

The Arlington Connection

Regular parkrun participants Paul Russell and Mark Stevenson enjoy the physical challenge of the weekly events as well as the natural surroundings at Roosevelt Island.



It's a Group Run Not a Race

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Homeless Count Rises

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Democrats Select Nominees

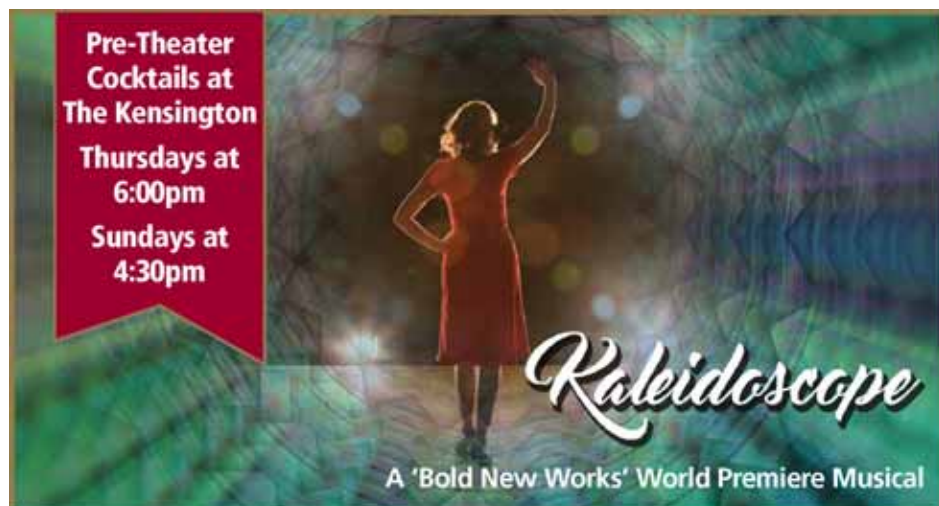
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PHOTO BY MARY DEMPSEY/THE CONNECTION



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PHOTOS BY MARY DEMPSEY/THE CONNECTION

Parkrun encourages people of all ages and abilities to join in for a weekly timed 5k, regardless of whether participants choose to run, jog, or walk

A Group Run, Not a Race

Roosevelt Island parkrun attracts runners, joggers and walkers.

BY MARY DEMPSEY
 THE CONNECTION

On a chilly Saturday morning in early spring, runners of all ages and abilities crossed the bridge from the Mount Vernon Trail to gather on Roosevelt Island. The race would be a 5k out and back, looping mainly along boardwalked stretches of marshy wetlands, up through the forested center of the island and briefly flashing by the granite slabs and dry canals of the Theodore Roosevelt Memorial.

After crossing the finish line, runners gathered at the trailhead to sip water, catch up with friends and pass around homemade energy bars. As they began to drift back over the bridge toward Rosslyn, many promised to see each other again in the next week or two.

That day marked the 25th Theodore Roosevelt Island parkrun. The event differs from other area timed 5ks in a few significant ways: it takes place weekly — not yearly — and is also free.

Parkrun is an international network of free weekly timed 5k events. It operates on the idea that running should be accessible and affordable rather than elitist and cost-prohibitive.

Eileen Nelson and her husband Rick are regular parkrun participants. Nelson, who is from England, first found out about it in her home country and has enjoyed being able to continue being involved with the Roosevelt Island runs.

"Parkrun started in the U.K., but had spread all around," Nelson said. "There's about 15 of us [regular participants] who come from different countries, mostly England, Ireland and Australia. It's a friendly

group, easy-going. It's not as intense as other races."

According to the parkrun website, the weekly runs first began in Teddington at Bushy Park, one of the Royal Parks of London, with just 13 runners. That was in 2004 and for many years the event stayed within England. In just over a decade, however, it has exploded into a multi-national organization sponsoring runs in more than a dozen countries.

Parkrun is rapidly expanding in the United States, with a handful of inaugural runs coming up in May and June, include ones in nearby Baltimore and Richmond.

The Roosevelt Island parkrun will be approaching its first anniversary this August. Darrell Stanaford, the event director for this event location, is also the country manager for parkrun USA.

Although Stanaford was not the first person to begin a parkrun in the United States, he has led efforts over the past several months to develop the infrastructure so that other parkrun events can be set up around the United States more easily.

"If someone wants to start a parkrun in their community, we can help," Stanaford said.

SEE IT'S A GROUP, PAGE 10



Darrell Stanaford, who is country manager of parkrun USA, and his wife Svetlana began the Roosevelt Island event in August 2016.

Relapse Amid long-term homelessness successes, Arlington sees increase.

BY VERNON MILES
THE CONNECTION

Every year, the Metropolitan Washington Council of Governments releases a snapshot look at homeless populations in the region. Exact homeless population counts can be difficult to ascertain, so the Point in Time survey is one of the few indicators of the status of homelessness in each locality. Since 2013, the Point in Time survey has shown that Arlington County has halved its homeless population, from 479 in 2014 to 232 in 2017, 51.7 percent decline. But in 2017, the number was an increase by 58 people. The number of people in families who were homeless rose from 50 to 85, while the number of individuals who were homeless increased from 124 to 147.

“Look over the last four or five years,” said Kathleen Sibert, president and CEO of Arlington Street People’s Assistance Network (A-SPAN), “We’ve declined by 51 percent. That’s what everyone in this field looks at: the trends.”

While County Board leadership expressed pride at the long-term trends, there was also confusion over what caused the uptick in 2017.

“I can’t explain it,” said County Board Chair Jay Fisette. “It doesn’t really make sense to me. Maybe it’s accurate. Maybe it’s an aberration. Staff doesn’t understand it either.”

One of the primary causes could be an imperfect methodology. The Point in Time study is conducted on one night in every locality throughout the region. The total population of homeless living in shelters is

Point-In-Time Count

Arlington County experienced a 33% increase in the total number of persons counted from 2016 to 2017.

Arlington County Point-In-Time Count						
	2013	2014	2015	2016	2017	% Change 2016-2017
Singles	268	178	164	124	147	19%
Families	211	113	75	50	85	70%
TOTAL	479	291	239	174	232	33%

Arlington County Point-In-Time Count						
	2013	2014	2015	2016	2017	% Change 2016-2017
Sheltered	333	240	200	155	199	25%
Unsheltered	146	51	39	19	33	54%
TOTAL	479	291	239	174	232	33%

- Increase in family count due to more families referred for shelter in 2017.
- Increase in number of singles count due to more individuals in hypothermia shelter and on the street. More individuals from out of jurisdiction and released from jail are also considered to contributing factors.

Arlington homelessness statistics.

calculated while others in the streets search for homeless. Many suggested the weather could have played a factor in the changing numbers. Hilary Chapman, housing program manager for the Washington Metropolitan Council of Governments, said 2016’s count was taken in blizzard conditions, so many of the usual camp sites were abandoned and there weren’t as many homeless people in the streets. In 2017, conditions were much better, so the camping sites were occupied and there were more homeless in the street. Six of the nine jurisdictions saw their unsheltered count increase in 2017, which accounts for 10 percent of the total.

Chapman also added that Arlington’s homeless population was small enough that a small number in persons can make a percent increase of the “rate of change” seem larger than it actually is.

Professor Frank Shafroth, the director of the Center for State and Local Leadership at George Mason University, said rising housing costs could have played a part in the increase in homelessness.

“Home appreciation in Arlington over the last decade has increased 23.7 percent,” said Shafroth in an email. “That cannot help but put pressure on rents. At the same time, some of the budget and civil service cuts

made by the administration have cost jobs. That is why there is a focus on trying to increase the supply of affordable housing available to the lowest income households.”

Sibert says while rising housing costs are a problem for Arlington, it would be unlikely to affect the homeless population.

“For someone really poor, the housing price increase wouldn’t affect them,” said Sibert, “they couldn’t afford it anyway.”

Sibert emphasized that many of the people in extreme poverty in Arlington are only able to work part-time jobs, some having to care for children and being unable to afford childcare, others with mental illnesses that keep them from being able to hold down longer term jobs. In these jobs they might be making \$6,000 to \$8,000 each year.

“Their salaries aren’t going up at all to match the cost of housing, but they would never be able to pay for housing here,” said Sibert. “It’s too expensive, that’s why we have housing subsidies and affordable housing developers. They won’t be able to afford anything in this region.”

But Chapman said that the possibility that loss of affordable housing has a connection to homelessness can’t be discounted. In D.C., Chapman said the decline in affordable housing had shown a direct connection to the increase in numbers of families experiencing homelessness.

“There is naturally occurring affordable housing in Arlington, and as developer pressures increase, those older garden style apartments are being pushed out,” said Chapman. “I disagree that people can’t afford to live here. Housing cost could be a

SEE HOMELESS, PAGE 11

Comeback King Gutshall and O’Grady win Democratic nomination for County Board and endorsement for School Board.

BY VERNON MILES
THE CONNECTION

One year after losing the Democratic nomination for County Board, Erik Gutshall has emerged from a party caucus as the Democratic candidate in November’s County Board election to replace County Board Chair Jay Fisette. Fisette and much of Arlington’s Democratic leadership had thrown their support behind Gutshall during the campaign. Over a three-day caucus, from May 11 to May 13, voters supported Fisette’s handpicked successor.

The caucus was divided into rounds, with voters ordering their selections from first choice to fourth. After each round, the candidate with the least votes would be eliminated and those voters’ ballots would be given to the next candidate. Gutshall led with 2,877 in the first round, followed by Kim Klingler with 1,116 and Vivek Patil with 986. Peter Fallon was eliminated in the first round with 945 votes. Gutshall received 332

of those votes, the most of any of the other candidates, which pushed his lead into a majority with 3,209 votes.

Judith Desplechin was one of the voters turning out to support Gutshall at the May 13 caucus. Desplechin, a Columbia Pike resident, said that years after its cancellation she was still sore about losing the streetcar. She voted for Gutshall, but said she was still unsure of her vote and was upset how vague each of the candidates were in the “issues” section of their website.

Among voters leaving the polls, many said they were happy with the selection of candidates available. Most voters said their opinions on candidates were formed by those who visited their homes or those their neighbors had been vocally supporting.

In the School Board race, Monique O’Grady managed to take the Democratic endorsement from James Lander, the incumbent School Board member. O’Grady and Lander were close in the first round, with O’Grady having 2,743 votes and Lander with 2,119 votes, but after Maura

McMahon was eliminated for the second round, O’Grady’s lead swelled to 3,441 while Lander had 2,336.

Voters at the May 13 caucus said they wanted fresh faces on the School Board.

“I was interested in seeing new leadership in the schools,” said Carole Russo. “Capacity is a top issue of mine. I’m also not a fan of block scheduling and I don’t want to see it snuck in under our noses.”

Arlington County Democratic Chairman Kip Malinosky said the last time the Democrats had hosted a caucus was in 2014, when 1,800 voters showed up. In the 2017 primary, 5,973 voters turned out to vote.

“More candidates, more voters,” said Malinosky, saying that more campaigns help spread the word and mobilize more residents to come out and vote.

So far, only Gutshall and independent Audrey Clement have announced their candidacy for County Board in the November election. The filing deadline for independent and non-primary party nominees is June 13.



County Board candidate supporters gather at the entrance to Washington-Lee High School on May 12.

PHOTO BY VERNON MILES/THE CONNECTION

Safety in the Water

Water Safety Month designed to educate public in advance of summer swimming.

BY MARILYN CAMPBELL

During the month of May, National Water Safety Month, water safety educators are waging a month-long campaign to educate the public about responsible water practices before the start of summer. The campaign is designed to help prevent drowning and water-related illness and injuries.

“The most important tip from swim experts [is] to have your child in perpetual swim lessons,” said Gina Bewersdorf, who owns Goldfish Swim School in Reston. “Situations will always arise in which we or our children are around water, [like] at a friend’s pool party, vacation near a lake, or a boating trip, so learning the necessary skills to stay safe is vital. It only takes a second for a child or adult to unsuspectingly fall into a body of water.”

Constant adult supervision is the first and best way to prevent accidents in and around water, says Lisa S. Grepps, director, Marketing & Communications, The Association of Pool & Spa Professionals in Alexandria. She also recommends additional safeguards to help prevent children from gaining unsupervised access to a pool or spa or to warn of a child’s presence. “But don’t get lulled



Learn to swim no matter the age. This is one of the best ways to be safer in and around the water.

PHOTO COURTESY OF GOLDFISH SWIM SCHOOL

into a false sense of security with barriers and other devices as they are just backups to the primary means of accident prevention which is constant adult supervision,” said Grepps.

Keeping a cell phone nearby to make a call to 911 in case of an emergency and avoiding swimming at the first sign of bad weather are two tips that Ann Thompson of Ann’s Aquatics in Bethesda offers to her students and their parents. “I tell parents that certain flotation devices are great, but they are in no way a replacement for responsible adult supervision,” she said. “And the supervision should be undistracted.

Don’t get lost in a conversation or a phone call and divert attention away from your children, not even for a second. If you leave the pool area, no matter how brief the period of time, take the children with you.”

In addition to learning to swim, Bewersdorf recommends making sure that children are taught water safety skills as well as how to perform CPR on both adults and children. “We recommend a child enroll in swim lessons as early as possible [and] year round, not just during the warmer months. Persistent swim lessons are proven to be incredibly beneficial in order to keep these life-saving skills sharp” she

said. “We offer classes as young as four months old in which the parents are constantly with their infants. This gets the child used to simply being in and around water and they learn simple safety skills.”

When choosing a pool, check for an on-duty lifeguard. In cases where a lifeguard is not available, look for accessible safety equipment such as a rescue ring or pole.

“We want people to have a safe and fun time swimming and that’s why [we] issue permits to all public pool facilities and routinely inspect them to ensure they are being operated in a safe and healthy manner, in accordance with Fairfax County Code,” said Martin A. Thompson, Environmental Health supervisor for Fairfax County. “It’s also important that swimmers take steps to maximize the health benefits of swimming while minimizing the risk of injury or illness to themselves and others.”

Thompson advises adhering to other safety guidelines from the Centers for Disease Control and Prevention (CDC) which include looking to see if the drain at the bottom of the deep end is visible, staying out of the pool if you have diarrhea, covering any open wounds with waterproof bandages, showering before entering the pool and only using flotation devices that are Coast Guard approved.

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Matching Values of Families and Nannies

Paulette Ellison also mentors new childcare providers.

BY MARY DEMPSEY
THE CONNECTION

For working parents, finding reliable care for young children is a struggle. In an area like Arlington, the high cost of living keeps most parents working, forcing them to make the decision of who will care for their children during the workday.

Greenbrier Baptist Church (GBC) ministry leader Paulette Ellison has created a new childcare service which focuses on providing area families with dedicated nannies who share their goals and values.

Ellison founded Christian Child Care Agency (CCCA) two years ago. A native of Jamaica and a veteran nanny herself, Ellison felt called to provide for her community by mentoring other childcare providers and matching them with suitable families.

"When I came to this country [in 1994], my first job was as a nanny," Ellison said. "I found that I was a natural at it. After my last nannying job in 2013, I wanted to turn all of my experience into a business."

At the time, Ellison had also just begun

her ministry at Greenbrier, which is called GBC@TheTable. Through her ministry she began to feel more and more connected to the community and called to serve.

"The premise of @TheTable is relationships, building deeper relationships," said the Rev. Pamela Chisholm, the head pastor at GBC. "If you invite me to the table to sit down with you and eat, that means that you want to know me better."

The ministry meets on the first Saturday of every other month to eat lunch together and discuss both spiritual matters and daily life.

"The ministry is more casual and informal," Ellison said. "We really get to know the neighbors. When we spend time together, we really get to know more about the person."

Ellison added that at her ministry, attendees can expect to learn something new and expand their horizons.

"I invite guests speakers and sometimes we have musical guests coming in," Ellison said. "Our congregation is very diverse, so every time we meet we do a different cuisine, from soul food to Vietnamese and Korean. People can broaden their palate in more than one way."

Despite her new role as a leader in her parish, Ellison was nervous about the transition to owning a business. As a devout Christian, she sought spiritual guidance and



BY MARY DEMPSEY/THE CONNECTION

Paulette Ellison's efforts have been supported by her parish and her family, including her daughter Janeil who manages her website and social media accounts.

also found support from her family and church community.

"We had great confidence in Paulette, having seen her take on more responsibilities around the church and lead her ministry," said Leslie Chisholm, the head pastor's husband. "When she came to us with her plan for the child care service, she really had her ducks in a row."

The church has supported Ellison by giving her an office space in the parish. Leslie Chisholm has also helped Ellison with her accounting needs.

Ellison's family was similarly ready to support her endeavor. Her daughter Janeil

Ellison, who has a background in journalism and communications, has helped her with her website and social media accounts and her sister Hadiyah McDowell has taken on a large part of the administrative work.

Even with that support, being a small business owner has been a surprising challenge for Ellison.

"If I was just doing it for myself, I don't know if I could have kept going," Ellison said. "It's for my church and my community, so that gives me the strength to persevere."

While there are plenty of childcare providers in the area, Ellison feels that many of them do not truly meet the needs of either the parents or the providers.

"There are many wonderful daycare services around here and some parents might not have any other choice, but you don't have that one-on-one, that focus on your child's needs," Ellison said.

On the other hand, Ellison believes that many nannying agencies don't take the time to place the right nannies with the right families. In addition to making sure that all of its nannies are highly qualified, CCCA aims to make sure that nannies share the values of their host families.

"Her process is to really get to know every nanny that comes in through a detailed interview," said Janeil Ellison. "She can then

SEE MATCHING FAMILIES, PAGE 7

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Voting Matters Favola calls on first-time voters to vote.

BY EDEN BROWN
THE CONNECTION

State Sen. Barbara Favola (D-31) believes Virginians can turn the Virginia House of Delegates around from its current Republican control if enough new voters come out and vote in the November 2017 elections. Those who have just gotten the right to vote — immigrants and students — sometimes don't know the legislative elections for their state assembly are just as important as the federal elections that take place every four years.

Speaking to a "We of Action Virginia" group at the Shirlington library on May 1, Favola said she is energized by the increased interest in Virginia politics. She highlighted the importance of keeping a Democrat as governor of Virginia. "We have to elect a Democratic governor even if you aren't a Democrat," she urged the group. "Independents, Progressives, moderate Republicans need to think about what could happen here if we end up like North Carolina, with a GOP governor and GOP control of the state assembly. When that happened in North Carolina, without the moderating influence of a Democrat in the governor's role, there were no brakes on the extreme legislation that started getting passed. In July 2016, after the North Carolina legislature passed the 'bathroom bill', eliminating anti-discrimination protections for lesbian, gay, bisexual and transgender people, the National Basketball Association pulled the 2017 All-Star Game from Charlotte to protest the law," Favola said.

Favola cited a few of the more conservative GOP candidates for office: "Corey Stewart, chairman at-large of the Prince William Board of County Supervisors, who seems to have a love affair with the Confederate flag," she said. "I was with him during my tenure on the County Board when we were both being interviewed by a news outlet and he never acknowledged the important contribution of immigrants to our economy."

She also highlighted Karrie Delaney, who will be attempting to unseat GOP Del. Jim Lemunyon (D-67) in Fairfax/Loudoun County. Lemunyon, Favola said, is "one of those Re-



State Sen. Barbara Favola addresses the We of Action Virginia meeting at Shirlington Library on May 1.

publicans who package themselves as moderates, but they vote with the Republican leadership every time."

Favola described the difficulty of trying to pass health-care friendly legislation in Richmond: she took on the Medicaid expansion issue, which she felt qualified to do since she used to have oversight on the Medicaid program when she was in the federal government. She shepherded the expansion legislation through the General Assembly, dealing with every objection raised by the GOP. Every reasonable request the GOP raised — and there were many — the Democrats accommodated, because "we wanted 400,000 people to have this insurance. But when it came time to pass the legislation, it was the week Eric Cantor lost his primary, and the GOP said they had to withdraw their support because Tea Party candidates might take advantage of the situation and they would lose their seats. House majority leader, Eric Cantor, was defeated by a Tea Party-backed economics professor who had hammered him for being insufficiently conservative; Cantor was criticized for being soft on immigration. "It was clear it was 'incumbency protection,' not the welfare of Virginians, that was a priority," Favola said. "The way the districts are drawn leaves no incentive for nego-

tiation," she said. Favola will be pursuing the redistricting issue this summer given the importance of better bipartisan cooperation.

Favola also described other transformational legislation which had been hard to pass in an assembly dominated by the GOP: Virginia had stopped benefits to foster children over the age of 18 (and under 21). Favola wanted to maintain support for youths who otherwise could become victims of sex trafficking or homeless. Legislation prohibiting the possession of a weapon by people who had committed two-time misdemeanor sexual assaults was also a bill sponsored by Favola, and which ran into major GOP headwinds.

Favola said she hopes the trend in Virginia, to elect a governor who is not of the the U.S. president's party (this has been the trend for 40 years with one exception), will hold. That said, she said Ed Gillespie, the presumed frontrunner on the GOP side, has a well-funded campaign and is the architect of the strategy that gave 38 districts to the GOP: he is some-one Democrats and moderates will have to pull together to defeat in November.

Favola told the group to hold elected representatives accountable, and to educate themselves on who the candidates are, referring them to the website: www.vahousedems.org.

Opening Up Opera to the Young

BY MIKE DOAN

Though opera audiences seem to be growing older, new hope for young people's love of this art form emerged at Opera NOVA's Spring Fling on April 29.

Mina Swaminathan, 15, of Gaithersburg, made her Opera NoVA debut, singing Giovanni Paisiello's "Se Tu M'ami." Mina, who attends Duke Ellington School for the Performing Arts in Washington, is launching a Girl Scouts project to "Open up to Opera" on a nationwide scale.

And one spectator, Jenna Francesca Goldberg, 8, said she was impressed by the lovely voices of the singers, "especially when they sang high, high high." An aspiring actress, she often takes the lead role in her school pro-



Mina Swaminathan, 15, sings at Opera NOVA "Spring Fling."

ductions. These girls seemed to be carrying out Opera NOVA's mission of spreading this high art form from the costly opera houses frequented by older, rich people to newer, more diverse audiences at low cost. Peter Fallon, a candidate for County Board, noted Opera NOVA's long contribution in introducing young students to a theater production by professional vocalists of an opera designed for them. "It has democratized access to its performances by building new audiences

of seniors and those who are marginalized in the county," he said.

Fallon was joined by such speakers as Tom Weiner of the Arlingtines and Kelvin Manurs from Nauck, who stressed the importance of keeping Opera NOVA as it fills a social need that affects the overall culture of Arlington.

The audience at the National Rural Electric Cooperative Building also heard music from Artistic Director Jose Sacin, and soloists Jocelyn Hunt, Alex Albuquerque, Grace Gilday, Sissel Bakken, Eduardo Castro, Jenni McGinnis, and Annie Gill. Opera NOVA recently completed a production of Scott Joplin's "Treemonisha" in April and plans a condensed version of Rossini's classic "Cenerentola (Cinderella)" next year, along with concerts benefiting seniors and young people.

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PHOTO BY MARY DEMPSEY/THE CONNECTION

Paulette Ellison operates CCCA out of an office in Greenbrier Baptist Church in South Arlington.

Matching Families and Nannies

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determine which nanny will fit a given family.”

Ellison added that during the interview process she really tries to understand the nanny holistically in order to determine their abilities and values. Similarly, she will spend just as much time to get to know the family.

“Nannies become a part of the family once they are in the home,” Ellison said. “When a family reaches out to me, I take the time to understand their needs. If necessary, I will do an in-home visit and meet with the children.”

Ellison added that she will be there to follow-up with families and nannies whenever they need support. She also believes that through her leadership, young and inexperienced nannies can develop into highly capable caretakers.

Despite it’s name, CCCA is not just for Christian nannies and Christian families.

“CCCA is all-inclusive,” Ellison said. “Our logo is the rainbow. Our nannies could be Christian or Muslim [or any faith], as long

as they love children sincerely and are honest.”

Ultimately, Ellison wants young or inexperienced nannies to find as much success and joy in the work as she did in her nearly 20 years as a nanny. She also wants her nannies to feel empowered to be positive influences in the lives of those young people they care for. “The reason I was a successful nanny was a combination of honesty and tough love,” Ellison said. “You can be goofy and have fun, but you also have to establish the line that can never be crossed. That consistency creates trust.”

Ellison believes that a nanny should be more than just a placeholder for an absent parent, but a valued member of a household who has the ability to be a positive influence.

“[My mom] always found a way to help the children grow as a person,” Janeil Ellison said. “Even after they grow up and become successful adults, they always remember ‘Ms. P.’”

For more information, visit christianchildcareagency.com



PHOTO BY SHIRLEY RUIHE/THE CONNECTION

Helping To Stamp Out Hunger

The postal carrier on Route 8 in Arlington had just started his Saturday route on May 13. He is doing double duty as he tucks bags of Cheerios, pasta and other non-perishables into his truck already full of mail and boxes to be delivered during his regular rounds. During the second Saturday of May each year the Letter Carriers Stamp Out Hunger Food Drive is held to collect food for distribution to the needy in communities across the country. This initiative began as a

national effort in 1991 with a pilot drive in 10 cities. By 1993 more than 220 union branches collected more than 11 million pounds of food and by 2010 the food drive surpassed the 1 billion pound mark in total food collected over its history. The food collected in Arlington will be delivered to the Arlington Food Assistance Center (AFAC). AFAC distributes groceries to nearly 2,200 families every week with over 35 percent of the recipients being children.

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ENTERTAINMENT

Signature Stages 'Jesus Christ Superstar'

The iconic musical by Andrew Lloyd Webber and Tim Rice.

BY STEVE HIBBARD
THE CONNECTION

Signature Theatre in Arlington is presenting the musical, "Jesus Christ Superstar," now through July 2. This version of Andrew Lloyd Webber's and Tim Rice's award-winning rock opera is done in a sleek, modern production.

Based on the 1970 rock opera, the all-musical production features the songs "What's the Buzz," "I Don't Know How to Love Him," "Everything's Alright," and the title song. Joe Calarco ("Gypsy") directs this epic of celebrity, passion, guilt, and salvation. The story is based on the Gospels' written accounts of the last week of Jesus's life. It made its original Broadway debut in 1971 with all songs and no spoken dialogue.

Director Joe Calarco said it's a show he's always wanted to direct. "It has one of the most thrilling scores ever written for the theater," he said. "And it was revolutionary — not just in its music but also in how it asks the audience to look at Jesus as a man with the vulnerabilities of any human being."



Nicholas Edwards (Jesus) and the cast of "Jesus Christ Superstar," which plays at Signature Theatre from May 9 to July 2.

He added: "It was quite controversial when it premiered and I've always been interested in unearthing that initial provocative energy."

Calarco said the play was originally written as a concept album, so taking that music and have it work as pure theater has been a thrilling challenge. "And people know the pieces so well that we wanted to do honor to the show but also allow people to see it with fresh eyes," he said.

As for audience takeaways, he said: "I

hope they leave talking about the complexities of faith and how fanaticism can warp who and what we worship. And it's a great score and I hope the audience leaves being reminded of how thrilling the piece is."

Nicholas Edwards is playing the lead role of Jesus of Nazareth. "I'm sure you know who Jesus is, but in our production we're trying to uncover the struggles that Jesus went through as 'just a man,' not the Divine Christ he is today," he said. "He comes into the story trying to spread his new ideas

but slowly discovers that the burden of having to be a savior may be too much for him to handle." Besides the difficult musical score, he said the piece is an emotional rollercoaster. "Right from the beginning, I had to sit down and plot all of my character's 'shifts,'" he said. "Jesus is incredibly complex; on one hand he is full of love, but on the other he is full of doubt and confusion, and throughout a lot of the story he is angry. It's hard to balance it all in a way that makes his journey clear to the audience." He added: "And with a spare set, we really have to use our bodies to the fullest in order to tell the story."

He thinks audiences will never see a production of "Jesus Christ Superstar" quite like Signature's. "I really hope they leave thinking about how powerful faith and religion really is. And how even today, our world is constantly in a power struggle between religion and politics," he said. "Finally, I hope they see not the Biblical figures they read about in their Scriptures but real people struggling with real human emotions."

Signature Theatre in Arlington is presenting "Jesus Christ Superstar" now through July 2. Show times are Wednesdays through Saturdays at 8 p.m.; and Saturday and Sunday matinees at 2 p.m. Tickets are \$40 to \$99. Specialty Nights are Discussion Nights on June 7 and 13; Pride Night on June 23; and Open Captioned Performances June 4, at 2 p.m., and June 6, at 7:30 p.m. The venue is located at 4200 Campbell Ave., Arlington. Visit www.sigtheatre.org or call the box office at 703-820-9771.

PHOTO BY MARCOT SCHULMAN

CALENDAR

Submit entertainment announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Artists Exhibit. Various times through June 10 at Metro Micro Gallery, 3409 Wilson Blvd. Artist Austin Shull presents "Reflections on Ardor," curated by Cara Rose Leepson. Visit www.metromicrogallery.com for more.

"Hunchback of Notre Dame." Various times through June 11 at Synetic Theater, 1800 S. Bell St. \$35

and up. Student tickets start at \$15. Senior citizens and military receive \$5 off. Group discounts are available. Visit synetictheater.org/ for more.

Arlington Farmer's Market. Every Saturday, 8 a.m.-noon at the corner of N. 14th Street and N. Courthouse Road. A weekly celebration of local food including fresh produce, meats, dairy, cheese, baked goods, free range eggs, specialty items, cut flowers, plants and herbs. Email csingiser@cfwdc.org or call 917-733-6402.

Cycling Volunteers Needed. The 20th annual Armed Forces Cycling Classic needs volunteers for the June 10-11 race. Email

info@arlingtonsports.org for more.

Outdoor Zumba. 6-7 p.m. on Wednesdays through May 24 at Freedom Park, Entrance on Lynn St. at Wilson Blvd. \$20 for all five classes. Visit www.rosslynva.org for more.

FRESHFARM Market. 3-7 p.m. on Tuesdays at 1900 Crystal Drive. Shop from local farmers and producers with seasonal fruits and vegetables, fresh-cut flowers, container plants and herbs, farm-raised eggs, all-natural meats, artisan baked goods, and specialty foods. Visit www.crystalcity.org for more.

Mobile Bike Repair. 8 a.m.-3 p.m. on Thursdays at 1900 Crystal Drive.

Drop off your bike on Thursday morning and have it tuned up and ready to ride before heading home. Email DC@velofix.com, or phone 855-VELO-FIX for more.

Food Truck Thursdays. 11 a.m.-2 p.m. at 1900 Crystal Drive & 201 12th St. Actual truck schedules are subject to change so be sure to follow your favorites. Visit www.crystalcity.org for more.

Crystal Ball: Street Hockey. 6:30 p.m. Thursdays at 1900 Crystal Drive. A co-ed social league, in partnership with the DC Fray, hockey enthusiasts compete competitively and recreationally in Crystal City. Games are played weekly and

champions are crowned at the end of each season. Visit www.crystalcity.org for more.

Healthy Lifestyle Runs. Saturdays, 9 a.m. at Roosevelt Island, George Washington Memorial Parkway. American Cancer Society partners with parkrun USA to promote fitness in the fight against cancer. Free. Visit www.parkrun.us/rooseveltislanddc/ for more.

Friday Night Live. 8 p.m. Fridays at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit 1bc.org for more.

Culinaire's Winter Lunch. Tuesdays
SEE CALENDAR, PAGE 9

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ENTERTAINMENT

FROM PAGE 8

through Thursdays, 11:30 a.m.-1 p.m. at The Art Institute of Washington, 1820 N. Fort Myer Drive, 12th floor. Culinaire, the student-run restaurant of the Art Institute of Washington, is now serving lunch from their winter menu on Tuesdays, Wednesdays and Thursdays. Visit www.artinstitutes.edu/arlington for more.

Arlington's Historical Museum Open on First Wednesdays. The Arlington Historical Museum is open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at garrett.peck@arlingtonhistoricalsociety.org.

LGBT & Straight Friends Social. Tuesdays. Happy Hour, 3-7 p.m.; Mikey's "Bar A" Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. For 21 years and older. Free. Visit www.iotaclubandcafe.com for more.

Open Mic Comedy. Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. Age 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or Visit www.RiRa.com/Arlington for more.

Food Truck Thursdays. 5:30-8:30 p.m. at the corner of North Irving St. and Washington Blvd. Find a round-up of regional food trucks. Free to attend. Visit www.dmvfta.org.

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. 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. Wednesdays and Fridays, 10:30-11 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 S. 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.

Crystal City Sparket. 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC's Eastern Market with arts, crafts, and handmade goods. Free to attend. Visit www.crystalcity.org.

Open Mic Night. Wednesdays, at 8 p.m., sign ups are at 7:30 p.m. and 10 p.m., at Iota Club & Cafe, 2832 Wilson Blvd. Free. Visit www.iotaclubandcafe.com/.

Art for Life. Third Thursday of each month. The Hyatt Regency Crystal City's "Art for Life" Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit www.torpedofactory.org.

Brunch at Freddie's. Third Saturday of every month, 11 a.m.-1 p.m. at Freddie's Beach Bar, 555 23rd St. The Arlington Gay and Lesbian Alliance gathers for an all-you-can-eat breakfast buffet (\$9.99). All are welcome. No reservation is required. Visit www.facebook.com/events/700174390103305.

THURSDAY/MAY 18

Special Screening. 7:45 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Based on Salem's infamous witch trials, "The



Bikers show their skills on Bike to Work Day, Friday, May 19. Pit stop in Roslyn. Go to www.bikearlington.com/bike-to-work-day/ to register.

Crucible," takes place in a small tight-knit community, where personal grievances collide with lust and superstition. \$15. Visit ArlingtonDrafthouse.com for more.

MAY 18-21

Art Open House. noon-5 p.m. at 3200 N. George Mason Drive. Clifton artists. Email artguildofclifton@gmail.com for more.

FRIDAY/MAY 19

Bike to Work Day 2017. Registration is free and open to anyone who commutes in the region, from first timers to daily cyclists. All registrants will be entered in a regional bicycle raffle, and the first 16,000 to register and attend will receive a free t-shirt at one of more than 85 pit-stops throughout Northern Virginia. Visit BikeArlington.com for more information at www.bikearlington.com/bike-to-work-day/

SATURDAY/MAY 20

Truck and Bus Day. 9-11 a.m. at the Central Library, 1015 N Quincy St. Children of all ages are invited to see and touch all sorts of vehicles, including construction trucks, fire trucks, a recycling truck, and ART bus. Visit arlingtonva.libcal.com/event/3103134 for more.

Civil War Camp Day. 10 a.m.-4 p.m. at Walter Reed Community Center, 2909 16th St S. Learn how these soldiers lived by walking through encampment displays, practicing military drills, and trying on Civil War uniforms. Free. Visit parks.arlingtonva.us for more.

MAY 19-21

Summertime and the Viewing is Easy. 6:30-8:30 p.m. at the David M. Brown Planetarium, 1426 N Quincy St. Premiere of the full-dome art video created by video artist, Kelley Bell. \$3 for children under 12 and Seniors and \$5 for adults. Call 703-228-6070 for more.

Coppelia and Other Works. Friday at 7:30 p.m. Saturday and Sunday at 3 p.m. at the Thomas Jefferson Theatre, 125 S Old Glebe Road. Join BalletNova Center for Dance for their Spring Show Repertory Performance. Call 703-778-3008 for more.

SUNDAY/MAY 21

30th Annual Taste of Arlington. 12 p.m. - 6 p.m. in between N Randolph St. and N Monroe St. on Wilson Blvd. Showcasing Arlington's food scene and benefiting the Arlington Food Assistance Center. For more information, visit <http://www.ballstonbid.com/taste/>.

County Wandering. 11 a.m.-12:30 p.m. at Langston Brown Community Center, 2121 N. Culpepper St. Walking tour with artist Graham Coreil-Allen to explore, question and re-imagine the urban and suburban spaces of Lee Highway. Free. Visit www.walkerlington.com/engage/ for more.

Freedom Rider. 12:30 p.m. at Trinity Episcopal

Marymount University, 2807 N. Glebe Road. Market will run each Saturday through Thanksgiving. To participate in the market, vendors must grow, bake, roast, cook and prepare all of their products within 125 miles of Arlington County. Produce is usually picked within a day or two of the market so it's as fresh as possible. Visit www.marymountfarmersmarket.org/ for more.

THURSDAYS, JUNE 1-29

Rosslyn Rocks Concerts. 8 p.m. at Central Place, N. Moore Street at Rosslyn Metro Station. Free live music every Thursday evening in June at Central Place Plaza. Each week will feature a different cover band. Beer and wine will be available for purchase. June 1 features local band White Ford Bronco. Visit Rosslynva.org for more.

JUNE 2-11

The Jungle Book. various times at Thomas Jefferson Community Theatre, 125 S Old Glebe Road. Mowgli is taught the ways of the jungle by a bear named Baloo and Bagheera, a panther, and Kaa the snake. He's got those bear necessities. Visit www.encorestage.org or call 703-548-1154 for more.

FRIDAYS, JUNE 2-AUG. 25

Rosslyn Cinema and Pub in the Park. 6 p.m. at Gateway Park, 1300 Lee Highway. Rosslyn Cinema brings you games, drinks, dinner and free outdoor movies every Friday this summer. Visit Rosslynva.org for more.

SUNDAY/JUNE 4

Parade of Favorites Concert. 3 p.m. at Wakefield High School, 1325 South Dinwiddie Street. Washington Balalaika Society orchestra will present a medley of Russian songs and dances. \$25.; Seniors: \$20.; Students: \$15.; children under 12 free. Visit www.balalaka.org for more.

MONDAY/MAY 22

The Arts Meet! 5-7 p.m. at Copperwood Tavern, 4021 Campbell Ave. Arlington Cultural Affairs presents a time for the arts and culture community to come together. Visit <http://www.arlingtonarts.org/> or call 703-228-1850 for more.

SATURDAY/MAY 27

Marymount Farmers Market. 9 a.m.-1 p.m. at

It's a Group Run Not a Race

FROM PAGE 2

Stanaford first discovered parkrun while living in Moscow, Russia, working in commercial real estate. Stanaford ran cross country in high school and has always tried to stay active as an adult, but the somewhat forbidding weather in his new home city often kept him indoors.

"Moscow has winter five to six months out of the year. I didn't do much running outdoors at the time. I was steadily running on a treadmill indoors, just doing it for general fitness, not long distances."

Eventually, Stanaford decided that he wanted to start running outdoors whenever he could and searched for a nearby 5k to get him motivated. That's when he discovered the parkrun in Gorky Park, Moscow.

Stanaford was instantly a fan of the spirit of fun and camaraderie which he found at the Gorky Park parkrun, but circumstances would soon be taking him back to the United States.

Stanaford and his wife Svetlana left Moscow for rendezvous with their son who was studying in England. While there, they had the chance to run in the 10th anniversary run of the first parkrun location of Bushy Park along with 1,900 other parkrun enthusiasts.

"That was my wife's first 5k in her entire life," said Stanaford. "She was never a runner. Now she's a person who is addicted to running because of parkrun."

Their final transition across the Atlantic would leave them disappointed in terms of their love for parkrun.

"We arrived in D.C. in the summer of 2015 and found that there were no parkruns in the area," Stanaford said.

Despite its popularity in the U.K. and other areas abroad, parkrun has only gained a cult following in the United States. For instance, while the United States currently has less than a dozen parkrun events, there are over 50 events in the London area alone.

"Over 1.4 million different people in the United Kingdom have participated in a parkrun," Stanaford said.

Rather than sit idly by, Stanaford decided to act and contacted parkrun about setting up a D.C. location. Three other parkrun enthusiasts were simultaneously reaching out to the headquarters: Henry Wigglesworth, an American who discovered parkrun while traveling in England; Dee Coughlan, who had moved from Ireland to be a cancer research fellow at NIH; and Andres Falconer, who had moved from Brazil.

"[Parkrun founder] Paul Sinton-Hewitt had been contacted by all four of us separately," Stanaford said. "We all met in September 2015. Henry lives near Fletcher's Cove and he suggested that area. The Palisades community helped fund it. By January, 2016, we held the inaugural Fletcher's Cove parkrun, the first one in D.C. area and fifth in the United States."

In just over half a year, Darrell and Svetlana Stanaford had their inaugural run at Roosevelt Island in August 2016. Another run in College Park, Md., followed just a few months later in October 2016.

Stanaford hopes that the event locations in the United States will continue to exhibit the exponential possibility that has been demonstrated abroad. The main challenge is that every parkrun needs an event director.

"A person that wants to start a parkrun is something you can't replace," Stanaford said.

The second biggest challenge is finding a location



PHOTO BY MARY DEMPSEY

Each parkrun event begins with a short motivational speech by the volunteer race director, as well as a show of hands and applause for first-time participants and visitors from abroad.

for the run. According to Stanaford, permit requirements for park and trail use can vary widely among counties and states. Nonetheless, he encourages potential event directors to do some research and contact parkrun for support.

"Permits are the biggest challenge," Stanaford said. "They are one thing that's beyond our control. We can't influence the process, but we can provide support and advice."

Recently, the American Cancer Society (ACS) has recognized the potential of parkrun to promote healthy habits and has decided to partner with parkrun.

"After meeting [Parkrun founder] Paul and Darrell as well as some of the other parkrun enthusiasts, I knew there was something there," said Cathryn Burby, senior director of Community Engagement for the South Atlantic Division of the American Cancer Society. "It was just one of those special conversations with a few really involved and dedicated people."

Burby's role with the ACS is to help the organization connect with people and build relationships in order to reduce rates of cancer.

According to the ACS website, "[t]he latest recommendations for adults call for at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week, or an equivalent combination, preferably spread throughout the week."

Burby and the ACS view parkrun as a way to encourage Americans to stay active in a setting that is accessible and fun.

"We can avoid a lot of adverse outcomes by healthy eating and an active lifestyle," Burby said. "I hope that parkrun spreads in the U.S. as it has in the U.K. and elsewhere, and that we can get millions of people participating in these 5k events."

In the meantime, Roosevelt Island participants continue to enjoy what their event location has to offer.

"Spending time outdoors helps us recharge for the week," Svetlana Stanaford said. "Being around trees and nature is so important for us psychologically and physiologically."

Participants aren't the only ones who can benefit from what parkrun has to offer. Volunteers enjoy spending a few hours each week on Roosevelt Island helping out with the events.

"Being a retiree, I love volunteering," said Peter Vandevanter, who regularly helps out with the runs. "I come to Roosevelt Island even during the week. I see the deer and the raccoons. I love being around nature."

Roosevelt Island participants also appreciate that parkrun provides them with a reliable route while abroad.

SEE PARKRUN, PAGE 11

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Parkrun

FROM PAGE 10

"Parkrun provides a known safety route, especially in an unfamiliar country," said Elisa Coyne, who also leads a local chapter of Moms RUN This Town. "Many people, especially women, want someone to run with in a new place."

Participants can also track their performance and progress in every parkrun, regardless of whether they are in their hometown or abroad. Upon registering for a parkrun event, participants receive a barcode which is scanned when they cross the finish line of their local event or any event across the world. Results are sent out via email with a link to view more detailed statistics on the parkrun website.

Despite the fact that all parkruns are timed 5k events, participants are encouraged to move at the pace they are most comfortable with.

"Parkrun is a friendly, low-stress environment," Stanaford said. "It's a group run, not a race. Parkrun is for walkers, joggers, and runners. Parkrun is for everyone in the community. We hope everyone will come and spend some time with us."

The Roosevelt Island parkrun meets every Saturday at 9 a.m., rain or shine, just across the bridge from the Mt. Vernon Trail. The parking lot for Roosevelt Island often fills up, but there is plentiful street and garage parking in Rosslyn, although most places do require payment on Saturday mornings. At the Island entrance are bicycle racks for those who wish to cycle to Roosevelt Island.

Founder Paul Sinton-Hewitt will be at the College Park parkrun on Sat., May 27 for a special festive event. He will also be at the inaugural Richmond parkrun event on Saturday, June 3.

For more information about parkrun, visit parkrun.com and parkrun.us. To learn more about the Roosevelt Island event, go to parkrun.us/rooseveltislanddc or find it on Facebook @rooseveltislandparkrun.

Homeless

FROM PAGE 3

barrier to entry, but many of our homeless were already living here and paying market rate rent. We saw with the foreclosures in the financial crisis that a number of people lost their homes and it had a dramatic impact. It wasn't an immediate transition into homelessness, but it filters down."

Like Sibert, Chapman said the more important lesson of the study was the long-term progress. Chapman said Arlington, and several other localities, has shifted its strategy on homelessness to a "housing first" policy.

"There used to be an idea that you would get people to a place where they were ready for housing," said Sibert. "Now, we get people into housing first, then we deal with the other issues. If they have housing, they don't have to worry about showers ... sleep ... or drying clothes. They are not exposed to the elements. It's been the biggest shift in providing homelessness services and it really works."

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New To Some, Old News To Others



By KENNETH B. LOURIE

For those of you unfamiliar with my column: in Burke, Springfield, Fairfax, Fairfax Station/Clifton/Lorton, Mount Vernon and Alexandria, welcome aboard the Kenny train. I have been writing a weekly column for Connection Newspapers since December 1997 appearing primarily in our "Tuesday papers," as we call them: Vienna/Oakton, McLean, Great Falls, Reston, Oak Hill/Herndon, Arlington, Chantilly, Centre View and Potomac. The question has persisted among friends and family: Ken he continue to, as my older brother Richard jokes, "churn out this dribble?" Apparently so, if the last 19 and half years are any indication.

Back in the day when I first had to characterize my column for various local yearly Press Association editorial contests (of which I have won nearly a dozen awards), I would write "Everything in general about nothing in particular." A great friend of mine, Edward Faine, himself an accomplished author — of children's and jazz books, and a small press publisher as well, has described my columns as "Thoughtful humor and insightful commentary." Perhaps between these two quotes you'll get a sense of what you're likely to get from my weekly wondering.

And so it continued until June 2009. That's when I published my first column about a diagnostic process which had been ongoing since New Years Day which ultimately led to a lung cancer diagnosis delivered to "Team Lourie" on Feb. 27, 2009 (you bet you remember the date). That column, entitled "Dying to Find Out, Sort Of," chronicled the process, excruciating as it was/is that one often endures attempting to determine the cause of a medical problem; in my case, a pain in my left-side rib cage which a day or so later, migrated to my right-side and eventually took my breath away — almost literally, especially when inhaling and/or bending over. This difficulty forced me off the couch and into my car for a drive over to the Emergency Room. Once the diagnosis was confirmed, I wrote another column entitled "Dying to Tell You, Sort Of" which detailed the findings of the nearly eight weeks the process took to specify my diagnosis: stage IV, non-small cell lung cancer (NSCLC). Out of the blue, I had become "terminal," as my oncologist described me, and given a "13 month to two-year" prognosis to boot. Surreal, which is a common description offered by many in similar situations, is how one feels after receiving news of this kind, and only begins to tell the tale of the change and evolution in the individual's life living forward into treatment and subsequently beyond into the great unknown.

This 'great unknown' is mostly what I have written about and published ever since; "cancer columns" (original I know) is what I call them. Occasionally, I will write a non-cancer column, one a month or so, depending on my experiences. These columns will address non-cancer issues of the day, ranging from the sublime to the ridiculous. Most recently topics have included the movie "The Exorcist," "Exercising a Demon," paying for things with a credit card: "Credit the Card," reacting to advertising for grass seed and riding mowers: "And So It Begins," and buying in bulk: "Bulky Boy," but never/well, almost never do I write about my wife, Dina; I have been warned.

Though the recurring theme of these columns is cancer, the content is rarely morbid or dare I say, self-indulgent, believe it or not. I try to make fun a very "unfun" set of circumstances. I'm still writing about life; now however, it's life in the cancer lane, a road unlike any I had ever traveled before. Nevertheless, I've gotten through eight years and nearly three months of it relatively incident free, save for a week in the hospital three and a half years ago. And yes, I am still undergoing treatment.

I hope you readers will be semi amused at the slings and arrows of outrageous misfortune upon which my columns are based. Please know: the significance of their content is not that it is me writing them, it is that cancer is being written about.

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

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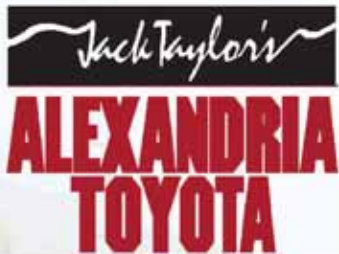


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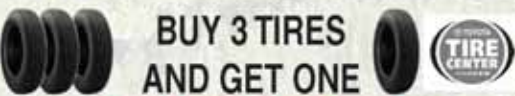
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