

Grace Mukupa, originally from Zambia, puts on her sticker showing she has voted. Rebecca Davis is handing out literature supporting Democratic candidates at the Central Library on Tuesday morning.

Arlington Turns Out To Vote

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Long Road To Long Bridge

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Arlington Turns Out To Vote

BY SHIRLEY RUHE
THE CONNECTION

A steady stream of voters walks into the Central Library on Tuesday morning and appears back outside a few minutes later. “Protect Your Rights — Vote Gillespie, Vogel and Adams” is on one corner and “Vote for the team that will stand up to Trump’s politics of hate and fight for all Virginians with Northam, Fairfax and Herring” is on the other.

Some voters shared their views.

Nicole Halbert says she is voting for Virginia as a whole. I’m from southern Virginia, a tiny town on the border of North Carolina.” She says it is the Bible Belt, very conservative with racist billboards. “I want all of Virginia to be like Arlington with diversity.”

Nicholas Ruhly says he is from Toledo, Ohio and he was shocked when he visited Halbert’s hometown recently. “I didn’t know there were places like that.” He says his primary concern “is the environment, [and the] rolling back all of the environmental regulations.”

Another voter marches by. “I’m voting for Northam. I’m a staunch Democrat.” Another voter rushes down the steps declaring he forgot his ID in his other pocket.

The Arlington Connection went to press before Election Night results. See www.connectionnewspapers.com.



Aleks White says he figures this is the first election since the Presidential election and a lot of people will be watching Virginia. “So we’ll see what happens. I’m voting for human decency, respect. A lot of my friends are different races, immigrants, gay.”



Grace Mukupa, American and Zambian, said, “I feel the need to count in this election. I just moved here from Alexandria. My primary issue would be education that isn’t the same in another country. And diversity is important, too.”



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Chocolate frosted, glazed and custard-filled donuts sit on the table at the Central Library for hungry voters. Lizzie Neale (right) of Brownie Troop 6880 says the money will go for military activities and to help their troop. Meera Kuma has also made bracelets. Meera says these will sell for \$2 because they take 2-3 hours to make.



Nick Marrone puts it simply, “I’m voting against Donald Trump.”

Long Road To Long Bridge

Final designs put forward for park project.

BY VERNON MILES
THE CONNECTION

After over a decade of stalled development and design compromises, the main aquatic center building at Long Bridge Park is beginning to take shape. Four designs have been put forward as the final selections for the Long Bridge Park design. At an Oct. 19 display in Crystal City, four developers pictured their concept designs for the new aquatics and recreation center.

Development of Long Bridge Park as a recreational space was approved in 2004, with aquatics cited as one of the largest needs in this region. The project was delayed in 2014 after proposed designs exceeded the projected \$79.3 million cost. The overall size of the project was scaled down by 37 percent, with nearly every part of the project made smaller. The new plans include smaller pool spaces, smaller storage rooms, smaller lobbies etc. Each new proposed design contains a 50-meter pool, 1, 3, and 5 meter diving boards, a family pool, and health and fitness spaces.

The price for the building is fixed at \$54.7 million for construction with a total project

SEE FINAL DESIGNS, PAGE 14

Offering Recreation for Youths with Disabilities

O’Connell’s KEEN partnership.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

Arlington gained a safe haven for young people with significant special needs when Bishop Denis J. O’Connell High School became an official host for the non-profit organization KEEN Greater DC (Kids Enjoy Exercise Now Greater DC) in May.

KEEN provides a variety of free sports and recreational activities for children and young adults with developmental and physical disabilities.

As part of its partnership with KEEN, the private Catholic high school hosts an open gym program called KEEN Arlington Sports,

so that children and young adults with significant disabilities have place to socialize and exercise with their peers under the supervision of qualified, dedicated volunteers. O’Connell students now serve as regular KEEN volunteers.

“We are thrilled to have O’Connell’s support,” said Beata Okulska, executive director of KEEN Greater DC. “The school not only encourages their students to volunteer, but also provides us with access to their gym, completely free of charge.”

KEEN Greater DC touches hundreds of families every year through the activities it provides at no cost to families and caregivers.

KEEN was born in Bethesda, Md., in 1992 out of a single program — an open gym period held regularly so that youths with significant developmental disabilities would

SEE OFFERING RECREATION, PAGE 12



Bishop Denis J. O’Connell High School hosts recreational activities for children and young adults with developmental and physical disabilities.



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NEWS

Married to the Military

Addressing military-spouse unemployment.

BY VERNON MILES
THE CONNECTION

When a member of the military travels the world, they often don't do it alone. Husbands and wives often accompany their spouses on international trips. But while the military member travels with their job, their spouse is left in a situation where they are forced to relocate and reapply for new jobs every few years.

On Oct. 23, U.S. Sen. Tim Kaine met with military spouses, military leadership, and business executives from throughout the region to discuss the military spouse unemployment dilemma.

Carmen Emborski has been a military spouse for six years, with a master's degree in biology and working on finishing up her Ph.D. this year. And yet, Emborski says finding and maintaining a job as she moves around.

"It's difficult for military spouses to get into the workforce," said Emborski. "We move so frequently. We only have one year, maybe a year and a half of experience before we have to leave."

"It's really hard for employers to take on someone and train that employee for them to be there for just one year," said Allison Strouse.

Katy Mills, a military spouse, says her family was forced to relocate eight times in 15 years.

"It's hard to get anything going for your career," said Mills. "I taught yoga, but I'm unable to maintain that client base when you move. You have to start over."

Mills also noted that many military spouses struggle with inadequate child-care options.

"Child care can cost more than you make in your job," said Mills. "We need to increase the availability of child care. Child care facilities on bases are currently full. There's a one-year wait at Ft. Belvoir for full care. For hourly care, you need to wake up at midnight and book one month in advance."

Eddy Mentzer, associate director, Spouse Education and Career Opportunity Program, Office of Military Family Readiness

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Nov. 13-18.

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: Met Fifth Avenue Art Museum, N.Y., Thursday, Nov. 16, \$64; White House Visitor Center, Thursday, Nov. 16, \$6; A Day in Old Town Alexandria, Friday, Nov. 17, \$6; Arena Stage, D.C., "Pajama Game," matinee, \$79. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Design no-sew T-shirt scarves, Monday, Nov. 13, 1 p.m., Walter Reed. Details, 703-228-



PHOTO BY VERNON MILES/THE CONNECTION
U.S. Sen. Tim Kaine

Policy, said resources currently exist to help members of the military preparing for retirement transition into civilian careers.

"We have to move spouse unemployment out of the fine print," said Mentzer.

Mentzer said in Hampton Roads, another hub of military activity in the region, there are programs that specialize in helping military spouses find employment through remote work opportunities. Mentzer admitted that this doesn't work for everyone, but that it's one way the military can begin to help spouses.

Employers at the round-table discussion said that military spouses could be an untapped resource for contractors and corporations based out of D.C.

"In this area, we often fight over the same pool of employees," said Jerry Calhoun, vice president of Talent Acquisition for Vencore. "We're learning a lot here today. I'm going to have my managers look for this."

Other major contractors said they've encountered similar problems, and Kaine said working with military-sponsored programs to find employment for spouses could address both problems.

"This area is talent rich with military spouses," said Kaine. "There's [relatively] low unemployment in this area, which can be an obstacle for some businesses. Jobs are going wanting. Arlington offers a good opportunity to meet that challenge with a strong local pool of talent."

0955.

Painting classes begin Monday, Nov. 13, 10 a.m.-noon, \$42/6 sessions. Register, 703-228-0555.

Armchair tour of Golden Age of Dutch Painters exhibit, National Gallery of Art, Monday, Nov. 13, 1 p.m., \$6, Aurora Hills. Register, 703-228-5722.

Technology Tuesday, Nov. 14, downloading pictures, Walter Reed. Register, 703-228-0955.

Caring for persons with dementia, Tuesday, Nov. 14, 10 a.m., Walter Reed. Register, 703-228-0955.

Ukulele class, basic strumming, Tuesday, Nov. 14, 6 p.m., Walter Reed. Register early, 703-228-0955.

Pinterest demonstration, Wednesday, Nov. 15, 1 p.m., Lee. Register, 703-228-0555.

WWW.CONNECTIONNEWSPAPERS.COM



Richard Russo spoke about writing, painting, voice, and the world he grew up into a crowd of about 100 people in Pentagon City.

PHOTO BY
EDEN BROWN/
THE CONNECTION

Sharing Insights about Writing

Russo describes his unexpected success.

BY EDEN BROWN
THE CONNECTION

Novelist Richard Russo proved he is “Nobody’s Fool” on Saturday night when he addressed a crowd of about 100 writers, psychoanalysts, and fans who came to hear a writer who revels in exploring the writer’s psyche.

He didn’t grow up expecting to be a big success. His father had made him aware that having a vowel on the end of his name was not an advantage. Russo, whose grandfather immigrated from Italy to make gloves in Gloversville, N.Y., detested the town as he struggled to escape it, and loved it so much it has been the centerpiece for much of his fiction. Russo’s novels, “Everybody’s Fool”, “Nobody’s Fool”, and “Mohawk” all take place in a small town in New York.

Russo talked about the connection between painting and writing. He recently collaborated with Linden Frederick, a painter who lives not far from Russo on the coast of Maine. Friends kept telling him he should meet Frederick, who, they said, “paints the way you write.” He did, and felt an immediate connection, not least because they had grown up in towns only about five miles away from each other. A lot of the people buying Frederick’s work were novelists and screenwriters. He wondered what would happen if the writer-illustrator relationship were reversed: the painting first, then the writing. Frederick asked Russo if he would be willing to try it; he said he would “pay” by providing a smaller “draft” version of the painting. They put together a

group of writers (Anthony Doerr, Elizabeth Stout among others) and the result was “Night Stories.” Fifteen American fiction writers each agreed to select one painting especially created by Frederick as inspiration and then, over the following months, write a story inspired by it. The show has just concluded a three-month run at the Maine Center for Contemporary Art.

Saturday night’s talk in Arlington was sponsored by New Directions in Writing, a three-year postgraduate training program, and Politics and Prose, the D.C. bookstore. Given that the crowd was largely psychoanalysts, academicians, and writers, Russo got a few questions about the wellspring of creativity and whether one is programmed to create: whether carving duck decoys, writing novels, or painting.

Russo said he’d try painting, if he suddenly had another life to live. His daughter is a painter, and he has discussed the parallels between their two forms of art with her. He believes no matter what a painter paints, it is a self portrait, just as what a novelist writes, is about him or her. Famous painters, like Russo’s favorite, David Hockney, are often quoted in that regard: “I’m just painting myself.”

Russo’s self-deprecating humor made the story of his struggle to leave Gloversville, and to move beyond being a university professor to become a writer entertaining. “But,” he said, “I employ humor most when I am dead serious or have something really important to say.” As he recounted his trajectory, his relationship with his creative writing instructor at the University of Arizona, and another student in the class who badly wanted to be a novelist, but ended up becoming a professor, he employed deadly serious truths about writing fiction. One of these was that a good novel is not about plot, but about con-

“I employ humor most when I am dead serious or have something really important to say.”

— Richard Russo

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OPINION

Be Part of Children's Issue 2017

Get creative and send art, poetry and more.

During the last week of each year, this newspaper devotes its pages to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View) is a tradition of well over a decade.

EDITORIAL

We welcome contributions from public and private schools, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

- ❖ Drawings or paintings or photographs of

your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents, family or friends any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? Describe one of the best or worst things that ever happened to you? What is the best gift you've ever been given? Ever received?

- ❖ Your opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.

- ❖ News stories from school newspapers.

- ❖ Photos and text about activities or events.

To be published, we must have the full first and last name of the student artist/writer.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Home schoolers' contributions are welcomed.

Please send all submissions by Friday, Dec. 1. The Children's Edition will publish the last week of 2017.

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD or flash drive to: Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View), 1606 King Street, Alexandria, VA 22314.

Email submissions for the Children's Edition to the following editors:

- ❖ For Burke, Clifton, Fairfax, Fairfax Station, Great Falls, Herndon, Lorton, McLean, Reston, or Springfield, email to Kemal Kurspahic at kemal@connectionnewspapers.com.

- ❖ For Alexandria, Arlington, Centreville, Chantilly, Mount Vernon, or Potomac, Md., email to Steven Mauren at smauren@connectionnewspapers.com.

See last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

Retiree: It Was Time To 'Give Back'

RSVP Northern Virginia offers volunteer opportunities.

BY ROB PAINE
RSVP

RSVP Northern Virginia volunteer Michael McCormick decided it was time "to give back."

Shortly after McCormick moved to Arlington from New York five years ago he lost his wife.

McCormick says it was his wife that influenced him to go into volunteer work. He recalls "she was always telling me 'successful people have an obligation to give back.'"

So McCormick signed up to be an RSVP Northern Virginia Volunteer and funneled his more than 30 years of experience with the Internal Revenue Service into helping others prepare their taxes through the Volunteer Income Tax Assistance (VITA) CASH program at Fairfax

SkillSource Center in Annandale.

With the help of some 300 volunteers like McCormick, low-income families throughout Northern Virginia received over \$10.7 million in refunds last tax season, according to the (VITA) CASH program's website. VITA volunteers are needed to help at centers across Northern Virginia.

RSVP Northern Virginia will be holding a general orientation meeting on Thursday, Nov. 16, at 1:30 p.m. at the Arlington Central Library 1015 N Quincy St., Arlington.

During tax season McCormick volunteers with VITA three evenings a week and a full day on Saturdays.

He says he likes volunteering with RSVP because it is a structured program. He also gets "internal satisfaction" thru his volunteer work. Volunteering makes him feel more part of the community, he says.

RSVP, a volunteer network for people 55-years or older, provides individualized support to connect volunteers with service opportunities in and around Arlington County, Fairfax County and the City of Alexandria that complement volunteers' interests and skills.



Michael McCormick

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.

In addition to his VITA work, McCormick was a volunteer guide for the National Park Service at the United States Marine Corps War Memorial in Arlington, better known as the Iwo Jima Memorial.

For more information, visit www.rsvpnova.org.

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.

SUNDAY/NOV. 12

"Life's Final Choices." 2 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd.

Maureen Albrethsen, a licensed funeral director, will discuss medical treatments when death is near; disposition of one's body (burial, cremation, or donation to science), and planning for a "life celebration." The meeting is presented by the Memorial Society of Northern Virginia, a nonprofit group of volunteers. Free, open to all. Call 703-271-9240 or email info@memorialsocietyva.org.

Clarendon Pastoral Installation.

4:30-5:30 p.m. at the Church at Clarendon, 1210 N. Highland St. Event welcomes Rev. Danielle Bridgeforth as the senior pastor of the church. Email deborah@1bc.org.

DEADLINE NOV. 13

Apply for Fuel Assistance. The Virginia Department of Social Services is currently accepting applications for fuel assistance. To

qualify for fuel assistance, the maximum gross monthly income for a one-person household must not exceed \$1,307. For a household of four, the maximum gross monthly income is \$2,665. Families and individuals can apply through their local department of social services office. To apply online or to check eligibility for services, visit the

SEE BULLETIN, PAGE 13

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ENTERTAINMENT



Concert

Russian Concert, Sunday, Nov. 19 at 3 p.m. at the Kenmore Performing Arts Center, 200 South Carlin Springs Road. Soloists will be Peter Omelchenko, until recently with Moscow's Osipov Orchestra, on the domra and WBS Concertmaster Andrei Saveliev on the balalaika. Adults, \$25; seniors, \$20; students, \$15; children under 12, free. Visit www.balalaika.org for more.

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

ONGOING

"Peter Pan" on Stage. Through Nov. 19, various times at Syntetic 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.synthetictheater.org.

"Crazy for You." Through Jan. 14, various times at the Signature Theatre, 4200 Campbell Ave. A musical comedy with Gershwin tunes including "I've Got Rhythm," "Someone to Watch Over Me" and "Nice Work If You Can Get It" fuse with tap dancing. 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.

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.crystallcity.org.

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.

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

www.crystallcity.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/.

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.

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.

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.

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.

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.

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.crystallcity.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.

WEDNESDAY/NOV. 8

Film Screening. 7 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. "The

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- Oak Hill/Hardin Connection
- Potomac Almanac
- Renton Connection
- Springfield Connection
- Vienna/Dakota Connection

ENTERTAINMENT

Messenger,” a film about the plight of disappearing songbirds, focuses on how climate change, habitat loss and human action are diminishing songbirds in our environment. The film will be followed by discussion. Visit www.uucava.org/.

THURSDAY/NOV. 9

Local Pop-Up Shops. 11 a.m.-2 p.m. at the Plaza Library Shop, 2100 Clarendon Blvd., 1st Floor Lobby. Georges' Botanique Aromatique will be at a pop-up retail market dedicated to, wearable and edible products from innovators and artisans in Arlington. Visit arlingtoneconomicdevelopment.com.
Deep Dive Exploring. 8-9 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. White-tailed Deer are the topic. \$5. Call 703-228-3403 or visit gulfbranchnaturectr@arlingtonva.us.

FRIDAY/NOV. 10

The Fall Hunt. 4-5 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Hunting for dinner is the topic, following tracks and signs of deer and eat some venison stew. \$5. Call 703-228-3403 or visit gulfbranchnaturectr@arlingtonva.us.

SATURDAY/NOV. 11

Pig Roast and Bourbon Bash. 1-5 p.m. at Barley Mac, 1600 Wilson Blvd. Include all the roast pig you can eat, as well as Chef Mike and Jeremy's side dishes, plus several tastings (three drink tickets per person) of select bourbons. \$35. Visit barleymacva.com.

NOV. 14-15

Dominion Guild Holiday Boutique. 6:30-9:30 p.m. Tuesday, 10 a.m.-4 p.m. Wednesday at the Knights of Columbus, 5115 Little Falls Road. Twenty-five vendors will be at the event, \$25/\$15. Visit www.thedominionguildva.org.

DEADLINE NOV. 15

Nominate A Tree. Various times with Arlington Urban Forestry. Nominate a tree that is notable due to its size, age, history, uniqueness or neighborhood significance. Call 703-228-7747.

THURSDAY/NOV. 16

Local Pop-Up Shops. 11 a.m.-2 p.m. at the Plaza Library Shop, 2100 Clarendon Blvd., 1st Floor Lobby. Commonwealth Joe coffee will be at a pop-up retail market dedicated to, wearable and edible products from innovators and artisans in Arlington. Visit arlingtoneconomicdevelopment.com.

FRIDAY/NOV. 17,

Fall Fungi 101 Hike. 1-3 p.m. at Gulf Branch Nature Center, 3608 Military Road. Get to know these ancient organisms and the basics of mushroom identification. \$10. Call 703-228-3403 or email gulfbranchnaturectr@arlingtonva.us.

Candle Making. 4-5:30 p.m. at Gulf Branch Nature Center, 3608 Military Road. Learn some new and old ways to make these luminaries. \$5. Call 703-228-3403 or email gulfbranchnaturectr@arlingtonva.us.

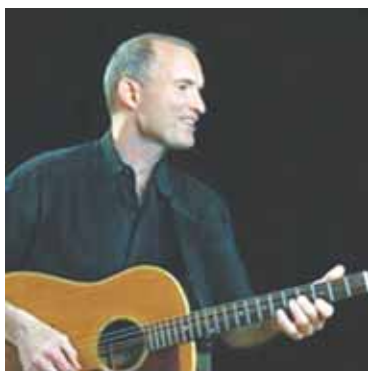
NOV. 17-19

Artful Weekend. Various times at Ft. C.F. Smith Park, 2411 24th St N. 40 top Arlington-based artists feature paintings of many genres, ceramics, sculpture, artists cards, unframed works and more. Visit



Toys for Tots Happy Hour

Thursday, Nov. 30 from 6-9 p.m. at Tortoise & Hare Bar and Grille, 567 23rd St. S., near the Crystal City Metro Station. Food, drink and bring an unwrapped toy to donate to Toys for Tots. The toy cannot contain any food item or resemble any weapons. Call 703-979-1872 for more.



www.arlingtonartistsalliance.org.

SATURDAY, NOV. 18

Fall Colors Walk. 10-11 a.m. Meet at Long Branch Nature Center, 625 S. Carlin Springs Road. Explore the colors of fall during an easy walk on the trails around the nature center. Ages 6 and up. Call 703-228-6535 or email longbranchnaturectr@arlingtonva.us.

Blacksmithing Campfire. 6-7 p.m. at at Gulf Branch Nature Center, 3608 N. Military Road. Stories, special animal guests, games, songs and S'mores. \$5. Call 703-228-3403 or email gulfbranchnaturectr@arlingtonva.us.

Concert. 6:30 p.m. at the Unitarian Universalist Church of Arlington 4444 Arlington Boulevard. Fred Small, SONiA and Huda Asfour are in concert. \$15/\$18. Visit www.focusmusic.org.

SUNDAY/NOV. 19

Yoga in the Nature Center. 10 - 10:45 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. start with a fun short walk, then return to the nature center to practice poses representing the plants and animals we find, ending in a short relaxation. Ages 7 to 10. \$5. Call 703-228-6535 or email longbranchnaturectr@arlingtonva.us

Hunger Lecture. 10:15 a.m. at St. Mary's Arlington, 2609 N. Glebe Road. Learn about Arlington Food Assistance Center, Arlington Street People's Assistance Network, and So Others Might Eat. Visit stmmarysarlington.org/.

R.I.P. - Remove Invasive Plants. 2-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Keep the park free of destructive invasive plants. Free. Call 703-228-6535 or email longbranchnaturectr@arlingtonva.us.

Pageant Registration Opens. Various times at St. Mary's Arlington, 2609 N. Glebe Road The pageant tells the story of Jesus's birth and

Live Music

Religious concert, Saturday, Nov. 18, 6:30 p.m. at the Unitarian Universalist Church of Arlington 4444 Arlington Blvd. Fred Small, SONiA and Huda Asfour are in concert. \$15/\$18. Visit www.focusmusic.org for more.

serves as the liturgy of the Word for the Sunday, Dec. 24, Christmas Eve, 3 and 5 p.m. services. Visit stmmarysarlington.org/.

Russian Concert. 3 p.m. at the Kenmore Performing Arts Center, 200 South Carlin Springs Road. Soloists will be Peter Omelchenko, until recently with Moscow's Osipov Orchestra, on the domra and WBS Concertmaster Andrei Saveliev on the balalaika. . Adults, \$25; seniors, \$20; students, \$15; children under 12, free. Visit www.balalaika.org.

THURSDAY/NOV. 30

Local Pop-Up Shops. 11 a.m.-2 p.m. at the Plaza Library Shop, 2100 Clarendon Blvd., 1st Floor Lobby. Jules Jewels will be at a pop-up retail market dedicated to, wearable and edible products from innovators and artisans in Arlington. Visit www.arlingtoneconomicdevelopment.com.

Toys for Tots Happy Hour. 6-9 p.m. at Tortoise & Hare Bar and Grille, 567 23rd St. S., near the Crystal City Metro Station. Food, drink and bring an unwrapped toy to donate to Toys for Tots. The toy cannot contain any food item or resemble any weapons. Presented by Le Chic Geek and Tagging Miles. Call 703-979-1872.

NOV. 30-DEC. 3

Lions Club Fruit Sale. Various times at St. Mary's Arlington, 2609 N. Glebe Road. Fruits and nuts for sale, The proceeds from the sale benefit community non profits supported by the Lions Club. Visit www.e-clubhouse.org/sites/arlingtonva or call 703-598-8266 or 703-862-5956.

SATURDAY/DEC. 16

National Chamber Ensemble Concert. 7:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Soprano Rebecca Littig joins National Chamber Ensemble in "Holiday Cheer." Visit www.uucava.org/.

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Nonprofit Dental Clinic Fills a Need

Serving more than 2,500 low-income patients a year.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

While there are plenty of people who dread routine appointments to the dentist, the people in the scariest of situations are those who simply cannot afford to seek this critical care. And, because too many people today are in this unsettling position, the Northern Virginia Dental Society (NVDS) established the Northern Virginia Dental Clinic (NVDC) to provide low-income residents with affordable treatment.

"The program was one of the first of its kind in the nation and continues to serve the indigent population of our community," said Tom Wilson, NVDC executive director. "NVDC opened in 1994 and provides a comprehensive menu of services from the basic dental exams, fillings and teeth cleanings, to specialized treatment including root canal therapy, oral surgery, and the fabrication of dentures and other prosthetic appliances. The NVDC's goal is to restore each individual to an infection free and functional state of oral health."

Although NVDS is a professional organization of local dentists, its membership supports its nonprofit clinic.

"NVDC has always been the society's primary outreach program and our members volunteer their time, skill, and make monetary contributions regularly," said Cathy Griffanti, NVDS executive director. "Our clinic(s) provide the low-income population in our community with a true dental home where they receive ongoing oral health care and education."

Facilities like NVDC are often a qualified patient's only avenue to life-saving dental treatment.

"While there is an avenue for low-income children to seek oral health care, there is nothing for adults," Wilson said. "Through

Medicaid, there are very limited healthcare services for adults. Those services are limited to one emergency extraction, diagnostics, and then there is limited care for pregnant women."

NVDC, with two locations in Fairfax and Sterling, currently serves thousands of patients a year. By charging just \$50 per appointment, regardless of the nature of treatment, procedures are affordable for people who have no dental insurance or a way to pay out-of-pocket. Under normal circumstances, for instance, even a simple cavity filling would eclipse the NVDC per-visit cost.

There are 23 regular staff members; however, the 120 NVDS volunteers, along with roughly 50 regular volunteer dental hygienists from the Northern Virginia Dental Hygienists' Association, make these affordable services possible.

Amidst the emergence of other similar dental clinics for the low-income population in Northern Virginia, NVDC has experienced much growth since its inception nearly 24 years ago.

"We serve over 2,500 patients a year, and provide more than 10,000 appointments per year," said Wilson, who has overseen NVDC for more than 20 years. "We did about 3,000 appointments total in 1997, the year I came. It's been a steady growth with lots of hard work from volunteers, the board and staff. We're hoping to move that number of annual appointments up to the 12,000 level in the next year and a half."

NVDC relies on a number of grants from government programs and private foundations. The most recent grant the non-profit organization accepted was from the Virginia Healthcare Foundation (VHCA).

"The primary initiative in securing the grant money is to increase the clinic's service capacity," Griffanti said. "The funding recently awarded by the VHCF will enable NVDC to hire two part-time dentists at the Fairfax facility, a part-time registered dental hygienist, and a full-time dental assistant. This additional staff will allow us to provide an additional 2,000 patient appointments."

Wilson said examples of other crucial sources of revenue are Northern Virginia Health Foundation, Inova Health Systems,

Referring Agencies

Emergency and initial appointments to the Northern Virginia Dental Clinic must be scheduled through designated referring agencies only.

ARLINGTON COUNTY

- ◆ Department of Human Services: 703-228-5170
- ◆ Arlington Free Clinic: 703-979-1400

Kaiser Permanente of the Mid-Atlantic States and United Way of the National Capital Area.

Since it would be impossible for NVDC to treat every single Northern Virginian in dental distress, the clinic works with social services organizations in each jurisdiction for the patient selection process.

"As a program, we don't decide who comes to us," he said. "Each jurisdiction identifies low-income residents throughout their jurisdiction and screens them for eligibility. Everyone we see, though, is at or below 200 percent of poverty. What that means in Northern Virginia, where the median annual household income is about \$110,000, you're talking about the major-

ity of the people we serve having an annual income of around \$37,000."

From their first visit, patients have one year to complete the treatment plan that NVDC practitioners outline for them. According to Griffanti, approximately 78 percent of NVDC patients complete their treatment plan. This translates to thousands of lives saved.

"Oral health is linked to poor overall health conditions," Wilson said. "It affects pregnancies, infants of pregnant women, it has links to Crohn's disease and a whole list of conditions. That's why we provide the full gamut of treatment for patients. Our focus is on functional restoration, but of course aesthetics always come into play."

"A lot of women come and talk to us with their hands covering their mouths," Wilson said. "You wouldn't believe the self-esteem that comes back to these individuals after a couple of months of treatment."

Programs like NVDC benefit the community at large, as well. The more patients that visit designated oral health care providers, the less often people will visit emergency facilities with debilitating pain caused by tooth-related infections.

For more information, see www.nvds.org/northern-virginia-dental-clinic.

Local Teen Receives Cadet Award

In recognition of his outstanding academic and military performance, Cadet Elian Jose Gonzalez, son of Mr. and Mrs. Robert Edwards, has been named Fishburne Military School's Cadet Officer of the Month for October 2017.

Gonzalez, a senior from Arlington, is in his third year at Fishburne Military School.

The announcement, which reads in part: "Through outstanding performance of duty and dedication to the Corps of Cadets and Fishburne Military School, Cadet Captain Elian Gonzalez is hereby awarded Officer of the Month," was



Gonzalez

made in a formation before the entire assembled Corps of Cadets.

Cadet Officer of the Month is selected by a board of Cadet Officers, and is approved by the Commandant of Cadets. A Cadet Officer of the Month is selected based upon his academic, military and community achievements throughout

the previous month.

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Home LifeStyle

Light Up the Season

Tastemakers create holiday trees, mantel-pieces, wreaths and a menorah for charity.

BY MARILYN CAMPBELL

Some local designers are collaborating with patients at Children's National Health Center to deck the hall for charity. The tastemakers are creating holiday trees, mantle pieces, wreaths and a menorah for a community fundraiser called "Light Up the Season." The Creative & Therapeutic Arts Services at Children's National worked with the Children's Health Board to pair designers with patients for inspiration.

"We were very excited to learn about Light Up the Season and be able to take part," said Nadia Subaran of Aidan Design. "Over the years we've been regular participants in the DC Design House, another charity event benefitting Children's National. However, with this event we got the chance to interact and collaborate with the children that these events benefit. It's been a much more hands on experience for us. And who doesn't love decorating holiday trees?"

Subaran, along with Megan Padilla and Kelly Emerson also of Aidan Design created a holiday tree design called "A 'Wimpy' Tree - A Tree in Cartoons," which was inspired by a patient named Wesley and his favorite book series, "Diary of a Wimpy Kid."

"Our tree will explore a black and white theme in keeping with the graphic novel genre," said Subaran.

The design team says that they used 2- and 3-D interpretations of classic Christmas décor combined with "striking graphic visuals, pops of color, and a good dose of wit, the tree will be both a throwback to a simpler time and on trend for young readers."

"A Guiding Light" is the name of the mantel design created by Kelley Proxmire of Kelley Proxmire, Inc.

and inspired by a patient named Cheyenne. In creating her mantel, the designer said that she, "tied in biblical references to light, which are shown throughout the display, and incorporated Cheyenne's favorite color: red for a red, white and silver-themed mantel."

Two sisters named Leilah and Ava were the inspiration for a tree design called, "A Colorful Family Christmas" by Annie Elliott and Christy Maguire of Annie Elliott Interiors. "When asked what they liked best about Christmas, the girls agreed that being together with their entire family was tops," said Elliott. "In that spirit, they inspired our theme, 'A Colorful Family Christmas.' Playing board games, reading stories, sitting around a fire and decorating the tree also are favorite family activities. You'll see all of these holiday traditions reflected in our



PHOTO BY RYAN MEDIA LAB

Annie Elliott (right) and Christy Maguire (left) of Annie Elliott Interiors, (pictured with Leilaha and Ava) will collaborate on a holiday tree for Light Up The Season 2017.

tree's decorations."

"Leilah and Ava have many favorite colors, but a winner for both is teal," added Maguire. "Therefore, teal drives the tree's color palette, and other of the girls' favorites, purple, blue, and green, also are included."

Other area designers include Lena Kroupnik of Lena Kroupnik Interiors, Allie Mann and Alexandria Hubbard of Case Design/Remodeling, Inc., Camille Saum of Camille Saum Interiors of Bethesda, Md.; Victoria Sanchez of Victoria at Home, Susan Nelson and Todd Martz of Home on Cameron, Ashley Greer of Atelier Ashley Flowers of Alexandria; Pamela Harvey of Pamela Harvey Interiors of Herndon; Josh Hildreth and Tara Price of Josh Hildreth Interiors of Reston and Lisa Tureson of Studio Artistica in Oak Hill.

The holiday designs will be on display during a family-friendly community fundraising event to benefit Children's National at Four Seasons in Georgetown, 2800 Pennsylvania Avenue, NW - on Sunday, Dec. 3 from 1-4 p.m. There will be activities for all ages, such as holiday cookie decorating, ornament making, a visit from Santa and Children's National Dr. Bear mascot, musical performances and youth entertainers, silent auction, and light fare and libations. In addition, guests will be encouraged to write holiday cards for Children's National patients. Visit childrensnational.org/lightuptheseason for more.




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"...With this event we got the chance to interact and collaborate with the children that these events benefit."

— Nadia Subaran of Aidan Design



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Offering Recreation for Youths with Disabilities

FROM PAGE 3

have a safe space to play a host of gym games and activities. This open gym program is much like the one that O'Connell now offers, where every attendee is paired with a volunteer for the entirety of the session.

While the open gym program remains popular, KEEN has since expanded to offer a robust portfolio of activities and classes to the Greater DC and Baltimore community of families of children with disabilities.

As KEEN adds more people and places to its rapidly expanding community, a few key things remain the same: Every single young person between the ages of 5 and 25 is accepted with open arms, and every single KEEN activity and program is free of charge. The ratio of participants, KEEN "athletes," to volunteers, KEEN "coaches," is 1:1 – and 2:1 for the athletes that need extra attention. The logistics are not only important for the wellbeing of the athletes, but, the structure also enables parents and caretakers time to themselves.

One of KEEN's 25th anniversary goals was to establish a greater presence in Northern Virginia. Okulska said that KEEN leadership had good reason to zero in on O'Connell as an official KEEN facility.

"Our first Virginia programs were launched in 2010 in Springfield, followed by Vienna in 2013," Okulska said. "This year, we launched in Arlington. Bishop O'Connell seemed like a natural choice for KEEN. The school has been involved with KEEN Greater DC for the past several years, and with encouragement from the school faculty, many O'Connell students have been volunteering on a regular basis at our other locations. Many of them developed unique friendships with kids with special needs and became very committed coaches at KEEN sessions."

The values that O'Connell reinforces to its community align with KEEN's mission: to create a place and community where even significantly challenged young people belong — and thrive.

"Because of O'Connell's commitment to improving the lives of others, teaching their students to be tolerant, open minded, compassion and embrace diversity, KEEN found a compelling partner, especially when it comes to philosophy," Okulska said. "We wanted young people with disabilities to be surrounded by friends who would embrace their ability and help them grow. All of that we found in Bishop O'Connell. We also knew that there were many kids in special needs who live in the Arlington area and we want to serve them."

NOT ONLY does the partnership enrich everyone involved, but, it provides a way



Students at Bishop Denis J. O'Connell High School volunteer to provide sports and recreational activities for children and young adults with developmental and physical disabilities.

for O'Connell students to complete service hours that are required of them by the school's Christian Service Program.

"We had so many students volunteering with KEEN before we started hosting the program," said Kathryn Haas, who oversees all O'Connell service programs. "They had come to our service fair in previous years, and, when they reached out to see about us becoming a facility, it seemed like a great opportunity for both parties."

Thus began the program now called KEEN Arlington Sports.

Every other Sunday, O'Connell volunteers open KEEN athletes with open arms to their gym. Alongside their coaches, the athletes spend 75 gloriously unstructured minutes catching up with each other, shooting hoops, taking laps, or otherwise moving around O'Connell's gym in any way they desire.

Haas said she's already beginning to see the widespread benefits of teaming up with KEEN.

"I definitely think this is something that will turn into a worthwhile, longstanding relationship," Haas said. "We'd be proud to make it a school tradition. It already seems like the students are really getting a lot out of it. They're committed to making this something that they can really get involved with."

LESS THAN SIX months into hosting the program, O'Connell already regularly hosts about 15 KEEN athletes every other weekend for this KEEN signature program. There are eight regular student volunteers, and each of them finds own meaning in the time

they spend with the KEEN athletes.

"I like the atmosphere that the one-on-one setup creates during the Open Gym time," said Gage Matty, a KEEN volunteer and O'Connell junior. "Since I play sports, the program drew me in. When I saw O'Connell offering it at a service fair, I immediately thought it would be a great opportunity. I've since bonded with a kid named Diego, who likes football just like I do. I get to bond with all of them, but, there is something extra special about my time with Diego."

Diego Moreno's family has been touched to see their son be able to escape the limitations that he's so often burdened by.

"This is a wonderful program that has helped Diego in so many ways," the Moreno family said. "One of the main reasons Diego loves this program is simply because every session is always so much fun. He says 'I had so much fun with my teen friends.' Diego has always been teased for his lack of speech, but, in KEEN, he feels he has true friends. He can be himself and be accepted without judgment. What is most important is that he is able to play with older kids and have that one-on-one relationship, the way he would if he had a big brother. Diego is an only child and has been dealing with therapies on a daily basis all his life. In the beginning, I saw KEEN as a social therapy activity, but I've come to know it as so much more — it's like family."

Matty added that he will definitely be involved with KEEN, and his time with Diego, until he graduates.

"It's so rewarding," he said. "I don't think of it as completing service hours. I just think

of it as fun."

It often doesn't take long before the high school volunteers start pledging long-term involvement with KEEN, long after they fulfill their requirements.

"I've been involved with the program since it began in May," senior Julianne Ludwick said. "I had read a description of the program and saw that it was about sports, which drew me in. I went once, and after that, I was hooked, so I kept going."

Ludwick's passion for KEEN has grown along with the number of KEEN athletes who arrive at O'Connell every other Sunday.

"There weren't nearly as many kids when I started, but, by the end of August there were around 15 that were coming regularly," she said. "I really enjoy it. It's really special to volunteer with the kids. Parents can go to the grocery store or do something for themselves for a quick hour while we work with them. Because of how great this is for everyone involved, I will definitely continue volunteering with KEEN after I complete my service hours. I don't see it as yet another thing to do for school or college

applications. I see it as a time to unwind and relax with the kids."

In the end, everyone — regardless of disability status — just wants to have a little fun in life. And even if just for a few hours every month, KEEN seems to provide this both for volunteers like Ludwick and for participants.

"My son Jack loves KEEN," Arlington parent Kristen Hartman said. "He is a really active kid and loves all of the different games and activities KEEN offers. He enjoys the one-on-one attention provided by the volunteers. He always looks forward to going."

The KEEN cause is important on a personal level for Ryan Elder, another O'Connell senior.

"I got started because I have a cousin with autism," Elder said. "I think I have a pretty deep understanding of how much parents need a break and how important it is for kids to both socialize with each other and be active. That's so important, and I'm so happy to be a part of it."

Elder's relationship with one of the KEEN athletes is exactly the type of bond that KEEN sets out to create and nurture. When all's said and done, KEEN facilities like O'Connell are places where everyone connects without fear of being labeled or having their interactions defined by disability.

"I've gotten to bond especially with one 11-year-old kid with severe Attention Deficit Disorder (ADD)," Elder said. "I actually really relate to him because I have ADD. I think he's just misunderstood. He always says he just wants to do what I want to do. We're all just looking to connect."

Author Talks about Writing, Painting, Voice

FROM PAGE 5

flict, and it cannot be the writer's conflict, but the conflict of the character of the story.

Russo said he had been having trouble finding his voice as a writer and had tried to imitate many, back in those days of creative writing workshops. He was still struggling with the idea of writing full time, teaching a literature course. Because he wanted time to write at night, he taught books he had already taught, like John Steinbeck's "Cannery Row." As he was re-reading a section one night in anticipation of teaching it, again, he read a part about Dora's whorehouse, or "sportsmans club." He was fascinated. He hadn't noticed the voice he heard was one he recognized; it was his father's voice. Russo told the audience a voice isn't static: a writer can take on many voices.

Prompted by a question from the audience about authenticity of voice, Russo responded that he too had asked himself: "Was that authenticity of voice (in "Cannery Row") that I heard really there or did I just hear it?" Continuing along this theme, Russo noted that one of his favorite writers, Ross Macdonald, who wrote hard-boiled detective stories of considerable literary value, was — oddly enough — close friends with Eudora Welty, and while Welty's voice when writing to Macdonald was con-

sistently very much like her voice in her fiction, Macdonald's letters back to her were not the same as his fiction voice at all. There was not an element of "Lew Archer" voice in any of them. Macdonald, of course, was not his real name, Russo added, but a pseudonym: he had created a persona who wrote detective novels, and named him Ross Macdonald, and he invented a voice to go with that writer. It wasn't any less authentic.

Russo told the audience of writers who were mostly middle-aged that while they have a disadvantage in starting to write later in life after having had a full career, they have many advantages. Writers have to know themselves before they can write. As along as a writers can answer the question, "What do I love and why?" as well as "Who and what do I fear, and why?" then the writer's voice cannot be far behind.

For more information, see newdirectionsinwriting.com.

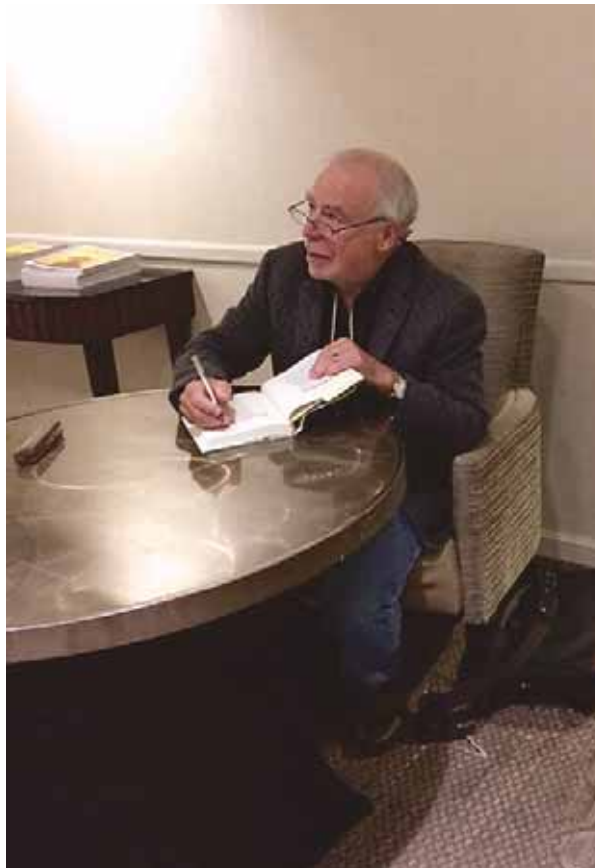


PHOTO BY EDEN BROWN/THE CONNECTION

Richard Russo signs copies of his books at the Marriott Residence Inn on Army Navy Drive on Saturday night.

BULLETIN BOARD

FROM PAGE 6

CommonHelp website at commonhelp.virginia.gov. Applications may also be submitted by telephone by contacting the Enterprise Customer Service Center, Monday through Friday, from 7 a.m. - 6 p.m. at 855-635-4370.

TUESDAY/NOV. 14

Pedestrian and Bicycle Safety. Noon-2 p.m. at Washington Boulevard and North 4th Street. The Arlington County Police Department's Special Operations Section will be promoting the 2017 Fall Pedestrian and Bicycle Safety Awareness Program in the Lyon Park area. The program aims to change pedestrian, driver and bicyclist behavior while reducing the number of traffic related crashes and injuries. Officers will ticket motorists, bicyclists and pedestrians who violate traffic laws. Visit police.arlingtonva.us/parking/ for more.

THROUGH NOV. 16

Annual Thanksgiving Food Drive. Various times at St. Mary's Arlington, 2609 N. Glebe Road. Be a part of the parish outreach to collect 200 filled grocery bags for Arlington neighbors in need this Thanksgiving. Visit stmarysarlington.org/ for more.

FRIDAY/NOV. 17

Design Competition Deadline. The Office of the Arlington County Treasurer invites high school students who reside or attend school in Arlington to participate in the 14th Annual Decal Design Competition at taxes.arlingtonva.us/decal-design/.

BUSINESS NOTES

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

Awesome Women Entrepreneurs (AWE), a DC-area networking group for women business owners, today announced the launch of four new chapters in Fairfax, Va., Vienna-Tysons, Va., Washington, D.C. and Bethesda-Chevy Chase, Md. Open to women who own and operate their own businesses, either full or part-time. Visit awesomewomen.org.

Washington Radiology has opened a new screening mammography center in the Ballston neighborhood of Arlington. This is the seventh screening center for Washington Radiology which provides full-service medical screening at locations in Washington D.C., Montgomery County, and Northern Virginia. The new Ballston center is located at 1005 North Glebe Road, Suite 110. The center's hours are 7:30 a.m. to 4:00 p.m. Monday through Friday. Visit www.washingtonradiology.com/locations/arlington-ballston/ for more.

Clarendon Animal Care, a full service veterinary clinic in the heart of Arlington, expanded into adjacent vacant retail space, adding 1,400 square feet. The two and half year old women-owned veterinary practice is now home to five exam rooms and offers more than double the reception area to better serve their clients and patients. There are additional dedicated parking spots as well.

The clinic was founded by Dr. Natasha Ungerer and Dr. Kayleen Gloor in January 2015. They met while working in a hospital in Maryland and had a vision of a owning their own veterinary clinic where they could provide high quality, individualized care to their patients.



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Legals

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Big Buns, LLC trading as Big Buns
Damn Good Burgers, 4251 Campbell Ave #105, Arlington, VA 22206. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Craig Carey, CEO. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals

ABC LICENSE

SAR Arlington Inc, trading as Snap A Roll, 3811 North Fairfax Dr, Ste 105, Arlington, VA, Arlington County, 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On Premises Restaurant license to sell or manufacture alcoholic beverages. Weiyong Zhang, Owner. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals

Notice is hereby given that First CarLimousine, Inc. 1800 N. Oak St. Unit 527, Arlington, VA 22209, has applied for authority to operate as a common carrier over irregular routes, providing service in the Cities of Alexandria, Fairfax and Falls Church, VA, and the counties of Loudoun, Arlington and Fairfax, VA.

Any person who wishes to support or oppose the application, but does not wish to be a party to the matter, must send a written statement to: DMV, MCS-CMU, P. O. Box 27412, Richmond, VA 23269-0001. The statement must be signed and contain the applicant's name and DMV case number (MC1700291AW).

Any person who wishes to protest the application and be a party to the matter must contact DMV at (804) 497-7177 to receive information on filing a protest. The deadline for filing letters of support, opposition, or protest is November 22, 2017.

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**THE CONNECTION
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News



PHOTO BY VERNON MILES/CONNECTION NEWSPAPERS

Citizens gather on Oct. 19 in Crystal City to review Long Bridge Park design plans.

Final Designs

FROM PAGE 3
budget of \$67 million. According to Erik Beach, part of the county's agreement with the developers is that county is not liable for costs exceeding the established price.

"It's a really intriguing process," said County Board member Christian Dorsey, "With this design competition, we're unleashing creativity but for a good value dollar price."

As the project moves forward, Dorsey says he's going to want to hear more about energy sustainability.

Residents of the nearby neighborhoods say the new building is long overdue.

"This has been a long time coming," said Carol Fuller from the Crystal City Civic Association. "I'm very pleased. It's something that has been missing. All three of the local civic associations are supporting this. This area has very few recreational facilities. We don't get a lot of recreational opportunities here. We're frequently on the losing end of the stick."

Local residents said they were happy with the pool amenities, but were somewhat baffled by all of the designs' inclusion of an extensive gym area.

"The 50-meter pool is key, it's the one thing we don't have, that and the diving platform," said Christina Engh. "All we really needed was the 50-meter pool and the diving board. There are other gyms in the area, you can pass a bunch on your way to this center. That seems like kind of a waste."

Some residents were from other parts of the county but planned on travelling to Long Bridge Park specifically to utilize the new facilities.

"I'm excited for the diving and the swimming," said Dasca Hermosilla, from Ballston. "My son plays soccer at Long Bridge Park, so I'm excited to have other options [for things to do there]. My son is very excited about the big diving board."

Construction at the site could begin as soon as July 2018 and is scheduled to open in 2021.

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PHOTO COURTESY OF WINN + DESIGN BUILD

A spiral staircase extends from the basement to the loft.

Adding an In-law Suite

Home expanded to make room for three generations.

When the owners of an Arlington home realized that they were expecting their first child at the same time that their parents were going to retire, they knew that their home needed to change to accommodate their evolving family.

They had a need for more space, but they didn't want the new addition to clash with the style of their existing home, which was built during the Civil War. The team at Winn Design + Build was hired to tackle the project and determined that the most suitable space for an in-law suite would be across from the home's two-car garage, near the pool. The Winn team created a design that included a breezeway to connect the addition to the main house, allowing for simultaneous inclusion and privacy.

"It was a unique challenge to blend our new addition, constructed with modern low-maintenance building materials, with a historic home," said Michael Winn of Winn Design + Build. "Especially careful planning was required given the incredibly close proximity of the pool."

The addition includes a first floor living area, a loft and a basement. Located on the main floor, the all-white kitchen is equipped with stainless steel appliances and an island. An open floor plan allows for a seamless connection between the kitchen and the living room. An abundance of light streams into the space through large windows and a set of French doors.

A spiral staircase leads to the loft includes a sleeping area as well as space for a home office.

— MARILYN CAMPBELL

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Infusion Schedule is all Fowled Up



By KENNETH B. LOURIE

Previously, chemotherapy only had anecdotally-described memory loss: "chemo brain" as proof of a missing fragment. Recently however, clinical studies have confirmed the link. Yet, I still feel as if I haven't forgotten that I don't recall any prior infusions occurring on the day after Thanksgiving, as my next infusion is presently scheduled. If I remember correctly, and there are occasional disputes, this would be the first Friday after a holiday when I've needed to be local, and infused. And yes, the Infusion Centers are open for business on the weekdays following major holidays.

Having recently had my quarterly, post-scan, face-to-face appointment with my oncologist and survived the ordeal, we moved on from discussing the scan results to being examined to scheduling future appointments — including a brain MRI and CT Scan, and of course, my next infusion. And looking at the calendar, Nov. 24 is that next date. Generally speaking, per previous conversations with my oncologist, rescheduling my infusions by a week or two, here or there, had not been much of a problem (my oncologist is a strong proponent of quality of life), and pretty much up to me. However, as I've gotten older and presumably wiser — and well aware of my creatinine level/kidney issues, my current infusion schedule is what it is for a reason — protecting my kidneys. Moving the infusion up a week or back a week is not an arbitrary, Kenny-made decision any more, despite my holiday wish least. Sure enough when I asked my oncologist if he had any thoughts on my possibly rescheduling my next infusion to five weeks or seven weeks (vs. the current six weeks), he had a specific preference: five weeks. This would mean infusing the Friday before the following Thanksgiving Thursday (the effect of which would likely cause some eating challenges for yours truly — on my favorite meal of the year no less) rather than extending the infusion interval to seven weeks.

His thinking, as he explained it to us was: he didn't want me to wait any longer for my infusion/medicine than was absolutely necessary. Not that I don't realize how precarious my situation is but I am sort of going merrily along of late. His rebuke, so to characterize, to me about not extending my next interval to seven weeks reminded me yet again of the seriousness of my underlying diagnosis. The last thing one can do is take cancer's inactivity for granted. Even though I've been stable for four years since I was last hospitalized in August 2013, I do have an incurable disease: non-small cell lung cancer, stage IV, and I was initially characterized as "terminal," so hardly am I "N.E.D.," no evidence of disease.

So my next infusion date is up to me, just not as 'up' as I thought it was/has been. Either I can keep my original six-week interval infusion appointment as currently scheduled or I can advance one week to five weeks (my previous regular interval). Extending it to seven weeks is not recommended. According to my oncologist, this is good news. Since my creatinine level/kidney function has not appreciably improved while extending the interval from five to six weeks, shortening the interval back to five weeks is not a concern to him which means my kidneys are up to the challenge, which is very reassuring since kidney damage is permanent.

And even though waiting a seventh week for my next infusion might allow my kidneys more time to filter the chemotherapy a bit longer, it might also give the cancer some time to activate — and we certainly don't want that.

However, nothing lasts forever, and cancer cells in particular are pretty resourceful and often figure out what's being done to them and start doing something else which leads to different treatment. At the moment, the drug I'm infusing, alimta, is working miracles. Perhaps the next drug will be as successful, perhaps not; and that of course is the problem, the unknown.

What I do know is this: a definite is better than a maybe. If I infuse the previous Friday, I definitely won't feel like eating on Thursday. If I infuse on the Friday after Thanksgiving, maybe I won't feel like driving. So what! A bird in hand ...

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

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