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HomeLifeStyle
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The
Arlington
Connection

Jericho Jones joins a table of other preschool children at the Ballston Farmer's Market on Aug. 2. She is participating in a pop-up creative painting session sponsored by the Arlington Art Truck.

Arts Delivery
NEWS, PAGE 10

**One-Stop Shopping:
From Beans to Maybe Millions**
NEWS, PAGE 3

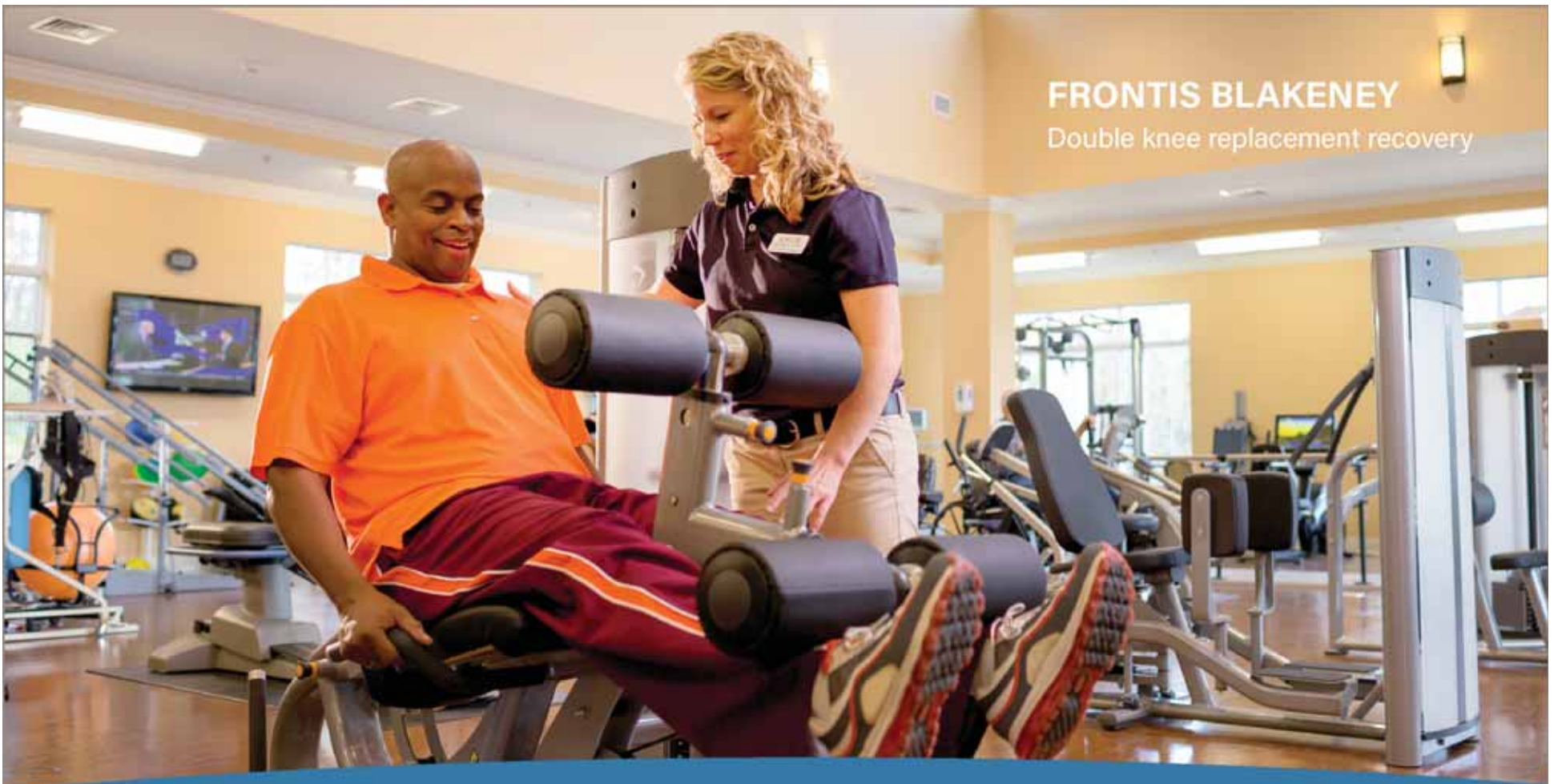
**Lemonade for a
Good Cause**
NEWS, PAGE 3

PRST STD
U.S. POSTAGE
PAID
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PERMIT #322
ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL
REQUESTED IN HOME 8-9-18

PHOTO BY SHIRLEY RUHE/THE CONNECTION
ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 14

AUGUST 8-14, 2018

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Lemonade for a Good Cause

Organized by Bridges to Independence.

BY SHIRLEY RUHE
THE CONNECTION

The lemonade stand is on. It's off. It's on again. The Bridges to Independence lemonade stand has been scheduled for the area beside FRESHFARM at Ballston Market from 5:30-7 p.m. on Aug. 2. Early afternoon the rain is pouring down in torrents but Alex Gavin, youth development manager for Bridges to Independence, says, "We're going ahead." She says she was a lifeguard and she is used to looking at weather. "And it only takes an hour to set up so it is pretty easy."

Sure enough the heavy gray skies graduate into puffy clouds and the blue sky peeks through. A group of children wearing white Lemonade T-shirts marches to their spot in the market. Gavin says, "If at table, go there; if cheerleader, over there." She explains that

the cheerleaders walk through the market with their adult buddies carrying homemade signs advertising free lemonade. "Of course we accept donations," Gavin says most people give a dollar or five dollars but sometimes they will get \$20.

The funds will be used to start savings accounts for the children and to fund an end-of-summer field trip. "We're going to Hershey Park," Brittaney Medina says. Brittaney and her 8-year old sister, Mia Medina, are working at the table pouring small paper cups of lemonade or half lemonade and half Honest ice tea. A customer comes up and hands over a dollar and then gives the cup to Brittaney. "That's for you."

Rebekah Nance is supervising the table. She says what she has learned from this experience is that there are a lot of unpredictable factors and how to be ready for

anything. "There is a lot to do and you have to remind people of a lot of sanitary things." She says this is her first year but her brother and sister have both participated in the past.

This lemonade stand is part of a schedule of lemonade stands around Arlington that began on July 3 at Market Common Clarendon. Three dates that were rained out have been rescheduled for Aug. 7 at FRESHFARM Market Crystal City, Aug. 8 at Clarendon Animal Care and Aug. 9 at Market Common Clarendon. All are scheduled from 5:30-7 p.m.

Bridges to Independence is a non-profit organization that seeks to lead individuals and families out of homelessness and into stable, independent futures. It serves 120 families and more than 50 individuals each year. The lemonade stands are a child-run enterprise that teaches responsibility and good decisionmaking. They have been the centerpiece of the Bridges to Independence summer youth program since 2010.



PHOTO BY SHIRLEY RUHE/THE CONNECTION
Ten-year-old Brittaney Medina and her eight-year-old sister, Mia, serve cups of lemonade at the Bridges to Independence stand on Aug. 2 at FARMFRESH at Ballston Market.

One-Stop Shopping: From Beans to Maybe Millions

An immigrant-owned business.

BY SHIRLEY RUHE
THE CONNECTION

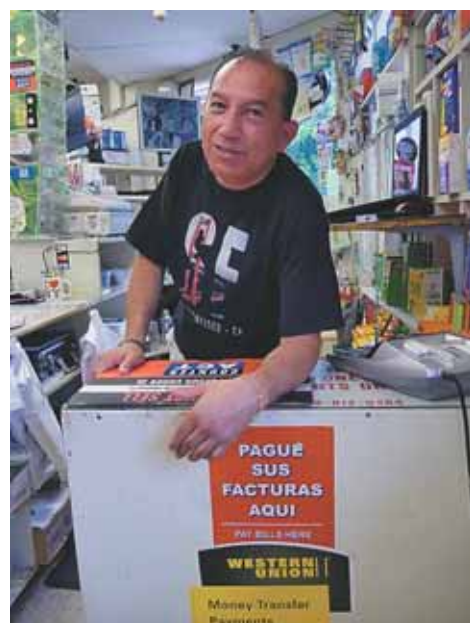
Gabriel Delcid (the customers call him Gabe) won't forget the date when he opened La Union Grocery on a corner in Arlington on Feb. 27, 1993. "I remember it because it was special."

He left El Salvador in 1982 when he was 15 years old. "It wasn't because of the civil war. That came later. There were 10 of us total and all but my younger sister and mother and father were in America."

Delcid started washing pots at Pier I on the waterfront, then moved up to a busboy and finally a wine steward at the Georgetown Club. Then in 1992, "I was driving by here and stopped to get a soda." At that time it was a Pakistani grocery called Neighborhood Grocery. "It was only this front part. There was a big wall there."

Delcid got to know the owner. "Sometimes the owner would go in the back and pray, and I would watch the register." One day the man told him he wanted to sell the grocery. "I'd never owned a grocery store before. We went back and forth and finally one day I asked him how much he wanted." He told Delcid \$100,000. "I said, 'Are you crazy? Who will give you that? There is nothing here.'" They kept talking and finally on Feb. 27 they made a deal.

So how do you start a grocery? "Well, you see that was the question. My brother-in-law and I debated how to name the busi-



PHOTOS BY SHIRLEY RUHE/THE CONNECTION
Gabriel Delcid, owner of La Union grocery in Arlington.

ness. Finally we came up with La Union because that's the department we came from in El Salvador."

He remembers the first thing they bought was plantains. "We put them here." He motions to the front window. "Then we tore down the plywood wall and started adding vegetables." Now the shelves are full ranging from black and red beans and maiz chulpe grano on the bottom to Duncan Hines lemon chiffon cake mix on the top shelf. Hard taco shells sit beside Chao Mein and instant potatoes with mojo sauce on the bottom shelf.

He says now they stock everything from salsa lizano from Costa Rica to medicine



Ada De León has just made a veggie enchilada, the number one choice for lunch at La Union Grocery.

from Central America, Toña beer from Nicaragua to chicha limeña, a Peruvian drink made with black corn. "Just put an ice cube in that baby," Delcid said, "we have a little bit of everything from Central and South America and Caribbean." His wife, his right hand, helps with everything.

He says, "I would say recently every month that a customer requests something he can't find so I track it down. We have more beer than 7-Eleven from all these different countries."

In 1999 he and his brother-in law opened La Union Restaurant on Wilson Boulevard and also put a deli in the grocery. Delcid said in the beginning they had a few things

like chicken in the butcher case. Today's customer favorites are fajita meat, short ribs and chorizo.

A customer volunteers he has bought fajita meat there for a cookout for 100. Tonight he is looking for something to take home to his wife for dinner, and also grabs a bottle of mojo sauce. "It's hard to find," Delcid says he has a customer who was there on day one but who has moved to Sterling. "He still comes back for the fajita meat."

"And, you know, you have to have chorizo in a Latin cookout. You eat it as an appetizer, wrapped in a tortilla and drink beer." They also added tamales, pupusas, enchiladas and soup. The customer favorite for lunch is the veggie enchilada — shredded cabbage with tomato, hard boiled egg, slices of jalapeño pepper and queso fresco on a tortilla handmade at the restaurant.

A customer stops in to get a pack of cigarettes and they have a conversation about what a pack used to cost when the business opened. A construction worker stops by on his way home. Today he buys tamales and Ducal canned refried beans from Guatemala. "He gets whatever he needs. Every day he does the same thing." He says today the customers are about half American and half Latin American and other countries.

Delcid says, "We are a one-stop place. We have Western Union, notary, you can make your utility payments and you can be a millionaire." He says, "just buy your loteria y mucho mas here and Mr. Delcid will give you the lucky one."

This is the third in a series focusing on immigrant-refugee owned businesses in Arlington.

OPINION

An Open Letter to Readers and More

Buy an ad in our annual Newcomers and Community Guide, please.

Adapted from a 2016 editorial ...

Has your organization been featured in the Connection Newspapers, or the Alexandria Gazette Packet or the Mount Vernon Gazette or the Centre View or the Potomac Almanac?

Have any of our papers taken note of your business when you and/or your employees pitch in to help the community? Or when you opened your doors or celebrated a milestone?

Are you an elected official whose messages are enhanced by coverage of issues in the Connection?

Do you work for a part of local government that has asked for help getting the word out about a need or a new initiative or accomplishments?

I have a special favor to ask:

Buy an ad in our 2018 Newcomers and Community Guide. Please.

Show your support for our organization which continues to be here to support the forces of good in our communities.

Our annual Newcomers and Community Guide is a pullout section that will appear in the the Aug. 22, 2018 edition of all 15 Connection Newspapers, published by Local Media Connection. Deadline is Aug. 16.

We are striving to create a quality special issue, and we need your help. Whether you invest in a small ad in a single paper (super af-

fordable), or a full page in all 15 of our papers (super value), we appreciate your help this month.

To put on my publisher's hat (and not my editor's hat) for a minute, if you have a marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) supporting that platform? Heed the cautionary tale in the closures of many newspapers in the last couple of years.

But this request is more than a charitable effort.

For the same reasons that organiza-

tions, businesses and campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters, residents, clients. The Connection reaches more than 150,000 readers, in print and online, including remarkable demographics. Our readers include local and national decision makers in the public and private sector.

The deadline for the Newcomers and Community Guide is Aug. 17. Digital enhancements and support are available.

More information at email sales@connectionnewspapers.com or call 703-778-9431.

Share Tips about Community

We need help from our readers for our annual Newcomers and Community Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

What are your favorite parks? Favorite historic sites? Lunch place? Spot for coffee? What tips do you have for someone getting to know the community?

We will publish a selection of local tips along with a plethora of information useful to new-

comers and long-time residents alike, including our award-winning Insiders Guide to the Parks, and information on how to vote and more.

See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/> by Wednesday, Aug. 15.

— MARY KIMM

EDITORIAL

For information on advertising, email sales@connectionnewspapers.com or call 703-778-9431. See www.connectionnewspapers.com/advertising.

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.

TUESDAY-SATURDAY/AUG. 7-11

National Convention. At the Sheraton Pentagon City Hotel, Arlington. Blue Star Mothers of America, Inc. will hold an Annual Convention. Blue Star Mothers of America are mothers, stepmothers, grandmothers, foster mothers and

female legal guardians who have children serving in the military, guard or reserves, or children who are veterans. Currently, there are over 6,000 members from over 200 Chapters throughout the nation. Email Cynthia.Ventura@bluestarmothers.us for more.

SATURDAY/AUG. 11

Invasive Plant Removal. 9:30-11:30 a.m. at Gulf Branch Nature Center, Arlington. Help protect area watersheds and keep Arlington County parks beautiful. There are several monthly invasive plant removal events sponsored by Arlington County Invasive Plant

Program. For information and to register, email Sarah Archer or call 703-228-1862.

MONDAY/AUG. 13

Arlington County Board Candidates' Debate. 6:45-8 p.m. at Arlington Independent Media, 2701 Wilson Blvd. Embracing Arlington Arts – an independent citizens group comprised of Arlington arts supporters – is hosting a County Board candidates' debate between John Vihstadt and Matt de Ferranti. After brief remarks, both candidates will be taking questions from the audience. Visit www.facebook.com/EmbracingArlingtonArts/ for more.

THURSDAY/AUG. 16

Fill Cruiser with Back-to-School Supplies. 6-8 p.m. at Westover Shopping Center, 5800 block of Washington Blvd., Arlington, and The Fashion Centre at Pentagon City, 1100 S. Hayes St. (main entrance). Help Arlington County students start the school year prepared to succeed by donating new school supplies. All donated supplies will be provided to Arlington County Public Schools for distribution to teachers and students. Arlington County Police officers and members of the Arlington County's Commonwealth's Attorney's Office will be collecting donations. Those wishing to donate supplies but unable to attend events can drop off donations at Police Headquarters located at 1425 N. Courthouse Road between Aug. 1-16.



PHOTO CONTRIBUTED

New Aquatics and Fitness Center

After a long and often controversial planning process, ground has broken on the new Long Bridge Aquatics and Fitness Center on July 24. For 10 years, plans have swirled around Arlington for what to do with Long Bridge Park. Four years ago, rising costs led to delays in the facility's development, but a \$20 million reduction in pools and rental spaces led to an approval of a scaled down facility. The new facility will feature a 50-meter pool and a new fitness facility.

The
Arlington
Connection

www.ConnectionNewspapers.com

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Foundation Supports VHC Outpatient Clinic

Helping low income and uninsured pregnant women.

The Jennifer Bush-Lawson Foundation (JB-LF) presented a grant totaling \$70,354 to Virginia Hospital Center's Outpatient Clinic in July to support its work with low-income and uninsured pregnant women in the local community.

This funding covered three specific needs at the Outpatient Clinic:

- ❖ \$64,354 to fund nursing and care coordination staffing for a second year of a telemedicine pilot program, which will run through June 2019. The telemedicine program, which launched in 2017, allows for increased prenatal monitoring for high-risk pregnancies through virtual appointments for patients who may otherwise may not be able to make in-person appointments due to work schedules, child care needs or transportation issues. The program seeks to reduce NICU admissions, missed and no-show prenatal appointments, and emergency department visits and hospitalizations (other than for delivery) for economically vulnerable OB patients in the clinic.

- ❖ \$5,000 for transportation cards for low-income expectant mothers who need assistance in order to make prenatal appointments.

- ❖ \$1,000 for new pack-and-plays for families in need so their newborns have a safe place to sleep.

"We are grateful to the Jennifer Bush-Lawson Foundation for their support of our telemedicine program," said Michelle Altman, patient care director, Outpatient Clinic at Virginia Hospital Center. "Telemedicine has helped the clinic to provide comprehensive, holistic, patient-centered care to pregnant patients who are high risk due to gestational diabetes, gestational hypertension and other complications. Through telemedicine, we are able to reach patients wherever they are in the community, whether on the job or at home. This program has facilitated the more continuous follow-up that is required for successful outcomes in complicated pregnancies. We partner with JB-LF to help keep our patients safe and healthy during and after their deliveries."

"The work that Virginia Hospital Center's Outpatient Clinic is doing for the most vulnerable

members of our community is directly aligned with our mission to give all mothers and newborns the support they need to thrive. We are extremely pleased to continue partnering with them on these important projects, which have a real and immediate impact for those in need," said Neal Lawson, founder and chair of the Jennifer Bush-Lawson Foundation.

Funds for this grant were raised through the annual Jennifer Bush-Lawson 5K & Family Fun Day. The 4th annual Jennifer Bush-Lawson 5K & Family Fun Day will be held on Nov. 17, 2018, at the Knights of Columbus, 5115 Little Falls Road, Arlington, and will again raise funds for low-income pregnant patients at Virginia Hospital Center's Outpatient Clinic. Registration is now open, with early bird pricing available through Sept. 15, and sponsorships are also available; for more information, visit www.jb-lf.org/5K.



PHOTO CONTRIBUTED

From left: Lesley Daigle, telemedicine coordinator, Outpatient Clinic; Michelle Altman, patient care director, Outpatient Clinic; Betsy Frantz, president, Virginia Hospital Center Foundation; Jennifer Myers, executive director, Jennifer Bush-Lawson Foundation; and Taryn Overman, senior director, Patient Care Services.



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ENTERTAINMENT

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

FARMERS MARKETS

Crystal City: Tuesdays, 3-7 p.m.; Crystal Drive between 18th and 20th streets. Visit freshfarm.org/crystal-city.html

Clarendon: Wednesdays, 3-7 p.m.; Clarendon Central Park (next to the Clarendon Metro). Visit clarendon.org/farmersmarket/.

Rosslyn: Wednesdays, 2:30-6:30 p.m.; Central Place Plaza, 1800 N. Lynn St. Visit freshfarm.org/rosslyn.html.

Ballston: Thursdays, 3-7 p.m.; Welburn Square (across from the Ballston metro). Visit www.ballstonbid.com/meet/taste-arlington/farmers-market-info.

Arlington Courthouse: Saturdays, 8 a.m.-noon; N. 14th Street and N. Courthouse Road. Visit www.community-foodworks.org/arlington-courthouse-market/

Arlington Mill: 9 a.m.-1 p.m.; Columbia Pike at S. Dinwiddie St. Visit columbia-pike.org/fm-arlington-mill/.

Marymount: Saturdays, 9 a.m.-1 p.m.; Marymount University, N. Glebe Road and Yorktown Boulevard. Visit www.marymountfarmersmarket.org.

Columbia Pike: Sundays, 9 a.m.-1 p.m.; Columbia Pike and S. Walter Reed Drive. Visit columbia-pike.org/fm/.

Fairlington: Sundays, 9 a.m.-1 p.m.; Fairlington Community Center, 3308 S. Stafford St. Visit www.fairlingtonfarmersmarket.org/.

Westover: Saturdays, 8 a.m.-noon; Washington Boulevard and N. McKinley Road. Visit westoverfarmersmarket.org/.

ONGOING

“The Wonderful Wizard of Oz.” Through Aug. 12 at the Devine Theater located in the Davis Performing Arts Center on the Georgetown University campus. Synetic Theater has chosen Frank Baum’s “The Wonderful Wizard of Oz” as the premier production in Synetic’s New Voice Series. Wednesday-Saturday, 8 p.m.; Sunday matinee, 2 p.m. Tickets: \$35 and up. Student tickets start at \$15. Senior citizens and military receive \$5 off. Call 866-811-4111 or visit www.synetictheater.org.

Art Exhibit: “Open World” and “Within/Between.” Through Sept. 29, gallery hours at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Open World features eight contemporary artists and artist teams who engage in world-building through installation, video, digital media, sculpture, and collage. Features work by Rachel Frank, Jodie Mim Goodnough, Rachel Guardiola, Azikiwe Mohammed, Nicholas O’Brien, Plakooke, Alissa D. Polan, and Stephanie J. Williams. In Within/Between, AAC Resident Artists Olivia Tripp Morrow and Jen Noone explore materiality and form. Visit arlingtonartscenter.org.

SUMMER CAMPS

Visual Arts Camps. Through Aug. 31 at Arlington Arts Center, 3550 Wilson Blvd, Arlington. Meets 10 a.m.-12:30 p.m. and/or 1:30-4 p.m. Mondays thru Fridays. Thematic and technique-focused camps return this summer for children and teens, ages 4-18. Campers explore the fundamentals of visual arts through creative projects in various two- and three-dimensional media. Line, color, shape, texture, space, and form will all be emphasized through creative projects based on campers’



FILE PHOTO

The Arlington County Fair last year from the top of the ferris wheel.

Can Pigs Fly?

Arlington County Fair offers entertainment for all ages.

It’s that time of the year when piglets bump rumps racing around the dirt track. Fresh peaches are simmered into award-winning jam. Shuttles move back and forth between Pentagon City, Virginia Square and the Arlington Career Center to the Arlington County Fair at Thomas Jefferson Community Center. This is where it all comes together with a blast of sounds, whiffs of international foods, blue ribbons, dancing to sycophantic beats, and goats racing by.

Where to start first? Maybe an indoor hip hop lesson or a performance of 40 Miles Homes bluegrass/Indie on the outdoor stage. Harmonize with a barbershop chorus, shuffle with the Calico Cloggers on the indoor stage. Or jump on a pony (if you are a child) and trot around the track. Then

head over to the Kid’s Court for Lucky Stars Puppets or the flying rabbits of Drew Blue Shoes Magic.

Already hungry? Curiosity, rather than good judgment, leads to a taste of the deep-fried pickles. The food trucks offer a variety of international choices from International Grill Company with beef, lamb and chicken gyros, Family Grill with teriyaki on a stick or Yummy Food Corner and Grill’s Okonomiyaki (savory pancake.) Or stick with the old favorite powdered sugar-sprinkled funnel cakes at MacBrand Foods or snow cones at the Royal Creamery. Or if you just need a water or soda, Bunny and the Bear Food Festival will fix you up.

The County Fair opens Wednesday, Aug. 15 at 5 p.m. and runs until Sunday Aug. 19. The Thomas Jefferson Community Center fairgrounds are located at 3501 2nd Street S. There is no parking available on site but regular shuttle runs are provided and there will be free bike valets on the tennis courts.

— SHIRLEY RUHE

observations and imaginations. Visit arlingtonartscenter.org.

WEDNESDAY/AUG. 8

Retail Pop-up Shop. Corner of 19th and North Moore Streets. The Alcove retail pop-up shop will open at Central Place. Store hours are Tuesdays thru Saturdays 11 a.m.-8 p.m. For a two-month engagement, the shop will host a rotating slate of diverse retailers and offer free public programs, including live music, author talks, game nights and more. Visit www.rosslynva.org/pop-up.

Summer Breeze Concert. 11 a.m.-noon at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Free. Big Band featuring the U.S. Army Blues Band: A Big Band Concert with Premier Jazz Ensemble of the U.S. Army. Open to the public; no RSVP necessary. Free. Visit www.templerodefshalom.org.

FRIDAY/AUG. 10

Plant Diseases and Pests in Vegetable Gardens. 1-3 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St., Arlington. Learn how to manage and control diseases and pests affecting vegetables and fruits with the Agricultural Natural Resource Extension Agent. This will be an entertaining look at the 2018 Pest Management Guide: Home Grounds and Animals. Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

Opening Reception and Meet the Artists. 5-8 p.m. at Gallery Clarendon, 2800 Clarendon Boulevard, Arlington. Gallery Clarendon has recently opened its doors as the newest professional art gallery created by the Arlington Artists Alliance. Every month brings a fresh exhibit and August features work by the gallery members. Call 571-312-7813 or visit www.galleryclarendon.org.

Sol Roots. 8 p.m. at Lubber Run Amphitheater, 200 N. Columbus St., Arlington. Sol Roots and the band create a unique blend of energetic New Orleans funk, rock, raw blues, and southern soul, all delivered with deep soul. Sol is a multi-instrumentalist and vocalist who has toured with many roots, funk, and blues legends around the world as a part of Music Maker Revue. Visit parks.arlingtonva.us.

SATURDAY/AUG. 11

Extreme Champion Trees Bike Ride. 9 a.m.-noon. Meet at the Fort C.F. Smith parking lot, 2411 24th St., N, Arlington. Marvel at some of Arlington’s most spectacular trees on this bike ride. Unlike the other champion tree rides, this one will take participants on some of the hilliest, most calorie-burning, bike-safe roads of North Arlington, stopping at points of natural and environmental interest along the way. Plan on a tough ride. Bring your own bike and water, snacks and repair kit. Teens ages 16 and up are welcome, but must be accompanied by a registered adult. Call 703-228-1863.

Community Summer Sing. 2 p.m. at St. Peter’s Episcopal Church, 4250 North Glebe Road, Arlington. Enjoy vocal warm-ups, choreography, sing-along with World Children’s Choir Directors. Children/teens program plus new chorus for adults/children. Opera, Pirates of Penzance, Messiah, Broadway. Free; reservations required. Visit <https://tinyurl.com/WCCIntroduction>.

Netherlands Carillon Concerts: Kipp Cortez. 6-8 p.m. at

ENTERTAINMENT

Netherlands Carillon, Arlington. The 50 bells of the Netherlands Carillon hang in an open steel tower, a symbol of Dutch regard for American aid during and after World War II. Enjoy views of Washington, D.C., while guest artists play patriotic music, jazz, and pop. Bring a blanket or folding chairs. Sunshades and free-standing tents are allowed, but stakes are not. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm.

SUNDAY/AUG. 12

Paleo Cooking. 3 p.m. at One More Page, 2200 N. Westmoreland St., #101 Arlington. Paleo stars Noelle Tarr and Stefanie Ruper share their cookbook, *Coconuts & Kettlebells: A Personalized Four-Week Food and Fitness Plan for Long-Term Health, Happiness and Freedom*. Call 703-300-9746 or visit www.onemorepagebooks.com.

Bitter Dose Combo. 6 p.m. at Lubber Run Amphitheater, 200 N. Columbus St., Arlington. The Bitter Dose Combo play gypsy jazz and swing standards. The BDC's sound combines the improvisation and swinging guitar made famous by Django Reinhardt with spirited jazz vocals, Paris musette accordion, and upright bass. Visit parks.arlingtonva.us.

MONDAY/AUG. 13

Meet the Author. 3-4:30 p.m. at Arlington County Central Library, 1015 N. Quincy St., Arlington. Encore Learning will present a lecture by author Ellen Butler, who will speak about "Sabotage, Seduction and Secret Pockets: Lady Spies of the OSS." Her recent book, *The Brass Compass*, highlights the role of women in the Office of Strategic Services (OSS) during World War II. These women played a critical role in the Allied success. Call Encore Learning at 703-228-2144.

TUESDAY/AUG. 14

Family Storytime. 10-10:30 a.m. at The Alcove, 19th and N. Moore streets, Arlington. Children of all ages can enjoy read-aloud stories, songs, rhymes, fingerplays and flannel boards. Programs will help them cultivate listening skills and develop an affinity for picture books, the library and the joy of reading. Families are encouraged to participate together. Visit www.rosslynva.org/alcove.

Simpson Gardens Stroll. 11 a.m.-12 noon, Simpson Park Gardens, 420 E. Monroe Ave., by the YMCA, Alexandria. Extension Master Gardener volunteers will be in the Simpson Park demonstration gardens



PHOTO BY ZHARGAL SOLOVYEV

World Children's Choir in their Spring Concert 2018.

Community Summer Sing

Enjoy vocal warm-ups, choreography, sing-along with World Children's Choir Directors. Information: children/teens program plus new chorus for adults/children. Opera, Pirates of Penzance, Messiah, Broadway. Saturday, Aug. 11, 2 p.m. at St. Peter's Episcopal Church, 4250 North Glebe Road, Arlington. Free; reservations required. Visit tinyurl.com/WCCIntroduction.

to answer questions and provide information on sustainable gardening. Simpson includes beds that feature waterwise gardening, scented plants, plants that attract pollinators, plants that prefer shade, and beds that illustrate the use of structure and texture in the garden. Call 703-228-6414 or email mgarlalex@gmail.com.

TUESDAY-SATURDAY/AUG. 14-18

Etsy Sellers Pop-Up. 11 a.m.-8 p.m. at The Alcove, corner of 19th and N. Moore streets, Arlington. Drop by The Alcove for this curated retail experience featuring a variety of makers from Etsy. For one week, The Alcove will offer unique and interesting retail finds, including home decor, children's products, beauty and wellness products, food, jewelry, apparel, art and bridal accessories. Visit www.rosslynva.org/alcove.

WEDNESDAY/AUG. 15

Summer Breeze Concert. 11 a.m.-noon at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Featuring Fresh Jazz with the Paul White Quartet: Small Group Jazz. Original compositions and a fresh take on Jazz Classics. Open to the public; no RSVP necessary. Free. Visit www.templerodefshalom.org.

AUG. 15-16

Competitive Exhibit Entry Deadline. Competitive Exhibits are an integral part of the Arlington County Fair. Members of the community enter their fine arts, honey bees wax, or prized orchids to be named winner in one of seven departments. Registration forms and entry tags are attached to the Competitive Exhibits Guide and can also be found online and should be turned in with exhibit. Registration will occur on Wednesday, Aug. 15, 4-8 p.m. and Thursday, Aug. 16, 7:30-9:30 a.m. for perishable items for department I, II, VI, VII at the Thomas Jefferson Community Center. The award ceremony is Aug. 19, 2018 at 3 p.m. Visit arlingtoncountyfair.us/entertainment/exhibits/.

WEDNESDAY-SUNDAY/AUG. 15-19

Arlington County Fair. Hours vary at Thomas Jefferson Community Center, 3501 Second St. South, Arlington. Rides, food, fun, PLUS the Extension Master Gardener booth and Competitive Exhibits ranging from baked goods to homegrown veggies to artwork. Residents of Arlington, Alexandria City, and Falls Church are eligible to enter the Competitive Exhibits. Free admission, shuttle service from locations around Arlington. Visit arlingtoncountyfair.us/ to learn

more.

THURSDAY/AUG. 16

Return on Creativity. 7-8:30 p.m. at The Alcove, corner of 19th and N. Moore streets, Arlington. Join Arlington Economic Development, the Arlington Public Library, and the Rosslyn BID for An Arlington Asset, the third seminar in the Return on Creativity series. Register at <https://arlingtonva.libcal.com/event/4305859>.

Citizen Science - Cricket Crawl Prep. 8:30-9:30 p.m. Meet at Gulf Branch Nature Center, 3608 Military Road, Arlington. Every summer we are serenaded by crickets and katydids. Learn to identify their different calls, how and why they sing, and more. Then help census Arlington's cricket and katydid populations. The survey itself, or Cricket Crawl, will take place the evening of Aug. 21. Teens ages 16 and up are welcome, but must be accompanied by a registered adult. Call 703-228-3403.

FRIDAY-SATURDAY/AUG. 17-18

Adam Ferrara Live. Friday at 7:30 p.m. and 10 p.m.; Saturday at 7 p.m. and 10 p.m. at the Arlington Drafthouse, 2903 Columbia Pike, Arlington. Ferrara played Chief Needles Nelson on the FX drama *Rescue Me* with Denis Leary, and

Frank Verelli on Showtime's *Nurse Jackie*. He also co-starred alongside Kevin James in *Paul Blart: Mall Cop* and *Definitely, Maybe* with Ryan Reynolds. \$20. Visit acdh.arlingtondrafthouse.com.

SATURDAY/AUG. 18

Netherlands Carillon Concerts: **Edward M. Nassor.** 6-8 p.m. at Netherlands Carillon, Arlington. The 50 bells of the Netherlands Carillon hang in an open steel tower, a symbol of Dutch regard for American aid during and after World War II. Enjoy views of Washington, D.C., while guest artists play patriotic music, jazz, and pop. Bring a blanket or folding chairs. Sunshades and free-standing tents are allowed, but stakes are not. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm.

TUESDAY/AUG. 21

Family Storytime. 10-10:30 a.m. at The Alcove, 19th and N. Moore streets, Arlington. Children of all ages can enjoy read-aloud stories, songs, rhymes, fingerplays and flannel boards. Programs will help them cultivate listening skills and develop an affinity for picture books, the library and the joy of reading. Families are encouraged to participate together. Visit www.rosslynva.org/alcove.

WEDNESDAY/AUG. 22

Summer Breeze Concert. 11 a.m.-noon at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Featuring Broadway and Beyond. D.C. area actors Simone Lewis and John Sygar explore Broadway, Jazz and Folk through story and song. Open to the public; no RSVP necessary. Free. Visit www.templerodefshalom.org.

THURSDAY/AUG. 23

Fall and Winter Vegetable Gardening. 7-8:30 p.m. at Burke Branch Library, 4701 Seminary Road, Alexandria. Join Extension Master Gardeners for this popular session and learn strategies for success. Think about growing healthy greens like kale, collards, and a wealth of lettuces. Learn inexpensive techniques to extend the harvest and even how you can enjoy some of your crops in the dead of winter. Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

FRIDAY/AUG. 24

NVSO Registration Deadline. The NVSO includes more than 60 events

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ENTERTAINMENT

Restaurant Space Now Houses Arlington Art Alliance

Converting the eatery was an inside job as spouses brought their toolboxes and skills.

BY MIKE SALMON
THE CONNECTION

When the Arlington Artists Alliance was looking for a venue to showcase their art and catch the window shoppers on Clarendon and Wilson Boulevards, they found a vacant spot formerly occupied by the Fuego restaurant, and bargained with the landlord. The artists and their significant others did the cleaning, repairs and light construction to turn the space into their new popup artspace.

The bar doubles as an art showcase, and the kitchen and waiter station upstairs are now covered with paintings and sculptures from local artists.

Angelina Lopez popped in one afternoon as she walked down Clarendon Boulevard. "It's nice to have something like this in such a heavy shopping or eating area," she said. A few minutes later, a dog walker stopped by with Tillie, a Labrador Retriever mix, to see what was happening with the artists, which was all part of the highlights of this high foot-traffic area.

It wouldn't be possible if it wasn't for the artists enthusiasm, scrubbing down the former restaurant floors, building shelves and exhibits, and having a vision for what they wanted in a studio. On the first floor, there are paintings and sculptures everywhere, and large art-deco ball lights hanging near the staircase. On the second floor, there are individual artist galleries, classroom areas for art lessons and a wine cellar area turned into a studio.

"There was a lot of cleaning to do," said Gerda Lane, a member of the alliance for five years. Lane has her art on the other side of a half-wall, looking out on the studio. "This was a waiter station," she said. Nearby, Jean Moore's paintings hang on a wine rack. "This was

the wine cellar," said Lane.

Early in the renovation, fellow artist Carol Waite brought in her significant other Jerry Seinwill to help out. He is a civil engineer with carpentry skills, and has renovated several houses over the years, including a 1898 Victorian row house on Capitol Hill. The challenge was to make the space work for the art gallery without damaging any existing kitchen and bar equipment, with no new holes in tile walls, wood paneling, granite bar-top, mirrored walls, or concrete floors. The owners of the building eventually want to find another restaurant to rent for its intended use. While they were all hauling lumber and taking measurements, Seinwill had this advice: "measure twice, cut once," he told the artists.

Artist Jane McElvany Coonce, who is an instructor as well, brought her husband who owns a full set of tools and carpentry skills. "He had a huge array of tools," said Lane, "he built all these walls," she added.

"It was great camaraderie, many spouses were involved," Lane said, admitting that when it came time for sawing and drilling, "I was more of an assistant," she said. Even though husbands and boyfriends helped out, the term "manpower" didn't quite capture the essence of the project. "The man and woman power equally put out there," said artist Sharon Malley.

According its website, The Arlington Artists Alliance is supported in part by Arlington County through the Arlington Cultural Affairs Division of Arlington Economic Development and the Arlington Commission for the Arts, and in part by the Virginia Commission for the Arts and the National Endowment for the Arts. Additionally, Gallery Clarendon and Studios Clarendon are supported by Regency Centers/Market Clarendon. They have another space in Crystal City that has been there for years.

Clarendon Gallery

Grand Opening

GALLERY CLARENDON
An Arlington Artists Alliance Gallery
"Opening Reception and Meet the Artists"
Friday, Aug. 10, 5-8 p.m.
2800 Clarendon Boulevard, Arlington
571-312-7813



Sharon Malley shows passerby Angelina Lopez some of the works that are on display on the first floor.



Sharon Malley has a treat for "Tillie," the lab mix.



Gerda Lane, left, and Sharon Malley sit at the "bar" with a sculpture called "Cake Donkey," by another artist Trinka Roeckelein.

had a soft opening in June, and has an upcoming "Opening Reception and Meet the Artists," on Friday, Aug. 10, 5-8 p.m. Then

a grand opening event on Sept. 15 — all day event with a wine reception from 5-7 p.m.

CALENDAR

that exercise the mind as well as the body. To qualify for the NVSO participants must be at least 50 years old by Dec. 31, 2018. The deadline for online registration at www.nvso.us is Aug. 24. The games are scheduled to commence Saturday, Sept. 15 and end Sept. 26. This year the NVSO is adding three new events: canasta at The Jefferson in Arlington; croquet at the Walter Reed Community Center in Arlington; and beach ball wallyball at the Providence RECenter in Falls Church. Registration fee is \$13. A fee of \$2 is added for each event entered. Some events require additional fees including bowling, cycling, golf and orienteering. The NVSO is also seeking volunteers to

help at its venues across Northern Virginia. Those interested in volunteering should call 703-403-5360 or email rsvp@volunteerfairfax.org. For events and venues, visit www.nvso.us.

SATURDAY/AUG. 25

Fall and Winter Vegetable Gardening. 10:30 a.m. and noon at Westover Branch Library, 1644 N. McKinley Road, Arlington. Join Extension Master Gardeners for this popular session and learn strategies for success. Think about growing healthy greens like kale, collards, and a wealth of lettuces. Learn inexpensive techniques to extend the harvest and even how to enjoy some

of your crops in the dead of winter. Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

Netherlands Carillon Concerts:

Lynnli Wang. 6-8 p.m. at Netherlands Carillon, Arlington. The 50 bells of the Netherlands Carillon hang in an open steel tower, a symbol of Dutch regard for American aid during and after World War II. Enjoy views of Washington, D.C., while guest artists play patriotic music, jazz, and pop. Bring a blanket or folding chairs. Sunshades and free-standing tents are allowed, but stakes are not. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/netherlandscarillon.htm.

SUNDAY/AUG. 26

Reptiles Alive. 11 a.m. at Lubber Run Amphitheater, 200 N. Columbus St., Arlington. Colorful live reptiles presented by a child-friendly Wildlife Educator make a this fun for all ages. Enjoy stories about how the animals survive while meeting an exotic cast of snakes, lizards, turtles and other amazing animals. Visit parks.arlingtonva.us.

TUESDAY/AUG. 28

Family Storytime. 10-10:30 a.m. at The Alcove, 19th and N. Moore streets, Arlington. Children of all ages can enjoy read-aloud stories, songs, rhymes, fingerplays and

flannel boards. Programs will help them cultivate listening skills and develop an affinity for picture books, the library and the joy of reading. Families are encouraged to participate together. Visit www.rosslynva.org/alcove.

WEDNESDAY/AUG. 29

Summer Breeze Concert. 11 a.m.-noon at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. Free. Featuring Classical Masterworks with Molly Orlando and Jeremy Koch: On Loan — Classical Masterworks arranged for saxophone and piano. Open to the public; no RSVP necessary. Visit www.templerodefshalom.org.

Preparing for New School Year

Home organizing saves space and time.

BY MARILYN CAMPBELL

The sight of store shelves overflowing with school glue sticks and crayons signals that the beginning of school is just around the corner. While squeezing in one last vacation, the thought of turning an eye to getting one's home in order before the school bell rings might be met with dread.

"It can feel like a daunting task to organize when artwork overflows from school or small trinkets come home from birthday parties, the end of summer is a great time to purge a lot of unnecessary items to make way for new school year ahead," said Allie Mann, designer-senior interiors specialist, Case Design/Remodeling. "And it's always a great time to donate gently used items as well."

"Especially now as families are preparing to get back to school, it's so important to get organized," added Anne M. Walker, Esq., Allied ASID, Owner + Principal Anne Walker Design LLC. "Nothing is more stressful than searching for something when you're already five minutes late, it's pouring down rain, it's picture day at school, and you have a big work meeting in 45 minutes."

Now that organization is often considered a part of interior design, the tools and hacks available are more stylish and innovative than ever, say local designers. "In a kitchen in Old Town, Alexandria I installed four shallow drawers underneath the countertop at the island — one for each family member," said Sarah Glenn, interior designer and project manager, Braswell Design+Build, Alexandria. "I designed the drawers to be just large enough to store school papers and a laptop so that each family member would have a dedicated temporary storage space without creating four individual junk drawers."

A Potomac, Md. family recently enlisted Walker's help in redesigning and reorganizing their home from top to bottom with an eye toward all things chic and stylish. She began in the bedrooms of the family's teenage daughter, creating custom closets.

"After the new closet was installed, I spent the better part of two days helping this teen fill the closet with all of her belongings, putting things where they were visible and readily accessible," she said. "Organization is important primarily because of the time it saves. If you can find what you need to get out the door right away, you can sleep 20 minutes later."



PHOTO COURTESY OF NICELY DONE KITCHENS AND BATHS

This kitchen by Nicely Done Kitchens and Baths features custom cabinets of painted Maplewood and quartz countertops. An abundance of drawer space helps with organization.



PHOTO BY STACY ZARIN GOLDBERG

Hooks for backpacks and jackets, like this one by Allie Mann of Case Design/Remodeling, are a must for an organized mudroom.

A similar closet was created for the family's middle school aged son. "Amazing how even young children can keep their rooms tidy as long as there's a system in place that they can understand and is practical enough for them to use," said Walker. "If you know exactly where all of your clothes are, and exactly where to put them back after laundering them, it will seem like you just won the lottery. You won't believe how many things you have, many of which have been long forgotten, stuffed in the back of some drawer or under the bed."

One of the most important tasks on Walker's agenda was organizing a large basement space with abundant shelving to create a home office. "In an office this size, children could easily use it for homework while the parent was working there, also," she said. "Sometimes it's calming and comforting just to be in the same space, even if you aren't actually helping the child with their work."

A home's mudroom is supposed to serve as a gateway into the main house, creating order and keeping clutter from overflowing into the home's interior, but often that isn't the case as clutter overtakes the space. In a recent mudroom project, Mann incorporated elements into the design that addressed the family's lifestyle. "Cubbies and bench storage for sports and after-school activities for older children are a must," she said. "If space allows, allocating a designated cubbie for each child is best to keep things separated and from getting lost."

"With organization, you are constantly trying to strike a balance between carving out enough space for a specific function without over-organizing to the point that you lose flexibility to change what you store as your life evolves," added Glenn.



PHOTO COURTESY OF ANNE WALKER

Interior designer Anne Walker installed a custom closet by Capitol Closet Design in the bedroom of this Potomac, Md. home to create an organized space in time for school.

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News



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Delivering the Arts

The Arlington Art Truck appears around Arlington on the streets, football fields, the parks or the Ballston Farmer's Market. This project was initiated in April and funded by donations raised by Arlington Cultural Affairs, contributions from the Arlington Community Foundation as well as a \$25 million Endowment for the Arts grant. Its motto is "delivering cultural experience where you live, work and play." The goal is to remove the four walls and bring artistic ventures to the public outside of a traditional setting.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Aug. 19-25.

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: Princeton, N.J., walking tour and lunch, Tuesday, Aug. 21, \$5; A Day in Annapolis, Thursday, Aug. 23, \$8; Renwick Gallery, D.C., walking tour, Friday, Aug. 24, \$6; Sight & Sound Theater, Ronks, Pa., "Jesus," Saturday, Aug. 25, \$141 (includes smorgasbord). Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Register for Northern Virginia Senior Olympics, online at www.nvso.us by Aug. 24 or email, nvso1982@gmail.com.

Downsizing needs a plan, Monday, Aug. 20, 1 p.m., Lee. Register, 703-228-0555.

Current events, Monday, Aug. 20, 10 a.m., Walter Reed. Details, 703-228-0955.

Just Playin' Country, Monday, Aug. 20, 11:15 a.m., Lee. Details, 703-228-0555.

Foursome bridge, Mondays, 12:30

p.m., Fridays, 10 a.m., Madison; Wednesdays, 10 a.m., Aurora Hills. Details, 703-228-5310 (M), 703-228-5722 (AH).

Outdoor pickleball at Walter Reed. Call for days and times, 703-228-0955.

Pickleball beginners, Mondays, 9 a.m., Arlington Mill; 9:45 a.m., Walter Reed. Details, 703-228-4771.

Free hearing testing, by appointment, Tuesday, Aug. 21, 10 a.m.-2 p.m., Walter Reed. Register, 703-228-0955

Rubber Stampers meet Wednes

SEE FLOURISHING, PAGE 11

Legals

Legals

Legals

PUBLIC NOTICE

In accordance with the Virginia Voluntary Remediation Program (VRP) public participation requirements of 9 VAC 20-160-120, the general public is hereby notified that the property identified as Village Center at Columbia Pike, located at 950 South George Mason Drive, in Arlington, Virginia is working towards obtaining a Certificate of Satisfactory Completion of Remediation from the Virginia Department of Environmental Quality (VDEQ) through VRP. This property is referenced by the Arlington County Real Property Code (RCS) numbers 23034017, 23034018 and 23034019. The property owner, Village Center Partners, LLC in conjunction with the VRP participant, Hamshar Properties, has been performing remediation since 2017 as a result of former dry cleaning operations conducted at the property. The property is being remediated through the removal of petroleum-impacted and dry cleaning solvent-impacted soils from the site for proper off-site disposal. In addition treatment of groundwater in support of construction activities is being conducted. An institutional land use control established by the VRP participant and property owner has been selected as an additional remedial action to satisfactorily protect human health based on the future use of the site. The institutional land use control specifies that "groundwater beneath the property shall not be used for any purpose other than environmental monitoring or testing." Anyone with an interest in this voluntary remediation who has comments or questions may call or write Hamshar Properties and Village Center Partners, LLC through their representative, Mr. David Bookbinder of ECS Mid-Atlantic, LLC, 14026 Thunderbolt PI, Suite 100, Chantilly, Virginia 20151 (703) 471-8400. Comments will be accepted for 30 days following the publication of this notice.

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Mezeh Crystal City, LLC trading as Mezeh Mediterranean Grill, 2450 Crystal Drive Arlington, VA. 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on premise license to sell or manufacture alcoholic beverages. Walter C Hill II, Officer. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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News

Guilty Plea In '17 Homicide

On July 31, Jason Allen Johnson, 39, plead guilty to 2nd degree murder, use of a firearm in the commission of a felony and violent felon in possession of a firearm for the Feb. 19, 2017 homicide of Michael Gray in the Williamsburg neighborhood. He received a combined sentence of 23 years in prison.



At approximately 3:22 a.m. on Feb. 19, 2017, Arlington County Police responded to the 6300 block of N. 29th Street for the report of shots fired. Arriving officers located one male victim suffering from a gunshot wound and immediately began performing CPR. Arlington County Fire Department medics transported Michael Gray, 23, of Manassas, Va. to Inova Fairfax Hospital where he died from his injuries.

The initial investigation revealed that the shooting resulted from a dispute that took place during a party at a residence in the 6300 block of 29th Street N. Following witness interviews and review of crime scene evidence, charges were sought for Johnson. Johnson subsequently fled the area, initiating a search by the Arlington County Police Department and the United States Marshals Service.

At approximately 4:10 p.m. on Oct. 24, 2017, Johnson was arrested in the 2700 block of Broadway in Manhattan for shoplifting. During that investigation, it was determined that he was wanted for first degree murder in Arlington County and on a District of Columbia Superior Court Warrant for failure to appear on a possession with intent to distribute a controlled substance — cocaine charge. He was subsequently extradited to the Commonwealth of Virginia.

Arlington County Deputy Chief Daniel J. Murray, commander of the Criminal Investigations Division, said, "Mr. Gray tragically lost his life to a senseless act of violence by Jason Allen Johnson. This sentence is a result of the commitment of our detectives to continue to pursue this case and hold Johnson accountable for his actions, despite fleeing from the Commonwealth. Although nothing will return the victim to his family, we hope this sentence will provide closure to the victim's family knowing that this violent criminal will be behind bars for a significant amount of time."

This case was investigated by Homicide/Robbery Unit Detective J. Trainer and prosecuted by Assistant Commonwealth's Attorney Cari Steele.

"FLOURISHING AFTER 55"

FROM PAGE 10

day, Aug. 22, 12 p.m., Lee. Details, 703-228-0555.

Senior transportation options, Wednesday, Aug. 22, 11a.m., Langston-Brown. Register,

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"Slow Progression"



By KENNETH B. LOURIE

OKAY. It's not exactly what I wanted to read in the email from my oncologist interpreting the results of my July 25 CT Scan.

Since August 2013 when I was hospitalized for a week with fluid in my lungs, "CT stable" has been the recurring message. Now the message is different.

My question, which will be addressed Monday afternoon: can I live with 'slow progression?' I would imagine that there are more aggressive characterizations of 'progression.' Nevertheless, I have to wait three more days to find out.

What has been suggested so far by my oncologist is simple enough: reduce the interval of my infusions or change medications. Sounds reasonable and not particularly drastic. What's distressing (but not at all drastic) however, is the fear of the unknown.

Not having had a reason to change in five years, I've grown awfully comfortable and confident in the ebb and flow of my life vis-à-vis my cancer treatment/side effects. I've known what to expect and when to expect it.

For a terminal cancer patient still undergoing treatment, this kind of regularity/normalcy is as good as it gets. Accordingly, I've been able to live a relatively manageable life.

And by 'manageable' I mean a life worth living and one not consumed by, if I may retrieve a phrase from last week's column: "cancer centrality." Not that I don't have deficits or spiritual, emotional or psychological problems/complications, I do, but I have so much more than that. I not only have a present, I have a future too.

No small caveat when one considers I was given a "13 month to two year" prognosis on Feb. 27, 2009. Over nine years ago — and counting. As Maurice Chevalier sang to Hermione Gingold in "Gigi" (1958): "I remember it well."

So life has indeed gone on and I'd like to think that despite this most recent email from my oncologist, life will continue to go on. I have to think positive; I'm my father's son, and deceased though he may be, he wouldn't have it any other way.

Besides, as Dr. Mobley said to Augustus McCray in the epic mini series, "Lonesome Dove," (1989) when Gus refused to let him amputate his remaining leg: "I assure the alternative is gloomy."

Well, Gus was rarely gloomy and considering my circumstances, neither have I been gloomy. There's just no future in it.

Right now, it's the present I'm concerned about. Specifically, Monday afternoon when my oncologist and I (we, actually; my wife, Dina will be on the phone as well) will talk.

Having a three participant phone conversation is a little awkward. The questions and answers might not flow as easily as if the three of us were sitting together in an examining room. But since that's what's happening/been scheduled, we'll endeavor to make the best of it.

What probably will help, oddly enough, is the three days Dina and I will have to think about what concerns we have, what questions we'll ask and what answers from the oncologist we anticipate hearing.

Then, with the doctor's encouragement, together we'll be able to make an intelligent decision concerning a prudent course of action/treatment going forward. A discussion we've had many times before.

And given our respective history over the last nine-plus years, there's no reason to think we can't achieve similar success living forward.

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

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