutes at least five times a week. Eat a nutritious diet low in red and processed meats (such as bacon or sausage) and full of fruits, vegetables and whole grains. Do not smoke and only drink alcohol in moderation. Use these tips to live a healthier life today, and share this information with family and friends. Colorectal cancer is treatable, especially if caught early. Talk with your family and loved ones about ways to reduce their colorectal cancer risk. Visit www.preventcancer.org for more information about cancer prevention and early detection.

Megan Beyer is the wife of U.S. Donald S. Beyer Jr. (D-8) and is a member of Congressional Families Cancer Prevention Program of the Prevent Cancer Foundation. All statistics are provided by the American Cancer Society.

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News

Wave of Retirements Hits Arlington

rlington County faced three major retirements over the past week. On Friday, March 13, Arlington County Manager Barbara Donnellan announced that she would be retiring, effective June 30. Then, on Monday, March 16, Arlington Department of Human Services Director Susanne Eisner announced that she would be stepping down from her position effective by the end of May. Also on Monday, Del. Rob Krupicka, who represents the 45th district, announced that he would not run for re-election.

Donnellan began as a budget analyst in Arlington in 1983. In a letter to county staff,

"Flourishing After 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for March 30 - April 3.

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown, 2121 N. Culpeper St.; Culpepper Garden, 4435 N. Pershing Dr.; Walter Reed, 2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St.

Senior trips: Monday, March 30, National Geographic Museum, D.C., \$16; Tuesday, March 31, National Harbor, Tanger Outlets, Md., \$7; Thursday, April 2, National Museum of Women in the Arts, \$16; Friday, April 3, Odyssey Cruise and lunch, \$84. Call

Arlington County 55+ Travel, 703-228-4748. Registration required.

Art history class, Monday, March 30, 1:30 p.m., Lee. Free. Register, 703-228-0555

Strength training classes at TJ, Mondays, 9 a.m., \$60/15 sessions or \$4 drop in. Details, 703-228-5920.

Donnellan did not specify the reason for her retirement beyond a desire to "start a new chapter in my life."

Eisner has worked in the Department of Human Services since 1984 and became director of the organization in 2005.

Krupicka was elected to office in 2012 following the resignation of Del. David Englin. In a letter to his constituents, Krupicka said he was unable to continue his commitments to both his family and his business while holding office. In January, Krupicka opened a branch of the Richmondbased Sugar Shack Donuts in Alexandria. – Vernon Miles

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

Ice skating, Mondays, 8:10 a.m. - 9:20 a.m., Kettler Capitals Iceplex, Ballston Mall; \$1. Register, 703-228-4745.

Demo Edison Amberola phonograph, Tuesday, March 31, Lee. Free. Register, 703-228 0555.

Orthopedic ailments, Tuesday, March 31, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

How to declutter, Tuesday, March 31, 10:15 a.m., Walter Reed. Free. Register, 703-228-0955. Beginners full fitness exercise, Tuesdays,

10 a.m., Lee. \$60/15 sessions or \$4 per class. Details, 703-228-0555 Arlington Mill Trekkers, Tuesdays, 9:30 a.m.

Free. Register, 703-228-7369. Table tennis, Tuesdays, 10 a.m., -12 p.m., Walter Reed. Free. Register, 703-228-0955.



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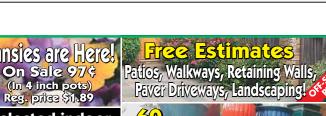
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Family Matters

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ENTERTAINMENT

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

ONGOING

"Kid Victory." Through March 22, 7:30 p.m. at Signature Theatre, 4200 Campbell Ave. From John Kander and Greg Pierce comes a new musical about coming home and breaking out. Buy tickets online, at the Box Office or by calling 703-820 9771 Visit www.signature-theatre.org for more

"Much Ado About Nothing." Through March 22, 8 p.m. Wednesday-Saturday; Sunday, 2 p.m. at Synetic Theater, 1800 S. Bell St., Crystal City, Arlington. Directed by Paata Tsikurishvili and choreographed by Irina Tsikurishvili, this is one of Shakespeare's best-loved comedies, set in 1950's Las Vegas. \$35 and up. Student tickets start at \$20. Senior citizens and military receive \$5 off. Group discounts are available. Tickets available at synetictheater.org or by calling 866-811-4111.

- Linda Lowery Exhibit. Through March 28, 5-8 p.m. at Gallery Underground, 2100 Crystal Drive, Suite 2120-A. Artist Linda Lowery has been painting crying babies in a unique, loose style for several years, resulting in her solo art exhibition "Screaming Babies." Visit www.galleryunderground.org
- Family and Teen Skate Nights. Through March 28 at The Thomas Jefferson Community Center, 300 N. Park Drive. The evenings start with Family Skating from 6:30-9 p.m. and close with Teen Nights from 9-10:45 p.m., for middle and high school students. \$2 per person/\$3 skate rental. Visit parks.arlingtonva.us/ kids-events/roller-skating-nightsskate-parties-thomas-jefferson for more
- "The Founding Sisters." Through March 29, 1-4 p.m. at the Arlington Historical Museum, 1805 South Arlington Ridge Road, until March 29, 2015. 2015 marks Marymount University's 65th anniversary in Arlington. The Arlington Historical Museum at the Hume School is opening several mini-exhibits during the winter to honor Arlington's home university. Marymount students curated the exhibits. The winning exhibit is on the Catholic Order, the Religious of the Sacred Heart of Mary, which founded Marymount in 1950. Designed by Emma Enkhsaikhan, Dalia Faris, Amy Lawton and Apasrin Suvanasai, "The Founding Sisters" exhibit features information about the founders as well as photos and artifacts from Marymount's early years. Visit www.arlingtonhistoricalsociety.org.
- Photo Exhibition. Through April 6. 10 a.m.-9 pm; Tuesday and Wednesday, 1-9 p.m.; Friday and Saturday, 10 a.m.-5 p.m. at Cherrydale Branch Library, 2190 Military Road, Arlington. "The Roof of the World: Photos of Nepal by Kenneth Chadwick." Free. Call 703-228-6330.
- "Soon." Through April 26 at Signature Theatre, 4200 Campbell Ave. A twenty-something mourns the hottest summer in human history from her couch in this Nick Blaemire musical. Tickets start at \$48. Visit www.signature-theatre.org/shows/ soon for tickets.

Crystal City 5K. Fridays in April, 6:30 p.m. at 2121 Crystal Drive. Crystal City hosts this after-work race. Runners will receive deals from participating establishments. Each of

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the four races is \$20, or run all four for \$60. Visit www.runpacers.com/ race/crystal-run-5k-fridays/. LGBT & Straight Friends Social.

- Tuesdays. Happy Hour, 3 p.m.-7 p.m.; Mikey's "Bar A" Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. IOTA Club & Cafe has designated every Tuesday LGBT & Straight Friends Social Night for those 21 years and older. Free. Visit www.iotaclubandcafe.com for more information.
- Open Mic Comedy. Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or visit www.RiRa.com/Arlington for more.
- Invasive Plants Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit registration.arlingtonva.us. Free, no
- registration required. Poetry Series. 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit www.iotaclubandcafe.com or call
- 703-522-8340. **Open Mic Nite.** 8 p.m.-12:30 a.m. every Wednesday at IOTA Club &
 - Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Featured musicians 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 first place. Free. Visit www.whitlows.com or call 703-276-9693.
- Storytime. Mondays and Fridays, 10:30-11:00 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.
- **Lego Club.** Monthly on the first Wednesday. 4-5 p.m. Glencarlyn Branch Library, 300 South Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-
- 6548 for more. **Family Nights.** 7-9 p.m. on the first Friday of the month at Arlington Mill Community Center. E-mail DPR-YouthandFamily@arlingtonva.us. or call Emily Thrasher at 703-228-4773 for more.

CAMPS, 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 for a list of classes.
- Synetic Theater. Synetic Studio, 2155 Crystal City Plaza Arcade T-19, Arlington. Synetic offers an introduction to physical theater, acting and dance that inspire students to creativity. Classes include programs for elementary, middle and high school students, as well as adults. Discounted packages and



From left, Marymount University student Apasrin Suvanasai, Dr. Mark Benbow and student Emma Enkhsaikhan stand in front of the exhibit, "The Founding Sisters." The display is open to the public through the end of March at the Arlington Historical Society's museum, 1805 South Arlington Ridge Road.

'The Founding Sisters'

Apasrin Suvanasai didn't know much about the early days of Marymount University until she took a course in public history. That's when she and three other students created an exhibit about their school's founding sisters, the Religious of the Sacred Heart of Mary, as part of a class project to celebrate Marymount's 65th anniversary.

Suvanasai marveled at how Marymount, founded in 1950 with 13 students, has grown from a two-year college for women into a coeducational university serving approximately 3,600 undergraduate and graduate students. The public can learn about the school's origins from "The Founding Sisters," an exhibit designed and curated by Suvanasai, Emma Enkhsaikhan, Dalia Faris and Amy Lawton, on display through the end of March at the Arlington Historical Museum, 1805 South Arlington Ridge Road. The museum is open from 1-4 p.m. on Saturdays and Sundays. One of three planned exhibits that shows how integral Marymount has been to the Arlington community, it features

payment plans are available. Visit www.synetictheater.org/studio or call 703-824-8060.

- Teen Camp Summer Intensive. June 22-July 1, 9 a.m., at the Synetic Studio. Eight days of actor training and new play development led by Synetic teaching artists and DC theatre professionals, culminating in the production of Star Force, a physical musical theatre parody of everyone's favorite intergalactic space odyssey. Reigster at
- www.synetictheater.org. Youth and Teen Winter Fitness Programs. Winter speed and explosion workshops at Swanson Middle School will focus on mental preparation, speed, explosion, agility, fitness and conditioning training. Teens ages 13-19 can take advantage of programs focused on baseball and softball. Ages 9-13 will enjoy a more generalized program. The key objective ofworkshops is to ensure that every athlete is challenged in an intense and fun atmosphere that will enable them to learn and maximize their performance and to achieve peak condition. For full time and session dates or to register visit http://
- www.registration.arlingtonva.us and use activity code 720515.

WEDNESDAYS IN MARCH

Spark Speed. 6-9 p.m. at 2345 Crystal Drive Parking Garage - G4 Level. Register today for the Wednesday

Night Spins in March and the Phoenix Derby in May. These events are great for experienced athletes, beginners and for those looking to do something fun and active. Register at www.bikereg.com/crystalcitywednesday-night-sprint.

WEDNESDAY/MARCH 18

information on the founders, photos and artifacts. Visit www.arlingtonhistoricalsociety.org.

Cocktails and Clay. 6:30-8:30 p.m. at Studio296 2100 Crystal Drive. Studio296 presents an adults-only ceramics workshop over drinks included in ticket-price. \$25 per person or free for Military, veterans and spouses. Register at: www.studio296.org

THURSDAY/MARCH 19

Ikebana for Beginners. 11 a.m. at Little Falls Presbyterian Church's Friendship Hall, 6025 Little Falls Road, Arlington. Sheila Advani instructs new learners in the Sogetsu School of Ikebana and free style floral arrangement. Free, open to the public. An optional lunch follows for \$5. Sponsored by the Rock Spring Garden Club. Make reservations at 703 532-1959 or rockspringgardenclub@gmail.com. Visit www.rockspringgardenclub.com for more.

FRIDAY/MARCH 20

"Blue Viola." 8 p.m. at Artisphere, 1101 Wilson Blvd. Urban Arias

presents an opera that tells the true story of a junk dealer who steals a priceless viola from a prominent orchestra musician, only to discover that the instrument is a fake. General Admission is \$28, \$26 for Seniors/ Students/Military. Visit www.artisphere.com.

THURSDAY-SATURDAY/MARCH 19-21 Murder on Prom Night and A Tale

of Two Zip Codes. Thursdays and Fridays, 7:30 p.m.; 2:30, Saturdays, at Gunston Theatre One, 2700 S Lang St., Arlington. ArtStream's Arlington Inclusive Theatre Company, is an acting company designed for adults with intellectual disabilities. ArtStream performances challenge their audiences to look beyond the disability. Step into a high school where everyone is a suspect in "Murder on Prom Night," and then swap 4-G coverage for some good country living in "A Tale of Two Zip Codes." Two original, inclusive musicals, Call 301-565-4567 or visit www.art-stream.org for more.

SATURDAY/MARCH 21

Kids Create! 10 a.m.-12 p.m. at Studio296 2100 Crystal Drive. Children ages 3-10 can participate in instructor-directed patriotic-themed art project. Proceeds will benefit nonprofit veteran service organization 296 project. \$20 per student, free for military dependents.

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ENTERTAINMENT

Register at www.studio296.org.

- 6th Annual Move Me Festival. 1-5 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road, Arlington. Move Me is a family-friendly celebration of the arts and culture, promoting healthy lifestyles through movement and the arts, and featuring performances and artistic activities by local arts partners. Free. Visit www.bmdc.org for more. Author Event. 2 p.m. at One More
- Page Books, 2200 North Westmoreland St., Arlington. Children's author and Northern Virginia resident Moira Rose Donohue chats about "Kangaroo to the Rescue!" her latest book in the National Geographic chapter book series on animal heroes. Visit www.onemorepagebooks.com or call
- 703-300-9746. "Blue Viola." 8 p.m. at Artisphere, 1101 Wilson Blvd. Urban Arias presents an opera that tells the true story of a junk dealer who steals a priceless viola from a prominent orchestra musician, only to discover that the instrument is a fake. General Admission is \$28, \$26 for Seniors/ Students/Military. Visit www.artisphere.com.

SATURDAY-SUNDAY/MARCH 21-22

Tossed and Found, 9 a.m.-4 p.m., and Sunday 9 a.m.-3 p.m. at 251 18th St. S, Arlington. The Junior League of Washington's Tossed and Found is an annual weekend sale that provides many families in the community with quality, gently-used household goods at bargain prices. Visit www.crystalcity.org or www.jlw.org.

SUNDAY/MARCH 22

- Sci-Fi Author Panel. 1:30 p.m. at David M. Brown Planetarium, 1426 N. Quincy Street. Four science fiction and fantasy writers will discuss the use of science in their work. Catherine Asaro, Tom Doyle, Ed Lerner and Alan Smale will participate in a panel moderated by Tom Schaad, host of "Fast Forward." Tickets are \$4.07 for children, \$6.12 for members and seniors, and \$8.17 for adult non-members. www.friendsoftheplanetarium.org/
- event/86/. Author Event. 2 p.m. at One More Page Books, 2200 North Westmoreland St., Arlington. Miriam Polli discusses and signs her debut novel, "In a Vertigo of Silence," a multigenerational novel about a line of women whose lives are wrapped in a long-held secret. Visit www.onemorepagebooks.com or call 703-300-9746.
- "Blue Viola." 2 p.m. at Artisphere, 1101 Wilson Blvd. Urban Arias presents an opera that tells the true

story of a junk dealer who steals a priceless viola from a prominent orchestra musician, only to discover that the instrument is a fake. General admission is \$28, \$26 for Seniors/ Students/Military. Visit www.artisphere.com.

TUESDAY-FRIDAY/MARCH 24-27

Citrus Sale. Open Tues 10 a.m.-8 p.m.; Wed 9 a.m.-4 p.m.; Thurs 8 a.m.-8 p.m.; Fri 9 a.m.-5 p.m. at Overlee Pool — Main Pump House, 6030 Lee Hwy. The Lions of Arlington will be selling Florida Citrus, Georgia Pecans and Vermont Maple Syrup to support their community service projects. See www.arlingtonhostlions.org.

WEDNESDAY/MARCH 25

Frozen Stories and Snowball Games. 3:30 p.m. at Kinder Haus Toys, 1220 N. Fillmore St. Kinder Haus' first Frozen event was a hit, and they are having another. Ms. Laura will read stories and Ms. Dana will lead the games. Ms. Jen will help too. For ages 3 years and up. Sign up at the desk or call 703-527-5929.

THURSDAY-SATURDAY/MARCH 26-28

Murder on Prom Night and A Tale of Two Zip Codes. Thursdays and Fridays, 7:30 p.m.; 2:30, Saturdays, at Gunston Theatre One, 2700 S Lang St., Arlington. ArtStream's Arlington Inclusive Theatre Company, is an acting company designed for adults with intellectual disabilities. ArtStream performances challenge their audiences to look beyond the disability. Step into a high school where everyone is a suspect in "Murder on Prom Night," and then swap 4-G coverage for some good country living in "A Tale of Two Zip Codes." Two original, inclusive musicals. Call 301-565-4567 or visit www.art-stream.org for more.

FRIDAY/MARCH 27

"Blue Viola." 8 p.m. at Artisphere, 1101 Wilson Blvd. Urban Arias presents an opera that tells the true story of a junk dealer who steals a priceless viola from a prominent orchestra musician, only to discover that the instrument is a fake. General Admission is \$28, \$26 for Seniors/ Students/Military. Visit www.artisphere.com

SATURDAY/MARCH 28

Play United Youth Clinic. 12-2 p.m. Long Bridge Park, 475 Long Bridge Dr. This local sports development will feature soccer-based activities. Participants will also learn and receive positive reinforcement for

healthy decisions and exercise by professional coaches from Excite Soccer. Visit www.playunited.org or contact

- play.united.soccer@gmail.com. Gallery Talk. 1-4 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Artists Samantha Rausch, L.E. Doughtie, Phaan Howng, Nicole Salimbene, Roberto Lugo, Annie Wilson, Jacob Rivkin and Olivier Jiron will discuss their work as curated in the "Wrapped & Wrought" and "No Place, No You or Me" exhibits. Visit www.arlingtonarts center.org/instigate.activate.
- "Blue Viola." 8 p.m. at Artisphere, 1101 Wilson Blvd. Urban Arias presents an opera that tells the true story of a junk dealer who steals a priceless viola from a prominent orchestra musician, only to discover that the instrument is a fake. General admission is \$28, \$26 for Seniors/ Students/Military. Visit www.artisphere.com.

SUNDAY/MARCH 29

"Blue Viola." 2 p.m. at Artisphere, 1101 Wilson Blvd. Urban Arias presents an opera that tells the true story of a junk dealer who steals a priceless viola from a prominent orchestra musician, only to discover that the instrument is a fake. General admission is \$28, \$26 for Seniors/ Students/Military. Visit www.artisphere.com.

MONDAY/MARCH 30

- Laughter Yoga. 6:30-7:30 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St., Arlington. Use breathing, clapping and movement exercises to relax and boost creativity. Session ends with silent meditation. Free. arlingtonlaughteryoga@yahoo.com
- Meet the Speaker. 3-4:30 p.m. at Arlington Central Library, 1015 Quincy St. Jean S. Moore, retired lawyer and Encore Learning member, will present a lecture on the life of Rembrandt Harmenszoon Van Rijn, and specifically on his most famous painting, "The Night Watch." Call Encore Learning at 703-228-2144.

THURSDAY/APRIL 2

Artist Workshop. 6:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Artist Mariah Anne Johnson will reveal her art-making process of folding, twisting and knotting fabric. Free. www.arlingtonartscenter.org. Artist Talk. 8 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Resident artist Dawn Whitmore will discuss the relationship between women and contemporary American gun culture as dealt with in her art.



NEIGHBORHOOD CONCERNS SEMINAR Get Help with Neighborhood Problems

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> Saturday, March 21, 8:30 a.m. to 1 p.m. Luther Jackson Middle School 3020 Gallows Road, Falls Church



For more information or ADA accommodations, call the Department of Code Compliance, 703-324-1300, TTY 711.





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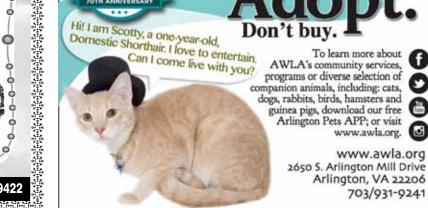
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"Every time a pet is purchased from a pet shop or breeder, a shelter animal is deprived of a home."



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Sports

Wakefield Boys' Soccer Faces Tough Early-Season Schedule

Warriors blanked by Langley in season opener.

By Jon Roetman The Connection

he first two weeks of the season figure to test the mental and physical toughness of the Wakefield boys' soccer team. For various reasons, multiple talented athletes that Wakefield coaches figured to have on the field are unable to play. Along with a depleted roster, the Warriors scheduled four quality programs to start the year: perennial power Langley; 2014 6A North region semifinalist West Potomac; defending 5A state champion Broad Run; and 2014 6A state runner-up Washington-Lee.

"We scheduled murder's row for these first four games," Wakefield assistant coach Nick Chauvenet said.

The gauntlet started Monday, when Langley traveled to South Arlington. The Saxons took the lead when sophomore striker Jacob Labovitz scored in the 24th minute and Langley cruised to a 3-0 win.

"Reality is you've got to be able to play with a physicality," Chauvenet said, "and we can't right now."

Labovitz scored two goals for the Saxons, and sophomore Sam Golan added one.

"Coming in, we're very optimistic," said



Wakefield senior defender Alejandro Quinones, left, will play collegiate soccer at Drexel.

Langley head coach Bo Amato, whose team has hopes of competing for the 6A state championship. "... We're young, but we're good."

The Warriors, on the other hand, face a more challenging path while not at full strength. Wakefield reached the 5A Conference 13 championship game last season, but is missing key players this year. The War-



Jayson Carbajal-Hernandez and the Wakefield boys' soccer team face a tough early-season schedule.

riors are hoping for the return of senior midfielder Omar Al-Dulaimi, who suffered a concussion during wrestling season, and senior midfielder Jordi Carcamo Moya, who is academically ineligible.

While Wakefield hopes to return to full strength, senior midfielder John Fuquene and senior defender Alejandro Quinones are leading those who are able to play. Fuquene



Pedro Rojas Tapia and the Wakefield boys' soccer team lost to Langley 3-0 on Monday.

will play collegiate soccer at William & Mary, while Quinones will play at Drexel.

Next up for Wakefield is a road game against West Potomac at 7 p.m. on Friday, March 20. "I still feel confident we can have a very solid team this year," Chauvenet said. "... We just want to go further [than last year]. ... We want to win games in the regional [tournament]."

Neighborhood Bakery Satisfies Variety of Tastes

FROM PAGE 3 said. They are making these donuts to sell for 40 cents each at Heidelberg's special 40th anniversary celebration Saturday, March 15. Heidelberg Bakery started out in 1975 on the corner of Lee Heights shopping mall. In 1988 the Büchlers built their own bakery building on the corner of Lee Highway and N. Culpeper Street.

"Kids come in

anything with

— Carla Büchler,

Pastry Shoppe

co-owner, Heidelberg

and want

sprinkles."

Büchler recalls that the first week they were in the new location he slept only one hour the entire week. "I fell asleep on a chair in front of the oven and woke up to the sound of the oven alarm." He points to the current oven with rotating shelves that can hold 100 cakes at a time. Next to it is another oven that can hold 125 pies. "The rotation helps dis-

tribute the heat better. " Carla Büchler likes the pretzels hot out of the oven and Wolfgang Büchler wrinkles in concentration. "I like a lot of stuff."

He says at this time of the year they are busy making Easter cakes and breads such as hot cross buns, Easter bread, marzipan sunbathing bunnies and thou-

sands of pieces of chocolate. Carla Büchler says that they have seen things change over the last 40 years. For a while there were a lot of families with children who would come in on Sunday for donuts or "anything with sprinkles." The population aged, but now the large families are back again. The economy can be a factor but according to

Wolfgang Büchler, "it is up here, "he says pointing to his head. "You can sit around and talk about it, but that doesn't do any good. You need to figure out what to do about it." When people couldn't afford quarter sheet cakes anymore, they made 8inch cakes instead. And sometimes they have a game to entice people to have fun while they are there.

Wolgang Büchler is always thinking about what works and seeking to grow. "Over there is Alexander, our 33-yearold son who recently changed our coffee after a lot of experimenting." Many of his bakers have been with him for at least 15-20 years. "I train them all, every baker runs a a different system. He says he is disciplinarian and believes the customer means everything. "I tell my bakers, the customer doesn't care if you didn't get much sleep last night."

Wolfgang and Carla Büchler divide the duties with Wolfgang supervising the baking upstairs —juggling timing for the bread, heating the chocolate, baking pies, frying donuts while Carla handles the downstairs. "We don't try to 'mangle too much'." Carla Büchler says she has 20-25 workers including full-time and part-time. She pays the bills, orders for retail and the deli, serves customers and answers emails. "It is so different now with credit cards and all of those emails." Carla Büchler says that the popularity of the German bakery is partly because a lot of people used to be stationed in Germany in the military and had happy memories. Others have visited Germany. And of course there are the people of German heritage.

The bakery has been offering sandwiches since they moved to the current location. On Saturday mornings in good weather they offer sausages with the trimmings under a large umbrella stand outside the bakery. Carla Büchler says they have a German butcher in Baltimore who makes sausages and cold cuts. In about 1990 they added the "portrait cakes."

Wolfgang Büchler said, "Back then the machine cost about \$20,000 and had a big



Thomas Fend makes bread for the next day at the Heidelberg Pastry Shoppe. The bread will sit and then proof for 15 or more hours before baking.

arm that screeched for 10 minutes while transferring the picture to the cake. Now the pictures are in color and the process takes just a few minutes.

Wolfgang Büchler knew he wanted to be a chef since he was five years old. He just liked it. And besides in Germany you had a choice of being a farmer, a mechanic or a butcher but "I didn't like killing animals. And in the wintertime, it was nice and warm in the bakery."

Education Learning Fun

The Right Fit: Choosing a Summer Camp

How parents can ensure positive summer experiences for their children.

By Marilyn Campbell The Connection

hough the official start of spring is still days away and the frigidity of winter is still recent on the minds of many, Janelle Wright, a Potomac, Md., mother of two, has already mapped out the summer for her children.

Wright did research before signing up her 13-year-old daughter, Corrine, in an academic camp geared toward boosting her English composition skills, and enrolling her 12-year-old son, Teddy, in a camp for children whose needs fall just outside the norm.

Indeed, experts say social interactions, a chance to have fun and an opportunity to fill the time between family trips are just some of the benefits of summer camps. There are camps for every child,

no matter their needs.

"I spoke to the camp and shared with them up front that my son might need help socializing with other kids," said Wright. "He might need directions repeated to him. I did that so I could drive away in peace knowing that he'd be fine. It's different for my daughter because she doesn't have any challenges. I don't have to call the camp and talk to them like I do with my son."

WHETHER A CHILD is typical or falls slightly outside the norm, doing a bit of research and exercising forethought are good ideas when selecting summer programs. In fact, advanced planning and registration for summer camp is essential in the Washington, D.C., region, say educators.

"It's important to find an activity that kids already like to do. It's summer so kids should have fun," said Linda Gulyn, Ph.D., professor of psychology at Marymount University in Arlington.

"Choose a camp where they won't feel lonely. It helps to sign them up with a buddy, especially in late elementary and middle school so they'll have one or two people at camp they already know. That really does matter."

If choosing a specialty camp, summer might not be the time for embarking on a new activity, however.

"Summer camps may not be a time to have kids do something completely new," she said. "For example, if a child has never played golf, you might not want www.ConnectionNewspapers.com

to invest money in a golf camp if you aren't sure your child will enjoy it. A child needs to feel like this is not school where they are struggling to learn a new activity."

The most important thing is for parents to do their research.

"Interview the camp director, said Lois McCabe, head of school for The Diener School in Potomac. "What does the day look like? How structured or unstructured is it? It is good to have a mix of both."

"Parents should consider a camp that taps into their child's strengths, the size of the groupings during the day," said Susan J. Johnson, Ph. D., of Commonwealth Academy in Alexandria. "Consider the length of time for each activity."

Johnson advises that parents try coordinating their child's attention span with the camp's schedule. "Match camp schedule with body clock of the child," she said. "Schedule afternoon camp for children who naturally sleep late in the mornings, for example."

INFORM THE CAMP'S STAFF if a child has allergies, medical needs or phobias. For special needs children, Johnson says camp counselors and directors should be "aware of a child's specific learning disabilities, and trained in how to teach children with learning disabilities, present directions, teach multiple strategies for learning new skills and always incorporate hands-on learning activities."

Johnson suggests parents do a practice run to camp and visit the campus or building. "This will ease first day anxiety and give the camper self confidence that he or she knows his way around," she said. "Meet the counselors if possible."

There are also options if parents want their children to enjoy typical camp activities like swimming and arts and crafts combined with academics. For example, Wright chose an English program at St. Andrew's Episcopal School in Potomac for her daughter.

"[Our] summer programs encompass academics for credit or enrichment and the arts [including] visual, performing and culinary," said Monique McMillan-Jackson, director of summer programs. St. Andrews also offers sports and technology camps.

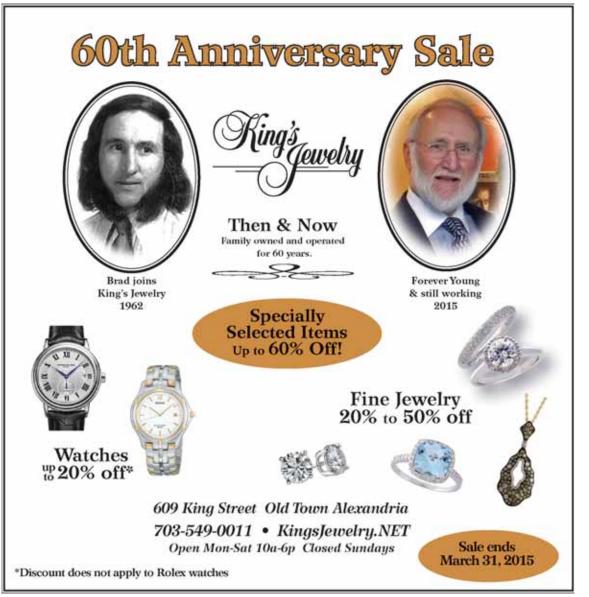
SOME DAY CAMPS are structured to allow parents to choose

the week their child will attend camp based on the camper's interests.

"We have a theme for every week that is packed with field trips and special events" said Fred Lowery, owner of Kiddie Country in Burke, which is running 11 weeks of camp this summer. "All of the camp activities are related to the theme. There are field trips to the Maryland Science Center, a Washington Mystics game, Reptiles Alive and Hershey Park. On site, we have everything from mad science to jugglers to swimming." Traditional camp experiences, like opportunities for socializing with peers, are still found in specialty camps.

"As [campers] learn to identify, measure and combine ingredients, they are also learning important life skills, working together as a team and ultimately creating a delicious meal," said Jennifer Bashaw, curriculum development coordinator at Tiny Chefs, Inc. "Children leave our camps with a greater confidence in their kitchen skills and personal creativity."





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It always does, and there always are;

especially if you have to work for a living and cancer is a part of that living. Granted, I'm extremely happy to be able to still make a living, cancer diagnosis notwithstanding, but a cancer diagnosis, particularly a "terminal" one, is hardly "notwithstanding." In fact, it is almost impossible to withstand. Oh sure, there are good days, and of course bad days, but mostly – for me, anyway, there is a daze in between. And that "between" is what's rocky about this hard place.

Since most things cost money, and money doesn't grow on trees (nor is it made from trees by the way); allocating it, when you have cancer, is complicated. Do I spend it now (whether I have it or not), as a means of reinforcing a positive but premature end? Or do I not spend it and plan for a longerthan-predicted life expectancy while depriving myself of the pleasure in the interim? Or do I rationalize the expenditure and reward myself for good behavior - so to speak, figuring that the high will be more beneficial than the low and create exactly the kind of energy my body needs to combat the cancer? Or do I minimize all of it and live my life as normally as possible? If only it were that simple.

"Normally as possible" left the building on February 27, 2009, the date I received my stage IV, non-small cell lung cancer diagnosis (my ground zero) with its "13-month to two-year prognosis." At that point, your brain stops functioning as it has for the entirety of your previous life (54½ years for me). Life, as you knew it, is sort of over; not done, but most assuredly, it will be different, and your perspective and emotional underpinnings will be changed forever – whether you expect them to be or not.

It doesn't mean, as an example, that you'll never laugh again or make selfeffacing jokes, but neither can you look at, or live, life as naively as you have. Living forward becomes way more complicated, and viewing it all, planning for it all, can only be considered through the prism of cancer. And though certainly I can boast of some success surviving six-plus years postdiagnosis, it really has been mind over matter. Even though cancer is constantly on my mind, I've tried not to let it matter. (Much easier written about than actually managed.)

Juggling emotions has been difficult enough, but managing money, allocating resources and planning a financial future while living a precarious present, is all it's cracked up to be. Yet, if I don't find a way to maintain my status quo/ balance emotionally, I may very well become a victim of my own circumstance. As much as I'd like to invoke Curly Howard (while looking in the mirror): "I'm too young to die, too handsome; well, too young, anyway" as an arbiter of reason, the reality is: cancer is the big dog and I'm just sitting here on the porch.

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

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