



Brownie Troop 4403 is selling lemonade, cookies and brownies at Jamestown Elementary School on Friday, Sept. 29 to earn their Philanthropist Badge. A quick exchange of dollars and cookies as everyone wants to order at once. From left: Abby Taylor, Jane Malloy, McKenzie Cory and Annabelle Wolff aim to please the whole crowd — cookies without nuts, any pumpkin muffins left?

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

Brownies Sell Brownies For a Good Cause

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The 2017 Vigiano Family Hope and Courage Award recipients. From left: Robin Kelleher, president and CEO of Hope For The Warriors; Hope Linder; Mario Alcalá; Cindy Roberts; Bob Roberts; Dana Abudayeh; Gabby Mack; and keynote speaker General Robert B. "Abe" Abrams.

Honoring the 'Faces of Hope'

Hope For The Warriors hosted its eighth annual gala event, the Got Heart Give Hope Gala on Sept. 27 at the Army Navy Country Club in Arlington. Featuring the theme "Faces of Hope," the gala represented the lives of the veterans, service members, military families, families of the fallen and caregivers that Hope For The Warriors' programs impact daily.

To honor the diverse faces of hope, the evening featured the annual Hope and Courage Awards, where five individuals, including military heroes, caregivers and Gold Star families, were recognized for their embodiment of the essence of self, family and hope.

"The 2017 Vigiano Family Hope & Cour

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The Uncertain Land of the DACAs

What happens next?

BY SHIRLEY RUHE
THE CONNECTION

We live in the land of the DACAs. No one else really understands what this means.” Katherine Garcia-Ortiz came into the United States illegally with her father when she was 7-and-a-half years old. “My mother left me in Bolivia when I was 4 years old to make a better life for the family in America.” She says her mother worked at a doughnut shop and a lot of other places with 3-4 jobs at the same time to make this possible.

Garcia-Ortiz remembers when she arrived in America she thought, “who is that lady; is that my mother? I had pictures of her but this wasn’t really my mother.” Garcia-Ortiz expected a house like they had in Bolivia, but her mother lived in a small apartment. The family situation is complicated with her mother and father entering the country illegally, her sister born here and thus an American citizen and her own DACA status.

Now due to the Executive Order issued by President Obama in 2012, Garcia-Ortiz has Deferred Action Childhood Arrivals (DACA) status that temporarily protects her from deportation and allows her to get a work permit. In addition, the state of Virginia has issued an opinion advising Virginia colleges and universities that DACA students who meet Virginia’s domicile requirements are eligible for in-state tuition. Also she is allowed to apply for a driver’s license.



Lizzett Uria, executive director of the Dream Project

All of this ends when her current DACA status expires. Then it’s “no license, no in-state tuition, and hiding.”

This will affect over 800,000 DACA recipients nationwide with 12,000 in Virginia. Since DACA is not a path to citizenship for immigrants who entered the country illegally, it will take legislation to allow them to apply for permanent status.

On Sept. 5 U.S. Attorney General Jeff Sessions announced President Trump’s decision to rescind the DACA program. Garcia-Ortiz says when she heard this she cried for three days but she decided she had to get over it and do something.

Garcia-Ortiz sits in a room at the Arlington



Katherine Garcia-Ortiz, scholarship recipient

Community High School on Walter Reed with Lizzett Uria, from Fairfax, executive director of the Dream Project. This program was established in 2010 to assist students with immigration barriers to education. Seventy-one percent are eligible for DACA status. The Dream Project provides mentoring, financial assistance for college and moral support to immigrant students to help them be successful. Garcia-Ortiz lives in Arlington and has just graduated from high school and received a \$1,500 scholarship from the Dream Project. She is enrolled in NOVA, majoring in biomedical engineering, and hopes to transfer to George Mason.



Chelssi Jiminez-Flores, scholarship recipient

However, things are not easy for her family. “Our parents give up everything for us and then things in America are not easy for them. People back home in Bolivia think we are walking on petals. They say ‘why don’t you do more for your dad who has a hernia?’ Hospitals here are so expensive we can’t afford it.” Garcia-Ortiz says she is paying for school out of her pocket because her parents can’t help her. “I work so much. The scholarship from the Dream Project makes a big difference.”

“But with things the way they are now my parents are saying, ‘let’s just go back

SEE DACAs, PAGE 16

Arlington’s Final Frontier Planning ahead for Jennie Dean Park.

BY VERNON MILES
THE CONNECTION

The Jennie Dean Park sign on the lot north of 27th St. S is optimistic at best. Parks generally denote areas of green space and play fields. The main section of Jennie Dean Park on the other side of street would fit. But behind this sign is a wide gravel field that earlier this year housed Arlington’s bus fleet. Those buses have since moved to a new facility, but what comes next?

Throughout the fall, a series of work sessions will meet to decide how to shape the future of Four Mile Run. At a meeting in May, County Board Chair Jay Fissette described the area of Arlington north of Four Mile Run as one of the last large unplanned areas of the county. Fissette warned local community members that the process may not result in the the conclusion they’d hoped but urged them to work together to reach a compromise.

Both parks and art spaces have been dwindling in Arlington over the last few



Jennie Dean Park

PHOTO BY VERNON MILES / CONNECTION NEWSPAPERS

years. New developments throughout the county have led to gradual encroachments on many of Arlington’s green spaces. Meanwhile the demise of the Artisphere two years ago has left Arlington without a major venue for public art. Both groups have been pushing for the spaces along Four Mile Run.

Details about how each of those plans would take shape remains vague. At the meeting in May, one of the alternative plans for that section of Jennie Dean Park suggested that the planned arts hub to the west could be extended onto the former bus lot.

But the idea has gotten pushback from local residents and green space advocates.

“I believe government should fulfill its commitments,” said Michael Grace, one of the working group members. “Arlington County government has said ‘look citizens, we spent some of your tax money and investor and bonds tax money to expand Jennie Dean Park.’ It’s very important for transparency for government to follow through on those commitments, to taxpayer

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NEWS

Annual Alzheimer's Walk Raises More Than \$267,000

Thousands gather to raise money and awareness.

BY MARILYN CAMPBELL
THE CONNECTION

More than 1,000 people pounded the pavement in Reston last month and raised more than \$267,000. The 2017 Northern Virginia Walk to End Alzheimer's, held at the Reston Town Center, exceeded its fundraising goal of \$250,000.

Held each year in more than 500 communities around the country, The Alzheimer's Association's Walk to End Alzheimer's seeks to raise awareness and funds for Alzheimer's care, support and research.

Ilissa Belanger of Fairfax walked to raise money and awareness of the disease.

"Both my mother and mother-in-law had Alzheimer's and it's a difficult thing to go through," Belanger said. "I want to help other families who have to go through it. I hope to raise money for treatment to slow it down or find a cure so that no one has to go through it."

This was Belanger's 10th year participating in the walk. This year she was part of a 15-member team, Walkers for Miriam and Anita, named in memory of her mother and mother-in-law respectively.

"We do walk in honor or memory of our loved ones, but also their caregivers," she said. "It's important to support the caregivers as well. In my case, it was my father and father-in-law who were wonderful as their wives were going through it."

Debbi Johnson of Centreville joined the walk for a second year in honor of her former mother-in-law. Her team consisted of members of her church, New Life Christian Church in Chantilly and her employer, Freddie Mac (Federal Home Loan Mortgage Corporation).

"I do charity walks because I feel that it's important to serve," said Johnson. "I felt that I should do something for Alzheimer's because there are many people I know who have been affected."

Janet Davis of Burke walked in honor of her 83-year-old father who has been living with Alzheimer's for 10 years. Both her mother and her father joined the walk this year.

"The disease has happened gradually and it's very sad to watch," she said. "My dad still has function and can dress and feed himself, but sometimes he



PHOTO COURTESY OF ELIZABETH KLEMENS.

Elizabeth Klemens of Arlington joined the 2017 Northern Virginia Walk to End Alzheimer's. Her team was called the Amyloid Plaque Attackers, named after the plaques that form on the brain when Alzheimer's is present.

can't remember my mom's name or my name. We're very vocal about our support of Alzheimer's."

Elizabeth Klemens, a 27-year-old nurse who lives in Arlington, participated in the walk for the first time this year. "My personal experience is that my grandfather had Alzheimer's and he died five years ago at 78, but he suffered for about 10 years," she said. "I'm a nurse at Reston hospital and I volunteer at the Walter Reed Adult Day Health Center, and I see the effect of Alzheimer's or dementia on almost a daily basis, so I'm very familiar with the disease."

Caryl Grant of Alexandria walked in memory of her mother who died in 2009. Her team also consisted of her husband, daughter and son-in-law. "My mother had Alzheimer's and I watched her deteriorate and it was heartbreaking," she said. "The hardest thing about it for us and other people is watching them disappear and trying to figure out the best thing to do."

The Promise Garden ceremony is a walk day event that helps illustrate the diverse reasons for participation. Participants received a Promise Garden flower in a color that represents their connection to the

disease. Blue represents someone with Alzheimer's or dementia. Purple is for someone who has lost a loved one to the disease. Yellow represents someone who is currently supporting or caring for someone with Alzheimer's. Orange is for everyone who supports the cause and vision of a world without Alzheimer's.

"I hope to raise money for treatment to slow it down or find a cure so that no one has to go through it."

— Ilissa Belanger

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NEWS

Chopsticks for Good Causes

Sushi Zen organizes 20 fundraisers in one year to assist non-profit organizations.

BY SHIRLEY RUHE
THE CONNECTION

Sushi Zen celebrated its 20th year on Harrison Street by hosting a kickoff for the 20 fundraisers they plan to sponsor during the next year to raise money for local non-profit organizations. During its 10th anniversary year they held 10 fundraisers.

Rosie Gordon-Mochizuki, co-owner with her husband, Shoji Mochizuki, said, "We're trying to let everyone know how much these organizations need money to keep doing their good work. With cutbacks in state and local support, it is getting more difficult for these organizations to survive." Her goal is to raise \$20,000. "I am determined, and then next August we'll all get together and have a big party."

Gordon-Mochizuki remembers when they opened the restaurant in 1997 that the strip mall on Harrison Street was in pretty bad shape consisting of a corner



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Rosie Gordon-Mochizuki, co-owner of Sushi Zen

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PEOPLE

Oktoberfest in Arlington

Shirlington draws crowds for 18th annual beer festival.

BY VERNON MILES
THE CONNECTION

Gemütlichkeit is a German word that conveys a sense of community and companionship. It's a peace of mind that comes from social acceptance. It's Dana Purdy's favorite thing about the 18th annual Capitol City Brewing Company Oktoberfest.

"It's a great opportunity to get out and enjoy the community spirit," said Purdy. "It's great watching a lot of people in their outfits."

Oktoberfest is a massive annual beer festival held in Munich. Smaller festivals are held around the world. The largest in Northern Virginia is the one held Sept. 30 in Shirlington Village. Both sides of Campbell Avenue were packed with vendors selling traditional German food and a variety of beers, international and local. Purdy, an Alexandria resident, had never been to this Oktoberfest, but she and Omar Fuentes had their traditional German outfits at home and the festival popped up on a google search. Among the various local German-themed attractions, Purdy said she was particularly excited to see the German dancing and music.

The streets were packed with attendees from across the region dressed in lederhosen and other traditional German outfits.

Jean and Jim Knaack have been dressing up and going to the festival for the 18 years it's been running. They lived in Fairlington and started attending the festival because it was child-friendly. The tradition has continued even with their kids out of the house.

"We've been coming here forever," Jean Knaack said. "It's a great way to spotlight Shirlington. We're very into the craft brew scene. It's a great opportunity to try a lot of things. There are breweries at this festival that we now drink regularly."

Jean Knaack pointed to Brooklyn Brewery as one example, but said lately they were really happy



Jean Knaack (left) and Jim Knaack



Omar Fuentes (left) and Dana Purdy

PHOTOS BY VERNON MILES/THE CONNECTION



Samantha Billups (left), Aaron Van Horenbeck (center), and Lauren Sledd

to see the festival focus more on local beers. Several attendees said that this was one of the positive changes they've seen over the last few years.

"We love coming here for the Virginia beers," said Natalie Nguyen-Woodruff. "Virginia has been really blooming in wine and brew. This offers a little taste of everything."

Frank Woodruff lives in Springfield and said he goes to the festival every year. While he lamented that there seemed to be a smaller number of vendors this year, he said the food keeps getting better and there's more local Virginia breweries than ever.

"It's the busiest of the three years I've been going," said Aaron Van Horenbeck. Van Horenbeck is from Tampa, but says he comes up to this festival on Saturday and then likes to go into D.C. on Sunday.

"It's so great," said Lauren Sledd, traveling to the festival with Van Horenbeck. "It's so much fun. Last year there was a little rain, but this year it's perfect."

Sledd said she likes to come to the festival to dress up and meet new people. This year the two of them brought Samantha Billups, attending the festival for the first time, but Billups said she will definitely be coming again.



Slater with an Oktoberfest bandana.



Steve in lederhosen

The
Arlington
Connection

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Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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SENIOR LIVING

Senior Talent Performs to Full House



Carl Gold guitar leads off the Carl Gold Folk Music Chorus with “We Shall Overcome” as the overflow audience sings along at the Lee Performing Arts Showcase.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Four, five, six, Kat Fanelli, dance instructor and leader of the Lee Line Dancers, steps backwards, double shifts and the group follows with their performance of Mamita.

From line dancing to modern dance.

BY SHIRLEY RUHE
THE CONNECTION

Lee Line Dancers are lined up at the doorway waiting to perform in the Lee Senior Center Performing Arts Showcase on Saturday, Sept. 23. The audience has filled up the chairs and is spilling out into the hallway.

“Hi, I’m Carl,” introduces the first act, Carl Gold Folk Music Chorus. The group of 14 will sing six selections. Gold announces the opening song is “Let’s Get Together” by The Youngbloods. “We’re gonna get together and love each other right now.” The audience joins in, and a man in the back row of the audience imitates Carl Gold by playing the guitar with his cane.

Gold changes the mood back to the British Isles with a tune popularized by Peter, Paul and Mary, “With a Little Help from My Friends.” “Who doesn’t like them?” Then finally to the sing-along with “We Shall Overcome.”

Next come the line dancers opening with “Putting on the Ritz.” Dressed in black with a black top hat studded with a rhinestone band and a sparkling cane to match, they look the part. Kat Fanelli, the dance instructor and leader of the group, has been line dancing since 1992. Fanelli said she started in a different location to be able to compete in the Senior Olympics. “But it isn’t a sport anymore.” She says there is a larger group but the ones here today are

the people who like performing. Fanelli says they perform all over and will be doing the Halloween Thriller Dance at the Lincolnia Senior Center in Alexandria on Oct. 25.

Five, six, seven and they begin the cha, cha, cha, moving back and forth in synchronized steps in their final number “Stay.”

Bernadine Gibbs, one of the group, says, “I love line dancing. I’d rather do it than eating.” She says it is her passion but she started in ballet when she was about 8 years old.

Bill Wong, another member, says he has been line dancing for 10 years and he alternates with ballroom dancing, especially the West Coast swing.

Sun Yang adds, “I do line dancing, tennis, pickleball, I do whatever.”

After the intermission the Sultanas perform dressed in long, colorful kaftans. The program describes their presentation as “a melange of emotions and musical styles depicting an evolution from despair, hope and strength.”

Susan Marquis, a member of the group, describes it as a mixture of belly dance and modern dance.

Also on the program are Tom and Fran’s Partner Dance performing Dimeto and Night Fever.

And the winner is well, since this was a performing showcase and not a talent show, Adriana Carr, director of the Lee Senior Center declares, “They’re all winners.”



Dressed in black with shiny top hats trimmed in rhinestones with matching canes, the Lee Line Dancers look the part for their opening number, “Puttin’ on the Ritz.”



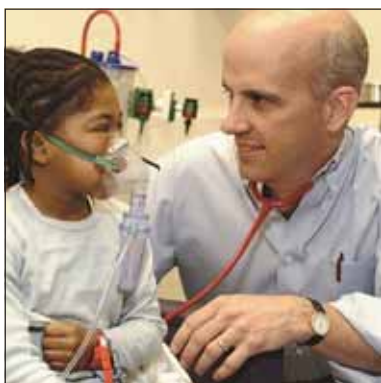
The Sultanas line the wall of Lee Senior Center waiting their turn to perform at the Performing Arts Showcase on Saturday, Sept. 23.

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SENIOR LIVING

How to Be Useful and Fit

Staying busy and remaining productive in the "Golden Years."

BY EDEN BROWN
 THE CONNECTION

For active "seniors," there is nothing worse than when the bank teller and the waitress start calling you "sweetie" or "dear," and the passengers in priority seating on the bus get up to offer you a seat.

Old? Of course none of them feel old. The hair may be graying, the shoes may be sneakers, and the membership may be AARP, but Northern Virginia is a haven for people who want to stay active and useful after retirement.

Tree Stewards of Arlington And Alexandria

This is a group of volunteers who go through a six-week course reviewing basic botany and pruning techniques, among other skills. One of the leading lights of the Tree Stewards, Nora Palmatier, described her discovery of this group this way: "I've always believed volunteering is important as a way to 'give back' to society. When I retired, it didn't take me long to realize I needed volunteering to keep me socially and cognitively active. So I signed up for a 10-week class on something I knew nothing about — tree physiology and maintenance — which made me use basic science again, and became a Tree Steward. As a group we do tasks like planting new trees, pruning trees, and staffing education tables at community events. Not only do I get to be outside with a group of friends, but we get thanked so much by the public as they pass by our work area and we get to work with county's great park and school staff."

For more information, see www.treestewards.org

Wednesday Mid-Week Hikers

"Another way to stay fit and social is the Wednesday Mid-Week Hikers," Palmatier added. "We have a large listserv and someone organizes a hike each

week, then you go or not."

Kate Hughes provided the details: "Initially organized in the late 1970s, the PATC Mid-Week Hikers are an enthusiastic collection of retirees, semi-retirees and others that love to hike. While the pace varies somewhat within the group, participants need to be very fit as most hikes are a brisk 8-12 miles, with up to 3,200 feet of elevation gain. Including a lunch break, most hikes last 5-6 hours. Hike locations include the Shenandoah National Park, the George Washington National Forest in Virginia, Sugarloaf Mountain and Catoctin National Park in Maryland. Hikes are posted on the PATC website calendar (top of the homepage www.patc.net) a few days before each hike."

The Potomac Appalachian Trail Club (PATC) also has an easy hikers group. There are dozens of other hiking meet-ups in the Northern Virginia area, and finding them is easy: see www.meetup.com/topics/hiking/us/va/arlington/

Master Gardeners

The Virginia Cooperative Extension (VCE) Master Gardener program trains participants in best management practices of gardening and landscaping techniques that preserve and sustain the environment. Offered by the Arlington County Office, in partnership with the City of Alexandria, The Master Gardener Training classes are offered once a week several times a year. The class is 9 a.m.-3:30 p.m. with a break for lunch from 12-12:30 p.m. The cost of the 2017 volunteer training is \$235 for Arlington/Alexandria residents and \$285 for non-residents.

Limited scholarship assistance is available; for more information contact Leslie Fillmore, Master Gardener coordinator at 703-228-6426 or leslif7@vt.edu or look up activities on www.mgnv.org.

Make a Bucket List

Diane Allard of Arlington describes this stage of life as "a time to make a list of things I wanted to do long before I retired. I have a list of local sights I haven't seen, a bucket list of places I want to visit, untapped hobbies, unopened books, travel. I'm able to travel



EDEN BROWN/THE CONNECTION

Sallie Klunk of Arlington plays flute in a group once a week, entertaining residents of a long-term care facility in Fairfax.

SEE SENIOR LIVING, PAGE 12

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SENIOR LIVING



PHOTO BY ROB PAINE/RSVP NORTHERN VIRGINIA

Ken Kozloff, center, instructs volunteer timers at the NVSO swim meet.

Keeping Young

Finding the right volunteer opportunity.

BY ROB PAINE
RSVP NORTHERN VIRGINIA

RSVP Northern Virginia volunteer Ken Kozloff moves through the pool at Providence Recreation Center encouraging the child with special needs he is teaching to swim, to “stroke, breathe, and kick.”

Kozloff high-fives his students at the end of each lap and asks, “Are you having a good time?” All the while he is keeping an eye on two other volunteers he is mentoring during a Fairfax County Park Authority Adapted Aquatics class.

Kozloff will continue to do this for about 90 minutes on a Sunday morning without much of a break. Sometimes he lifts students half his weight into the air so they can experience the joy of splashing into the pool. One would never guess that the former INOVA Alexandria Hospital CEO turned 70 years old in August. “I don’t feel 70, I feel like 25,” he said.

Kozloff donates more than 40 hours of his time each month as an RSVP Northern Virginia volunteer, helping autistic children learn how to swim, mentoring economically disadvantaged citizens to manage their finances, and directing other volunteers at large events for RSVP, including the Northern Virginia Senior Olympics in September.

RSVP (Retired and Senior Volunteer Program) is the region’s largest volunteer network for people 55 and older and provides individualized support to seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria.

When he is not volunteering for other organizations, he is a volunteer engagement leader for RSVP, acting as a nonprofit evangelist of sorts, spreading the word on why RSVP is such a great program. “What’s unique about RSVP is the approach it takes to new volunteers, helping them to find what they’re looking to do, not where we are looking to place them,” he said.

RSVP asks each prospective volunteer, “How can we help you find that volunteer opportunity that is going to mean something to you?” Kozloff said. He has been with RSVP for over a year and a half.

Five years ago, he began volunteering with the Fairfax County Park Authority’s Adaptive Aquatics program, teaching children on the autism spectrum to swim. He later added another afternoon of classes at Spring Hill Recreation Center in McLean, teaching special needs adults to swim, including those with neurological issues or physical impairments. The park authority honored Kozloff in 2015 as the Adaptive Aquatics Outstanding Volunteer of the Year.

He then started working with Our Daily Bread (now called BritePaths) where he has volunteered for four years as a financial mentor. He is also a volunteer classroom instructor with Junior Achievement in Fairfax. He teaches business principles to elementary, middle, and high school students. He also teaches students with special needs in this program.

In an eight-day span in September, the RSVP volunteer managed volunteers at several community projects including the NVSO’s in

SEE VOLUNTEERING, PAGE 10

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SENIOR LIVING

Volunteering

FROM PAGE 9

door track meet in Arlington and its swimming championships in Sterling and a gardening project at River Farm in Alexandria.

"I love to help others," Kozloff said. "I enjoy volunteering with RSVP, not only for what I do as a volunteer, but also for the social aspect of working with other people." During the senior Olympics he managed anywhere from 10 to 30 volunteers at the different events.



PHOTO BY ROB PAINE/RSVP NORTHERN VIRGINIA
Ken Kozloff at NVSO indoor track meet

WHAT SEPARATES RSVP from other volunteer organizations is its leadership and the approach it takes, treating each volunteer as an individual, according to Kozloff. As an engagement leader, Kozloff tells prospective volunteers: "We are going to show you things and talk to you about specific opportunities that you can relate to."

RSVP offers an array of opportunities for volunteers including providing rides, support and meals to older neighbors, assisting local veterans in need and helping prepare communities for disasters. RSVP also recruits volunteers for various community events.

RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings.

"The big thing that I get out of volunteering is the satisfaction of helping others," he said. "I love to help others, find out what their goals are and help them achieve them, whether it is teaching an autistic child to swim from one side of the pool to the other, or teaching a stroke patient who would like to learn to swim again."

He also enjoys working with

other volunteers and letting them know how important it is to make other people feel good. He tells them that they will feel twice as good because they are helping people.

"Ken is one of our most active volunteers and a great example of what it means to stay active after retirement," said Nadia Hoonan, program manager for RSVP Northern Virginia. "He truly exemplifies the diversity of opportunities that our program offers, from leading a variety of service projects for our volunteers to cleaning up garden grounds at American Horticultural Society. No task is too small for Ken. We want more volunteers like Ken to be willing to be on the front lines of volunteering in Northern Virginia and share their lifetime experience to make a great impact in our community," Hoonan said.

RSVP has several upcoming opportunities during which those interested can learn more about the program including orientations at the Fairfax Regional Library, Oct. 10 and at the Beatley Central Library in Alexandria, Oct. 25. RSVP will hold a special meet and greet event for current and prospective volunteers at Huntley Meadows Park, Oct. 13.

Those interested in learning more about RSVP or in signing up for any of these events should contact RSVP Northern Virginia Volunteer Specialist Carly Hubicki at 703-403-5360, email hubicki@volunteerfairfax.org or visit the RSVP website at rsvpnova.org.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Oct. 9-14.

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

Senior trips: Workhouse Prison Museum, Lorton, Wednesday, Oct. 11, \$6; Three hour cruise at Great Chesapeake Schooner Race, Annapolis,

Thursday, Oct. 12, \$72; Ford's Theatre, matinee, "Death of a Salesman,"

Saturday, Oct. 14, \$44. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:
Intro to County libraries' Talking Book Service, Tuesday, Oct. 10, 10 a.m., Walter Reed. Register, 703-228-0955.

Card making with rubber stamps, Tuesday, Oct. 10, 10 a.m., Lee. Details, 703-228-0555.

WWW.CONNECTIONNEWSPAPERS.COM

SENIOR LIVING



PHOTO COURTESY OF SHEILA MOLDOVER

Members of the Potomac Community Village participated in a walk on the C&O Canal earlier this year. Such walks are part of the programs offering social connections for members, including (from left) Barbara Kolb, Vic Cohen, Valen Brown, Don Moldover, Phyllis Weltz, Marla Cohen, Al Weltz, Barry Taylor, Sheila Moldover, and Sheila Taylor.

Staying Socially Connected After Retirement

Volunteering and maintaining familial relationships can help seniors stay plugged-in.

BY MARILYN CAMPBELL
THE ALMANAC

As Sheila and Don Moldover neared retirement, they began to think of ways that they could use their skills and talents to fill their time in a meaningful way.

“Like any other transition, you need to plan for retirement,” said Sheila Moldover.

The Moldovers decided to become involved with the national Village movement, a membership organization for senior citizens that links neighbors together to help one another remain in their homes as they age.

“Don [joined] the Washington Area Villages Exchange developing and evaluating software, using his skills and background as a software developer,” said Sheila Moldover. “And me as communications chair at Potomac Community Village (PVC), using my background as an editor and writer. Don also volunteers for PCV, helping members with their computer problems.”

Researchers in geriatrics have long believed that social connections, such as those that the Moldovers are maintaining, can enhance one’s mental and physical health. Factors such as the death of family and friends and retirement from jobs can reduce social connections significantly. However, researchers underscore the importance of maintaining such bonds.

In fact, a researcher from Drexel University School of Public Health studied nearly 14,000 adults recently and found a link between positive social connections and seniors’ ability to maintain physical mobility longer than those without those connections.

“Supportive social connections enhance our thinking abilities, memories, and sense of purpose, and reduce loneliness and depression,” said psychologist Jerome Short, Ph.D., associate professor of psychology, George Mason University. “Others help motivate us to stay physically active, take care of ourselves, and increase the quality and length of our lives.”

Like the Moldovers’ experience, donating one’s time to charitable organizations and causes can offer seniors, particularly those who have retired, a renewed sense of purpose. “A really meaningful way to build connections for seniors ... is to volunteer,” said Amy Best, professor and chair, Department of Sociology and Anthropology at George Mason University. “This is a terrific support for the community and is full of personal and social reward.”

One source for volunteer opportunities that Best recommends is the Corporation for National Community Service, the federal office that coordinates and supports community service. “[They] run an effective seniors program with a range of volunteer programs that support the community.”

Relationships with spouses, children, grandchildren and other family members are important sources of social connectivity advises, Short, who suggests building, maintaining and repairing those bonds. “Some effective ways to build relationships are to celebrate family members’ and friends’ birthdays, anniversaries, and other social events. Helping others in the community brings new social connections, appreciation from others, and adds meaning to our lives.”

SEE STAYING CONNECTED, PAGE 12



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SENIOR LIVING

How to Be Useful, Fit, and Have Fun

FROM PAGE 8

with my husband to some of those places on my bucket list — without having to ask anyone's permission — except maybe the dog.”

Eldercare

“I retired two years ago and my parents entered into a phase of tumult,” Allard said, and many other seniors echo this. “I have

been able to step in and help assist them with a number of major medical issues, financial disaster, and moves. Getting them qualified for Medicaid took months of concerted effort — filing forms, paperwork, updating their legal documents. It's been more than a part-time job. It's challenging, but fulfilling, and simply feels like the right thing to do. Another priority has been taking better care of

myself: swimming at the local high school pool, walking the dog, having coffee or breakfast with friends, hosting out of town visitors, music.”

Join a Rock n Roll band

Allard sings with two groups — a rock band and a small show choir. It helps keep her connected to friends, another important aspect that changes when one re-

tires. Her husband helped her dive into something else she has long wanted to do — learn to play guitar. She said, “Learning a musical instrument is fun, challenging, but also rewarding. Music is great for the aging brain.”

Take a Course

Allard is also taking Spanish class through the Arlington County community education program. She also volunteers for charities she finds meaningful, like Meals on Wheels. With all this going on, it is sometimes hard for Allard to even get the time to revisit her retirement list, but when she does, it inspires her to keep exploring new parts of the USA and beyond.

Join a Musical Group

Sallie Klunk of Arlington says she plays in a small musical group at a local nursing home. “I play flute with three other instrumentalists and about 10 singers once a week at Powhatan Nursing Home. Residents are provided with song sheets. My husband Dave and I played at Powhatan Nursing Home for 10 years as a piano and flute duo before I joined my present group.”

During her time in the nursing home in Fairfax, she learned about Pets on Wheels, and saw the impact it had on residents. “For the residents, singing and enjoying animals are enriching experiences.”

Volunteer for Pets on Wheels

The Fairfax Pets on Wheels program requires six steps: submit an online application; attend an orientation on the first Wednesday of each month, starting at 7:30 p.m. Get a pet behavior assessment. Pet

Handler teams are required to pass a behavior assessment to evaluate the pet's controllability, aggression, reaction to strangers, and overall behavior and level of stress in unfamiliar surroundings. Step 4: Get a Fairfax County Government Appointee Background Form. Step 5: Certify your pet's wellness. A FPOW health certificate is completed by your pet's regular veterinarian certifying that the pet is healthy and vaccinations are current. Step 6: Attend training at the facility of your choice.

To learn more, email dfspetsonwheels@fairfaxcounty.gov or call 703-324-5406.

Tutor Others Who Need Help

Gary Usrey tutors local students who need help with everything from history to biology to the citizenship test, or dissecting math word problems. He recommends the program at the Arlington Community High School. “It is a rewarding experience,” he said, “Sometimes they are young people, and sometimes they are adults who are putting themselves through school while working.”

To learn more, contact F. Lourdes Sanchez, bilingual resource assistant and Tutoring Center coordinator, Arlington Community High School, 800 S. Walter Reed Drive, Arlington, VA 22204, 703-228-8227 (direct) or Felisa.Sanchez@apsva.us.

Usrey said he also does some mentoring through the Affordable Housing Corporation (AHC Inc) and is currently helping with college applications. For more about mentoring, contact Cindy Rozon, 703-486-0626, ext.154, or see www.ahcinc.org/get-involved/volunteers/.

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Staying Connected

FROM PAGE 11

Dreaming about retiring to a warm climate, vacation home or another locale might be common pre-retirement sentiment, Best warns against leaving behind a familiar environment and existing social connections.

“There is a trend for seniors to age in place rather than retire to a new community,” said Best. “The benefit of doing so is they are able to draw upon established social connections. If you decide to move to a new community, it's important to

move early in retirement. It's really difficult to lay down roots at 75. 65 is a lot easier.”

The Moldovers agree. “We know that many members of Potomac Community Village join because they want to support a good cause, but they renew because of the new social connections and new friends they've made,” said Sheila Moldover. “That's one of the wonderful benefits of being part of a Village with a goal of enabling members to age in community, in the homes they love.”

HOME SALES

In August 2017, 263 Arlington homes sold between \$2,310,000-\$139,900. This week's list represents those homes sold in the \$2,310,000-\$649,900 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	PostalCode	Subdivision
4607 38TH ST N	6	6	1	ARLINGTON	\$2,310,000	Detached	0.28	22207	COUNTRY CLUB HILLS/ARLINGWOOD
3162 POLLARD ST N	6	5	1	ARLINGTON	\$2,297,283	Detached	0.35	22207	BELLEVUE FOREST
3554 NOTTINGHAM ST N	6	5	1	ARLINGTON	\$2,215,000	Detached	0.28	22207	
4507 35TH ST N	6	5	2	ARLINGTON	\$2,135,000	Detached	0.35	22207	COUNTRY CLUB HILLS
1333 14TH ST N	3	3	2	ARLINGTON	\$1,875,000	Townhouse	0.02	22209	BROMPTONS AT MONUMENT PLACE
3011 MONROE ST N	5	4	2	ARLINGTON	\$1,826,000	Detached	1.08	22207	BELLEVUE FOREST
6318 31ST ST N	5	4	1	ARLINGTON	\$1,729,000	Detached	0.19	22207	FALLVIEW
5501 36TH ST N	5	4	1	ARLINGTON	\$1,650,000	Detached	0.23	22207	WILLIAMSBURG VILLAGE
4007 CHESTERBROOK RD	6	6	1	ARLINGTON	\$1,608,367	Detached	0.27	22207	GOLF CLUB MANOR
3400 GEORGE MASON DR	5	5	1	ARLINGTON	\$1,570,000	Detached	0.28	22207	STRATFORD HILLS
4308 LORCOM LN	4	4	1	ARLINGTON	\$1,500,000	Detached	0.22	22207	LEE HEIGHTS
603 HUDSON ST N	4	3	1	ARLINGTON	\$1,495,000	Detached	0.14	22201	LYON PARK
3548 NOTTINGHAM ST	6	4	1	ARLINGTON	\$1,410,000	Detached	0.29	22207	MINOR HILL
1706 JEFFERSON ST	4	3	1	ARLINGTON	\$1,360,000	Detached	0.23	22205	TARA
4130 25TH PL N	5	5	0	ARLINGTON	\$1,360,000	Detached	0.23	22207	DONALDSON RUN
920 BARTON ST N	4	3	1	ARLINGTON	\$1,340,000	Detached	0.11	22201	LYON PARK
2303 NOTTINGHAM ST N	5	3	1	ARLINGTON	\$1,333,000	Detached	0.23	22205	OVERLEE
1942 EMERSON ST N	5	5	1	ARLINGTON	\$1,245,000	Detached	0.11	22207	BETONIA
1111 KIRKWOOD RD	4	3	1	ARLINGTON	\$1,185,000	Townhouse	0.03	22201	BROMPTONS AT CLARENDON
6429 22ND RD N	5	4	1	ARLINGTON	\$1,150,000	Detached	0.21	22205	ARLINGTON
3415 GLEBE RD N	4	3	1	ARLINGTON	\$1,149,000	Detached	0.20	22207	COUNTRY CLUB HILLS
1124 FREDERICK ST S	5	5	1	ARLINGTON	\$1,108,000	Detached	0.28	22204	VIRGINIA HEIGHTS
322 GEORGE MASON DR N	5	4	1	ARLINGTON	\$1,085,000	Townhouse	0.03	22203	BALLSTON ROW
4617 26TH ST N	4	2	1	ARLINGTON	\$1,075,000	Detached	0.24	22207	FOREST HILLS
5201 12TH ST S	5	5	1	ARLINGTON	\$1,072,500	Detached	0.21	22204	VIRGINIA HEIGHTS
2500 WASHINGTON BLVD	6	5	0	ARLINGTON	\$1,060,000	Detached	0.13	22201	LYON PARK
1525 KENTUCKY ST N	5	3	1	ARLINGTON	\$1,060,000	Detached	0.13	22205	WESTOVER
1021 GARFIELD ST #1032	2	2	0	ARLINGTON	\$1,050,000	Hi-Rise 9+ Floors		22201	CLARENDON 1021
3917 ABINGDON ST N	5	4	1	ARLINGTON	\$1,050,000	Detached	0.16	22207	BLACK OAKS
4318 39TH ST N	6	3	1	ARLINGTON	\$1,050,000	Detached	0.33	22207	GOLF CLUB MANOR
5141 33RD ST N	4	2	1	ARLINGTON	\$1,000,000	Detached	0.24	22207	STRATFORD HILLS
1678 QUINN ST N	4	2	1	ARLINGTON	\$995,000	Townhouse	0.02	22209	BROMPTONS AT ROSSLYN
3861 CHESTERBROOK RD	4	4	0	ARLINGTON	\$993,861	Detached	0.30	22207	CHESTERBROOK WOODS
4911 ROCK SPRING RD	4	3	0	ARLINGTON	\$985,000	Detached	0.48	22207	SUTER
729 22ND ST S	4	4	1	ARLINGTON	\$980,000	Detached	0.14	22202	ADDISON HEIGHTS
410 GEORGE MASON DR N	5	4	1	ARLINGTON	\$980,000	Townhouse	0.02	22203	BALLSTON
121 WAKEFIELD ST N	4	3	1	ARLINGTON	\$980,000	Detached	0.18	22203	ARLINGTON FOREST
3857 TAZEWELL ST	4	3	0	ARLINGTON	\$950,000	Detached	0.28	22207	GOLF CLUB MANOR
1902 NELSON ST N	4	3	1	ARLINGTON	\$949,000	Detached	0.07	22207	CHERRYDALE
907 26TH ST S	3	2	1	ARLINGTON	\$941,066	Detached	0.20	22202	AURORA HILLS
888 QUINCY ST #2103	2	2	0	ARLINGTON	\$925,000	Hi-Rise 9+ Floors		22203	LIBERTY CENTER
6549 WASHINGTON BLVD	3	3	1	ARLINGTON	\$925,000	Townhouse	0.04	22205	MADISON MEWS
2719 GEORGE MASON DR N	3	2	1	ARLINGTON	\$924,999	Detached	0.12	22207	MILLBURN TERRACE
5810 9TH RD N	4	3	0	ARLINGTON	\$920,000	Detached	0.17	22205	BROCKWOOD
3625 10TH ST N #305	2	2	1	ARLINGTON	\$915,000	Hi-Rise 9+ Floors		22201	THE MONROE
3916 7TH ST S	4	2	2	ARLINGTON	\$915,000	Detached	0.18	22204	ALCOVA HEIGHTS
2139 PIERCE CT	3	4	1	ARLINGTON	\$915,000	Townhouse	0.03	22209	PALISADES PARK
1881 NASH ST #1807	1	2	0	ARLINGTON	\$910,000	Hi-Rise 9+ Floors		22209	TURNBERRY TOWER
3644 38TH ST N	5	3	0	ARLINGTON	\$905,000	Detached	0.31	22207	RIVER CREST
259 BRYAN ST N	3	2	0	ARLINGTON	\$900,000	Detached	0.11	22201	LYON PARK
3116 MILITARY RD	4	2	1	ARLINGTON	\$895,000	Detached	0.21	22207	BELLEVUE FOREST
4779 25TH ST N	4	3	1	ARLINGTON	\$890,000	Detached	0.14	22207	NORTH ARLINGTON
1313 POWHATAN ST N	4	3	0	ARLINGTON	\$867,000	Detached	0.44	22205	FOSTORIA/WESTOVER
4351 26TH ST N	5	3	0	ARLINGTON	\$865,000	Detached	0.33	22207	BROYHILL HILLS
5727 27TH ST N	5	3	0	ARLINGTON	\$864,000	Detached	0.17	22207	WHITING ESTATES
4723 16TH ST N	4	2	1	ARLINGTON	\$855,000	Detached	0.15	22205	WOODLAWN VILLAGE
5600 32ND ST N	3	2	1	ARLINGTON	\$855,000	Detached	0.35	22207	CRESCENT HILLS
4712 WASHINGTON BLVD	3	3	0	ARLINGTON	\$845,000	Detached	0.17	22205	WAYCROFT
6731 19TH RD N	4	3	0	ARLINGTON	\$835,000	Detached	0.17	22205	FALLS CHURCH PARK
2129 PATRICK HENRY DR	5	3	0	ARLINGTON	\$826,000	Detached	0.18	22205	BROYHILL HEIGHTS
818 19TH ST S	3	3	0	ARLINGTON	\$825,000	Detached	0.14	22202	ADDISON HEIGHTS
6252 LEE HWY	4	2	1	ARLINGTON	\$824,000	Detached	0.33	22205	LEEWAY OVERLEE
3304 5TH ST S	5	4	0	ARLINGTON	\$819,000	Detached	0.14	22204	ARLINGTON HEIGHTS
3038 STAFFORD ST	3	2	1	ARLINGTON	\$805,000	Detached	0.28	22207	BROYHILL HILLS
1300 CRYSTAL DR #602S	3	2	1	ARLINGTON	\$800,000	Hi-Rise 9+ Floors		22202	CRYSTAL GATEWAY
5305 18TH ST N	4	3	0	ARLINGTON	\$800,000	Detached	0.13	22205	TARA
3589 POWHATAN ST N	3	2	1	ARLINGTON	\$800,000	Detached	0.29	22213	MINOR HILL
625 N BUCHANAN ST	4	3	0	ARLINGTON	\$799,958	Detached	0.18	22203	BRANDON VILLAGE
4006 VACATION LN	3	3	0	ARLINGTON	\$795,000	Detached	0.15	22207	CHERRYDALE
5011 CHESTERFIELD RD	4	3	1	ARLINGTON	\$790,000	Detached	0.25	22206	CLAREMONT
1332 S. ROLFE ST	3	2	1	ARLINGTON	\$789,120	Townhouse		22204	CARVER PLACE
5073 26TH RD N	3	3	0	ARLINGTON	\$780,000	Detached	0.15	22207	YORKTOWN
4803 25TH ST N	2	1	1	ARLINGTON	\$775,000	Detached	0.11	22207	LEE HEIGHTS
4622 21ST ST N	3	3	0	ARLINGTON	\$765,000	Townhouse	0.03	22207	GLEBE COMMONS
1026 21ST ST S	3	2	0	ARLINGTON	\$764,500	Detached	0.14	22202	ADDISON HEIGHTS
1610 QUEEN ST N #216	1	2	0	ARLINGTON	\$755,000	Mid-Rise 5-8 Floors		22209	GASLIGHT SQUARE CONDO
1111 19TH ST N #1707	2	2	1	ARLINGTON	\$750,000	Hi-Rise 9+ Floors		22209	WATERVIEW

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PHOTO BY BRIGHT EYES PHOTOGRAPHY

Pints4Paws

Volunteers pour beer at last year's Pints4Paws Beer Festival but it will be much of the same this year, on Sunday, Oct. 15 1-5 p.m. at Courthouse Plaza, 2250 Clarendon Blvd. A fundraiser for the Animal Welfare League, with music, food trucks, dog costumes and beer tastings. \$35. Visit www.awla.org for more.

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

ONGOING

"A Little Night Music." Extended through Oct. 15 at the Signature Theatre, 4200 Campbell Ave. Visit www.sigtheatre.org.

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.

Yoga in the Park. through Oct. 17, 6-7:30 p.m. at Gateway Park, 1300 Lee Highway. On Tuesday, hour-long classes are accessible to all fitness levels. The cost for an entire session of five classes is just \$20 per person. Call 703-228-6525.

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.

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/.

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.

WEDNESDAY/OCT. 4

Northern Virginia Bird Club Walk. 8:30-11 a.m. at the Long Branch Nature Center, 625 S. Carlin Springs Road. Join members of the Northern Virginia Bird Club for one or all of these informal walks through Long

Branch in search of resident and migratory birds. Bring binoculars and field guides if possible. Free. Call 703-228-6535.

Meet the Author. 6-8 p.m. at the Central Library, 1015 N Quincy St. "A Civil Life in an Uncivil Time" by Paula Tarnapol Whitacre. Call 703-228-5990.

THURSDAY/OCT. 5

Mini Golf Tournament. 5-8 p.m. at PGAL offices, 201 North Union St., Suite 500. To benefit Arlington Food Assistance Center. Visit www.pgal.com.

OCT. 6-21

Performances of Pippin. Friday and Saturday performances at 8 p.m.; Sunday matinees begin at 2:30 p.m. at the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. visit www.thearlingtonplayers.org.

FRIDAY/OCT. 6

Dance Party. 7-9 p.m. at the Columbia Pike Library, 816 S. Walter Reed Drive. Live music, refreshments, libations for purchase, cash only. All ages. 703-228-5710

SATURDAY/OCT. 7

Arlington History Bike Trail. 9 a.m., at Ballston Metro Station (top of escalator) on the S.E. Corner of N. Stuart Street and Fairfax Drive. Bike from 1 to 23 miles visiting Arlington parks and historic sites. \$2. Sponsored by Center Hiking Club www.centerhikingclub.org

Festival of Healing. 1-6 p.m. at Sun & Moon Yoga, 3811 Lee Highway. A day of holistic healing with trauma-informed yoga, creative arts, music, movement, massage and meditation. Participants will learn tangible tips for increased peace, joy and tools for overcoming adversity. \$10 donation to support the work of PAVE: Promoting Awareness | Victim Empowerment. Visit www.sunandmoonstudio.com.

Columbia Pike Fall Festival. 2-7 p.m. at Adams St. and Columbia Pike. Featuring Craft Beer and Wine, music, food. Visit columbia-pike.org/.

Potomac Harmony Chorus. 3 p.m. at Gunston Middle School, 2700 S Lang St. Four-part a cappella harmony: "Between You, Me, and the Park Bench." Visit www.potomacharmony.org.

TAP Presents 'Pippin'

Musical follows young prince as he encounters love, glory, and war in search of meaning of life.

BY STEVE HIBBARD
THE CONNECTION



PHOTO CONTRIBUTED

Jonathan Mark Gruich and Lottye Olivia Lockhart rehearse for a scene from "Pippin."

The Arlington Players (TAP) presents the musical, "Pippin," from Oct. 6 through Oct. 21, at the Thomas Jefferson Community Theatre in Arlington. The Tony Award-winning musical follows the young prince, Pippin, as he encounters love, glory, and war in search of the meaning of life.

With music and lyrics by Stephen Schwartz ("Godspell," "Wicked") and a book by Roger O. Hirson, the Broadway show premiered at the Imperial Theater in New York City in 1972, and ran for 1,944 performances before closing in 1977. It was directed and choreographed by Bob Fosse.

The TAP show is directed by Christopher Dykton ("A Little Night Music," "The Producers," and "Follies") and choreographed by John Monnett ("Nice Work If You Can Get It," "42nd Street," and "The Producers").

Dykton said "Pippin" is one of his favorite shows. "I love the story, which explores the journey that everyone of us goes through as a human being: what is the meaning of my life and how can I make my mark?" he said.

He said he wanted to go back to the roots of the piece and focus on telling it as a Medieval troupe of players telling a Medieval morality play. "Of course, I wanted to do it with an existential and modern twist," he said. "The imaging is Medieval and the staging uses the presentational style of early theater, but the journey is for every age, so there are touches of both today's sensibilities and universal themes."

He added: "Going through the temptations in life and ultimately embracing love, family, and humility in the end are good life lessons for us all. All of this is done with the context of a great musical."

He said the challenges as a director were making sure to have a creative and sophisticated cast that can act, sing, and dance is the key — and he was blessed with such a group. "They've worked very hard," he said.

"Also, integrating all the technical elements into a coherent whole is always a goal for me as directing, and that can only be done with really gifted and collegial designers," he said. "I'm fortunate that I have some of the best working on this production."

As far as audience takeaways, he said: "I'd love the audience to have a lot of fun and a bit of thought in remembering and exploring the meaning of life."

Patricia Rupinen is playing the role of Catherine, who is described as a widow who has a young son and a large estate. "She's the quintessential loving,

caring mother, and a good juxtaposition to many of the other less-well-intentioned players. I think she's extremely realistic and relatable, and reminds me of myself in most ways," she said.

She said this is her first non-ensemble role since over a decade ago, when she was in high school. "Everyone in this cast is exceptionally talented, and while it makes playing off them easy, it's definitely been a bit intimidating," she said. "Getting past this imposter syndrome has been a bit of a challenge, but I wouldn't trade this show for the world."

She added: "I hope everyone comes away from this show realizing they are not alone. Everyone struggles with finding their purpose in life, and part of living is having those experiences and making those discoveries. In the end though, love really does conquer all."

Kelly Dobkins, who plays one of The Players, said, "Pippin" provides an interesting mixture of playing a part and playing an actor playing a part. When are you a player and when are you a player acting out a role within the Lead Player's show?"

"As a player, it was challenging and fun to play around with the different layers and elements of the play that you don't always get to do — like breaking the fourth wall and interacting directly with the audience," Dobkins said.

She added: "Pippin" is a powerful story of a man trying to figure out what he's doing with his life. I think that's something many people can relate and connect to. Plus, it's a fun and haunting show that will hopefully make the audience think about what they are doing and what's going on with the world today. While theater can be an escape from reality, it can often remind us of the issues we are facing as a society."

The Arlington Players presents "Pippin" from Oct. 6 through Oct. 21. Tickets are \$25/adult; \$22/senior/military; and \$15/child/student. Showtimes are Fridays and Saturdays at 8 p.m.; Sunday matinees at 2:30 p.m. The TAP venue is located at the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road, Arlington. Visit www.thearlingtonplayers.org or call 703-549-1063.

TUESDAY/OCT. 10

Meet the Author. 7 p.m. at One More Page Books, 2200 N. Westmoreland St., #101. NPR books commentator Nancy Pearl will discuss her debut novel "George & Lizze." Visit www.onemorepagebooks.com/.

WEDNESDAY/OCT. 11

Meet the Author. 6:30 p.m. at

Yorktown High School, 5200 Yorktown Blvd. Arlington author Burt Solomon lectures on his novel *Where They Ain't*, a history of baseball in the 1890s. Burt has recently published his first novel, *The Murder of Willie Lincoln*. Email BSCRSVP@gmail.com or call 703-241-0390.

THURSDAY/OCT. 12

Valley Fest. noon-5 p.m. at New

District Brewing Company, 2709 S. Oakland St. New District Brewing Company located in Shirlington is set to host an inaugural street-style festival. Call 703-888-5820.

Artists Reception. 5-7 p.m. at the Barry Gallery, Marymount University, 2807 North Glebe Road. Each of the artists in this exhibit — J.T. Kirkland, Chee-Keong Kung, Anne Smith, and Monica Stroik — deal with geometry and shifts in perspective differently.

ENTERTAINMENT

Exhibit runs until Dec. 1. Visit www.marymount.edu/barrygallery.

been incarcerated. Call 703-979-7411.

the Catherine Elizabeth Blair Foundation. Visit www.sunandmoonstudio.com.

SATURDAY/OCT. 14

West Columbia Pike Food Truck Party. 11 a.m.-2 p.m. at Columbia Pike and Four Mile Run. It's the last West Columbia Pike Food Truck Party of the season, featuring food from Mazza Kitchen, PEPE by Jose Andres, Little Miss Whoopie, Urban Poutine and Pho-Bachi. Musical guests are Scott Thorn and Dale Holmes. Visit www.arlingtonva.us.

Jack-O- Lantern Campfire with Costumes. 6-7 p.m. at the Long Branch amphitheater, Long Branch Nature Center, 625 S. Carlin Springs Road. Stories, special animal guests, games, songs and S'mores. Wear your Halloween Costumes. Call 703-228-6535

LADAMA in Concert. 7-9 p.m. at the Columbia Pike Branch Library, 816 South Walter Reed Drive. This music ensemble is comprised of four musicians from across the Americas - Brazil, Colombia, Venezuela and the U.S.A. Call 703-228-5710.

National Chamber Ensemble Concert. 7:30 p.m. at Gunston Middle School and Community Center - Theater 1, 2700 South Lang St. "Night In The Garden Of Spain," celebrates music of Granados and Turina. Visit parks.arlingtonva.us/locations/gunston-community-center/.

SUNDAY/OCT. 15

Sing Out for Second Chances. 4-6 p.m. at Mount Zion Baptist Church, 3500 19th St S. This event is sponsored by Offenders Aid Restoration (OAR) to celebrate second chances for those who have

MONDAY/OCT. 16

Housing Trivia Battle. 5 p.m. at Union on Queen Apartments, 1515 North Queen St. The trivia battle is hosted by County Board Chair Jay Fiset with contestants Sen. Barbara Favola, Del. Patrick Hope and former Board chairs Mary Hynes and Joe Wholey as part of Affordable Housing Month. Visit housing.arlingtonva.us.

OCT. 18-NOV. 19

Peter Pan on Stage. Various times at Synetic Theater, Crystal City, 1800 S. Bell St. Take flight to Neverland with Peter Pan, his Lost Boys and the Darling children. Ages 7+. \$35 and up. Student tickets start at \$15. Senior citizens and military receive \$5 off. Call 866-811-4111 or www.synetictheater.org.

OCT. 19-22

Steve-O at the Drafthouse. Various times at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Comedy from Jackass and Wildboyz. Visit ArlingtonDrafthouse.com.

SATURDAY/OCT. 21

Fall Heritage Festival. 1-5 p.m. at the Gulf Branch Nature Center, 3608 Military Road. Step back into history and try your hand at some old-time games and crafts, make a corn husk doll, try on a coon-skin cap, or work the cider press. \$5. Call 703-228-3403.

Yoga for Good. 4:30-5:30 p.m. at Sun & Moon Yoga, 3811 Lee Highway. Donations-only yoga class to benefit

THURSDAY/OCT. 26

Gin and Jazz Gala for Uganda. 6-10 p.m. at New District Brewing Company, 2709 S. Oakland St. Live and silent auction items during cocktail hour, followed by dinner and dessert, and games to support the efforts building schools, clinics and changing the face of rural Uganda. Visit <http://aahuganda.org/gala/>.

FRIDAY/OCT. 27

Rosslyn Harvest Fest. 4-10 p.m. at Central Place Plaza, 1800 N. Lynn St. Vendors, crafts, gifts, food, music, a pie eating contest, cornhole, pumpkin toss and a kids' and pets' costume contest. Visit www.rosslynva.org/do/rosslyn-harvest-fest

Nocturnal Nature Campfire. 6-7 p.m. at the Gulf Branch Nature Center, 3608 Military Road. Sit around the fire ring for stories, special animal guests, games, songs and S'mores. \$5. Call 703-228-3403.

"Bits and Pieces." 7:30 p.m. at the Theatre on the Run, 3700 S. Four Mile Run Drive. The performance incorporates spoken word, movement, music and kinetic imaging and animation by Hong Huo. \$10-\$30. Visit janefranklin.com or call 703-933-1111.

11th Annual Vampires Ball. 8 p.m. at Synetic Theater, 1800 S. Bell St. Dance the night away with music courtesy of Resident Composer and Halloween DJ, Konstantine Lortkipanidze. The event will include an open bar, light appetizers, and a costume contest with prizes. \$60-\$75. Visit synetictheater.org/.



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WALK TO END ALZHEIMER'S
alzheimer's association

Walk to End Alzheimer's - DC
The National Mall
October 14 | 9:00 am

The Uncertain Land of the DACAs

FROM PAGE 3

home.' They are trying to convince me to go with them because of everything that has happened. It's scary. Police officers are detaining people here and over here and over here. Life is better in Bolivia my parents say." But if they return to Bolivia because of their illegal status, they won't be able to return to America.

The culture in America is different, often most of the remaining family is still in the native country and financial struggles are common.

So why do they do it? Why do they decide to risk life in America? Sometimes it is because there is violence in their home country or conditions are bad but often the answer is reflected in a comment by Uria: "It's about being able to be free."

This year the Dream Project provided financial assistance to 76 students, and their goal is to increase the number each year. The program includes mentoring of high school students followed by application for a scholarship and visits to different colleges.

Uria says, "It's important to the students that they know they have support." As their brochure says, "Behind every student there is a personal story of struggle and commitment." Uria says, "the students are our voice. They tell their stories and it helps people understand."

Uria's own story began when she arrived from Bolivia at the age of 12 on a tourist visa with her one-year-old sister and her parents. She said her parents told her they would just visit their grandparents in America and then stop at Disney World. That seemed great to her. But they didn't return to Bolivia. "I really didn't know I was undocumented until I was a senior in high school and asked to get my driver's license. My parents stalled because they didn't know what to tell me."

She said, "My friends were all driving. They didn't know. They saw me as a cheerleader."

"It was a family secret. You couldn't tell anyone. No one else knows the struggle you go through." Uria continues, "in Bolivia my mother was an architect and my father was in politics." But here her mother owns a cleaning company, and her father is a cashier. "My mother is not happy about who she has become."

"But the one I feel most guilty about is my little sister. When she was young she



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Lizzett Uria, director of the Dream Project with two scholarship recipients, Katherine Garcia-Ortiz and Chelssi Jimenez-Flores.

would ask 'where was mom?' Mom was always working. 'Where was dad?' Dad was always working, too. She would ask could she have this and the answer was no because we couldn't afford it. A birthday party is important to a 3-year-old. Now that she is 17 she says she can understand.

"I started working at 14 with no documentation but people believed in me." She says, "that's what I tell my students. Don't give up."

Uria knows people who have gone back to Bolivia to stay but regret it. In fact, she made a trip back recently. She was able to make this trip out of the country legally because she is now married to a U.S. citizen and has a temporary green card. "People think we got married for this reason but we were together for 8 years." But after taking a trip back to visit, Uria says she couldn't return to live in Bolivia. "Here you work all week but you get what you need. In Bolivia it is a struggle. But," she stresses, "it's not all financial; it's about being able to be free, the American dream."

Chelssi Jimenez-Flores, another DACA recipient and Dream Project scholarship recipient also sits at the table. She arrived from Bolivia when she was 6 years old to join her dad who had been here a long time. She is currently a freshman at Marymount University in nursing and plans to add on biology. Her grandfather was in America legally and had brought

over the grandmother and other uncles. She says conditions in Bolivia are bad. "There are a lot of drugs. Teenagers drink at 12."

Now she has finished her first year at Marymount and is a mentor to younger students in the Dream Project. "I feel like in America we can all walk (anywhere we want)." Although she lives in Arlington her parents have bought a house in Maryland in order to get a driver's license. Maryland allows a driver's license for undocumented immigrants who live in, and pay taxes, in Maryland. In Virginia a Senate Committee killed a bill in January 2017 that would have allowed illegal immigrants to get a driver's

BULLETIN BOARD

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

SATURDAY/OCT. 7

Navigating the Caregiving Journey. 9 a.m.-4 p.m. at the Hilton Garden Inn at 2500 Neabsco Common Place, Woodbridge. Colleen Walker of Brookdale Senior Living - Arlington, will give a presentation on "Activities of Daily Living Success" at Navigating the Caregiving Journey, a conference to empower family caregivers with resources and knowledge. Registration is required. Visit www.mycaregivingjourney.com/conference-2017.

Metro - Fund It/Fix It. 9:30 a.m.-2 p.m. at National Rural Electric Cooperative Association, 4301 Wilson Blvd. The League of Women Voters of the National Capital Area (LWVNCA) and the Coalition for Smarter Growth (CSG) will hold a free forum for the public to learn about funding and fixing our Washington D.C. area Metro system. Event is free. Lunch will be available for purchase (\$10), but a request for lunch must be made at the time of registration. Register at www.eventbrite.com and search "Metro fund it."

SUNDAY/OCT. 8

Kol Ami Open House. 4-5 p.m. at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. A low-key opportunity for newcomers and people who are interested in joining. Email admin@KolAmiVirginia.org or call 571-271-8387 for more.

Blessing of the Pets. 5 p.m. at St. Mary's

Definitions

Immigrant: A person who is not a citizen or a national of the U.S. and who is lawfully granted the privilege of residing in the U.S.

Illegal immigrant: A person who crosses a country's border, in a way that violates the immigration laws of the destination country, with the intention to remain in the country.

Refugee: A person who is outside his/her country and who is unable or unwilling to return because of persecution or a well-founded fear of persecution due to race, religion, nationality, political opinion or membership in a particular social group.

Deferred Action for Childhood Arrivals (DACA): Status granted to immigrants who meet certain age and education requirements, have lived continuously in the U.S. since June 15, 2017 and haven't committed serious crimes.

"privilege card."

Jimenez-Flores says if nothing permanent gets passed, "we'll see how it goes." She pauses and says, "I'm somewhat worried," then wipes her eyes, "there's nothing we can do."

But Uria encourages her. "There is something we can do. I believe this has given us an opportunity to focus on enacting permanent legislation. We've been through this before DACA and we know what to do." Although DACA protects immigrants from deportation, it is not a path to legal citizenship which can only be guaranteed through the enactment of legislation.

In the meantime they live with the uncertain future and the upcoming expiration of their status. Uria says, "That small piece of paper, it's like magic."

This is the second article in a series focusing on DACA.

Arlington 2609 N. Glebe Road. Parishioners and their pets from Rock Spring Congregational Church will join us for a special service at St. Mary's on "The Point" to celebrate communion and bless animals. Visit stmarysarlington.org/ for more.

THURSDAY/OCT. 12

Arlington and Alexandria Chamber Mixer. 7-9 a.m. at Holiday Inn Rosslyn, 1900 North Fort Myer Drive. Chambers are meeting over breakfast. \$35 for members, \$50 for non-members. Visit www.arlingtonchamber.org/ for more.

Drug Awareness Town Hall. 7-8:30 p.m. at Central Library, 1015 N. Quincy St. Join a community conversation and town hall event with community leaders, healthcare providers and law enforcement serving on the front lines about how drugs and the opioid epidemic are affecting Arlington. Simultaneous Spanish translation is available. Visit health.arlingtonva.us/opioid-awareness/.

FRIDAY/OCT. 13

Educational Fundraiser. 6-8 p.m. at the Arlington Free Clinic, 2921 11th St. S. Shirlington Employment and Education Center is hosting its annual fundraiser, and the proceeds will go to support the SEEC Green Housecleaning Training Program for immigrant women and for the Paralegal Project to help day laborers. Visit www.seecjobs.org for more.

Planning Ahead for Park

FROM PAGE 3

ers and to bond investors."

Susan Kalish, director of public relations for Arlington's Department of Parks and Recreational activities, said the site is currently undergoing a concept plan as part

of the broader Parks Master Plan. Once that plan is approved in early 2018, specific designs will be brought forward in July/August 2018. The Four Mile Run Valley Working Group will meet again on Oct. 3 with additional concept designs for Jeanne Dean Park listed as an agenda item.

SEE BULLETIN, PAGE 18

Sushi Zen Organizes 20 Fundraisers for Nonprofits

FROM PAGE 5

grocery with dusty floors, “a mess of a parking lot, and at 8 p.m. the place was dead.” She said in the beginning they had to figure out how to survive with no money. During the recession “we were hanging on by our toenails but people still came in, maybe cut back on sushi, ordered one beer instead of two.”

Then Sushi Zen became a project of Georgetown MBA business school students who did studies of Sushi Zen and other restaurants. They identified issues and presented solutions “for how we could survive on no money.”

Dr. Charles Toftoy, who organized this effort, said, “The students redesigned their menu one year and came up with other ideas to help them succeed.”

Chopsticks snapped up cherry blossom rolls, yakitori, fireworks and super crunchy rolls as representatives from over 20 non-profit organizations shared stories about their upcoming fundraisers and their needs. It was a chance to network and plan for the busy year ahead.

“Does everyone know what we are doing next?” Shakes of the head as the group learns each one has the opportunity for an impromptu 1-minute elevator speech lay-

ing out their organization’s purpose. And to keep within the time limit they are threatened with the gong, which in reality is a miniature school bell.

Heather Pritchett from Offender Aid and Restoration (OAR) volunteers to start the ball rolling followed by groups representing homeless, after-school reading, environment and domestic violence protection needs.

Thomas Hartman, Yorktown High School orchestra director, says another group that benefits each year is the Yorktown orchestra. They have a “fundraiser with Rosie” on Election Day to raise the costs of an orchestra trip to a metropolitan area. Hartman said, “There is a huge pressure these days to give up ‘trivia’ like music and become another cog in the technocratic machine. But,” he said, “if you can get the kids to New York, they can see the way in which the arts work.”

Shoji says he came here in 1973 to work for a Japanese company. But his son, Brian Mochizuki, says his father had always loved to cook and wanted to have his own busi-



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Non-profit organizations combine sushi and support.

ness. When Shoji’s friend asked him to come and learn to make sushi, it started him down the road that eventually led to opening Sushi Zen. Shoji said, “I learned to make sushi in America.”

Brian Mochizuki explains Sushi Zen is the character for dining table but translates into a family experience together. He comments that in the beginning they were focused on survival and he didn’t see too much of his father when he was growing up. “He was working so hard.”

Gordon-Mochizuki explains that was one of her qualifications on the list for marriage, a man who liked cats, children and knew how to cook. “And besides being an excellent cook, he is an artist with food, too.”

Gordon-Mochizuki was described by a local minister as “the little engine that does and does every day. Ain’t nobody got a bigger heart than this lady here.” Gordon-Mochizuki said, “We have had wonderful support here from the Arlington community and our efforts arise from our deep philosophical obligation to repay our debt of gratitude.”

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Grades 3–8: Tuesday, October 17 · 8:30 AM
Little Hearts Early Childhood Program–Grade 2: Wednesday, October 18 · 8:30 AM

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PEOPLE

Brownies Sell Brownies

... for a good cause.



Keegan Davenport (left) and Maggie Newfield display the day's proceeds from the Brownie Troop 4403 bake sale on Sept. 29. One Brownie guessed they had \$150 and another ventured \$400. When the proceeds of the day were totaled it was \$260.25. This will be donated to Kolter Elementary School in Houston. Jane Malloy said, "It goes to poor people."



Brownies Jane Malloy, McKenzie Cory and Annabelle Wolff are helping Arden Vantil choose which cookie is the best. One of the mothers reported there was a mad dash for the cookies when Jamestown School let out. By mid-afternoon the pumpkin muffins and brownies had sold out and only a few cookies remained.

PHOTOS BY SHIRLEY RUHE/
THE CONNECTION



McKenzie Cory and Annabelle Wolff team up to pour cups of lemonade at 50 cents each for thirsty customers. Annabelle comments, "she sure is good at pouring." Half of the Brownies were manning the bake sale and half were inside the school having a lesson about what it means to give to the community and the difference between need and want. They would combine experiences to earn their Philanthropist Badge.

BULLETIN BOARD

FROM PAGE 16

202-599-0665 or visit
arlingtonlife.org/.

Sutras. Free Dharma with Annie Moyer. Visit
www.sunandmoonstudio.com for more.

SATURDAY/OCT. 14

Kids' Stuff Sale. 8 a.m.-noon at St. Andrew's Episcopal Church, 4000 N. Lorcom Lane. Gently used items from 100 consignors including clothes, toys, books, videos, games, puzzles and more for kids for birth to teen. Call 703-522-1600 for more.

Health and Housing Fair. 10 a.m.-3 p.m. at Arlington Mill Community Center, 909 South Dinwiddie St. The LAIF-2nd Annual Health and Housing event features free and useful information about fair housing and affordable housing opportunities in Arlington. The event also provides access to a host of health screenings and consultations. Contact the Housing Information Center at 703-228-3765 or the LAIF event team at

SUNDAY/OCT. 15

Candidates Forum. 6:30 p.m. at the Arlington Central Library, 1015 N Quincy St. The Arlington League of Women Voters will sponsor a forum attended by local county and school board candidates. Tickets are free but attendees should register at www.eventbrite.com and search for Arlington County.

FRIDAY/OCT. 20

Uprooting the Causes of Suffering. 6:30-8:00 p.m. at Sun & Moon Yoga, 3811 Lee Highway. Come for conversation, insight and inspiration as we trace the roots of the human condition according to the Yoga

SATURDAY/OCT. 21

Young Professionals Care. 1-6:30 p.m. at the Holiday Inn, Ballston, 4610 Fairfax Drive. Young Professionals Care connects young professionals with local organizations through a volunteer fair and hands-on volunteer opportunity. The program concludes with a continuation of the morning's volunteer fair along with a social hour to reflect upon the experiences from the day. This is a free event, but registration is requested. Check volunteearlington.org for an

SEE BULLETIN, PAGE 19

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Honoring

FROM PAGE 2

age Award Honorees represent the courage and successes of our service members and military families,” said Robin Kelleher, co-founder and CEO for Hope For The Warriors.

Since 2010, the Hope and Courage Awards have been presented to service members and military family members who have demonstrated both hope and courage in the face of extraordinary circumstances. Named in honor of the Vigiano family, Captain John Vigiano, Sr., retired FDNY, and his wife, Jan, gave both of their sons on 9/11 — one served as a firefighter and the other served as a police officer in New York City.

This year’s award recipients included:

❖ Dana Abudayeh, a military caregiver and United States Marine Corps (USMC) veteran from Jacksonville, N.C., was recognized for her role as a veteran, caregiver, wife, mother, and volunteer with Hope For The Warriors.

❖ Mario Alcalá, a USMC veteran from Carrollton, Texas, was recognized for his role as a veteran and volunteer with Hope For The Warriors.

❖ Hope Linder, a United States Army (USA) veteran from Phoenix, Ariz., was recognized for her journey as a veteran and the work she does as a volunteer of Hope For The Warriors.

❖ Gabby Mack, a USA veteran from Griffin, Ga., was recognized for her journey as a veteran and the positive impact she continues to have on her community.

❖ Bob and Cindy Roberts, the Gold Star parents of SGT Kristie Roberts from Queensbury, N.Y., were recognized for the work they do in honor of their fallen daughter to raise awareness about suicide prevention.

BULLETIN BOARD

FROM PAGE 18

updated list of host sites and to register.

GET MORE WITH SNAP

Arlington and Alexandria Farmers’ Markets accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT customers can purchase farm fresh produce at local area farmers’ markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers’ markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers’ Market, N. 14th and Courthouse Rpad (second Saturday of the month) and Columbia Pike Farmers’ Market, 2820 Columbia Pike (third Sunday of the month).

ONGOING

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington’s community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/agingmatterswera to listen to programs.

Volunteer Bike Repair Night. First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary.

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A Question Which Begg What Answer



By KENNETH B. LOURIE

Twice recently, in print, I have been asked the same question. Once on an evaluation of a previous doctor appointment, and within the last week, on a pre-registration form for an oral surgeon.

The question: “How is your health?” “Excellent.” “Good.” “Fair.” “Poor.” The two times I saw this question, I snickered. I mean, I have cancer: Stage IV, non-small cell lung cancer in fact, the terminal kind.

And even though I’ve lived way beyond my original “13 month to two-year” prognosis, (eight and a half years and counting, always counting), I’m still undergoing treatment. I see my oncologist every three months. I’m not in remission. My tumors, so far as I’ve been told, are not necrotic (dead). I’m still scheduling CT Scans, brain MRIs and PET Scans quarterly, semi-annually and yearly, respectively. And while amazingly thrilled to be still alive, my fate turns on the results of any one of these diagnostic scans so I wonder aloud: how is my health?

In the two most recent opportunities (I’ve had others) to answer this question, I have erred on the side of reality (my reality) and answered “Poor.” Whether I’m up and about or down and out, cancer is sort of the definition of ‘poor,’ isn’t it? Let’s be honest: who wants to receive a diagnosis of cancer, regardless of type and/or stage. Moreover, it’s hardly the gift that keeps on giving. Quite the opposite. It’s like the houseguest who never leaves. It’s always there and the more it’s around, the worse it’s likely to get.

As much as one tries, a cancer diagnosis is hard to forget. Whether you’re still undergoing treatment as I am, or have been told you’re cancer-free/in remission/N.E.D. (no evidence of disease), the prospect of a life unaltered by the experience is unrealistic, especially so when questions are asked pertaining to your health. It’s not as if you become stigmatized by your cancer diagnosis and/or medical history, but you do become a lifetime member of a club you’d rather not have joined (the more serious and exact opposite of a feeling expressed by Groucho Marx when he so famously joked that he wouldn’t want to belong to a club that would have him as a member). If only it were that simple — and funny.

A straight forward question about one’s health which requires a thoughtful and honest answer. Yet, an answer which somehow must, in my opinion, educate the asker. I’m not a normal respondent (no comments from the peanut gallery). I’m a cancer patient/survivor. Presumably, my immune system is somewhat compromised. What’s good for the goose is probably not good for the gander. My life expectancy is all fouled up. Cancer is likely in control.

As much as I want to delude myself otherwise, the writing, if not necessarily on the walls, is certainly in multiple books and journals. And not that there aren’t exceptions to every rule (my survival is proof of that), generally speaking, a cancer diagnosis “spells trouble with a capital ‘T,’” if I may invoke the late actor, Robert Preston, from his career-defining role as Harold Hill in the 1962 movie, “The Music Man.” Still, life is going on, and not too badly, I may add. But on any given day ...

I suppose the solution then is an asterisk. But how does one add an asterisk to a standardized form. And given the evolving nature of our almost-entirely inhumane (non-human) electronic contact, where does one go/what does one say, to separate and be heard. I want to be treated equally, but as a cancer patient, I’m not. I’m different. If there’s a box for that, I’ll gladly check it. I want the best outcome, naturally. But not giving me the opportunity to properly define myself/my circumstances doesn’t help either one of us. And does even less for the next respondent.

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

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