

The Arlington Connection

"Boxes here, cans over there." Boy Scout Troop 638 joins Cub Scout Packs 2473 and 637 early on Saturday morning, Nov. 14 in the parking lot of Little Falls Presbyterian Church. They are sorting food picked up earlier in the morning at homes in the N. Williamsburg Boulevard and Little Falls area as part of the national Scouting for Food project. From its inception in 1985, Scouting for Food has grown to become the Boy Scouts of America's largest single day food drive.

Scouting For Food

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Developing Story

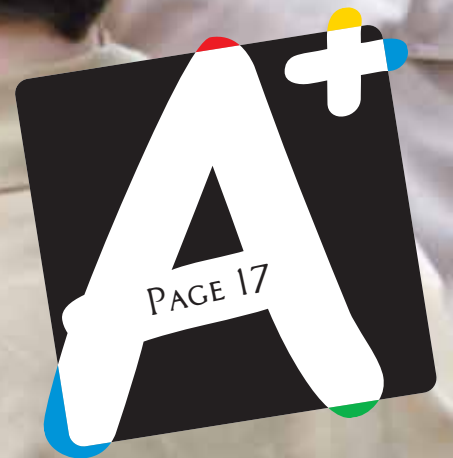
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PHOTO BY SHIRLEY RUHE/THE CONNECTION



— REAL STORIES FROM THE EXPRESS LANES —

"My daily commute to work used to take me over an hour. Now, it only takes me 20 minutes. Those extra minutes allow me to spend quality time with my children."

- Jennifer G.
Alexandria, VA

Thanks to the 495 Express Lanes, Jennifer says she can balance being the mother of five young children and working at her job in Tysons. Traveling from Alexandria to Tysons Corner used to take her over an hour, but now it only takes 20 minutes. With those extra 40 minutes, Jennifer is able to eat breakfast with her kids and spend more time with them in the morning. She even has time to take her older children to school before heading to work—and now she can pick them up on the way home, too.

See more real stories from the Lanes at ExpressLanes.com



Jennifer's story was one of our winning entries in our "Express Lanes Love Story" promotion.

Developing Story Arlington economic leaders discuss residential and commercial development — and millennials.

BY VERNON MILES
THE CONNECTION

Things may be starting to look up for Arlington. Last quarter, office vacancy declined by 1.5 percent, the first time it has declined in four years. However, with a 20 percent vacancy rate throughout Arlington and the looming departure of the National Science Foundation and the Transportation Security Administration to Alexandria, Arlington's Director of Economic Development Victor Hoskins said it's probably a good idea to sit down and talk to the real estate professionals. That's exactly what happened at the CREW NoVa Arlington County Development lunch on Nov. 10.

Speaking on behalf of the county, Hoskins said that the future for the area rests primarily in technology development — in particular: cyber security, education tech, and medical tech. Hoskins said the county is working on attracting technology firms from Brazil and China as part of an effort to expand its economic base. The newest corporations to find a home in Arlington are Lidl and 1776, who both announced their move to Arlington in 2015. Hoskins also teased that Arlington agreed to a deal last week for 50,000 square feet of office space in Ballston, but would not specify yet which company would be moving in. But Hoskins also said that part of drawing business into Arlington is maintaining a presence at tech and corporate conferences, like South by Southwest.

"In terms of these industries, people we talk to go 'Arlington, Texas?'" said Hoskins. "That's how bad our brand is at some of



PHOTO BY VERNON MILES/THE CONNECTION

Development plans for office/residential buildings in Rosslyn.

these conferences."

One of the developers at the meeting was Kelly Shooshan, chief operating officer and director of residential development for The Shooshan Company. Currently, the Shooshan Company has two buildings seeking leases: The View at 4000 Wilson Boulevard and office space at 4040 Wilson Boulevard. The View contains 257 luxury apartments while 4040 Wilson Blvd is 415,000 square feet of office space.

"These are huge projects," said Shooshan, "we're continuing to work with the county to get this accomplished."

One of the company's projects currently in the works is a redevelopment of campus space at Marymount University, which started with the demolition of the Blue Goose building in Ballston. Shooshan said the company's vision is to turn it into a more visibly urban and modern site, notably with many of the rooms and stairwells openly visible from the street to give the surrounding area more of a campus feel.

On the Shooshan Company horizons is the redevelopment of Clarendon West, also known as Red Top Cab Properties.

"Real estate moves in cycles," said Shooshan. "You don't chase them, you just keep driving."

One of the areas that's been particularly hard hit by the cycles, though, is Rosslyn. While the rest of Arlington begins to show signs of improvement, Rosslyn still suffers a 28 percent office vacancy rate, one of the highest in the region.

Mary-Claire Burick, president of the Rosslyn BID, says she's familiar with the old image of Rosslyn.

"Government enclave? Military contractors? Closed at five?" Said Burick. "These are all outdated. We're moving away from an office sector to a more mixed use community."

Among the developer buzzwords, though, is the image of a neighborhood struggling for a new identity and a sense of economic viability. Burick notes that there are aspects to Rosslyn that many other areas of Northern Virginia still can't compete with.

"Rosslyn is accessible, that's really our selling point," said Burick. Noting that three metro lines run through the area and the Key Bridge provides direct access to Georgetown. That transportation can be a

double edged sword though, as Burick noted among her list of reforms the Rosslyn BID has put in place as slowing car traffic through the area to keep Rosslyn from becoming "a highway into Georgetown." On the topic of Georgetown, Burick did make a quick mention of the ambitions for a gondola between Georgetown and Rosslyn. Hoskins said the county is currently looking into a feasibility study on the topic. In general, Burick said one of the BID's focuses in the near future is on securing greater access to the Potomac, potentially with a small marina of some type.

Burick emphasized that Rosslyn needs to draw in a millennial population if it hopes to recover from the economic downturn. So what do millennials need? According to Burick, it's a walkable downtown district with a sense of urban culture. Food trucks are a plus.

Burick highlighted Central Place, planned site of the CEB Inc. headquarters. The building will include a public plaza at the base and an observation deck with a

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PHOTOS BY VERNON MILES/THE CONNECTION
Kelly Shooshan (left), chief operating officer and director of residential development for The Shooshan Company, Mary-Claire Burick (middle), president of the Rosslyn BID, and Victor Hoskins (right), Arlington's director of Economic Development.

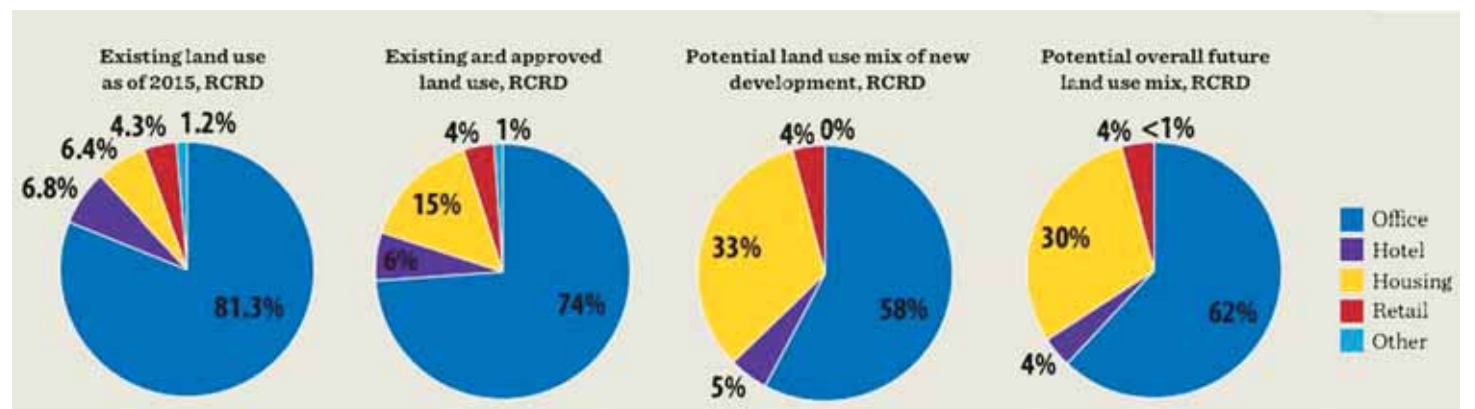


PHOTO CONTRIBUTED

Graph showing Rosslyn's planned transition towards mixed-use development.

I-66 Plans Take Toll on County Board

County Board still unclear on potential project benefits.

BY VERNON MILES
THE CONNECTION

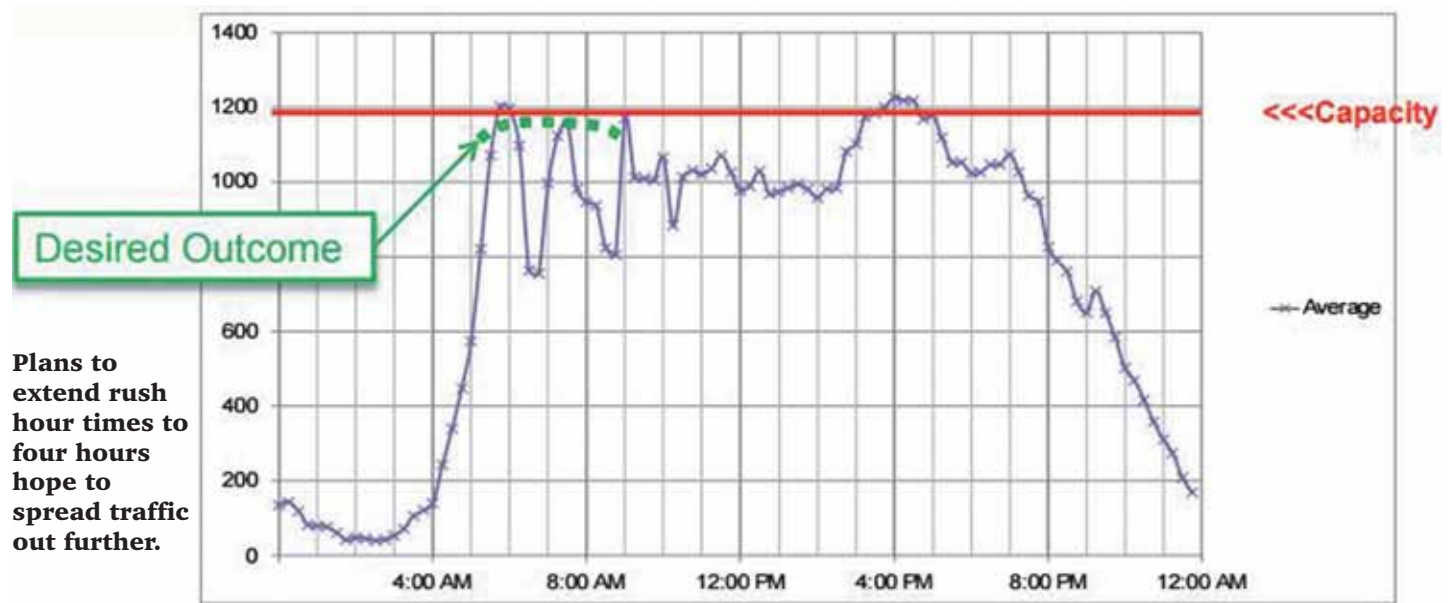
Arlington County hasn't quite decided what to do about I-66. While the final vote for endorsing the Virginia Department of Transportation's (VDOT) plans doesn't take place until Thursday, Nov. 19, discussion of the topic consumed over three hours of the public hearing on Nov. 14.

While the plans have come under fire regionally for the planned implementation of tolls for single passenger vehicles on I-66, the major concern in Arlington seems to be the potential widening of the road.

According to Amanda Baxter, special projects development manager for VDOT, the possible widening would add an east-bound lane from the Dulles connector road to Fairfax Drive in Ballston. The goal is to reduce congestion and get less cars on the road, but with the additional of single passenger cars and the delay in the High Occupancy Lane requirement increase, some on the County Board believed it may do the exact opposite.

"I'm unsure about the tenability of this plan," said County Board member Libby Garvey. "What I'm not understanding is how this is going to move more people and fewer vehicles. People who are on the road can stay on the road, and we're going to have more single occupancy vehicles. It's the same number of people and vehicles."

Baxter responded that extending the hours where the limitations are in effect and introducing the "managed lanes" concept with tolls based on congestion will spread out the time period for drivers heading to



Plans to extend rush hour times to four hours hope to spread traffic out further.

work. But Garvey countered that the rush hour times are what they are today because of the hours people arrive at work, which doesn't change with the toll.

Baxter also argued that the new tolls contribute revenue which will be reinvested in other transportation options. The highlights of this, according to Baxter, are an increased carpool accessibility and new funding for buses.

"There will be five park and rides outside beltway," said Baxter. "Three exist and two are brand new. The three are enhanced with direct access into hot-lane facility. Now I have the choice to look for a person to ride with and travel reliably. That is an incentive we don't have today. We have people coming out [to meetings] to say they want to be HOV but they don't have places to park and they don't know how to get picked up. We're providing those places, but we also want to put in strategies... to market how people do that more efficiently."

Baxter also said bus improvements could be a major help for congestion.

"A bus could have 55 people instead of

55 cars," said Baxter. "But unless we give them easier choices to make, we're not going to see change."

On this topic, Garvey was also still skeptical.

"It's feeling a bit like the chicken and egg to me," said Garvey. "I understand if there are these wonderful options, people will take them. But they're not there now, and we're about to put in place something that's not going to produce them for maybe a long time and it's not clear how it's going to produce them and it's not clear that there's going to be enough revenue. So, I would prefer to have those choices available before this gets implemented so people have a way to change their behaviors."

Baxter said that many of the improvements, like the hot lane accessibility and some of the bus improvements, are being implemented in spring of 2016, a year before tolling is put into place.

Despite concerns, the feedback from the community was mostly positive.

"The current proposal preserves the quality of life in our community and works to

move people, not just vehicles, through the corridor," said Adrienne Pilot, former transportation committee chair for the Arlington County Civic Federation. "Our orange line is not called orange crush for no reason. I urge you to support with the concerns and consideration that has been expressed by staff."

But the support for the proposal was universally contingent on it not leading to the widening of I-66.

"With the exception of the widening, we support VDOT's transform I-66 multimodal improvement project inside the beltway," said David Dickson, volunteer transportation chair for the Mount Vernon Sierra Club. "We commend [the] approach that focuses on moving more people, reducing congestion, creating more opportunities for travel through the corridor, and improving the reliability of travel times for all travellers."

County Board member Walter Tejada re-emphasized that he would oppose any measure that involved widening I-66, but said that he'll keep an open mind on the subject when it comes up to a vote later this week.

NEWS BRIEFS

Public Hearing on Fares

The Arlington County Board will hold a public hearing on Dec. 12 to consider amending fares and fees for taxicabs.

The proposed changes, if adopted, would raise the initial drop charge on taxicab trips from \$2.75 to \$3; the per mile charge from \$2.10 to \$2.16, including wait time for each 56 seconds, from \$0.35 for one-sixth of a mile or fraction of a mile to \$0.36. The current footlocker charge of \$2 would be dropped and a new cleaning fee of \$25 would be established and imposed if passengers dirty or foul a cab resulting in a cab which must be removed from service.

If adopted, this would be the first taxicab rate increase since January 2012, when the mileage charge was increased from \$2 per mile to \$2.10 per mile. The county's Taxicab Ordinance allows a biennial review and analysis of fare rates and fees by staff, working with the taxicab companies and other stakeholders. After a review in 2013, staff did not recommend a rate change.

If approved, all changes would be effective Jan. 1, 2016.

Nonprofit Raises \$160,000

Health and human services nonprofit Volunteers of America Chesapeake announced the total tally of \$160,000 from its annual Harvest for Hope breakfast. The event, now in its sixth year, brought together business leaders and the community to raise funds and awareness for housing services provided by Volunteers of America Chesapeake in Northern Virginia.

Major donors included the Garvin Group; sponsors included Virginia Health Center, Capital One, Morgan Stanley and Scheer Partners and Nova Salud was a partner. The event was held on Oct. 15 at the Sheraton Pentagon City Hotel.

'Click It or Ticket' Begins

The Arlington County Police Department will be joining other state and local law enforcement agencies this week

to participate in the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) seat belt enforcement campaign Click It or Ticket. The no-excuses, zero-tolerance crackdown combines messages about seat belt safety, with increased patrols day and night, targeting all unbuckled motorists.

NHTSA research indicates that proper seat belt use reduces the risk of fatal injury to front seat passengers by 45 percent, and the risk of moderate to serious injury by 50 percent. In 2013, seat belts saved the lives of 12,584 passenger vehicle occupants.

Nationwide, the seat belt use rate is at an all-time high of 87 percent, but the Click It or Ticket campaign aims to reach that remaining 13 percent. In 2013, for example, there were 9,580 unbuckled occupants killed in crashes — 49 percent of all passenger vehicle occupants killed that year. During the Thanksgiving holiday weekend in 2013, law enforcement noted that 64 percent of the passenger vehicle occupants killed at night were unrestrained, as compared to 48 percent during the day.



Christian H. Shaffmaster '05, member of the alumni association executive board, (left), and Lycoming College President Kent C. Trachte (right) present David A. Oot '66 with his award.

Nonprofit Health Care Director Honored

David A. Oot, of Arlington, received the Dr. James E. Douthat Outstanding Achievement award from the Lycoming College Alumni Association at an awards ceremony on Oct. 24 on the college campus.

The award recognizes an alumnus who has achieved significant professional accomplishments.

Oot graduated from Lycoming College in 1966 with a degree in sociology and earned a master's degree in public health from the University of Michigan. His career in the design and management of maternal and child health initia-

tives, including HIV/AIDS and family planning programs, for government and nonprofit sectors world-wide spans more than 40 years.

Oot began his career as a health, population, and nutrition officer in Vietnam, Pakistan, Thailand, Kenya, and Nepal for the U.S. Agency for International Development. In 1997, he joined the Save the Children organization where he provided the strategic leadership and guidance to a team of professionals that supported health and nutrition programs in more than 40 countries.

BULLETIN BOARD

Email announcements to arlington@connectionnewspapers.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.

THROUGH NOVEMBER

Borrow Gardening Tools.

Wednesdays: 5-7 p.m., Fridays: 3-5 p.m., Saturdays: 10 a.m.-12 p.m. at Arlington Central Library, 1015 N. Quincy St. "The Shed" at Arlington Central Library is open and lending gardening tools to Arlington residents and property owners. Free. See library.arlingtonva.us for more.

THROUGH DEC. 4

Donate Blankets and Coats to Syrian Refugees. At 23rd Street Chapel, 745 23rd St. S. Visit www.fairfaxcounty.com/ncs/blanketdrive for more.

THURSDAY/NOV. 19

"Just the Facts: A Discussion About Climate Change." 7 p.m. at George Mason University-Founders Hall, 3351 Fairfax Drive. U.S. Rep. Don Beyer hosts "Just the Facts: A Discussion About Climate Change." Free. Call 703-658-5403.

WEDNESDAY/DEC. 2

Goodwin House at Home Informational Seminar. 10-11:30 a.m. and 2-3:30 p.m. at Key Bridge

Marriott, 1401 Lee Highway. Goodwin House at Home, a new program for individuals in Northern Virginia and D.C. who want to remain in their home as they age will be hosting information sessions. Free. Call 703-575-5202 for reservations.

FRIDAY/DEC. 4

Fall Prevention Workshop. 11 a.m.-12 p.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road. The Virginia Hospital Senior Health Department hosts a seminar on the leading cause of hospitalization for people aged 65 and older. Learn how to prevent falls of your own and/or of loved ones. Free. Call 703-558-6859 to RSVP.

40 Under 40 Luncheon. 11:30 a.m.-1:30 p.m. at Army Navy Country Club, 1700 Army Navy Drive. Leadership Arlington is honoring 40 emerging leaders under the age of 40 who demonstrate impact personally and/or professionally through leadership in the DC metropolitan region. Tickets are \$60. Visit www.leadershiparlington.org for more.

THURSDAY/DEC. 10

Virginia Commission for the Arts-Grant Application Assistance Workshop. 1-3 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Virginia Commission for the Arts staff will provide an overview of grant programs, updates to the Guidelines

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"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Nov. 23-28.

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culpeper St.; Culpepper Garden, 4435 N. Pershing Dr.; Walter Reed, 2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St. Senior centers will be closed Nov. 26 and Nov. 27.

Senior trips: Monday, Nov. 23, a day in Annapolis, Md., \$8; Wednesday, Nov. 25, Winterthur, Del., Tiffany Glass exhibit, \$27; Thursday, Nov. 26, Thanksgiving Dinner, Vantage Point

Restaurant, \$43; Saturday, Nov. 28, Hylton Performing Center, "Chanticleer Christmas," \$62. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Classical stretching, Monday, Nov. 23, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

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

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

Madison Chess Club, Mondays, 9:30 a.m. Games and strategies. Free.

Details, 703-534-6232.

Table tennis, Monday through Friday, 9 a.m. - 3 p.m., Arlington Mill. Free. Register, 703-228-7369.

Emergency preparedness, Tuesday, Nov. 24, 6:30 p.m., Walter Reed. Free. Register, 703-228-0955

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

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

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

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www.cardinalbank.com | 703.584.3400

OPINION

Holidays Are About Giving

Give thanks and share locally; tens of thousands of families around us are in need.

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about alleviating suffering for others.

Northern Virginia is among the wealthiest areas in the country, and many if not most of us go through our usual routines without encountering evidence of needy families among us.

But more than 51,000 children who attend Fairfax County Public Schools are poor enough to receive free or subsidized meals, a significant measure of poverty. That's 28 percent of students in Fairfax County Public Schools.

In Arlington more than 31 percent of the students are poor enough to receive free or subsidized meals; that's 7,749 students at last count.

In Alexandria, 8,664 students are poor enough to receive free or subsidized meals. That's 59 percent of the 14,671 students enrolled.

These are children who are living in families who may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. These are children who may not be sure that they will have a meal between the meals they get in school. School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts and plenty that we associate with Thanksgiving and Christmas.

Hundreds of homeless students attend the public schools, and their needs are greater.

There are literally hundreds, probably thousands, of ways to give locally this season. Here are a few ideas. We will rerun this list again during the holiday, so let us know what we have missed.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Where to Give Locally

In no particular order:

❖ Arlington Thrive provides one-time, same-day emergency financial assistance to Arlington residents facing a financial crisis, and also has programs to help prevent homelessness. 703-558-0035 www.arlingtonthrive.org

❖ Doorways for Women and Families provides services to help women out of domestic violence and homelessness toward safe and stable lives, Arlington www.doorwaysva.org 703-504-9400

❖ The Arlington Food Assistance Center provides supplemental food assistance to Arlington County residents, on average serving 3,500 adults and 1,500 children a week, plus weekend backpacks for about 300 homeless children attending the public schools in Arlington. 2708 South Nelson Street, Arlington, VA 22206 www.afac.org 703-845-8486

❖ Habitat for Humanity of Northern Virginia, Arlington, 703-521-9890

❖ Arlington Free Clinic provides medical care for low-income, uninsured adults in Arlington. www.arlingtonfreeclinic.org 2921 11th St. South, Arlington, VA 22204 703-979-1425

❖ Arlington-Alexandria Coalition for the Homeless, www.aachhomeless.org, 703-525-7177

❖ A-SPAN provides services for Arlington's street homeless. Our mission is to secure permanent housing for one of Arlington's most vulnerable populations. P.O. Box 100731 Arlington, VA 22210 703-820-4357 www.a-span.org

❖ Arlington Partnership for Affordable Housing Holiday Gift Drive. APAH, Arlington Mill, 901 S. Dinwiddie Street, Arlington VA 22204. Kim Honor Matkovsky, Volunteer Chair, APAH Holiday Gift Drive, khonor@macrodg.com, 703-624-9583



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Scouting for Food

Boy Scout Troop 638 joins Cub Scout packs 2473 and 637 early on Saturday morning, Nov. 14 in the parking lot of Little Falls Presbyterian Church. They are sorting food picked up earlier in the morning at homes in the N. Williamsburg Blvd. and Little Falls area. This was part of the national Scouting for Food project. Scouts unload plastic grocery bags full of catsup, apple juice, peanut butter, hershey's syrup and oatmeal which will be donated to Arlington Food Assistance Center as part of the Scouting for Food project. Coordinator Alice Rybarczyk said last year the scouts went to 600 houses. The scouts reported to her that this year out of every 10 houses about 3-4 people had left out a contribution. "Not as high as I'd like," she said.

LETTER TO THE EDITOR

When Darkness Falls And Dreams Die

To the Editor:

Arlington has 28 movie screens. Imagine living in a town with only one screen. Now visualize that screen going dark forever. How would you feel? Where would you go to fall in love with your movie idols that appeared larger than life every week? How would you help save the planet from aliens and space monsters? When would you be able to travel to exotic locations to view the world, in all of its splendor, on a huge screen, for only \$10 a week? And how would you be able to connect with your friends in one place for a fun, popcorn and drink filled evening of thrills, spills and excitement?

Tomahawk, Wisc. has one theater that will go dark by Dec. 30, if it does not get help. You see, the Tomahawk Theater and about 100 other theaters in the United States are living in "Back to the Future." They still use the reel to reel movie tape and old, old, old time movie projectors. But at the end of the year, Hollywood "Frankly dear, won't give a damn." All movies will be digital and these theaters will have to change or close. Changing from film to digital costs approximately \$65,000 to \$100,000.

Did you know that these small theater venues make about 40 cents on the \$8-\$10 movie ticket? Forty cents! That is because that is how much the movie industry charges the theaters to rent the movies. If the theaters can convert to digital, the cost will be reduced and the theaters will not have to rely on popcorn and soda

drinks sales to stay alive.

Wild Birds Unlimited in Arlington is holding a fundraiser from now through Nov. 30, to help the Tomahawk, Wisc. theater stay open. For every \$10 donation, Wild Birds Unlimited will be giving away a 5# bag of Deluxe Bird seed (\$10.99 retail value). Every dollar raised goes to the "GO Digital or GO Dark" campaign for Tomahawk, Wisc.

Why should we help a town that is 1,087 miles away? Because we have 28 movie theaters and they will have none in one month. And because we can! We can keep those dreams alive so children can believe in fairy tales and heroes and wizards and worlds far different than theirs and laugh, cry and cheer and believe that anything is possible.

Michael Zuiker
Wild Birds Unlimited

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OPINION

Making One's Mark

In the new book "Admen, Mad Men, and The Real World of Advertising," Dave Marinaccio, co-founder and chief creative officer of LMO Advertising based in Arlington, shares life's lessons from his 30-year experience in the advertising industry. More than a few lessons turn out to be apt not just for business, but also for stressed out lives in general.

In this excerpt from chapter one, "That's Going to Leave a Mark," he shares a story about his presentation of a corporate brochure to the largest division at Weyerhaeuser, the forest products giant. To purchase the book or learn more about Marinaccio, visit www.lmo.com/admen.

BY DAVE MARINACCIO

Simon was a smart little mixed breed, black with a white patch on his chest. He loved to be walked. All dogs do. As a kid, one of my jobs was to take Simon to do his business.

On our strolls through the neighborhood, Simon and I passed nice houses with tidy lawns that had been manicured by elderly Italian men. These small patches of grass had been sweated and fretted over. Each blade was uniformly cut, the borders were neatly trimmed — they seemed flawless.

Simon, however, always felt something was amiss. The solution was quick at hand, or at paw. He would bound up to the nearest bush and lift his rear leg. A short tinkle later, all was right with the world. Simon had made his mark. This action was repeated house after house, all the way down the block.

I happened to recall these walks with Simon just before a meeting with Weyerhaeuser, the forest products giant. On that morning I was to present a new corporate brochure to their largest division. As odd as it sounds, a brochure can draw more scrutiny than a television campaign. Today's presentation had drawn a crowd; the room was filled with clients.

"Good morning," I began and then retold the story about my walks with Simon. As I concluded my remarks, more than one face wore a puzzled look.

I continued, "The reason I'm sharing this story with you is because at some point this morning you will know exactly how Simon felt. You will look at a sentence and feel compelled to add a comma. You will be gripped by the



Marinaccio

overwhelming need to change the word 'a' to the word 'the.' These types of changes, gentleman, are marks." I paused to a few smiles and nods.

"On other occasions," I went on, "you will have real, meaningful changes to make. Please, speak up. Tell me what they are, and we will integrate them into the brochure. Your input is desired. It is needed to produce a piece that accurately reflects this division. However, I am asking you to edit yourself. A lot of people have worked very hard to create the pieces that we will examine today. All I'm asking is that you don't piss all over it."

The room erupted in laughter. We worked very efficiently that morning with a high spirit of cooperation.

Marking isn't unique to advertising. We all have a little of Simon the dog in us. The overwhelming

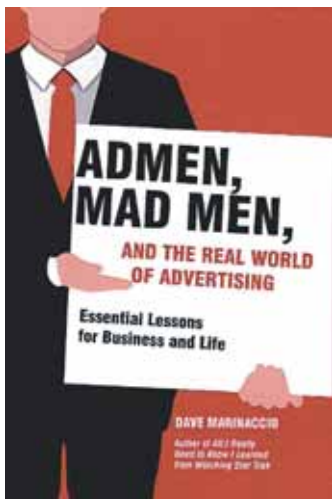
urge to tweak, adjust, clarify, tighten, sharpen or fine-tune exists wherever a pen is put to paper. Doctors, lawyers, MBAs, PhDs, clients, agencies, cops, criminals, birds and bees all do it.

Over time, I've come to see marking as the most powerful force in nature.

To try to stop this behavior is folly. You have a better chance of stopping Hugh Grant from blinking.

So what's to be done? If you cannot prevent a behavior, you should try to turn it to your advantage. Expect your work to be marked by clients. Encourage it. That's actually what I was doing at the Weyerhaeuser meeting. Once the client marks your storyboard or print ad or landing page, he has put part of himself into the ad. It gives him a sense of ownership.

My old partner Ron Owens didn't look at marking as peeing on the ad. He always said that the client was sprinkling the ad with holy water, giving it his blessing. Either way, Ron's or Simon's, you get a little wet.



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PHOTOS BY SHIRLEY RUHE/THE CONNECTION

The “Black Lives Matter” banner was vandalized sometime the night of Sept. 10 at Rock Spring Congregational UCC on Little Falls Road. It had been installed in September as part of a year-long conversation on racial justice.

The Rev. Kathryn Dwyer, senior pastor at Rock Spring Congregational UCC, stands with her dog Micah beside the empty poles where the “Black Lives Matter” banner had been installed. She said she has ordered a replacement and intends to put it up to continue the conversation about racial justice.

Black Lives Matter Banner Vandalized

A conversation extends beyond the pulpit.

BY SHIRLEY RUHE
THE CONNECTION

Tuesday night after a church meeting the Rev. Kathryn Dwyer, senior pastor of Rock Spring Congregational UCC, walked her dog Micah right past the “Black Lives Matter” banner on the corner of the church lawn. Wednesday morning as she was taking the dog out at 8 a.m. she saw the word “Black” was missing from the banner, leaving only “Lives Matter.”

The banner had been installed in September right after Dwyer had started a sermon series on the Old Testament book of Esther relating power, privilege and prejudice at that time and looking through today’s lens with the oppression of people of color. The banner had been vandalized once before with cigarette burns and some shredding shortly after it had been installed. But, she

says “we left it up.” The second time the word “Black” was completely cut out of the banner.

This banner is part of a year-long effort at Rock Spring to hold sacred conversations focusing on racial justice. The Social Action Board of the church had recommended to Church Council that that the church make public witnesses in solidarity with people of color being oppressed because of so much media attention about racial tensions. So far there have been three sermons, three conversations and a panel discussion. There will be one to two different events held each month for a year. “The conversations have tapped deep emotions. I have been surprised at the intensity,” Dwyer said. “It feels challenging and vulnerable because it is so full of emotion, it feels rich and important, not just intellectual.”

Dwyer says she had dozens of emails from members of the congregation. One was from a Yorktown High School student, Elizabeth Woolford, who wrote, “I have never been more proud to be a member of Rock Spring. Rock Spring’s discussions on our stand on racial justice are reaching far beyond our church community. For these people, it is a sign (literally) that there are parts of the

Arlington community that are working towards a better, just filled, and equal future, and prompting thought-filled discussions amongst the future voters and politicians in the high school community.”

Woolford says a social media conversation started on Snap Chat at Yorktown about what happened. Her friend saw it, posted it and said “Thank you for proving our point.” Woolford said, “This one has a high following on social media.” She added most high school students think churches are very close-minded on things like this and LBGT. “This is sort of a sensitive topic, so social media gives you the option to put a topic out there.”

One of the responders said, “I hope they put a bigger banner out there.”

Similar signs have been vandalized in churches in Silver Spring and on River Road in Bethesda, so Dwyer thought it could happen at Rock Spring. But Dwyer said, “I have ordered a new banner, and we will put it

back up.” She hopes to continue the conversation. “The violence and response confirm how important this issue is. The banner has struck a chord.”

On Saturday morning she had written an open letter hoping to reach the person who altered the sign inviting the person into the conversation at the church. The letter said in part, “Altering the sign we placed on our lawn by deliberately cutting out the word

‘Black’ from the phrase ‘Black Lives Matter’ was a passionate expression. I can make assumptions about what you might have meant by this. However, I can only speculate. This open letter is an invitation for you to join our sacred conversation.” Dwyer reported the incident to the Arlington police who came to investigate and although sympathetic declared it unsolvable.

— The Rev. Kathryn Dwyer

For questions or comments or contributions to replace the \$229 banner, email Kathy@rockspringucc.org.

BULLETIN BOARD

FROM PAGE 5

for Funding, application and review procedures, as well as general tips on preparing competitive proposals in preparation for the 2016 application deadlines. Free. Visit www.arts.virginia.gov for more.

2015 Human Rights Awards

Ceremony. 7-9 p.m. at Arlington County Board Room, 2100 Clarendon Blvd. The theme for this year’s event is “Immigrant Rights” and the keynote speaker is Ana Avendaño, Vice President for Labor Participation at United Way Worldwide. Free. Visit www.arlingtonva.us.

FRIDAY/DEC. 11

Arlington Chamber of Commerce

91st Annual Meeting. 10:30 a.m.-2 p.m. at Sheraton Pentagon City Hotel, 900 S. Orme St. With Aneesh Chopra, Co-Founder and Executive Vice President of Hunch Analytics and former Chief Technology Officer of the United States, as the Keynote Speaker.

SUNDAY/DEC. 13

OAR Gift Wrapping Event. 6:30-8 p.m. at St. Andrews Church, 4000 Lorcom Lane. Offenders Aid Restoration (OAR) Gift Wrapping Event for children of incarcerated. Participants may bring a gift or wrapping paper to contribute. Visit www.taggassociates.com/oar1.html.

THURSDAY/DEC. 17

A-SPAN Client Holiday Party. 10 a.m. at St. Borromeo Catholic Church, 3304 Washington Blvd. Arlington Street People’s Assistance Network seeks volunteers for a Client Holiday Party to serve the holiday meal, distribute the gifts and otherwise assist at the function. Visit www.a-span.org for more.

ONGOING

Arlington Rotary Club Lunches. Thursdays, 12-1:30 p.m. at Washington Golf & Country Club, 3017 N. Glebe Road. Organization brings together political and business leaders for humanitarian services. Eat

and listen to guest speakers. Admission is \$26 for non-members. Visit www.arlingtonrotaryclub.org.

Job Seeking Help. 5-9 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit www.arlingtonva.libcal.com/.

The Jewish Council for the Aging has launched a new initiative called Tech Tuesday. Windows 7, Windows 8, Excel, iPad and iPhone, Email, photos, and social media will be covered in these classes held at 1750 Crystal Drive Shops, Suite 1638B Crystal Square Arcade. Visit www.accessjca.org.

Vajrayogini Buddhist Center offers

“Meditations for a Meaningful Life” for the general public Tuesdays, 7:30-8:30 p.m. at St. George’s Episcopal Church, 915 N. Oakland St., Arlington. Gen Kelsang Varahi, an American Buddhist nun, leads teachings and guided meditations on life. \$10 (\$5 unemployed, fulltime students, 65 and older). Visit <http://meditation-dc.org/arlington/> for more.

PFLAG of Arlington. 7:30-9 p.m. on the second Tuesday of each month, PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgendered persons and their families. Meets at the Unitarian Universalist Church at George Mason Drive and Route 50. Email aly.pflagdc@gmail.com for more.

BUSINESS

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

James Korman at Bean, Kinney & Korman was honored with the William L. Winston Award by the Arlington Bar Foundation. The award is given annually to commend and recognize members of the Northern Virginia community for longstanding public service who have distinguished themselves in the promotion of democratic ideals and the advancement of the rule of law.

The Arlington Partnership for Affordable Housing has announced two new senior staff members: **Peter Engel**, Vice President of Real Estate Development, and **Cheryl Ramp**, Director of Community Resources and Relations.

Edbacker, a platform built for parent organizations headquartered in Arlington, has teamed with the producers of the forthcoming television and community project, "Don't Stop The Music" on a new fundraising campaign that will make music education accessible. Hosted at www.edbacker.com/p/dstm, the aim of this \$250,000 campaign is to help support the effort of Don't Stop The Music as they collect, refurbish, and place instruments into schools and organizations for music instruction.

U.S. News Media Group and Best Lawyers in America named **Bean, Kinney & Korman** a 2016 "Best Law Firm" based on performance ratings from clients and peers. This is the fifth year the firm has been included on the regional list and the second year on the



PHOTO CONTRIBUTED

Carnival Launches Indiegogo Campaign

On Saturday, Nov. 14, 150 adults and children gathered at the future home of TRUE Health and Wholeness personal training and wellness center at 1058 S. Walter Reed Drive. Owners, Christian and Nina Elliot say target date for opening is Spring 2016. Currently they are raising build-out funds for their fitness and holistic health center on the crowdfunding website, Indiegogo (<http://igg.me/at/true-health>).

national list.

Hula Girl Bar & Grill, owned by Mikala Brennan, the owner and operator of the Hula Girl food truck, has opened at 4044 Campbell Ave., Arlington.

The restaurant will offer Hula Girl food truck's classic Hawaiian fare such as teriyaki, plate lunches and Spam Musubi, as well as traditional chef-driven dishes like Poke – a traditional

raw tuna dish with sesame, shoyu, ginger & green onion.

See www.hulagirlbarandgrill.com.

GHT Limited, a DC metro area mechanical, electrical, and plumbing consulting engineering firm, has announced that Principal **Ray Smith**, CCP has been elected to the Examination Committee of the Building Commissioning Certification Board (BCCB). The Examination Committee

consists of national subject matter experts who collaborate and employ best practices to create the Certified Commissioning Professional (CCP) examination forms.

Dixie Rapuano, a local RE/MAX residential real estate broker, has become affiliated with AgentHero, a national network of professional real estate agents, all of whom are veterans or military spouses. Rapuano, who has

been recognized as a member of the Top Producers and Million Dollar Sales Clubs by the Northern Virginia Association of Realtors, lives in Arlington with her husband, a retired USMC Lt. Colonel.

The 296 Project, an Art Therapy Arlington-based nonprofit Veteran Service Organization is the recipient of the 'Veterans Award' for 2015, presented by Mission Complete.

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HOLIDAY GUIDE

Performing Arts

THURSDAY-SUNDAY/DEC. 3-6

BalletNova: "The Nutcracker." Various times at Thomas Jefferson Community Theater, 125 S. Old Glebe Road. Associate Artistic Director Constance Walsh stages a full-length production. Tickets are \$13-35. Visit www.balletnova.org.

SATURDAY-SUNDAY/DEC. 4-6

A Fairytale Christmas Carol. 7:30 p.m. on Friday and Saturday, 3 p.m. on Saturday and Sunday at Gunston Arts Center, 2700 S Lang St. Mother Goose lends her talents to narrate as the Big Bad Wolf takes on the humbugging lead role of Ebenezer Scrooge. Cinderella, the Three Little Pigs, Old King Cole, and many beloved characters help create a new twist on the traditional Dickensian fable. Tickets are \$10. Visit www.ensemblestageva.org for more.

FRIDAY-SATURDAY/DEC. 11-12

BalletNova: "Nutcracker Petite." 5 p.m. on Friday, 1 p.m. and 3 p.m. on Saturday at BalletNova's Fredgren Studio Theatre, 3443 Carlin Springs Road, Falls Church. BalletNova will present a series of mini-performances of the classic tale appropriate for a pre-school audience. Tickets are \$15 for children 12 and under, \$20 for everyone else. Visit www.balletnova.org.

SUNDAY-TUESDAY/DEC. 27-29

Virginia Ballet Company: "The Nutcracker." 2 p.m. and 7 p.m. at Northern Virginia Community College Annandale Campus in the Ernst Community Cultural Center Theater, 8333 Little River Turnpike, Annandale. Virginia Ballet Company and School with present its 66th season of "The Nutcracker." Tickets are \$30 for adults, \$20 for children, plus \$3 service fee. Visit www.vaballet.org for more.



BalletNova Presents 'The Nutcracker,' 'Nutcracker Tea'

To usher in the holiday season, BalletNova will give six full-length performances Dec. 3-6 at The Thomas Jefferson Community Theater, 125 S. Old Glebe Road. In addition, on Friday and Saturday, Dec. 11-12, at BalletNova's Fredgren Studio Theatre, 3443 Carlin Springs Road, Falls Church, the company will offer presentations of the classic ballet suitable for a young audience—these performances are called "Nutcracker Petite." Further, patrons may attend a "Nutcracker Tea" on Sunday, Dec. 13 at Ritz-Carlton-Pentagon City, 1250 S Hayes St. There, guests may enjoy high tea, meet the dancers/characters, and watch a mini "Nutcracker" performance. Visit www.BalletNova.org for a full schedule and admission prices.



The OAR annual Christmas angel wrapping party is held each year at St. Andrew's Episcopal Church in Arlington. Volunteers wrap and help deliver presents to children with a parent in prison this Christmas.

Family Events

TUESDAY/DEC. 1

Shirlie Lights Up The Village. 6-8:30 p.m. at The Village at Shirlington, 2700 S. Quincy St. Signature Theatre, Bishop O'Connell Choir, and The Lovejoy Group will perform. Also find carriage rides, Santa Claus photo-ops, holiday cookie decorating, a tree-lighting ceremony and more. Free. Visit www.villageatshirlington.com for more.

SATURDAY/DEC. 5

Jingle Bell Run/Walk. Registration begins at 6:45 a.m., events begin at 8 a.m. race starts at 8:50 a.m. at Pentagon Row, 1101 S. Joyce St. This run/walk features a "Jingle in Your Jammies" and a "Children's Fun Run" as well as races for adults. Registration is \$15-40. Visit www.arthritis.org for more.

Breakfast With Santa. 9:30 a.m.-11:30 a.m. at Holy Trinity Lutheran Church, 3022 Woodlawn Avenue, Falls Church. Children are invited to have breakfast with Santa, make crafts, and more. Free. Visit www.htluther.org for more.

SUNDAY/DEC. 6

A Choralis Family Christmas. 4 p.m. at The Falls Church Episcopal, 115 E. Fairfax St., Falls Church. Presented by the entire Choralis family of choirs, this concert's highlights will include Bob Chilcott's new "Gloria," a sing-along, a conducting raffle, and a visit from Santa. Tickets are \$10-40, free for

children 5 and under. Visit www.choralis.org.

"Winter Wonders." 4-5 p.m. at Arlington Presbyterian Church, 3507 Columbia Pike. NoVA Lights Chorale presents "Winter Wonders," a program of winter fun, winter landscapes, and winter holidays, and includes jazz, swing, and global songs. Free. Visit www.novalightschorale.jigsy.com.

SATURDAY/DEC. 12

National Wreaths Across America Day. 9 a.m. at Arlington National Cemetery. Northern Virginia scouts and their families join active and retired servicemen and members of the Mount Vernon and John Alexander Chapters of the Daughters of the American Revolution to place wreaths upon the graves at the Arlington National Cemetery. Free. Visit www.wreathscrossamerica.org for more.

Winter Wonderland. 11 a.m.-3 p.m. at Market Common Clarendon, 2800 Clarendon Blvd. Welcome Santa Claus as he arrives on an Arlington County Firetruck and join Santa for holiday pictures, enjoy ornament decorating, a hot chocolate bar, and listen to carolers. Free. Visit www.marketcommonclarendon.com.

SUNDAY/DEC. 13

Nutcracker Tea. 10:30 a.m. and 2 p.m. at Ritz-Carlton-Pentagon City, 1250 S. Hayes St. Guests are invited to enjoy "high tea" followed by a mini-performance of The Nutcracker by BalletNova. Meet the performers and visit the Nutcracker Treasures table. Tickets are \$72 for adults, and \$42 for children. Visit www.balletnova.org.

"Winter Wonders." 4-5 p.m. at St. Paul's Episcopal Church, 3439 Payne St., Falls Church. NoVA Lights Chorale presents "Winter Wonders," a program of winter fun, winter landscapes, and winter holidays, and includes jazz, swing, and global songs. Free. Visit www.novalightschorale.jigsy.com.

OAR Gift Wrapping Event. 6:30-8 p.m. at St. Andrew's Church, 4000 Lorcom Lane. Offenders Aid Restoration (OAR) Gift Wrapping Event for children of incarcerated. Participants may bring a gift or wrapping paper to contribute. Visit www.taggassociates.com/oar1.html.

THURSDAY/DEC. 17

A-SPAN Client Holiday Party. 10 a.m. at St. Borromeo Catholic Church, 3304 Washington Blvd. Arlington Street People's Assistance Network seeks volunteers for a Client Holiday Party to serve the holiday meal, distribute the gifts and otherwise assist at the function. Visit www.a-span.org for more.

SATURDAY/DEC. 19

Breakfast With Santa & Holiday Food Drive. 8-11 a.m. at The Village at Shirlington, 2700 S. Quincy St. Make a donation of non-perishable food items and enjoy Breakfast with Santa. Free. Call 703-820-0440 to make your reservation.

Live Music

SATURDAY/DEC. 5

A Classic Brass Christmas. 8 p.m. at the Church of the Epiphany, 1317 G St., NW, Washington, D.C. Watch a traditional candlelight processional and a carol sing-along. The event will feature the Classical Brass Quintet of Arlington's Choralis. Tickets are \$5-50. Admission for children under 12 is free. Visit www.Choralis.org.

SUNDAY/DEC. 6

A Choralis Family Christmas. 4 p.m. at The Falls Church Episcopal, 115 E. Fairfax St., Falls Church. Presented by the entire Choralis family of choirs, this concert's highlights will include Bob Chilcott's new "Gloria," a sing-along, a conducting raffle, and a visit from Santa. Tickets are \$10-40, free for children 5 and under. Visit www.choralis.org.

DEC. 8-JAN. 24

Christmas With Nova Y. Payton and Friends. Various times at Signature Theatre, 4200 Campbell Ave. Star of "Dreamgirls" and "Hairspray" sing some of her favorite holiday tunes including "This Christmas," "Jingle Bell Rock," and "I Saw Mommy Kissing Santa Claus." Tickets are \$35. Visit www.sigtheatre.org for more.

FRIDAY-SATURDAY/DEC. 11-12

Holiday Chorale Concerts. 7:30 p.m. on Friday at the United Christian Parish, 11508 N Shore Drive, Reston; 3 p.m. on Saturday at Kenmore Middle School Theatre, 200 S. Carlin Springs Road. Encore Chorale, the nation's largest choral singing program for adults age 55+, will present two Northern Virginia holiday concerts. The programs will feature holiday and seasonal pieces including Rise Up and Follow that Star, Ose Shalom, and A Musicological Journey Through the 12 Days of Christmas. Guest artist for both concerts will be violinist Heather Haughn of the West Shore Trio. Free. Visit www.encorecreativity.org for more.

SATURDAY/DEC. 12

National Chamber Ensemble: "Happy Holidays." 7:30 p.m. at Rosslyn Spectrum Theatre, 1611 N Kent St. 13 year old pianist and Lang Lang Foundation Scholar, Avery Gagliano will perform with the ensemble and receive the first National Chamber Ensemble Young Artist Achievement Award. Tickets are \$33 for adults, and \$17 for students. Visit www.nationalchamberensemble.org.

SUNDAY/DEC. 13

Visit From Santa. 1-4 p.m. at Potomac Overlook Park, 2845 Marcey Road. Take photos with Santa. Reservations required. Tickets are \$5 per visitor. Visit www.nvrpa.org for more.

"Holiday Cheer." 4 p.m. at Unitarian Universalist Church, 4444 Arlington Blvd. The Metropolitan Chorus performs. Free, but donations accepted. Visit www.metchorus.org for more.

WEDNESDAY/DEC. 16

Holiday Sing-Along. 11 a.m.-12 p.m. at Culpepper Garden Senior Center, 4435 N. Pershing Drive. Adults 55+ are invited to sing along to holiday favorites. Free. Visit parks.arlingtonva.us for more.

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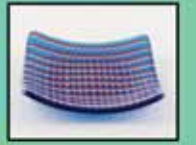
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HOLIDAY GUIDE

Saint Ann Catholic Church

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 1:30 PM Spanish Liturgy

DAILY EUCHARIST:
 Weekdays
 Monday-Friday, 8:30 AM
 Saturday, 8:30 AM

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PARISH WEBSITE:
www.stannchurch.org

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Holiday Shopping

FRIDAY/DEC. 4

ARTrageous. 6-9 p.m. at Gallery Underground, 2100 Crystal Drive. Start holiday shopping at this silent auction featuring framed original paintings, jewelry, pottery and sculpture from local artists. Free. Visit www.galleryunderground.org for more.

SATURDAY/DEC. 5

Gifts That Give Back Bazaar. 10 a.m.-2 p.m. at Key Elementary School, 2300 Key Blvd. While shopping for holiday gifts learn more about 16 locally based nonprofit organizations, enjoy festive holiday music and refreshments, visit with Santa, enjoy face-painting and other children's activities. Free. Visit www.giftsthatgivehope.org/arlington.

Washington-Lee High School Holiday Bazaar. 10 a.m.-4 p.m. at 1301 N. Stafford St. Dozens of vendors sell their crafts. Free to attend. Visit www.apsva.us/washingtonlee for more.

DEC. 5-13

Holiday House Arts and Crafts Show. Various times at Fort CF Smith Park, 2411 24th St., N. The Holiday House is a juried art & craft sale by local artisans. Free. Call 703-243-7329 for more.

THURSDAY-FRIDAY/DEC. 10-11

Rosslyn Holiday Market. 10 a.m.-6 p.m. on Thursday, 10 a.m.-8 p.m. on Friday at Gateway Park, 1300 Lee Highway. Find live jazz, numerous food trucks, a "pop-up boot camp," Santa Claus photo opportunities, a bonfire, and more. Free to attend. Visit www.rosslynva.org for more.

SATURDAY/DEC. 12

Holiday Bazaar & Crafts Fair. 10 a.m.-4 p.m. at Arlington Career Center, 816 S. Walter Reed Drive. Shop local artisans. Free. Visit www.columbia-pike.org for more.

"Shopping, Scones, and Saints." 5-6 p.m. at Joyful Spirit Gifts, 3315 Lee Highway. Partake in refreshments, shop, and learn about women saints of Advent with Melanie Rigney, author of "Blessed Are You: Finding Inspiration from Our Sisters in Faith" and "Sisterhood of Saints: Daily Guidance and Inspiration." Free. Visit www.joyfulspiritgifts.com for more.



(above) Janis Theunissen of JJ's Whimsies shows one of her cork-faced birdhouses at last year's Washington-Lee holiday bazaar. (below) The W-L Madrigals entertained the shoppers and vendors at the 2014 annual school holiday bazaar. This year the event is on Dec. 5.



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 Sundays: 11am-6pm

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 2704 Mt Vernon Ave. Alexandria, VA 22301
 Dec 4-6, Dec 11-13, Dec 18-20



CALENDAR

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

“Canstruction.” Through Nov. 21 at Ronald Reagan Washington National Airport, Terminals B+C, Level 1, Baggage Claim Area. Canstruction is an international design competition that invites teams of architects to create structures using canned food. See the completed projects. At the end of the exhibit all food will be donated to Arlington Food Assistance Center. Free. Visit www.aianova.org/canstruction.

“Cake Off.” Through Nov. 22, various times at Signature Theatre, 4200 Campbell Ave. Watch a satire dealing with stereotypical gender roles. Tickets start at \$72. Visit www.sigtheatre.org.

Hand Turkey Time. Through Nov. 25 at Arlington Pediatric Dentistry, 5500 Columbia Pike, Suite A. Share a “hand turkey” craft, drop it off before Thanksgiving for the chance to win a prize. Participants should include their name and what they are thankful for. Free. Call 703-6671-5437 for more.

“Living Diversity.” Through Nov. 28, various times at Arlington Mill Community Center, 909 S. Dinwiddie St.

WEDNESDAY/NOV. 18

Arlington THRIVE Celebration and Fundraiser. 6:30-9 p.m. at Army Navy Country Club, 1700 Army Navy Drive. Arlington THRIVE celebrates 40 years with a celebration featuring food, drinks, and a performance by members of The Metropolitan Chorus. Tickets are \$60 for “Young Professionals” and \$100 for all else. Visit www.arlingtonthrive.org for more.

Book Talk. 7 p.m. at Arlington Central Library, 1015 N. Quincy St. Arlington County Library and Arlington Friends of Urban Agriculture collaborate with One More Page Books to welcome Forrest Pritchard and his book “Growing Tomorrow: A Farm-to-Table Journey in Photos and Recipes: Behind the Scenes with 18 Extraordinary Sustainable Farmers Who Are Changing the Way We Eat.” Free. Visit www.onemorepagebooks.com for more.

THURSDAY/NOV. 19

Sip ‘N’ Shop for SOME. 6-8 p.m. at Company Flowers and Gifts, too! 2107 N. Pollard St. Twenty-five percent of all proceeds will be donated to So Others Might Eat’s Trot for Hunger. Free. Call 540-353-6726.

Book Talk. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Political scientist Colleen Shogan shares from her debut novel, “Stabbing in the Senate.” Free. Visit www.onemorepagebooks.com for more.

FRIDAY-SATURDAY/NOV. 20-21

Magician Juan Estrella. 7:30 p.m. at Rosslyn Spectrum Theatre, 1611 N. Kent St. Teatro de la Lune hosts Ecuadoran magician Juan Estrella for a show of magic and escapism in both English and Spanish. Tickets are \$25-30. Visit www.teatrodelaluna.org.

FRIDAY-SUNDAY/NOV. 20-22

Artful Weekend. 6-8 p.m. on Friday, 10 a.m.-5 p.m. on Saturday, 12-4

p.m. on Sunday at Fort C.F. Smith Park, 2411 24th St. N. Join Arlington Artists Alliance for the 13th annual “Artful Weekend.” The weekend art show and sale features the work of 40 Arlington-based artists, and includes paintings of many genres, ceramics, sculpture, artists cards, unframed works and more. Free. Visit www.arlingtonartistsalliance.org for more.

SATURDAY/NOV. 21

Memorial 5K and Family Fun Day.

8 a.m.-12 p.m. at Knights of Columbia, 5115 Little Falls Road. In partnership with Virginia Hospital Center Foundation, the Jennifer Bush-Lawson Foundation is hosting the inaugural Jennifer Bush Lawson Foundation Memorial 5K and Family Fun Day to support healthcare for economically vulnerable mothers-to-be and their children at Virginia Hospital Center and Arlington Pediatric Center. The event features a 5K foot race followed by a kids fun run and family fun day including music, food trucks, a beer garden, photo booth, ambulance and fire truck display, face painting, moon bounce, obstacle course and balloon animals. Registration is \$40 for adults and \$10 for the children’s fun run. Visit www.JB-LF.org for more.

Book Signing Event. 8 a.m.-12 p.m. at Arlington Farmer’s Market, 2611 Columbia Pike. Forrest Pritchard will sell and sign copies of his book, “Growing Tomorrow: A Farm-to-Table Journey in Photos and Recipes: Behind the Scenes with 18 Extraordinary Sustainable Farmers Who Are Changing the Way We Eat.” Free. Visit www.onemorepagebooks.com for more.

Live Music. 8-9:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Falls Church. Attend a performance by Natalia Zukerman and Caleb Hawley. Tickets are \$20. Visit www.stonerroomconcerts.com to purchase tickets.

SUNDAY/NOV. 22

Book Talk. 4 p.m. at One More Page Books, 2200 N. Westmoreland St. Author Kathryn Aalto shares from “The Natural World of Winnie-the-Pooh: A Walk through the Forest that Inspired the Hundred Acre Wood,” an exploration of Ashdown Forest, a wildlife haven that spans more than 6,000 acres in southeast England. Free. Visit www.onemorepagebooks.com for more.

MONDAY/NOV. 23

“Meet the Speaker.” 3-5 p.m. at Arlington Central Library, 1015 Quincy St. Jean S. Moore, a retired partner of Hogan Lovells law firm, will discuss King Edward, the First of England and attempt to answer the question of “Was King Edward one of the great medieval kings or a petty tyrant?” Free. Call 703-228-2144 for more.

SATURDAY/NOV. 28

One More Page Books Celebrates Small Business Saturday.

10 a.m. at One More Page Books, 2200 N. Westmoreland St. Small Business Saturday and Arlington Small Business Day are designed to encourage shoppers to visit local retailers during the busiest shopping weekend of the year. One More Page

HOLIDAY ENTERTAINMENT

Arts & Crafts

SATURDAY/DEC. 5

Ornament Making Party. 1:30-3:30 p.m. at Arlington Historical Museum, 1805 S. Arlington Ridge Road. Decorate an ornament and listen to holiday music. Free. Visit www.arlingtonhistoricalsociety.org for more.

SUNDAY/DEC. 6

Evergreen Wreath Making. 10 a.m.-12 p.m. at Langston-Brown Community & Senior Center and Park, 2121 Culpeper St. Join Master Gardeners of Northern Virginia for a hands-on workshop using evergreens, seed pods, cones and other natural materials to make a holiday wreath. All wreath making supplies will be available, such as greens and tools, however participants are welcome to bring their own decorative touches. Tickets are \$5. Visit parks.arlingtonva.us for more.

WEDNESDAY/DEC. 9

Holiday Nature Crafts for Kids. 3-6 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Families with children 5 and older are invited to this drop-in workshop where they can make nature-themed holiday crafts. \$5 fee. Visit parks.arlingtonva.us for more.

SATURDAY/DEC. 12

Giftmania! 12:30-3 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Children ages 4-10 will create a handmade gift for a loved one. Tickets are \$50. Visit www.arlingtonartscenter.org for more.

Books will celebrate with snacks, a wine tasting, a book launch party, and more. Free. Visit www.onemorepagebooks.com for more.

MONDAY/NOV. 30

Book Talk. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Co-authors Meagan Spooner and Amie Kaufman will celebrate the release of “Their Fractured Light,” the first installment of the Starbound Trilogy. Free. Visit www.onemorepagebooks.com for more.

Civil War Christmas. 10 a.m.-3 p.m. at Cherry Hill Farmhouse, 312 Park Ave., Falls Church. Costumed Re-enactors welcome guests. Also find Victorian decorations, a Civil War-era Santa Claus, Christmas carols, and period music. Free. Call 703-248-5171 for more.

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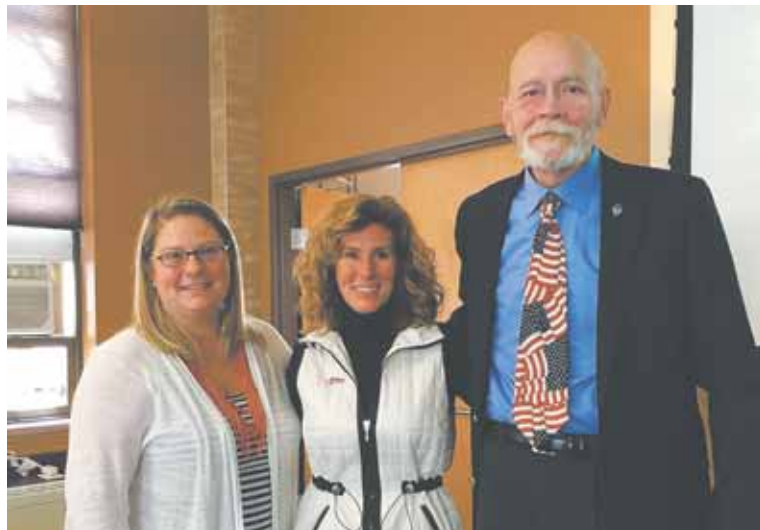


PHOTOS CONTRIBUTED

From left, Marymount's Coordinator for Veteran Student Services Joe Blount, Vice President for Student Affairs Linda McMurdock, Chair of the Department of Health Care Management and Legal Administration Donald Lavanty, Robin Kelleher of Hope for the Warriors, President Matthew D. Shank, Dean of Student Life Tina Rajmaira, and Christopher Sharon of Hope for the Warriors.

Marymount Honors Veterans at Luncheon

Robin Kelleher, president and CEO of Hope For The Warriors, was the guest speaker at Marymount University's annual Veterans Day Luncheon in Gerard Dining Hall, held to honor and thank faculty, staff and student veterans. Kelleher and other military wives founded the organization in 2006 after they witnessed the effects of war on service members and families. Hope for the Warriors focuses on transition, health and wellness, peer engagement and connections to community resources. As part of Wednesday's event, specially minted "challenge coins" were presented to the veterans to show that Marymount recognizes and appreciates their service. The luncheon was held from noon to 1:30 p.m.



From left, Anne Aichele, assistant director for student leadership, Robin Kelleher, executive director of Hope for the Warriors, and Joe Blount, Marymount's coordinator for Veteran Student Services.

New Podcast for Middle School Readers

The newest episode of the Book Club for Kids podcast features the daughters of the Mother-Daughter Book Club that's been meeting monthly at One More Page Books, a local independent bookstore in Arlington. While moms went out for coffee, the middle graders discussed "A Mango Shaped Space" by Wendy Mass with host Kitty Felde. The novel is the story of a young girl who sees colors when she does math problems. Mass tells how the idea hit her – literally – when a book on the topic fell off a shelf at her local library and hit her in the shin. Los Angeles radio reporter Claudia Peschiutta is the celebrity reader. The episode was taped at One More Page Books in Arlington. See www.bookclubforkids.org. One More Page is located at 2200 North Westmoreland St. See www.onemorepagebooks.com. Info for Book Club for Kids Podcast: www.bookclubforkids.org, 202-713-0947, bookclubforkidspodcast@gmail.com



PHOTO CONTRIBUTED



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New Little Free Library

Arlington's newest Little Free Library opened on Oct. 27 at 1723 North Veitch Street. The new mini library, which offers free books to share from a free-standing wooden box, is the result of a collaboration between Lynn Borton, the library's steward and founder, and the local nonprofit affordable housing organization, AHC Inc. The neighborhood-sponsored, curbside libraries encourage community members to "take a book, return a book." Contributions can be any kind of book — from children's books to cookbooks to novels. In the last several years, at least 20 Little Free Libraries have popped up around Arlington. Although many have been installed by individuals in their front yards, several have also been created as Girl Scout projects or school-based programs. For more information on starting your own Little Free Library, contact the Arlington Public Library, which provides kits, instructions and registration materials.

Koch Elected Society President

On Oct. 24, Edward Koch, M.D., FACOG was inaugurated as president of the Medical Society of Virginia during the organization's annual meeting at the Westfield Marriott in Chantilly.

Koch, a MSV member since 1985, is a board certified gynecologist with a specialization in menopausal medicine. He has his own private practice in McLean and consults and teaches in the OB/GYN program at the Walter Reed National Military Medical Center in Bethesda. In addition, he is a clinical professor of Obstetrics and Gynecology at the George Washington University School of Medicine and associate clinical professor of obstetrics and gynecology at Georgetown University Medical Center.

He serves as president of the

Arlington County Medical Society Foundation and has established a program for uninsured patients to receive breast care through programs associated with the Arlington Free Clinic.

Dr. Koch was previously elected as an American Medical Association delegate for the State of Virginia.

Koch received his undergraduate and master's degrees in zoology from the University of California at Los Angeles, his medical degree from the George Washington University School of Medicine and his post graduate training included an internship and residency at George Washington University. He also served as a Major in the United States Army practicing at Walter Reed Medical Center.

SCHOOL NOTES

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

Jamestown Elementary School was selected as an Apple Distinguished School for 2015-17 by Apple, Inc.

The following students have been named to the Northern Virginia All-Regional

Orchestra: **Jacob Dormuth**, bass; **Megan Grieco**, bassoon; **Hannah James**, piccolo; and **Caeley Niess**, trumpet, of Yorktown High school, and **Sabrina Shuster**, violin, of Washington-Lee High School.

Marymount University has received a Gold W3 Award, which honors creative excellence on the web.

MILITARY NOTES

Email announcements to arlington@connectionnewspapers.com. Photos are welcome.

Patrick Jourdan, a senior majoring

in civil engineering in the College of Engineering was chosen to be the Foxtrot Company Commander in the Virginia Tech Corps of Cadets for fall semester 2015.

Working on Office Vacancies

FROM PAGE 3

360-degree view of the county and across the Potomac.

The site was at the center of a conflict earlier this year when local residents said the new height cap allowed the Rosslyn skyscrapers to dwarf the surrounding residences. Some of those questions resurfaced at the event with questions on how sustainable a millennial focus will be once those residents begin to age in place. Burick said the BID is aiming for a range of housing options to make Rosslyn accessible to residents of all ages.

But affordability is one of the categories that doesn't seem to fit on that range.

"Affordable housing is difficult to achieve in Rosslyn with the price point we have there," said Burick. "We continue to work with Arlington County on affordability in new developments."

For affordability in Rosslyn, Hoskins referred to the county's Affordable Housing

Master Plan passed in September. However, the Affordable Housing Master Plan only makes mention of affordable housing in the Ballston-Rosslyn corridor at large and defers to the Rosslyn Sector Plan. The sector plan says that maintaining housing affordability in Rosslyn is an important goal of the plan, but also notes that this may not be possible in certain situations.

"Real estate moves in cycles. You don't chase them, you just keep driving."

— Kelly Shooshan, chief operating officer and director of residential development, The Shooshan Company

"Market rate housing that gets built in the Rosslyn Coordinated Redevelopment District (RCRD) is expensive due to high land and construction costs that are consistent with the demand for Rosslyn's location and the premium views," says the master plan. "While future development in Rosslyn should contribute to increasing the inventory of affordable housing units in Arlington, there may be advantages to leveraging affordable housing contributions within the RCRD to preserve existing [market rate affordable units] or create new [committed affordable units] in Rosslyn but outside of the RCRD."



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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

NOVEMBER

11/25/2015.... Celebrating Gratitude, Thanksgiving

DECEMBER

12/2/2015..... Wellbeing

12/9/2015.. Holiday Entertainment & Gift Guide II

12/9/2015.. HomeLifeStyle; Home for the Holidays

12/16/2015..... A+ Camps & Schools; Holiday Entertainment & Gifts Pages

12/23/2015..... Special Issue – Safe for the Holidays

12/30/2015..... Children's Connection

JANUARY

1/6/2016..... Wellbeing, Renewal, Resolutions

1/13/2016..... HomeLifeStyle

Martin Luther King Jr. Day is Jan. 18

1/20/2016..... A+ Camps & Schools

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Geneca Espinoza, Jr., seen earlier this season, and the Washington-Lee football team lost to Westfield on Nov. 13 in the 6A North region playoffs.



Leon Young, seen earlier this season, and the Wakefield football team lost to Potomac Falls in the opening round of the 5A North region playoffs on Nov. 13.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Wakefield Suffers Season-Ending Loss to Potomac Falls

The No. 8-seed Wakefield football team ended its season with a 21-6 loss to No. 9 Potomac Falls on Nov. 13 in the opening round of the 5A North region playoffs at Wakefield High School.

The Warriors took a 6-0 lead in the second quarter when quarterback Colton Poythress connected with Chris Robertson for a 29-yard touchdown, but the Panthers took the lead for good in the third quarter.

SPORTS BRIEFS Poythress completed 5 of 15 passes for 41 yards and a score. He was intercepted twice. Running back Leon Young, the Conference 13 Offensive Player of the Year, carried 18 times for 67

yards.

The Warriors finished the regular season with an 8-2 record and the program's first regular-season conference championship. The eight regular-season victories were Wakefield's most since 1964, according to Wakefield historian Frank Haddock. The program also produced back-to-back winning seasons for the first time since 1982 and 1983.

Last year, Wakefield finished 7-3 in the regular season before defeating Potomac Falls 25-18 in the opening round of the playoffs.

In three seasons has head coach, Wayne Hogwood, a 2000 Wakefield High School graduate and former Warriors quarterback,

has turned the long-struggling program into a winner, producing a 19-14 record (including playoffs), two playoff appearances and a Conference 13 championship.

W-L Football Falls to Westfield

After winning four of its final five regular-season games and qualifying for the postseason, the No. 14-seed Washington-Lee football team fell to No. 3 Westfield 44-20 on Nov. 13 in the opening round of the 6A North region playoffs at Westfield High School.

The Generals finished the regular season

with a 5-5 record.

W-L qualified for the postseason for the third straight season under head coach Josh Shapiro, and for the fourth time in six years.

Yorktown's Carroll Places 26th at State

Yorktown senior Julia Carroll placed 26th at the VHSL 6A state cross country meet on Nov. 13 at Great Meadow. Carroll finished with a time of 19:52 and was the top girls' finisher from an Arlington County Public School.

Washington-Lee senior Jordan Grimaldi took 37th with a time of 20:12.

Local Teams To Join In Girls on the Run 5K

On Sunday, Nov. 22, more than 340 local students from 14 Arlington schools will complete the Girls on the Run 5K presented by Innovation Health. The event is the culmination of a 10-week youth development program designed to help pre-adolescent girls gain important life skills.

The Girls on the Run program is delivered to girls in 3rd - 8th grade by trained volunteer coaches who offer lessons on positive self-talk, healthy friendships, nutrition, gratitude, and more. Girls on the Run integrates a proven curriculum with physical exercise, helping girls to develop the confidence and character they need to become strong, healthy women.

Teams from Arlington Science Focus, Barcroft, Campbell, Discovery, Drew Model, Jamestown, Key, Long Branch, Nottingham, Patrick Henry, Taylor, Tuckahoe, and Williamsburg Schools will complete the Girls on the Run 5K.

The 5K weekend will also be the organization's first ever Homecoming, celebrating Girls on the

Run of Northern Virginia's 15th anniversary and the milestone of more than 50,000 girls served. In keeping with the Homecoming theme, all program alumni are invited to participate at a reduced rate and there will be special recognition for Volunteer Coaches who have led teams for ten seasons or more.

The public is invited to share in this celebration, whether running alongside the girls, volunteering, or simply coming out to cheer. Two 5K runs will be offered over one weekend: Saturday, Nov. 21 at Pfitzner Stadium in Woodbridge and Sunday, Nov. 22 in Rosslyn. Registration is available online at www.getrnova.org/.

Innovation Health provides health benefit plans to more than 170,000 members. The product of an Aetna and Inova Health System partnership, Innovation Health began offering health benefit plans in October of 2013 as a new way to deliver and finance more affordable, quality healthcare for employers and individuals in Northern Virginia.



Douglas Murcia is in the center surrounded by his team. His coach Yusuf "Iche" Sindeh and Dr. Crissy Markova are in the back row.

PHOTO CONTRIBUTED

VCO Orthodontics Awards Soccer Scholarships

Arlington Soccer Association (ASA) player Douglas Murcia was honored on Nov. 4 for receiving an \$800 scholarship from VCO Orthodontics.

Dr. Crissy Markova, DMD, met with Murcia, his parents and his travel soccer team, Barca Blue, after practice that night, and brought the team pizza and VCO water bottles.

Markova awarded two ASA scholarships this year — an \$800 needs-based scholarship and a \$300 scholarship. She said she created the schol-

arships to reward players who are a great example of commitment in the Arlington soccer community. As part of the application process, players must say how their commitment to playing travel soccer now will benefit them later in life.

VCO, located in Rosslyn, provides orthodontic care for adults and teens. ASA offers recreational, developmental and travel soccer, as well as a number of camps, clinics and other programs throughout the year. More than 9,000 children take advantage of ASA programs each year.

Crafting Admissions Essays

Educators offer advice on writing effective essays.

BY MARILYN CAMPBELL
THE CONNECTION

Cinger Wilner spent almost every morning last month hovering over her MacBook Pro, at a window seat in Starbucks, scouring a series of essays. She was looking for fatal mistakes. Errors ranging from comma splices to illogical arguments could torpedo weeks of late-nights spent in front of a computer.

The words weren't hers, though. They were those of her 13-year-old daughter, who is in the midst of applying for a slot at one of the Washington-region's independent schools.

"I haven't spent this much time proofreading since I was in college," said Wilner, an Arlington mother of two. "She's a good writer and put a lot of effort into these essays. But that's probably true of the other type-A students who are applying to these schools, too."

That's right: 'Tis the season for independent school admissions. Families are scrambling to meet the application deadlines for local private schools. In addition to school tours, open houses, applicant interviews and standardized tests, many independent schools require prospective students to demonstrate their writing and critical thinking abilities in the form of an essay.



COURTESY OF BASIS INDEPENDENT SCHOOL

Students seeking admission to many of the area's private schools must write essays as part of the application process.

"It ... gives the applicant another opportunity, beyond the interview, to share more about their passions, interests, character and creativity," said Lisa Knight, director of admission and financial aid at Flint Hill School in Oakton.

"We hope that the students will reveal something about themselves," said Clare M. Dame, director of enrollment management at Randolph-Macon Academy in Front Royal. "We want to get to know them and what motivates them. Hopefully some of their personalities will come through as they write about their goals or the person they admire."

In addition to writing abilities, admissions

committees review applicants' aptitudes for analytical thinking, creativity and intellectual curiosity. "Are they making a thorough and well-structured argument?" asks Mark Reford, D.Phil., of BASIS Independent School in McLean. "How intellectually resourceful are they? How do these kids think and are they able to express themselves thoughtfully and carefully and clearly in writing?"

"They should come ... with an ability to express arguments clearly and concisely," he continued. "Over the long term, what that involves is an education where the students are used to investigating topics where there isn't a right or wrong answer. They have to be used to thinking through a problem. What's important is the quality of their analysis."

Admissions officials look for applicants who demonstrate excitement about attending a particular school. "The ... essay gives us an idea of why they are considering our school," said Dame. "It helps us to know them and what motivates them to come to a college-prep, Air Force JROTC school."

Applicants should use specific examples that show they understand the school's culture and environment and how they would fit into it. "In writing why they want to come to Randolph-Macon Academy, they need to be able to talk about the school itself so that

we understand that it is an essay written specific to our programs, and not just a generic essay generated for all the schools that they might be considering," said Dame.

Admissions officers can spot essays for which applicants have received an abundance of help. Such assistance can become particularly apparent when a student's application includes a writing sample from a standardized test, such as the Secondary School Admission Test (SSAT), which requires students to organize and write essays in a limited amount of time without help.

"We really value the essay from the SSAT because you're seeing their thought process and how they express themselves in a first draft," said Terri Collins, director of admissions, Oakcrest School in McLean.

Applicants should not eschew all assistance, however. In fact, school officials encourage applicants to get help proofreading their essays. Many families actually seek guidance from an independent educational consultant.

"We follow a strict code of ethics, so we don't help them write the essays or help them pretend to be someone else," said Leigh Ann Cahill of Independent School Options, an educational consulting firm in Alexandria. "But we show them how to present their best selves."

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

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DT Virginia Fine Wines, LLC trading as Total Wine and More, 800 North Glebe Rd, Suite 130, Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer Off-Premise and Keg with Delivery Permit license to sell or manufacture alcoholic beverages. David Trone, Managing 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.

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Introspective Perspective Not Effective



By KENNETH B. LOURIE

One of the greatest challenges – for me – in having cancer, is trying to live a “normal” life. And by “normal” I mean: emotionally. Obviously, having chemotherapy every three weeks – with its week-long side effects, diagnostic scans every three months – with its associated anxiety waiting for results, regular lab work, recurring appointments with my oncologist, the change in diet, the pills, the non-Western alternatives that I have semi embraced into my routine, the many well-meaning (and much appreciated) inquiries about my health/status, the occasional fatigue and ongoing food/taste issues, the neuropathy in my feet which makes walking and even sleeping difficult, the planning of my comings and goings and what else I might be doing in the future ALWAYS being contingent on my infusion schedule, and a few other effects I’m probably forgetting because of another effect I’m not remembering: “chemo brain,” (now a documented side effect), complicates living that “normal” life. However, if I don’t find a path of least resistance somehow and get to where I want to be, I risk getting lost in a cycle of abnormality which no doubt will upset more than my figurative apple cart.

The problem is, sometimes you become who you don’t want to be (or at least who I don’t want to be): a self-indulgent victim of circumstance. As I droned on about in the opening paragraph, there are ample reasons for me to not be who I want to be; and whenever I find myself crossing that line of caring about myself at the expense of caring about others, I worry that I’ve allowed the cancer to do more than just invade my body, that now I’ve allowed it to invade my mind.

Somehow, I have to remain true to myself in order to keep the cancer from doing what cancer so often does. I need to maintain my sense of humor and sunny disposition; I need to look more to the future and preoccupy less with the past or even the present – too much, anyhow; I need to live my life like I’m living, not like I’m dying – despite the lyrics of a recently popular Country song; and most importantly, somehow, I need to maintain an interest in things outside of me, myself and I. Way back when, I remember being told by a person whose opinion I value and whose cancer experience predated mine: “It’s all about you, Kenny.” And though I often took that advice to heart, and even employed it a few times, it was more a coping/temporary mechanism than it was a permanent/live-your-life mechanism.

Living life has to be more than just about me; how boring! I don’t want to live inside. I want to live outside. What matters most is what goes on around me; not through me/because of me. I want to be stimulated by external goings on, not internal comings off. Granted, if I’m not in some sort of internal balance, what goes on externally likely won’t matter, but excluding the latter won’t enhance the former. They go hand in hand. Actually, they go hand in glove.

Cancer is insidious enough on its own. The physical damage doesn’t need to be compounded, exacerbated even, by additional emotional damage. Maintaining one’s personality and not getting consumed emotionally by your disease is the goal. Fighting back against this killer is more than just hoping and praying, “doctoring” and “protocolling;” it’s about dignity and determination. I am determined to not become someone I’m not and when I am (like this past week), I feel as if I’ve been made worse for the experience. I don’t know if I’ll ever beat cancer, but never do I want to feel like it beat me.

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

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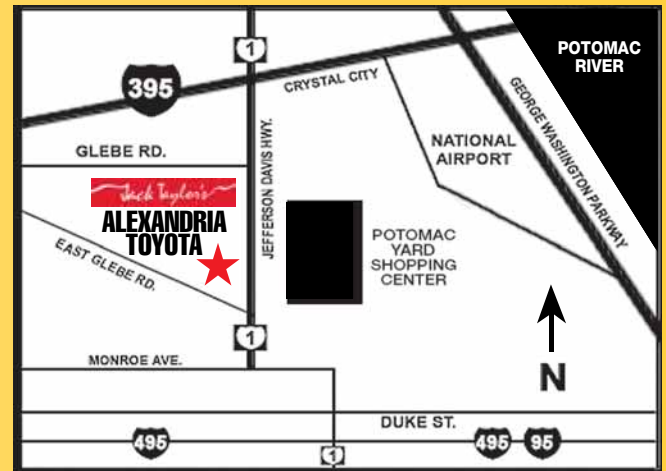
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