

State Lawmakers Eye Paid Family Leave

Funding for proposed program would be provided by a family and medical leave insurance fund established by the Employment Commission and financed through payroll taxes.

BY DANIEL BERTI
CAPITAL NEWS SERVICE

Democratic lawmakers have introduced legislation that would provide Virginia workers up to three months of paid family and medical leave every year.

The bills would create a paid leave program, effective Jan. 1, 2022, for workers who are new parents, family of active duty military personnel, have serious medical conditions, or care for family members with serious medical conditions.

Del. Jennifer Carroll Foy, D-Prince William, sponsor of House Bill 2120, made her case for paid family and medical leave in Virginia at a press conference Monday.

"Spending time with a dying relative, giving birth to a child, caring for a sick parent, these should not be privileges reserved just for wealthy Virginians," Carroll Foy said. "Hard-working, middle-class Virginians deserve to spend time with their families like everyone else does."

Sen. Jennifer Boysko, D-Herndon, sponsor of an identical bill in the Senate, spoke about the economic benefits of paid leave

for businesses.

"Paid leave programs have been shown to benefit businesses, making it more likely that employees will return to work, ready to work, rather than struggling financially," Boysko said.

Under the paid leave program workers would be eligible to receive up to 70 percent of their average weekly wage, without exceeding \$850 per week. Self-employed workers would also be provided the option of participating in the program.

The maximum combined amount of paid leave per year for qualifying workers would be 12 weeks.

To qualify for paid leave benefits, an employee would need to meet the administrative requirements in the bill, the requirements laid out in the state's benefit eligibility conditions, and submit an application to the Virginia Employment Commission.

Funding for the proposed program would be provided by a family and medical leave insurance fund established by the Commission and financed through payroll taxes.

Sen. Barbara Favola, D-Arlington, is sponsoring a related bill that would provide a parental leave tax credit to small businesses

that would begin in 2021. SB 1376 aims to create an income tax credit for a portion of the salary or wages paid by small businesses to full-time employees while on leave for the birth or adoption of a child.

The bill requires small businesses to provide full-time employees with at least eight weeks of paid parental leave.

In June, Gov. Ralph Northam signed an executive order offering eight weeks of leave at full pay to state employees for the birth or adoption of a child.

Del. Roxann Robinson, R-Chesterfield, introduced HB 2234 last week to increase

the amount of paid parental leave for state employees to 12 weeks.

During the press conference, advocates for paid family leave spoke about the importance of the proposed legislation for working families in Virginia. Carroll Foy shared a personal account of the hardship she experienced in the absence of paid leave.

"I'm standing here as a middle-class, working mother, and I implore all Virginians to support this," Carroll Foy said. "It's not only an economic issue. It is a human rights issue."

Police Investigate Fatal Pedestrian Crash

The Arlington County Police Department is investigating a fatal pedestrian crash that occurred on Tuesday, Jan. 8 at the intersection of Arlington Boulevard and N. Manchester Street. At approximately 10:18 a.m., police responded to the area for the report of a pedestrian struck by a vehicle in the westbound lanes of Arlington Boulevard. Members of the Critical Accident Team responded to the scene and are conducting an ongoing investigation into the cause of

the crash. The driver of the striking vehicle remained on scene.

The pedestrian has been identified as Maynard Thaxter, 83, of Arlington. The cause of the crash remains under investigation. Police continue to seek witnesses and ask that anyone with additional information contact Detective S. Whalin at Swhalin@arlingtonva.us or 703-228-4159. To report information anonymously, contact the Arlington County Crime Solvers at 866-411-TIPS (8477).



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Guinevere Boyle



Preparing to launch at the top of the hill.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Grayson Pekey



Quinn Pekey



Joe Bermudez uses his snowblower to clear some of the 10.3 inches of snow in Arlington reported by the National Weather Service at 1 p.m., Jan. 14.

Sledding, Shrieks and Snowflakes

BY SHIRLEY RUHE
THE CONNECTION

Joe Bermudez is pushing the only snow blower on the block between waves of snow late Sunday morning. “The kids with my daughter Julianna, will be sledding around the block in a few minutes, third house

down. The Boyles have a hill in their backyard.”

Shrieks can be heard the nearer you get to the activity. The hill in the backyard is scattered with 2 to 4-year-old children with some pushed by mom or dad and others trying to wedge into a head start by themselves. Grayson and Quinn Pekey take turns riding together or solo down the hill. “You want to

go down together or what?” Dad yells to mom up the hill, “you push and I’ll catch.”

A mother can be heard saying, “You need to carry your swing to the top. Look out; here comes a sled.”

On the top of the hill, Guinevere Boyle hangs tightly to the tire swing as mom pushes her around in circles. “She’s just really gotten into this tire swing. I think it is

the first year time she has ridden it in the snow.”

Libby and Anna Board pick up speed as they near the bottom of the hill. A parent yells, “Get out of the way. I got ‘em.” Another sled overturns by the fence. “You OK?” A giggle answers that question. Meanwhile the snow has started again. Looks like nice long naps will be in order.

‘Primed for Business’ Arlington sets the stage at CES 2019.

BY JEANNE THEISMANN
THE CONNECTION

When Amazon announced the selection of Arlington as one of two sites for its new HQ2 campus, it was as much a surprise to the staff of the Arlington Economic Development team as the rest of the world.

“We had no advance notice,” said Melissa Hines as she welcomed visitors to AED’s booth at CES 2019 in Las Vegas. “But all along, we kept working as if we were still in the running.”

Set up in the Smart Cities pavilion at CES, the AED team touted Arlington as a destination for new startups under the “Primed for Business” slogan – subtle word play on the Amazon Prime service.

“We’re obviously excited to have been chosen,” Hines added. “But we feel Arlington is a great choice

for businesses of all sizes and we are here to introduce ourselves to companies from around the world.”

With more than 4,500 exhibiting companies and exhibit space of more than 2.9 million net square feet, CES 2019 showcased the world’s biggest companies in addition to hosting more than 1,200 startups at an area called the Eureka Park Marketplace.

More than 188,000 industry professionals, including more than 63,000 from outside the U.S., convened in Las Vegas to experience the ever-evolving global technology industry.

“[Artificial Intelligence] pervades the show,” said Gary Shapiro, CEO of the Arlington-based Consumer Technology Association that runs CES. “Almost every major company is showing AI and applications that are just truly jaw-dropping.”

SEE BUSINESS, PAGE 5



PHOTO BY JOHN BORDNER/THE CONNECTION

Consumer Technology Association CEO Gary Shapiro, left, stops by the U.S. Patent and Trademark Office booth Jan. 11 during CES 2019 in Las Vegas. The Arlington-based CTA stages CES, the world’s largest technology show.

OPINION

Four Hundred Years and Counting ...

BY ADAM EBBIN
STATE SENATE (D-30)



The annual General Assembly session is well underway. What began in a Jamestown church in 1619 as a six-day meeting of the House of Burgesses, comprised of 22 white British male settlers, has evolved into the modern Virginia House of Delegates and Virginia Senate that is meeting currently for its 46-day "short" session. The issues have vastly changed but history is still being made.

Eileen Filler-Corn of Fairfax, the new Democratic Leader in the House, is the first woman to lead on either side of the aisle in either body. Charniele Herring of Alexandria continues in her role as the House Caucus Chair and Mamie Locke of Hampton remains the Senate Democratic Caucus Chair. This is also the first year that the Commonwealth's voters elected three women (all Democrats) to the U.S. House of Representatives. At no time in Virginia's history have women held more power than today.

This session marks Virginia's chance to become the 38th (and final) state to ratify the Equal Rights Amendment to the US Constitution. I was honored to speak on and vote for ratification as a member of the Privileges and Elections Committee, and will do the same when it heads to the Senate floor.

The Burgesses certainly did not even conceive of the fundamental equality of women and minorities and would have flabbergasted that we will be considering sports and casino gambling in this year. After all, it was in 1619

when Burgesses outlawed games of chance with the penalty of a 10 shilling fine — one shilling would go to the man who caught the gambler and the rest to "charitable and pious causes." Other 1619 legislation required every settler to plant six mulberry trees.

Flash forward 400 years and we are considering non-partisan re-districting, how best to allocate \$1.2 billion in prospective addi-

tional revenue and the fairest way to fund transportation improvements in Southwest Virginia. We'll also be considering the governor's incentive plan for Amazon to locate one of its HQ2 sites in Arlington and for Virginia Tech to locate a \$1 billion-plus Innovation Campus in Alexandria which will grow the tech talent pipeline to attract high-wage 21st Century jobs to Virginia.

I've introduced 25 pieces of legislation on a variety of topics ranging from marijuana decriminalization and domestic violence protections to campaign finance reform and e-cigarette taxation. My constitutional amendment to allow Virginia's Governor to seek election to a second consecutive four-year term passed the Senate Privileges and Elections Committee 8-6, and 6 of 6 of my bills heard on Monday in the Senate Courts of Justice and General laws committee are moving on. The bills include legislation to codify non-discrimination protections for LGBT people in public employment (passed 11-3) and housing (passed 13-1). Bills to stop the destructive cycle of debt caused by license suspension for non-driving related offenses (passed 13-0 with one abstention) and for the non-payment of court costs and fees (passed 14 to 0) advanced to the Senate Finance Committee for consideration.

The process to consider the governor's amendments to the existing biennial budget has begun as members also introduce amendments. I've introduced several with an eye to modernizing our election systems and one to provide some funding for the Task Force Commemorating the Centennial Anniversary of Women's Right to Vote, on which I serve. The Centennial will occur in 2020 and I believe the state should be observing it with a museum exhibit, traveling exhibits for different regions, lectures, publications and a school curriculum as well.

Though the past of our state is complex, and its legacies are often mired in injustice, I am confident that our future is bright, and the history of tomorrow will be that of progress and inclusion. It is an honor to be a small part of building this path forward. I hope you'll be able to join me at one of my four town hall meetings to help me best represent the people of the 30th District in this duty:

❖ Mount Vernon: Saturday, Jan. 19, 9:30-11:15 a.m. at Walt Whitman Middle School (2500 Parkers Lane), with Senator Surovell and Delegate Krizek.

❖ Lee District: Saturday, Jan. 19, noon-2 p.m. at Hayfield Elementary School (7633 Telegraph Road), with Senators Barker and Surovell and Delegates Mark Sickles and Paul Krizek.

❖ Alexandria: Saturday, Jan. 26, 10:30 a.m.-noon at Minnie Howard School Campus (3801 W Braddock Road) with Del. Mark Levine

❖ Arlington: Saturday, Jan. 26, 2-3:30 p.m. at the Walter Reed Community Center (2909 16th Street South) with Del. Alfonso Lopez

In case of severe weather please visit adamebbin.com or my twitter account @adamebbin for updates.

It remains my honor to serve the people of the 30th Senate District.

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.

DONATIONS

Pet Food Bank. AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYWdZm4tPw2

NEW

Survey: Arlington Child Care Initiative. Arlington County wants to hear from stakeholders on issues being considered to improve child care accessibility, availability, and quality. Take five minutes to participate in the survey at www.surveymonkey.com/r/ChildCareInitiative (available in Spanish, Arabic, Amharic, Mongolian, and Vietnamese as well).

SEE BULLETIN, PAGE 11

Snapshot

Storm day plus one at Nottingham Elementary School.



PHOTO BY
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‘Primed for Business’

FROM PAGE 3

Early show buzz centered around concept vehicles like the Hyundai Elevate, a concept “walking car” that uses articulated legs to navigate off road, and the Bell Nexus, a concept design for a hybrid air taxi, while the battle between the artificial intelligence devices from Amazon and Google heated up.

According to Shapiro, other technology trends to watch this year include Smart Home technology, digital health, Esports and sports technology, and Smart Cities resilience.

“The U.S. is beginning a transformation that will create lucrative business opportunities for many,” Shapiro said in his opening remarks. “5G is coming, which will allow a fast data stream and incentivize new services that cross the borders of all tech sectors.”

Shapiro noted that 5G, which is expected to become available in late 2019 and early 2020, will be the backbone for the smart city infrastructure that will help cities be more resilient in coping with unforeseen disasters.

“5G will also fuel the connected home, transform digital healthcare and create immersive experiences for global sports fans,” he added.

Google Assistant unveiled its new Interpreter Mode, which translates live voices into different languages with a degree of



PHOTOS BY JOHN BORDNER/THE CONNECTION

Cyrena Pattillo and Melissa Hines are “Primed for Business” at the Arlington Economic Development booth at CES 2019 in Las Vegas. The play on words follows Amazon’s selection of Arlington for a new headquarters location.

accuracy that surpasses Google Translate. And while BlackBerry may be out when it comes to smartphone devices, it is leading the way in security and will license its BlackBerry Secure technology to smart device manufacturers in a bid to make smart speakers like Google Home and Amazon Echo, more secure.

“It’s exciting to see how technology is changing the world,” said AED’s Cyrena Pattillo. “And we believe Arlington is the place to be as these new technologies and companies emerge.”



Barely bigger than a microwave the ultra-compact dishwasher “Bob” from French company Daan Tech cleans and dries dishes in 20 minutes using only three litres of water.



The Bread Bot by the Wilkinson Baking Company is a fully automated bread-making machine that mixes, kneads, bakes and sells bread like a vending machine. The device is meant to be leased by retailers and groceries and can make 10 loaves of bread per hour.



CES attendees try out the Hurricane 360 Virtual Reality ride by DOF Robotics.



Dubbed the “Nespresso for cocktails,” Bartsian is a single serve, capsule-based cocktail machine and will be available in March.

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12–1 p.m.	Lunch (participants provide their own)
1–2 p.m.	Exercise Myths and Realities
2–3 p.m.	How To Live To Be 100

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Physician John Whyte has become a popular Smithsonian Associates speaker in recent years, empowering audiences to be better advocates for their own health. With his trademark clarity and humor, Whyte explains how to sort through conflicting advice, sensational headlines, and short-lived fads to make yourself stronger, healthier, and better educated about your own body. Now Whyte gathers all his best advice in a one-day seminar, designed to guide you through a comprehensive look at critical aspects of personal health. Participants leave educated, engaged, and entertained and with new tools to approach the job of staying healthy.

Whyte, a board-certified internist and author of several books on health, is the chief medical officer at WebMD.



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Thursday, Apr. 18, 2019 at 8 p.m. featuring Joe Lulloff, saxophone

ENTERTAINMENT

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

CLOSING SOON

Arlington's Holiday Kitchens.

Through January at Arlington Historical Museum, 1805 S. Arlington Ridge Road, Arlington. Nothing says holiday celebration more than food, so the Arlington Historical Museum is raiding the kitchen. In this new holiday exhibit, see all the tools grandma used and those used by her forebears long before electricity. Some artifacts will be like what today's kitchens have while others you may ponder what they would have been used for. Visit arlingtonhistoricalsociety.org.

WEDNESDAY/JAN. 16

Fast Foxes & Cunning Coyotes.

3:30-4:30 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Ages 6-10. Who is the noisiest wild canine? The smartest? The biggest in Arlington? Coyotes and foxes, of course. Howl in a coyote chorus, feel a real fur and learn what happens when foxes and coyotes meet. Call 703-228-3403.

WEDNESDAY-TUESDAY/JAN. 16-24

Fresh Citrus, Pecans & Maple

Syrup Fundraiser. Lions, Arlington Northwest, Charity Fundraising – at the Overlee Pool (Bath House - Lower Level), 6030 Lee Highway, Arlington, LOWER Entrance off John Marshall Drive. Wednesday, Jan. 16, 2:30-7:30 p.m.; Thursday, Jan. 17, 10 a.m.-4 p.m.; Friday, Jan. 18, 8 a.m.-2:30 p.m.; Saturday, Jan. 19, 9 a.m.-3 p.m.; Sunday, Jan. 20, 11:30 a.m.-3:30 p.m.; Monday, Jan. 21, 9 a.m.-4 p.m.; Tuesday, Jan. 22, 7 a.m.-4 p.m.; Wednesday, Jan. 23, 8 a.m.-1:30 p.m.; Thursday, Jan. 24, 8:30 a.m.-2 p.m. Call 703-528-1130.

THURSDAY/JAN. 17

Rain Gardens in Arlington.

11 a.m. At Little Falls Presbyterian Church, 6025 Little Falls Road, Arlington. A representative from the Watershed Outreach Program will speak on how the county uses rain gardens to protect the Chesapeake Bay watershed and manage stormwater. The RSGC club meeting begins at 10 a.m. with the program at 11 a.m. A light lunch is available for a small donation. Visit www.rockspringgardenclub.com.

Joan Trumpauer Mulholland: A

Real Life Hero. 11:30 a.m.-1 p.m., Lee Senior Center, 5722 Lee Highway. Meet a civil rights activist from Arlington. A young white woman who joined the Freedom Riders, participated in countless sit-ins, demonstrations and marches for racial equality in the 1960's. She was disowned by her family, shot at, hunted by the Ku Klux Klan and imprisoned. View the documentary, "An Ordinary Hero: The True Story of Joan Trumpauer." A Q&A session will follow. Open to the public. Limited space; call to register, 703-228-0555.

Celebrate Betty White's 97th

Birthday. 6-10 p.m. at Vinson Hall Retirement Community, Kathy Martin Community Building Ballroom, 1735 Kirby Road, McLean. Celebrate Betty White's 97th birthday with music, dancing, a silent auction, and more, supporting Virginia Hospital Center's Lifeline Assistance Fund. \$35 online, \$45 at the Door. Visit www.virginiahospitalcenter.com/supportthehospital/white_hot.aspx.



PHOTOS BY STEVE HIBBARD/THE CONNECTION

The cast of Encore Stage & Studio's production of "The Enchanted Bookshop."

Inside 'The Enchanted Bookshop'

Children's play where, at night time, the characters inside the books come alive.

BY STEVE HIBBARD
THE CONNECTION

With a cast of 26 children, the Encore Stage & Studio is presenting "The Enchanted Bookshop" running through Jan. 20, at Gunston Arts Center - Theatre One in Arlington. During the day, A Likely Story may look like any other used bookstore. But at night, it's a place where magic happens. That's when the characters inside the books come alive. The children's play is written by Todd Wallinger. Founded in 1967 Encore Stage & Studio is a "Theatre by kids, for kids."

According to Director Sarah Conrad, 28, of Falls Church: "We enter A Likely Story which is a bookshop with a book owner who sells books by day but by night the characters come alive. During the course of the play, jewel thieves enter the bookstore and the characters come alive to save the book owner and the book shop," she said.

Having worked with Encore for 14 years, she said the challenge was working with a wide age range of children (ages 9-16) who have a variety of acting experience. "Another part to it would be the casting of the children — those with experience acting and those with experience with our company in roles where they can feature what they've learned but also support students who are learning the acting process," she said.

Assistant Director Amanda Nell, 24, of Cheverly, Md., added: "I think that with the wide age range and experience level that some of the students come with, there could be an element to making sure that those with more experience are being challenged, while those who are new to the process are learning the basics as well as adding to the show as a whole."

For audience takeaways, Conrad said: "My goal is that the audience feels like they are part of the magic

of the bookshop and they can come to life with the characters from the stories as they save Margie's bookshop."

Emmie Vajda, 14, of Arlington is playing the role of Dorothy Gale. "My character is one of the book characters who comes to life at night in the bookstore. My job is I try to help Miss Margie save the store because there are three thieves who come in and try to steal a necklace," she said.

She added: "I wanted to get into my character as much as possible and embody my character. Dorothy is passionate and she's brave and clever, so I have to be all those traits when I'm acting as Dorothy."

Sydney Payne, 12, of Alexandria is playing the role of Pollyanna. "Pollyanna is a very optimistic person. She's always trying to look on the bright side of everyone. She cares about her friends and she just wants to make everyone happy," she said.

As far as challenges, she added: "She's a well-known character so I wanted to become her when I'm on stage. Everyone has a bit of Pollyanna in them so I wanted to show that. She's a really happy person — constantly smiling."

Xander Tilock, 14, of Falls Church is playing the role of Tom Sawyer. "Tom Sawyer is a slightly childish and very adventurous, and he's a fun character. He has the bravery to challenge the villains when they attack the bookstore. However, he also shows his youth sometimes — telling little jokes. Deep down he has a moral compass, and he truly evolves into someone more wiser and mature. He makes the right choices," he said.

He added: "Throughout the rehearsal process I feel I built him as a character and a person to the point where on stage, it feels natural to be Tom Sawyer — to portray who he is as a person."

The Encore Stage & Studio is presenting "The Enchanted Bookshop" running now through Jan. 20, at Gunston Arts Center - Theatre One in Arlington. Show times are Friday, Jan. 18 at 7:30 p.m.; Saturday, Jan. 19, at 11 a.m. and 3 p.m.; and Sunday, Jan. 20 at 3 p.m. Tickets are \$15 adults, \$12 children, students, military, and seniors. Tickets are available online at www.encestage.org or by calling the box office at 703-548-1154. The venue is located at 2700 S. Lang St., Arlington.

SATURDAY/JAN. 19

Families Unplugged: Realistic

Resolutions Recipes. 10 a.m.-noon. Walter Reed Community Center, 2909 16th St., S, Arlington. Come cook at the New Year's Families Unplugged program. Nutrition educators will guide families through healthy, tasty, and affordable recipes including Fruity Filled Wonton Cups, California or Avocado Rolls with Spicy Mayo Dipping Sauce and Rainbow Veggie Vermicelli and Soba Noodles. \$8 per person. Visit parks.arlingtonva.us/locations/walter-reed-community-center-park/.

Super Snakes. 10-11 a.m., Gulf Branch Nature Center, 3608 Military Road, Arlington. Sssslither on over to learn about local snakes, try shedding one's skin, and meet some live snakes. Each child will get a shed snake skin to take home. \$5 per person. Ages 5+. Visit parks.arlingtonva.us/parksfacilities/nature-centers-programs/.

Free Play Days. 1-2:30 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Give kids unstructured time they can call their own — exploring the woods, making snow forts, throwing rocks in the creek and just being free. Dress to get wet and dirty, and wear closed-toe shoes. Free. Ages 5-9. Visit parks.arlingtonva.us/parksfacilities/nature-centers-programs/.

Under The Ice. 3-4 p.m. At Gulf Branch Nature Center, Arlington. Suspended animation... voracious predators... the oxygen supply dropping fast. No, it's not the latest alien movie; it's winter in the pond. Learn what's lurking in that cold dark water. Then go outside and see what the group can haul up from the depths. \$5 per person. Ages 8-12. Visit parks.arlingtonva.us/parksfacilities/nature-centers-programs/.

Mouse in House. 4 p.m. at 3700 S. Four Mile Run Drive, Arlington. Presented by Jane Franklin Dance, this family friendly performance is a lively movement and theatre presentation for the young and young-at-heart. The performance incorporates spoken word, movement, music, and an interactive participatory introduction for young children. Cost is \$15/adults; \$10/children under 10; \$45/family of four. Visit www.JaneFranklin.com.

Anniversary Celebration. 6:30 p.m. at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. Celebrate One More Page's 8th anniversary with a wine tasting and desserts as thanks to staff and customers. Call 703-300-9746 or visit www.onemorepagebooks.com.

Family Game Night. 7-9 p.m. At St. John's Episcopal Church, 415 S. Lexington St., Arlington. Spend an evening with family, friends or new acquaintances playing a favorite board, strategy or kids game. Games will be available, but participants are welcome to bring favorites and are encouraged to bring a non-perishable food item (can or box of food) to donate to AFAC, the Arlington Food Assistance Center. Visit www.stjohnsarlingtonva.org.

SATURDAY-SUNDAY/JAN. 19-20

"Beauty and the Beat." At Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. Saturday at 7:30 p.m.; Sunday at 4 p.m. Presented by Jane Franklin Dance. Developed by Jane Franklin, inspired by true events and from Tom Waits "What's He Building in There?" Mister Rogers quotes from a remixed version by John D. Boswell for PBS Digital Studios. Tickets \$22. Visit www.janefranklin.com/

ENTERTAINMENT

performances/tickets or 703-933-1111.

SUNDAY/JAN. 20

R.I.P. – Remove Invasive Plants. 2-4 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Help restore habitat and increase species diversity in Arlington. Work groups are making a real difference, with the return of ferns and wildflowers, and the animals that depend on them, in areas once covered in destructive invasive plants. Ages 8+. Free. No registration required.

Arlington's 50th Annual MLK Tribute. 5-6:30 p.m. At Wakefield High School, 1325 S. Dinwiddie St., Arlington. Celebrate Dr. Martin Luther King's legacy at Arlington's 50th annual tribute event. Dr. King's Dream: A Legacy Performed is hosted by Christian Keyes of BET's In Contempt and CW's Supernatural and includes music by soloist Jackie Pate, the Hoffman Boston All-Star Chorus and Arlington's own Joy Gardner, spoken word from Outspoken Poetress Audrey Perkins, dance from Inspire Arts Collective LLC and many others. Visit www.mlktribute.org.

MONDAY/JAN. 21

Martin Luther King, Jr. Day of Service. 8:30 a.m. At Washington-Lee High School, 1301 N. Stafford St., Arlington. Join Volunteer Arlington for a day of service in honor of Martin Luther King, Jr. Hands-on service projects, volunteer training. There will be service and volunteer training opportunities for all ages. Learn more and register at volunteer.leadercenter.org/MLK.

TUESDAY/JAN. 22

Black Hill Regional Park Birding Trip. 10 a.m.-4 p.m. Meet at Barcroft Sports & Fitness Center, 909 S. Dinwiddie St., Arlington. Black Hill's Little Seneca Lake draws a diversity of waterfowl to this northern Montgomery county park. Group will walk at least one mile on occasionally steep and muddy trails. Participants should dress for the weather and bring binoculars, a bag lunch, a drink and snacks for the day. Meet at the Barcroft Sports & Fitness Center parking lot. \$39 per person. Visit parks.arlingtonva.us/events/black-hill-regional-park-birding-trip-2/.

Encore Chorale for Older Adults. 1:45-3:15 p.m. at Langston Brown Senior Center, 2121 N. Culpepper St. Encore's mission is to provide an excellent and accessible artistic environment for older adults, 55 and over, regardless of experience or ability, who seek arts education and performance opportunities under a professional artist. No auditions are required to sing. All levels of experience are welcome. All concerts are free and open to the public. Fee is \$175 for weekly rehearsals, sheet music, practice CD, and performances. Visit www.encorecreativity.org, email info@EncoreCreativity.org, or call 301-261-5747.

TUESDAYS/JAN. 22-FEB. 12

Landscape and Cityscape Design Art Class. Tuesdays from 4:30-6 p.m. At Arlington Arts Center (AAC), 3550 Wilson Blvd., Arlington. Throughout this course, students will create landscapes and cityscapes of their own design using painting, printing, and collage techniques. To showcase all of their efforts, students will go home with a professional printed box of postcards featuring their work alongside that of their classmates. Visit

www.arlingtonartscenter.org.

TUESDAYS/JAN. 22-FEB. 12

Introduction to Printmaking. 6:30-8:30 p.m. At Arlington Arts Center (AAC), 3550 Wilson Blvd., Arlington. In this four-session course, participants will explore a variety of printmaking techniques: found object printing, foam/Styrofoam relief printing, rubber stamp carving, and gelatin plate printing. They will also focus efforts on how to use or display the prints and papers you make – prompting you to turn your creations into greeting cards, stand-alone art prints, wrapping paper, gift tags, ornaments, and more. Visit www.arlingtonartscenter.org.

WEDNESDAY/JAN. 23

Sustainable Landscaping: Building Soil Health. 7-8:30 p.m. at Columbia Pike Branch Library, Westmont Room, 816 South Walter Reed Drive. Healthy soil is the key to success in gardening. Learn how to build soil health by feeding the soil's biome, how to create great compost, and how to prevent or mitigate both erosion and compaction by choosing plants with the right root systems. Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

THURSDAY/JAN. 24

"Shut Up & Write." 7 p.m. at Arlington Central Library, 1015 N. Quincy St. Polish writing skills with the bimonthly panel series "Shut Up & Write" at Arlington Central Library. Founded by local YA authors Jon Skovron (Hope and Red) and Jessica Spotswood (The Last Summer of the Garrett Girls), the authors will take questions from the audience as they discuss the ins and outs of writing YA fiction. Call 703-300-9746 or visit www.onemorepagebooks.com.

FRIDAY/JAN. 25

Flying Squirrel Lore & More. 5:30-6:30 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Learn about these engaging nocturnal acrobats. After an indoor presentation, tiptoe outside to see these little pixies glide in for an evening meal. These creatures are truly one of the natural wonders of the Arlington. Call 703-228-6535.

Big Al Carter Reception. 6-8 p.m. at Fred Schnider Gallery of Art, 888 N. Quincy St., Suite 102, Arlington. Kickoff Black History Month with the exclusive opening of local artist Allen "Big Al" Carter's exhibit, "Big Al Carter: A Retrospective." Carter (1947-2008), born in Washington, D.C., was a multi-talented artist – painter, printmaker, sculptor, muralist – who drew inspiration from his experiences and knowledge of man's universal problems, art history and everyday life. The exhibit runs through March 3, Wednesdays through Sundays, noon-5 p.m. Visit fredschnider.com.

SATURDAY/JAN. 26

Yoga at Long Branch. 10-10:45 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Start with a fun short walk, return to the nature center to practice poses representing the plants and animals found, then end with a short relaxation. No prior experience needed, bring a yoga mat if possible, but not required. Ages 7-10. \$5. Register at registration.arlingtonva.us using #622929-B.

Tree ID Hike. 11:15 a.m.-12:30 p.m. At Long Branch Nature Center, Arlington. Learn to identify the trees of Arlington by their bark and shape without the easy leaf to give clues.



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ENTERTAINMENT

Wear weather appropriate clothes, group will be outside the whole time. \$5 per person. Ages 14+. Visit parks.arlingtonva.us/locations/long-branch-nature-center-park/.

Author: Sarah Glenn Marsh. 3 p.m. at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. Welcome back Sarah Glenn Marsh for the sequel to her gorgeous, creepy, queer Young Adult fantasy about a world of necromancers and ghosts. In *Song Of The Dead*, Odessa faces the fight of her life as the boundaries between the living and the Dead are challenged in a way more gruesome than ever before. Call 703-300-9746 or visit www.onemorepagebooks.com.

Native American Survival Skills. 3-4:30 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Learn about living in the forest in the dead of winter. Practice animal stalking, throw a spear, and start a real fire. \$5 per person. Ages 8-12. Visit parks.arlingtonva.us/locations/long-branch-nature-center-park/.

Mouse in House. 4 p.m. at 3700 S. Four Mile Run Drive, Arlington. Presented by Jane Franklin Dance, this family-friendly performance is a lively movement and theatre presentation for the young and young-at-heart. The performance incorporates spoken word, movement, music, and an interactive participatory introduction for young children. Cost is \$15/adults; \$10/children under 10; \$45/family of four. Visit www.JaneFranklin.com.

Ooey Goey Campfire. 6-7 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Use all sorts of cookies, marshmallows and toppings for the most decadent campfire s'mores ever. \$5 per person. Ages 3+. Register online using activity code 622959 at registration.arlingtonva.us to register.

Picture This. 7:30-8:30 p.m. At Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. A picture is worth a thousand words. A story churns up recollections or leads to new reflection. The show features excerpts from Jane Franklin Dance's *The Migration Project* and new work in collaboration with Fine Art Photographer Fax Ayers. Cost is \$22. Visit

www.janefranklin.com/performances/tickets.

SUNDAY/JAN. 27

Pilates Open House. 1-4 p.m. at Praxi Pilates, 4141 N. Henderson Road. Praxi Pilates is hosting an open house with demos and a raffle to win a free class pack (\$300 value). Praxi Pilates is a contemporary pilates studio offering group and private pilates instruction. Free. Email carey@praxipilates.com or call 703-525-3430. Visit www.eventbrite.com/e/praxi-pilates-open-house-ballston-tickets-54204991589 for open house tickets.

Author: Olivia Hinebaugh. 2 p.m. at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. Celebrate the launch of local author Olivia Hinebaugh's debut novel, *The Birds, The Bees, And You And Me*. This contemporary Young Adult novel follows 17-year-old Lacey Burke, who's never been kissed yet somehow finds herself becoming her school's unofficial sex expert. Call 703-300-9746 or visit www.onemorepagebooks.com.

Spellbinders Story Fest. 3-4 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. The Arlington Spellbinders will unleash the power of oral storytelling with favorite tales from around the world. Since ancient times in all cultures, this tradition has passed on wisdom, connected elders to youth, and engaged the imagination. Free. Ages 4+. Register online using activity code 622959 at registration.arlingtonva.us to register.

MONDAY/JAN. 28

School Holiday Workshop. 10 a.m.-4 p.m. At Arlington Arts Center (AAC), 3550 Wilson Blvd., Arlington. (Ages 5-7 and 8-10). Students will spend their day off in Art School. Students will first learn about and discuss the work of contemporary artists. Then, they will explore materials and compositional elements using the techniques and concepts derived from the works of the artists they studied. Each class session is unique, covering the work of different artists and techniques. Visit arlingtonartscenter.org.



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E-cigarettes come in a variety of forms.

How to Talk About Vaping

Approaching conversation about dangers of e-cigarettes.

BY MARILYN CAMPBELL

Jessica DeBoer's 13-year-old son just returned to school after a six-day suspension because he was caught vaping in the boys bathroom of his elite private school. Until she received a call from one of the school's administrators, DeBoer was not familiar with the practice and never dreamed her son would partake in it.

"Now I feel like I might have been naive considering how widespread it seems to be," she said. "My son told me that many of the kids in his school have tried vaping and some even do it regularly."

Vaping is the use of e-cigarettes to inhale and exhale an aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes produce an aerosol that consists of fine particles, many of which contain varying amounts of toxic chemicals.

For parents like DeBoer, keeping the line of communication open is a key weapon in keeping kids away from e-cigarettes, says therapist Lisa Baguio, LCSW. "Before talking with your teen about vaping, or any sensitive issue for that matter, educate yourself and make sure you know what you're talking about," she said. "Kids know more than we give them credit for. Be prepared with unrefutable facts and scientific evidence because you can guarantee yourself that your kids will have their own set of facts, which are often false."

Once you have those facts, be prepared to share them during a conversation with your teen. "It's important that parents are open and honest with their

children," said child psychologist Laurie Jones, Psy.D. "You first have to tell them your expectations. For example, 'In our family, we have zero tolerance for e-cigarette or tobacco use of any kind.' You then should explain the dangers and risks involved and make sure that your teen knows that this is not your just opinion, but proven hazards."

A teen might be less likely to engage in vaping if they can connect it to negative consequences that affect them personally, advised marriage and family counselor Joyce McCarry, M.A. "One thing that teens value is their image among their peer group," she said. "If vaping a substance causes bad breath, that will deter a teen from using it. If getting caught vaping means that they are kicked off a sports team, that will be a deterrent."

A parent's best tactic is creating an environment where one's teen feels comfortable sharing information about vaping and working with them

collaboratively to find ways to avoid it, says McCarry. "You want your child to let you know if they're vaping or have friends who are doing it," she said. "You can also let them know that if they're ever in a situation where they're being offered an e-cigarette, real cigarettes or drugs or anything dangerous, that they can call you and you will pick them up immediately with no questions asked."

"You also want you to give your child a way to get out of a risky social situation without feeling embarrassed," continued McCarry. "I have a patient whose parents tell him to text them a numerical code whenever he's in a precarious situation with friends. The parents know to call his cell phone and tell him that there's a family emergency and he needs to come home right away. This gives the child an excuse to leave without feeling embarrassed or like he'll be ridiculed for not engaging in risky behavior."

"You also want you to give your child a way to get out of a risky social situation without feeling embarrassed."

— Joyce McCarry, M.A.

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



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NEWS

One Is the Loneliest Number

— when removing invasive species in Arlington.

BY EDEN BROWN
THE CONNECTION

On Saturday morning, a fairly mild winter's day, the volunteer group which was supposed to be removing invasive species from the Gulf Branch Park was nowhere to be seen. Instead, one lone worker — you could tell she was there to remove plants because of the pruning saw in her hand — stood threading her way through honeysuckle, ivy, and wineberry.

Jennifer Soles, the park's naturalist, greeted a curious resident cheerily. No one had come to help her remove ivy, which slowly kills the trees, and other vines which cover the ground so that native wildflowers cannot grow there. "That's rare," she said. "I usually get between 2 and 20 volunteers on Saturdays."

As she tore ivy from the trees, Soles talked about park management issues. Invasives are the biggest concern because it's such a tough problem. She once looked at the territory covered by invasives and calculated it would take until 2085 to clean up the park. Fortunately, the county started hiring contractors who can come in and help. Now, because of volunteers who help reduce the ivy and other invasives on weekends, she can say the park is about 90 percent clean.

Her second major problem is dogs off leash. These dogs aren't even off leash at their owner's side: they are out of sight of their owners, running free through the woods. That's a problem for many reasons, but one very personal one for Soles is that the dogs often defecate in the woods, and the owners can't see where it was to pick it up or think "it's OK because it's not on the path." Soles can be weeding ivy and put her hand right in fresh dog poop. "That's not fun," she said, "and it's happened more than once."

The last major issue for the park is stormwater management. Neighbors have noted the odd looking water in Gulf Branch and the sewer effluence area off Utah Street. "There has been a lot of construction in Arlington," Soles said, "and a lot of trees

"In my ideal Arlington County, all driveways would be constructed of permeable material instead of cement and macadam, to minimize stormwater runoff."

— Jennifer Soles, Arlington County Naturalist



PHOTOS BY EDEN BROWN/THE CONNECTION

Jennifer Soles stands in front of the Gulf Branch Nature Center, where she works as a naturalist.

taken down to make room for mega-houses." The more impervious driveways and bigger houses built, the fewer big trees to filter water, the more that water just rushes downhill. "The garbage in the streams," Soles said, "is not garbage thrown in there by people in the park. It's garbage that didn't get picked up 20 blocks away that got brought down with the rainwater. Picking up garbage on your street, no matter where you live, is a good tactic. "Better stormwater management by Arlington County would help," Soles said, "but maybe inserting a few beavers along the stream to build dams would be workable too."

Along with Soles' dream for an "earth day" in Arlington where citizens would volunteer to clean up the garbage along Route 50, is a dream she has that Arlington will build pervious driveways from now on — stone, cobblestone, gravel. She also tries to recruit property owners who live adjacent to Gulf Branch to keep their property free of invasive species, reducing a source of invasive plants and keeping their tall trees healthy. Several neighbors have agreed to her request and the difference is visible.

Soles grew up in Arlington and went to H-B Woodlawn High School. She majored in Environmental Studies in college and came back to the area to work — temporarily she thought. She loved Gulf Branch as a teenager, and used to bring her babysitting charges down to the park to discover nature. That affection for the park turned into a part-time job, and then a full time naturalist position. She likes to educate residents on how to keep Arlington eco-friendly. She can see the difference removing the invasive plants makes: "I've seen the bloodroot spread in those areas we cleaned up, bringing pretty little white flowers in the spring."

Soles sees park users as protectors of the woods she works to keep clean.

To volunteer to remove invasive plants at Gulf Branch, come prepared to work from 9:30-11:30 every second Saturday.



Jennifer Soles talks to a neighbor whose property extends down towards the Gulf Branch Park. He was interested in helping keep invasive species removed on his land, to help her maintain the work done in the park.

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BULLETIN BOARD

FROM PAGE 4

WEDNESDAY/JAN. 16

Meeting Rescheduled - Arlington County Civic Federation. 6:30 p.m. at the Woman's Cub of Arlington, 700 S. Buchanan St. Due to forecast weather, Arlington County Civic Federation has rescheduled the time and location of the Board of Directors meeting. All ACCF members are invited to attend. Committee Chairs are encouraged to attend. Visit www.civfed.org/ for more.

School Board Work Session. 7 p.m. at Syphax Education Center, 2nd Floor School Board Room, 2110 Washington Blvd. Work sessions are open to the public but no public comments are accepted. Visit www.apsva.us for more.

THURSDAY/JAN. 17

Meet the Chair 2019. 6:30-8:30 p.m. at at George Mason University, Founders Hall, 3351 Fairfax Drive. Leadership Center for Excellence in conjunction with co-host George Mason University, and supporting partner, Arlington Chamber of Commerce, will hold its annual Meet the Chair event. The event begins with an overview of newly elected Arlington County Board Chair, Christian Dorsey's 2019 initiatives, followed by an open question session in a town hall forum. Free, but registration required at leadercenter.org/meet-the-chair.

FRIDAY/JAN. 18

Master Naturalists Volunteer Training Class Registration. Arlington Regional Master Naturalists (ARMN) will be holding training this spring, beginning Feb. 26-June 11 on Tuesdays, 7-10 p.m. at Long Branch Nature Center. Four Saturday field trips (dates TBD) will be scheduled at parks around the area. ARMN will hold an open house for prospective trainees on Sunday, Jan. 13, 2019 from 1:30-3:00 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Applicants for the Spring 2019 Basic Training Class are encouraged to attend. Visit www.armn.org for an application.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Jan. 28-Feb. 2.

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: The Kennedy Center, American Ballet Theatre working rehearsal, Tuesday, Jan. 29, \$21; Maryland Live! Casino, Thursday, Jan. 31, \$9; Simulcast from Met Opera, "Carmen," AMC Hoffman Center, Alex., \$39. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Art Swap, Sunday, Jan. 27, 3-4:30 p.m., Arlington Mill. Details, 703-228-7369.

Ballroom dance instruction with professional instructor begins Monday, Jan. 28, 6:30 p.m., \$35/5 sessions, partner not necessary, Walter Reed. Register, 703-228-0955.

Madison Chess Club seeking new members, Mondays, 9:30 a.m. - 2:30 p.m., all levels welcome. Details, 703-228-4878.

Podcast followers, Monday, Jan. 28, 1 p.m., Langston-Brown. Details, 703-228-6300.

Basics of hospice care, Tuesday, Jan. 29, 11:30 a.m., Lee. Register, 703-228-0555.

Types and costs of hearing aids, Tuesday, Jan. 29, 10 a.m., Walter Reed. Register, 703-228-0955.

Snow day cooking demo, Tuesday, Jan. 29, 11 a.m., Langston-Brown. Register, 703-228-6300.

Arlington Walking Club members to visit National Zoo, D.C., January 30, 90 a.m., \$4. Register, 703-228-4771.

Arabic for beginners class, Thursdays, 11:15 a.m., Arlington Mill. Details, 703-228-7369.

DHS rep to answer questions about county's services, Thursday, Jan. 31, 10 a.m., Walter Reed. Register, 703-228-0955.

Senior Trekkers from Arlington Mill walk along the W&OD Trail, Thursdays, 9 a.m. Details, 703-228-7369.

Dr. Charles Toftoy to discuss excerpts from his new book, "Blunders: Eye Opening Mistakes in History," Friday, Feb. 1, 1p.m., Walter Reed. Register, 703-228-0955.

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What To Right About



By KENNETH B. LOURIE

Today, Jan. 12, 2019 is National Glazed Donut Day and the day after my most recent post-scan appointment with my oncologist. A day when, if I'm lucky - as I have been for the past 10 years - my world will change for the better (donut consumption notwithstanding). However, the 'world' to which I refer is one fraught with danger and offers no more guarantees than I've been accustomed to.

To invoke the late, great Rod Serling: I am now entering "The Immunotherapy Zone."

Yes, a brand new - for me - treatment protocol: new drug, new side effects, new frequency, new lifestyle/fewer hassles (potentially), and most importantly: shrinkage (possibly), of my tumors, especially my "Adams Apple" tumor, as I've come to nickname the mass just below my Adams Apple (which is sort of bothering me, if you want to know the truth).

The nature of cancer treatment as I've experienced it - and learned from my oncologist is - if the drug is working, you continue it until it isn't (sounds simple I know). When it stops working, you change as the cancer has figured out the drug's intent. (Cancer cells are smart that way.)

Generally speaking, the cancer drug doesn't start working (shrinking, stabilizing) after it has stopped working (growth). Over my nearly 10 years, I have switched drugs upwards of a dozen times.

Now, I am switching again: to Opdivo, an immunotherapy drug, a class of drugs that didn't even exist a decade or so ago when I was first diagnosed, and one that has only been approved for the treatment of lung cancer since 2015. A drug that, to quote the television advertisement: "offers a chance at longer life."

And so, Team Lourie, two-thirds of it anyway, made the decision to switch and fight. Starting this Friday, I will be infused into the great unknown.

From what my oncologist explained yesterday, aside from the possible benefits, Opdivo has some potentially unpleasant side effects. However, continuing with my present infusion drug, Alimta, now that there's been some growth, is also likely to produce some unpleasant side effects: growth and movement.

And more growth/movement is the worst side effect, relatively and comparatively speaking. So we chose a definite over a maybe. If we continue with Alimta, there will be growth - definitely (that's how cancer works). If we opt for Opdivo, maybe there won't be growth, and maybe there might even be some shrinkage (the good kind).

As for lifestyle changes, there are, according to my oncologist, some quality of life improvements as well, or at least, more weeks in the month when potentially I'll be less impacted by my disease/treatment. Which along with my quality of life has always been a concern of my oncologist.

And, without getting into the details, I'm ready for a change.

Combined with the possibility of tumor shrinkage and fewer/different side effects (some patients report few side effects from Opdivo), I wouldn't say switching to an immunotherapy drug was enticing/a "no-brainer," but it does offer an alternative of sorts. And given where I've been treated from and where I'll be treated now, I am ready for something different.

Changing drugs is always a risk though; it could improve my life or it could make matters worse, a 'worse' from which quite frankly I might not recover (do you remember my yo-yo down-the-stairs visual from a few columns ago?). And I am familiar, unfortunately, with some less-than-encouraging accounts of patients not faring so well.

I just hope there's not a hole in my thinking. Oh wait. That's a hole in my donut. No worries. I'm happy to buy the donut and I never complain about the hole. That's the trade-off. I'm hoping, given the potential benefit of Opdivo, I can likewise live/trade-off with side effects.

My philosophy has always been to take the good with the bad - and vice versa, and after almost 10 years of rolling with the punches, I see no reason to change now.

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

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