

The Arlington Connection

WELLBEING

PAGE 6

Tom Susco of Arlington finishes his quest to run a marathon or half marathon in every state and D.C. in honor of his brother Tim, raising awareness for brain aneurysms and organ donation. It took eight years to complete.

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PHOTO CONTRIBUTED

Running with Tim, For Organ Donation And Aneurysm Awareness

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Tom Susco Completes 8-Year Run

Susco ran a half- or full marathon in all 50 states to honor his brother, and encourage organ donations.

BY ASHLEY SIMPSON
ARLINGTON CONNECTION



Tim Susco

**Running
with Tim in
Wyoming**



PHOTOS CONTRIBUTED

Despite how strong we are in personality, character – or even how powerful we seem physically – we are forever at the mercy of a functioning brain, a steadily beating heart, regular blood flow, and more.

Arlington's Tom Susco understands the fragility of life all too well. Twelve years ago, his younger brother Tim – who was just 25 years old at time – unexpectedly died after an aneurysm ruptured in his brain.

"Tim's death was a complete shock to all of us," Tom recalled. "We had no idea that Tim had a brain aneurysm, and, to our knowledge, he'd never experienced any symptoms of one. So, when it ruptured and he fell into a coma, it completely hit us out of left field."

Tim Susco was a 1999 SLHS graduate. Susco ran Track and Cross Country every season of his four years at SLHS according to his brother, Tom. In August of 2007, Tim worked in Hollywood as a Key Assistant Location Manager on the television show, "Heroes." While out scouting for a location that month, Tim suffered what would be a fatal brain aneurysm.

"A few weeks before it happened, Tim seemed completely normal, happy and healthy. Then we got a call completely out of the blue that he was in a coma. Four days later, he passed away, and it created such a big void in our family. For 25 years, it was the four of us. Then all of a sudden, we lost such an integral part of our family."

As Tom, who lives in Arlington, and his parents prepared to bury their brother and son, the only thing that offered some solace to the Suscos was knowing there was something they could do to honor Tim and his selfless spirit: donate his organs and save other lives on his behalf.

"Organ donation can be a very difficult and emotional decision," Tom said. "Thankfully, when Tim and I were in high school, we discussed organ donation with our parents. So, we knew that Tim wanted to be an organ donor. Being able to respect Tim's wish to donate his organs and give the gift of life was so important. Thanks to my brother, five people received much-needed, life-saving organs that dramatically improved their quality of life. Seeing how Tim's ultimate gift helped these five people and their loved ones gave me a semblance of peace, knowing that he was able to help so many people."

In the months following Tim's death, Tom

Susco also found peace in putting one foot in front of the other – literally, running. Logging miles helped him recover emotionally and feel a bit closer to the brother he lost.

"Tim was the runner when we grew up," Tom said. "He ran track and cross-country all four years of high school. I was definitely not a runner and really wasn't into physical activity until many years later. I really didn't take up running until after he died. I took up running to be by myself, to escape the world around me and process my grief. Although I wasn't fast and didn't go far at first, the more I kept at it, my fitness improved, I became faster, I could run farther, and running became not just an activity I needed, but an activity I enjoyed."

Blending his passions, Tom was also able to use running to bring attention to organ donation. In 2011, he established a goal that would go on to define the next eight years of his life: to "run a half-marathon or marathon with Tim in all 50 states (and the District of Columbia)" – all to shed light on Tim's story.

And after crossing the finish line of the Rock 'n' Roll Half Marathon in Denver, Co. in October 2019, Tom has officially accomplished his goal.

"In May of 2011, I decided to make a goal to run at least a half-marathon in every state, plus DC, and that I would dedicate it to Tim," Tom said. "I booked my first official race in this journey in Mahomet, Illinois, in August 2011. Through it all, my primary focus has been to raise awareness for brain aneurysms and organ donation through sharing Tim's story. Setting such a big running goal has allowed me to keep a spotlight on Tim over the last eight years – not only about who Tim was as a person, but also about the hidden dangers of brain aneurysms and the benefits of organ donation."

TOM'S NATIONAL half-marathon undertaking isn't the only running he's been doing. In 2007, he and his parents established the Susco 8K run, an annual road race to



CONNECTION FILE PHOTO

Nancy and Tom Susco in Reston in 2012, cheering on race participants at the start of that year's Susco 8K race held in memory of their son, Tim Susco, who died of a brain aneurysm in 2007 at the age of 25.

raise funding for the Brain Aneurysm Foundation – a national non-profit organization that conducts life-saving research – and for the Washington Regional Transplant Community (WRTC), the organization that facilitates organ and tissue donation throughout the Washington DC-metropolitan area. These are the same organizations that have benefitted from Tim's half-marathon fundraising.

"WRTC is the federally-designated organ procurement organization for the metropolitan Washington, D.C. area," said Jecoliah Ellis, Washington Regional Transplant Community's media relations and communications manager. "It is a non-profit organization responsible for recovering and distributing organs and tissues used in life-saving and life-enhancing transplants, as well as medical research and therapy. Today, WRTC recovers kidneys, livers, lungs, the pancreas, the small intestine, the heart, the eyes, and tissues to heal patients. Currently, WRTC serves approximately 5.5 million people, 44 hospitals and six transplant centers. It also educates the public about organ, eye and tissue donation with the goal of increasing the number of registered or-

gan donors, and ultimately, saving more lives."

The Suscos carried out Tim's organ donation through Washington Regional Transplant Community's Los Angeles sister organization, One Legacy. When they returned home to Northern Virginia after their tragic ordeal, they knew they wanted to work with Washington Regional Transplant Community.

"We wanted to improve awareness of organ donation in our local community, so we began a relationship with WRTC," Tom said. "I've thought of my personal running journey as an adjunct to the Susco 8K, so I've encouraged donations to be made in conjunction with our family's race."

Through his half-marathoning, the Susco 8K, and more, Tom has done a lot for Washington Regional Transplant Community.

"We've worked hard to make Tim's race as successful as it could be in terms of financial donations," Tom said. "We've also increased our participation and activism with WRTC, by sitting on WRTC's Donor Family Council and volunteering at local awareness events. I'd like to think I've

SEE TOM SUSCO, PAGE 10

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NEWS

Encore Stage & Studio Presents 'CSI: Christmas Scene Investigators'

With a cast of 21, the Clue Club discovers the true meaning of the season.

BY STEVE HIBBARD
THE CONNECTION

Santa Claus is missing. During the last rehearsal for the annual Christmas Show, the action comes to a screeching halt when the cast discovers that the Santa Claus statue has been stolen. Mrs. Dickens calls in the Clue Club — a group of eccentric students who take mystery and detection into the realm of science. Full of surprises, the Clue Club finds they have successfully fulfilled their duty as “Christmas Scene Investigators” when they discover the true meaning of Christmas.

With a cast of 21 students in the production written by Pat Cook, Encore Stage & Studio is presenting “CSI: Christmas Scene



Encore Stage & Studio presents “CSI: Christmas Scene Investigators” from Dec. 6-15.

Investigators” from Dec. 6 to 15, 2019. The show that includes the Christmas Carols, “Deck the Halls” and “We Wish You a Merry

Christmas,” is recommended for ages 4 and older.

According to Director Amanda Nell of

Alexandria: “This show would appeal to anybody who enjoys mystery, suspense and a lot of Christmas Cheer.... We thought this show would be great for young audiences because it brings the audience in a very intimate setting to a story that has suspense and curiosity and something everybody in the audience can relate to in some way.”

She said spectators will be sitting on three sides — in a thrust formation instead of a one-sided proscenium-style. “So, it’s been very exciting to get the kids used to working in an almost 360-capacity where they’re aware of their audience being on many sides,” she said.

Erik Fagerstrom, 15 of Arlington, plays the dual roles of Scrooge and Clark. “In the beginning of the show, (Scrooge) is extremely mean and addicted to money. He’s like a workaholic. He doesn’t like Christmas at all. But then with the three ghosts visiting him, he becomes very cheerful. At the end he’s very nice and helpful,” said the Trinity at Meadowview ninth-grader.

He added: “Clark is a less important character in the show. I feel like he’s a bit of a

SEE CSI CHRISTMAS, PAGE 7

PHOTO CONTRIBUTED

Innovative Partnership to Benefit Low-Income Seniors

On Nov. 18, Culpepper Garden, an affordable housing community for low-income seniors, announced that three companies have won its first Innovation in Healthy Aging Challenge. Culpepper Garden established the Innovation in Healthy Aging Challenge through a grant from Arlington County focused on addressing the “Digital Divide” that limits low-income residents’ access to and benefits from innovative technologies.

“We were overwhelmed by the number of innovative companies who applied for the Challenge,” stated Linda Kelleher, Executive Director of Culpepper Garden. “The impressive awardees were selected from robotics, telehealth, and virtual reality companies from around the country.”

A panel of judges including Arlington County officials, health care providers, tech company CEOs, technology developers, venture capitalists, academics and Culpepper Garden residents selected finalists and awardees based on online applications and “Pitch Day” style presentations held at Arlington Economic Development offices.

“Our job as judges was difficult, as we received a number of incredible applications and innovative approaches. We made sure to focus on companies and technologies that would directly impact the health, connectivity, and needs of low-income senior citizens.” ex-



From left to right: Gavin Cornelius with Viva Vita; Carleigh Berryman of Viva Vita; Donovan Morrison with Luna Lights (on screen); Travis Washington, ARHC Board Member; and Anthony Nunez with INF Robotics.

plained one judge, Peter Kant, Culpepper Garden Board Member and Technology Company CEO.

The three awardees were selected from the seven finalists who made it through the initial application evaluations. Awardees receive \$12,000 in grant funding and will be implementing pilot programs at Culpepper Garden starting in 2020. Culpepper Garden will be evaluating the impact of these pilot programs and reporting to Arlington County on costs, benefits, implementation factors and the potential to more broadly scale these solutions to the wider low-income population.

The three awardees are:

❖ INF Robotics: RUDYTM is a fully autonomous interactive robot that directly interacts with senior citizens to improve mobility, engagement and health;

❖ Luna Lights: Providing innovative fall prevention and lighting technology helping prevent falls and quickly alerting care givers when users need assistance;

❖ Viva Vita: Bringing virtual reality experiences to retirement communities for engaging experiences that promote brain health & community fellowship in a convenient and affordable service package.



From left to right: Travis Washington, ARHC Board Member; Carleigh Berryman with Viva Vita; Gavin Cornelius with Viva Vita; and Linda Kelleher, ARHC Executive Director.



From left to right: Travis Washington, ARHC Board Member; Linda Kelleher, ARHC Executive Director; and Anthony Nunez with INF Robotics.

OPINION

Jump into the Arlington Children's (and Teens') Connection

Please send all submissions no later than Friday, Dec. 13, 2019. Earlier is better!

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

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

We ask that all submissions be digital so they can be sent through email or delivered on flash drive. Writing should be submitted in text for-

mat. Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions, but don't be limited by these:

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

Art of any type created by local young people.

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

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

Poetry or other creative writing.

Your gratitude list.

News stories from school newspapers.

Photos and text about activities or events.

Were you involved in November's elections? What did you think?

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

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

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

Please send all submissions by Friday, Dec. 13, 2019.

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

Email submissions for the Children's Connection clearly marked to mkimm@connectionnewspapers.com

Give Locally in Arlington

For tens of thousands of poor children and families in our area, uncertainty and need are distant from the celebrations and plenty that so many of us associate with this holiday period.

The holidays are about giving, and giving thanks.

The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about alleviating suffering for others.

Northern Virginia is among the wealthiest areas in the country. Many if not most of us go through our daily and seasonal routines without encountering evidence of the needy families among us.

Almost a third, 31 percent, of Arlington's 28,495 students, are poor enough to qualify for subsidized meals. Many are children living in families who may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. Some of these are children who may not be sure that they will have a meal between the meals they get in school.

School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts and plenty

that we associate with Thanksgiving and Christmas.

Hundreds of homeless students attend the public schools, and their needs are greater.

Many nonprofits in the county need your help to provide a holiday meal for Thanksgiving or Christmas, to provide children with gifts.

There are literally hundreds, probably thousands, of ways to give locally this season. Here are a few ideas. Please let us know what we have missed.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Give Locally in Arlington

❖ Arlington Free Clinic provides free, high-quality health care to low-income, uninsured Arlington County adults through the generosity of donors and volunteers. www.arlingtonfreeclinic.org 2921 11th St. South, Arlington, VA 22204, 703-979-1425

❖ A-SPAN provides services for Arlington's street homeless. Its mission is to secure permanent housing for one

of Arlington's most vulnerable populations. P.O. Box 100731 Arlington, VA 22210, 703-820-4357, www.a-span.org/ and www.facebook.com/aspan.org/

❖ Arlington Thrive provides one-time, same-day emergency financial assistance to Arlington residents facing a financial crisis, and also has programs to help prevent homelessness. 703-558-0035, www.arlingtonthrive.org

❖ Doorways for Women and Families provides services to help women out of domestic violence and homelessness toward safe and stable lives, Arlington, www.doorwaysva.org, 703-504-9400.

❖ The Arlington Food Assistance Center provides supplemental food assistance to Arlington County residents, distributes groceries to over 2,300 families every week. More than 35 percent are children. 2708 South Nelson Street, Arlington, VA 22206, www.afac.org/, 703-845-8486.

❖ Habitat for Humanity of Northern Virginia, Arlington, 703-521-9890.

❖ Arlington Partnership for Affordable Housing, collecting toys and gifts for children ages newborn-18 who call an APAH community home. These gifts will make up a holiday gift shop where parents can choose a gift for each of their children. Your donation will ensure children receive a gift during the holiday season. apah.org

❖ Northern Virginia Family Services, 571-748-2500, www.nvfs.org, Employ-

ment and job training, healthcare, housing, mental health, foster care and Healthy Families.

❖ Second Story — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182. 703-506-9191, second-story.org. Second Story (formerly Alternative House) provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children.

❖ Comfort for America's Uniformed Services (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, CFC #33011, Phone 703-591-4965, cause-usa.org

❖ Neighborhood Health Clinics www.neighborhoodhealthva.org, Improving health and advance health equity in Alexandria, Arlington, and Fairfax by providing access to high quality care regardless of ability to pay.

❖ Literacy Council of Northern Virginia, 703-237-0866, www.lcnv.org, Teaches adults the basic skills of reading, writing, speaking and understanding English.

❖ The Community Foundation of Northern Virginia works to respond to critical need and seed innovation in our

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Arlington To Honor Six Human Rights Champions

Arlington County has announced the winners of its 21st annual James B. Hunter Human Rights Award, which honors individuals, community groups, non-profit organizations, educators and businesses that promote human rights and demonstrate a commitment to and outstanding accomplishment in promoting cultural diversity and equal rights for all residents.

The award, first given in 1999, is named for former County Board member James B. Hunter, who dedicated many years of his life to helping under-served groups access government services designed to protect their rights.

This year's winners include three individuals and three community groups. For the first time, the Human Rights Commission established a new category for the Award: educators. The County Board will honor the winners at a ceremony and reception from 7-9 p.m., Thursday, Dec. 12, in the County Board Room at the Bozman Government Center, 2100 Clarendon Blvd. The winners will be presented by the Arlington County Human Rights Commis-

sion.

A reception honoring the winners will begin at 7 p.m. and the formal ceremony will follow immediately after at 7:30 p.m. The public is welcome to attend.

"The James B. Hunter Award recognizes those in our community who champion the rights of underrepresented people," said County Board Chair Christian Dorsey. "My colleagues and I are grateful to the Human Rights Commission for honoring these individuals and organizations who have worked tirelessly to ensure Arlington is safe and welcoming for everyone."

About the 2019 James B. Hunter Award Winners

INDIVIDUAL

Walter Tejada, Former County Board Member

Walter Tejada served on the Arlington County Board from 2003 to 2015. Born in El Salvador, Tejada moved to the United States at 13, and he has committed himself to enhancing Arlington's diversity and community voice. He was instrumental in establishing the Office of the Public Defender, the Arlington Non-Profit Assistance

Center, and the Community Volunteer Network. Tejada has served on county, state and regional boards, including as the first Chairman of the Virginia Latino Advisory Commission and on the Board of Directors of the national Latino civil rights and advocacy organization, UnidosUS. In 2015, Tejada became the founding president of the Virginia Latino Leaders Council.

INDIVIDUAL

Joan Trumpauer Mulholland, Civil Rights Activist

A life-long Arlingtonian and educator, Mulholland became well known in the 1960s for her work in the Civil Rights Movement. By the time she was 23, she had participated in more than 50 sit-ins and demonstrations, including the Freedom Rides, the Jackson Woolworth's Sit-in, the March on Washington, the Meredith March and the Selma to Montgomery March. An arrest during her work in Mississippi resulted in her incarceration, where she was housed on death row for nearly three months. Her work also landed her

on the Ku Klux Klan's most wanted list. Locally, she took part in sit-ins at numerous Arlington lunch counters, kneel-ins at churches, demonstrations at Glen Echo Park and organized a protest inside the White House.

EDUCATIONAL INDIVIDUAL Sean Bender-Prouty, Student LGBTQ Activist

While only in high school, Sean Bender-Prouty is a Human Rights Campaign Youth Ambassador and has sat for two years on the Youth

Council of Gender Spectrum, an organization working to create inclusive environments for all youth. Bender-Prouty was the first openly LGBTQ middle school student in Arlington when they came out as transgender in 2015, and they helped start LGBTQ Teen Magazine for LGBTQ teenagers in 2017. In 2018, they were the first openly transgender page in the Virginia Senate and spoke on a panel about

SEE HUMAN RIGHTS AWARDS. PAGE 11

Give Locally in Arlington

FROM PAGE 4

region. Please consider a 2018 year-end gift to our Community Investment Fund to support our signature grant cycle responding to critical need in the region. www.cfnova.org/for-donors/donate-now

❖ TAPS, Tragedy Assistance Program for Survivors, 3033 Wilson Blvd., Third Floor, Arlington, VA 22201, Call 24/7 800-959-TAPS (8277) The Tragedy Assistance Program for Survivors offers compassionate care and resources to all those grieving the loss of a military loved one. Make a donation to

support surviving military families and loved ones. You can also make a gift in honor or memory of a loved one. www.taps.org/donate

❖ Friends of Guest House Northern Virginia offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org, friendsofguesthouse.org/

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WELLBEING

Maintaining Peace on Earth (and at Home)

Preserving your family's wellbeing during the holidays.

BY MARILYN CAMPBELL
THE CONNECTION

For many, December will be filled with sugar-laden holiday parties, lengthy-shopping trips and long lines for a chance to sit on Santa's lap. For families that thrive on routine, holiday merriment can lead to schedule disruptions that throw a family's rhythm into disarray. Maintaining the wellbeing of both parents and children during the season takes a bit of advanced planning.

"Children, just like adults, need both energetic time and rest time embedded throughout the day," said psychologist Carolyn Lorente, Ph.D. of Northern Virginia Community College and Belle Point Wellness Center. "During the holidays, this natural rhythm can easily get disrupted."

Keep the holidays in the proper perspective and remember that the season is for a finite period of time and one's normal routine will be restored, says therapist Carol Barnaby, LCSW-C. "The biggest stress that people often have is feeling that they are being judged by others if their children are having a hard time. I tell my patients to focus on the things that they can control and remember, other people have once been in their shoes."

Providing opportunities for an emotional outlet can help with mood stabilization. "Make sure that [children] have enough outdoor play paired with quiet down time throughout their day," said Lorente. "Model for them how to find a quiet space to retreat to when things start to heat up."

When parents are able to exhibit a sense of tranquility during a period of chaos, children often mimic this emotional response. "Remain calm and stay patient," added Joanne Bagshaw, PhD Professor of Psychology Montgomery College. "Emotions are contagious, and your ability to remain calm under pressure is great role modeling for young children and can help prevent strong emotions from escalating."

When in new and unfamiliar social settings, some children need more time than others to adjust to the social demands, says Lorente. "Know your child," she said. "Some will make these transitions quite easily while many will find this challenging. Remember that our first job is to teach. And children learn best by watching how we handle the stressors of the season."

In fact, reflecting on a child's temperament can



PHOTO BY MARILYN CAMPBELL

The merriment of the holidays can disrupt a family's sense of wellbeing.

serve as a guide for parents as they navigate the impact of a disputed schedule. "This is a time to go with what you know about your child," said psychologist Stacie Isenberg Psy. D. "Some kids can push bed-

time and sugar every so often, with little to no negative effects. If this describes your child, stay later than usual and enjoy the special occasion. If this is not your child, you and your child are likely to become miserable by pushing the limits that night and very likely the next day or maybe two."

Returning to normalcy as often as possible can preserve a family's wellbeing during the holiday season, suggests Jerome Short, Ph.D., professor of psychology at George Mason University. "Maintain household routines leading up to holiday events, such as regular meal, play, and bed times for children," he said. "Plenty of sleep, including naps, helps children with their attention spans, mood regulation, and self-control of their

"The biggest stress that people often have is feeling that they are being judged by others if their children are having a hard time. I tell my patients to focus on the things that they can control and remember, other people have once been in their shoes."

— Carol Barnaby, LCSW-C


behaviors,"

"Put limits around bedtime and sugar consumption that match your child's physiological and emotional abilities and you'll all have the best experience," added Isenberg.

Nutrition plays a role in mood and behavior especially during the holidays. "Keep some protein heavy snacks handy, like cheese sticks, or nuts if your child doesn't have allergies," said Bagshaw. "Snacks filled with protein can help stabilize blood sugar, and young children's moods."

Explaining to a child what they can expect at holiday event can mitigate meltdowns. "Make a plan with your partner and set realistic expectations on how long you will stay at events," said Barnaby. "This is often the best thing couples can do to manage stress and frustration that leads to conflict. Take turns in managing the children so that each of you can have some fun."

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‘CSI: Christmas Scene Investigators’

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nerd. He’s kind of artistic and really into theater. He seems to be one of the more popular kids; he hangs out with the jocks in the school.”

Madeline Florio, 13 of Arlington, plays the role of Bing. “Bing is a member of the Clue Club so he’s interested in solving mysteries and he’s really into the history. There’s a part in the show where he quotes books from memory. So, he’s a bit of a history nerd. He’s the oldest member of the Clue Club and unofficial leader,” said the Dorothy Ham Middle School eighth-grader.

She added: “At its heart, (the play) is a Christmas show. So, appreciating the Christmas spirit — it’s a holiday about giving and spending time with your family.”

Elena Wear, 11 of Alexandria, plays the role of Mrs. Liles who doesn’t like kids. “She enjoys being alone. She’s a very independent woman. She doesn’t like her job and only does it for the money. She’s very secretive,” said the George Washington Middle School student.

She added: “When people look at Mrs. Liles, they think she’s a mean person. I read the script and wanted to dig deeper and make sure that she wasn’t just a mean person but that she had a reason for it.”

Brady Knott, 10 of Arlington, plays the role of Mr. Crunge. “He’s very strict; he seems heartless — the students fear him whenever he’s around. They talk behind Mr. Crunge’s back but I like to think of him as a hawk. He practically has eyes behind his head. He’s very observant,” said the McKinley Elementary School fifth-grader.

He added: “When I first got this role, I seriously thought I was going to get one of the student roles. I didn’t think I was going to get such a big role. I knew from the start that it was going to be a challenge to play him.”

Encore Stage & Studio is presenting “CSI: Christmas Scene Investigators” from Dec. 6 to 15, 2019. Show times are Fridays, Dec. 6 and 13, 2019 at 7:30 p.m.; Saturdays, Dec. 7 and 14, 2019 at 11 a.m. and 3 p.m.; and Sundays, Dec. 8 and 15, 2019 at 3 p.m. Tickets are \$15/adults; \$12/children, students, military and seniors. Visit the website: <https://www.encorestageva.org>.



PHOTOS BY STEVE HIBBARD/THE CONNECTION

Erik Fagerstrom plays Scrooge in rehearsal during “CSI: Christmas Scene Investigators.”



The cast of Encore Stage & Studio’s “CSI: Christmas Scene Investigators” rehearses a scene.

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We didn’t inherit the earth from our parents. We’re borrowing it from our children.

—Chief Seattle (1788-1866) Suquamish/Duwamish chief

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HOLIDAY ENTERTAINMENT

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

ONGOING

Historical Holiday Exhibit. Now thru Feb. 1, 2020, from 1-4 p.m. At Arlington Historical Museum, 1805 South Arlington Ridge Road, Arlington. Visit the Arlington Historical Museum to see the annual holiday exhibit, this year featuring promotional items that local Arlington businesses gave away to customers to encourage customers to spend money. "Gimmes" were useful, fanciful, or designed to be constantly on display or carried by the customer. Often the gimme had little to do with the business or product. The exhibit contains items from the beginning of the 20th century to modern objects. Visit free during museum hours: Fri.-Sun. 1-4 p.m. Visit the website: <https://arlingtonhistoricalsociety.org>

Visions 2019, Student Art Exhibition Grades 9-12. Now through Dec. 7. At Cody Gallery, 1000 North Glebe Road, 2nd Floor, Arlington. Sponsored by Marymount University Department of Fine Arts and School of Design, Arts, and Humanities. The Cody Gallery presents the juried high school student exhibition "Visions 2019." The show highlights high school talent from the City of Alexandria, and Arlington and Fairfax counties. Juried by the former Director of the Cody Gallery. Email cgallery@marymount.edu or call 703-908-7782.

Musical Theatre & Movement. Through Dec. 14, 11 a.m. to 12 p.m. At Arlington County Cultural Affairs Building, 3700 S. Four Mile Run Drive, Arlington. Musical Theatre and Movement is a youth dance class open to ages 6-11. In this class, students will work with music from popular musicals. The group will develop characters and a simple storyline. Tuition: \$105 for 6 class session. Visit the website: <https://www.janefranklin.com/classes>

Re/Seen Photography Exhibit. Through Dec. 21, 12-5 p.m. At Fred Schnider Gallery of Art, 888 N. Quincy Street, Suite 102, Arlington. Re/Seen: Photographs by Jason Horowitz presents a "then and now" collection of work representative of how the artists' interests in abstraction and representation have continued throughout his career as the technology he uses to create the work has evolved. The exhibit shows Horowitz's earlier still-life photographs which resemble underwater space scenes. Inspired by his pet fish in their aquariums, micro-photography, among other things, Horowitz suspended plants and flowers in gelatin as if they were trapped in amber. Visit the website: www.fredschnidergalleryofart.com

Art Exhibit: Borrowed from Dust. Through Dec. 22, Wednesday-Sunday, noon-5 p.m. (or by appointment) at Arlington Arts Center, 3550 Wilson Blvd. Solo exhibition of new work by AAC resident artist Marissa Long. This exhibition is Long's first solo show in AAC's Wyatt Resident Artists Gallery. Borrowed from Dust is a meditation on memory, loss, and impermanence. Visit www.arlingtonartscenter.org or call 703-248-6800.

Regional Biennial: Assembly 2019. Through Dec. 22, Wednesday-Sunday, noon-5 p.m. (or by appointment) at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center is pleased to announce Assembly 2019, AAC's inaugural regional biennial. This new



The Historical Holiday Exhibit will be up through Feb. 1, 2020 at the Arlington Historical Museum.

Historical Holiday Exhibit

Now thru Feb. 1, 2020, 1-4 p.m. At Arlington Historical Museum, 1805 South Arlington Ridge Road, Arlington. Visit the Arlington Historical Museum to see the annual holiday exhibit, this year featuring promotional items that local Arlington businesses gave away to customers to encourage customers to spend money. "Gimmes" were useful, fanciful, or designed to be constantly on display or carried by the customer. Often the gimme had little to do with the business or product. The exhibit contains items from the beginning of the 20th century to modern objects. Visit free during museum hours: Fri.-Sun. 1-4 p.m. The exhibit will be up through January 2020. Free parking. Visit the website: <https://arlingtonhistoricalsociety.org>

exhibition program will explore current material and conceptual trends among artists in the region, and will feature work by young and emerging artists alongside new work by artists with longstanding connections to the Mid-Atlantic region and its art scenes. Visit www.arlingtonartscenter.org or call 703-248-6800.

A Chorus Line. Through Jan. 5, 2020. At Signature Theatre, 4200 Campbell Ave., Arlington. Winner of nine Tony Awards and the Pulitzer Prize, overflowing with sensational ballet, tap and jazz dance numbers, this non-stop showcase features the acclaimed songs "At the Ballet," "The Music and the Mirror," "What I Did for Love" and more. Visit www.sigtheatre.org.

Forty+ Dance Project. Through Jan. 14, 2020, 11:30 a.m. to 1:30 p.m. At Theatre on the Run, 3700 S Four Mile Run Drive, Arlington. Cost is \$160. Forty+ Project is an eight week series of creative rehearsals to develop new dance work. Directed by professional dance choreographer, Carly Johnson, Forty+ celebrates the collective creativity of people past the age of 40. Forty+ is frequently seen in concerts presented by Jane Franklin Dance and for organizations serving older adults. This project culminates with a performance at Theatre on the Run on Jan. 25, 2020. The project is open to people of all physical facilities. No previous performance experience is necessary. Visit the website: <https://www.janefranklin.com/adult-dance/forty-plus>

Holidays and Christmas

NOW THRU DEC. 24

Festival of the Trees. At Fashion Centre at Pentagon City, 1100 S. Hayes Street, Arlington. Will include a variety of Christmas trees decorated by local nonprofits, including Arlington Food Assistance Center, Animal Welfare League of Arlington, Doorways for Women and Families, Arlington Artists Alliance, District Veteran Braintrust, Simon Youth Foundation, Susan G. Komen and the White House Historical

Association. Every Saturday from 5-7 p.m. a different charity will be featured where guests can meet with organization representatives, warm up at the hot chocolate station, create cheerful crafts, enjoy live music and more. Visit simon.com/fashioncentreatpentagoncity

WEDNESDAY/DEC. 4

Rosslyn Cheer. 11 a.m. to 7:30 p.m. At Central Place Plaza, 1800 N. Lynn Street, Arlington. Gather 'round the glow of the tree lighting ceremony in Rosslyn. During the afternoon, from 11 a.m. - 1:30 p.m. H-B Woodlawn choir will sing carols while they give cookies to those who turn in an article of clothing for the annual A-SPAN Clothing Drive. Cookies will also be on sale. Come back at 5 p.m. when a local band starts playing your favorite holiday tunes. The H-B Woodlawn Choir returns at 6 p.m. when they officially light the tree. This will coincide with the lighting of string lights on the tops of buildings across the Rosslyn skyline. The band plays tunes from 6:30 - 7:30 p.m. while you enjoy our mobile bar and food truck offerings. Visit the website: <https://www.rosslynva.org/>

FRIDAY/DEC. 6

Christmas with the Washington Men's Camerata. 8-9:30 p.m. At the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington. A Washington-area tradition for over 35 years, WMC presents Christmas with the Camerata. Enjoy perennial holiday classics, along with new and inventive arrangements of some of your favorite songs of the season. These concerts are perfect for the whole family, so join us to get your December off to a beautiful and festive start. Cost is \$25. Visit the website: www.camerata.com

WEDNESDAY/DEC. 11

Gingerbread Design and Creative Cocktails. 5-8 p.m. At Ritz Carlton, Ambassador Room, 1250 S. Hayes Street, Arlington. Sleigh Belles Extravaganza Expand your creativity with gingerbread decoration as well as creative spirits (cocktails) of the season. Festive hors d'oeuvres and wines round out the evening. Enter the raffle drawing for a chance to win a gift basket or a complimentary

stay. Sleigh Belle attire encouraged. Cost is \$99. For reservations or information, contact Analili.Kilroy@RitzCarlton.com or 703- 412-2721.

SATURDAY/DEC. 14

GRUMP Holiday Market. 11 a.m. to 4 p.m. At Crystal City Shops, 2100 Crystal Drive, Arlington. GRUMP is back for its 9th year. At GRUMP you can shop local from 50 artists and makers, stop for a photo op with one of our many Yetis, and participate in our full day of creative workshops. Free. Visit the website: <https://www.crystalcity.org/do/grump>

NCE Holiday Concert. 7:30 p.m. At Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington. The NCE Holiday Cheer Concert will bring the finest classical

masterpieces and holiday favorites together for the whole family. Featuring 2019 NCE Outstanding Young Artist Award Winners Michael Chen, 13, first prize; Tucker Stone, 16, second prize; and Daniel Chen, 15, third prize. They will join the ensemble to perform the music of Mozart, Granados, Prokofiev and Gershwin. Holiday Cheer features artistic director/violinist Leo Sushansky, Natasha Dukan(piano), Jorge Orozco (violin), Uri Wassertzug (viola), Sean Neidlinger (cello) and Patrick D.McCoy (tenor). The concert will be followed by a wine and cheese reception. Tickets: \$36 Adult / \$18 Student.

Events in Alexandria

FRIDAY-SATURDAY/DEC. 6-7

The Scottish Christmas Walk Weekend. At various Old Town Alexandria locations. The Campagna Center presents the 49th Annual Scottish Christmas Walk Weekend and Parade. The parade is Dec. 7 at 11 a.m. and begins at St. Asaph and Wolfe Streets and concludes at Market Square with a massed band concert. Admission: Free for parade and Heather and Greens Sales; \$180-\$290 for Taste of Scotland; \$40 for Holiday Home Tours. In 1749, the City of Alexandria was officially established by three Scottish merchants and named after its original founder, John Alexander, also of Scottish descent. Through your support of the events of The Scottish Christmas Walk Weekend, you provide vital support to Campagna Center programs that serve more than 2,000 children, teens, and adults throughout the year. Visit the website: <https://www.campagnacenter.org/scottishwalkweekend>

SATURDAY/DEC. 7

Boat Parade of Lights. Parade begins at 5:30 p.m.; Dockside festivities 2 to 8 p.m. At Waterfront Park, 1 King Street, Alexandria. Parade viewing areas: Founders Park (351 N. Union St.), Alexandria City Marina (0 Cameron St.), Waterfront Park (1 King St. and 1A Prince St.), Point Lumley Park (1 Duke St.), Shipyard/Harborside Park (1 Wilkes St.), Windmill Hill Park (501 S. Union St.)

SEE CALENDAR, PAGE 9



The Gingerbread Design and Creative Cocktails event takes place at the Ritz Carlton Pentagon City on Wednesday, Dec. 11.

Gingerbread Design and Creative Cocktails

Wednesday/Dec. 11, 5-8 p.m. At Ritz Carlton, Ambassador Room, 1250 S. Hayes Street, Arlington. Sleigh Belles Extravaganza: Grab your gal pals and expand your creativity with gingerbread decoration as well as creative spirits (cocktails) of the season. Festive hors d'oeuvres and wines round out the evening. Enter the raffle drawing for a chance to win an exquisite gift basket or a complimentary stay. Sleigh Belle attire encouraged. Cost is \$99. For reservations or information, contact Analili.Kilroy@RitzCarlton.com or 703- 412-2721.

HOLIDAY ENTERTAINMENT

FROM PAGE 8

- and Ford's Landing Park (99 Franklin St.). Admission: Free; \$ for food/drink and some activities.
- Visit AlexandriaVA.com/boatparade Schedule in Old Town (2 to 8 p.m.)
- ❖ Holiday music and giveaways from 97.1 WASH-FM
- ❖ Letters to Santa postcard station from Penny Post
- ❖ Holiday ornament activity from AR Workshop Alexandria (2 to 4 p.m.)
- ❖ Bookmark making station from Old Town Books (4:30 to 8 p.m.)
- ❖ Torpedo Factory Art Center Holiday Festival
- ❖ Santa arrives by fireboat at the Alexandria City Marina (3:30 p.m.)
- ❖ Alexandria Holiday Boat Parade of Lights begins (5:30 p.m.)

Arlington Calendar

WEDNESDAY/DEC. 4

Northern Virginia Bird Club Walk. 8:30 - 11 a.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Join members of the Northern Virginia Bird Club for informal walks through Glencarlyn Park in search of resident and migratory birds. Experienced and beginning birders welcomed. Bring binoculars and field guides if you have them. Call 703-228-6535.

FRIDAY/DEC. 6

Outer Space Storytime. 10:30-11 a.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ages 2 and up. Register child only, but caregivers must attend. Blast off with stories that are out of this world. Call 703-228-6535.

DEC. 6-15

"CSI: Christmas Scene

Investigators." At Gunston Arts Center — Theatre Two, 2700 S. Lang Street, Arlington. Santa Claus is missing. During the last rehearsal for the annual Christmas Show, the action comes to a screeching halt when the cast discovers that the Santa Claus statue has been stolen. Mrs. Dickens calls in the Clue Club — a group of eccentric students who take mystery and detection into the realm of science. Full of more surprises than a fruitcake, the Clue Club finds they have successfully fulfilled their duty as "Christmas Scene Investigators" when they discover the true meaning of Christmas. Show times are Fridays, December 6 and 13, 2019 at 7:30 p.m.; Saturdays, December 7 and 14, 2019 at 11 a.m. and 3 p.m.; Sundays, December 8 and 15, 2019 at 3 p.m. Recommended for ages 4 and older. Tickets \$15 for Adults, \$12 for Children, Students, Military, and Seniors. Group discounts are available. Tickets are available online at www.encorestage.org or by calling the box office at 703-548-1154.

SATURDAY/DEC. 7

Fort C.F. Smith Park Walking

Tour. 9 - 10 a.m. At Fort C.F. Smith, 2411 24th Street, N, Arlington. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Fort C.F. Smith was one of the last Union forts built to protect Washington during the Civil War. We'll learn about the park's history, the role of the fort and the soldiers stationed there in the Civil War. Dress for the weather. Terrain will be uneven and possibly muddy. Call 703-228-4775.

Alternative Gift Fair. 10 a.m. to 2 p.m. At Arlington Science Focus School, 1501 N. Lincoln Street, Arlington. Family-friendly event with crafts, snacks, live music offering shoppers a chance to buy loved ones "alternative gifts" benefiting up to 18 nonprofit organizations. With special

kid's shopping experience where all gifts are \$5. Visit the website: <http://giftsthatgivehope.org/arlington/>

Pentagon MMA Annual

Extravaganza. 10 a.m. to 2 p.m. At Pentagon Mixed Martial Arts, 1041 S. Edgewood Street, Arlington. Free community event includes photos with Santa; holiday snacks; face painting; kids' activities; discounts on memberships, personal training and merchandise.

Guerilla Gardening in Your Yard.

10 a.m. to 12 p.m. At Walter Reed Community Center, 2909 16th Street South, Arlington. See your yard anew through fresh, guerilla gardening eyes. Learn how those difficult, abandoned, or underutilized parts of your yard can be transformed into successful garden spaces that provide natural beauty, healthy foods, and important support for pollinators and other beneficial insects. This class is offered by Extension Master Gardeners. Free. Call 703-228-6414 or email mgaralex@gmail.com.

Winter Wonderland.

12-3 p.m. At Columbia Pike Park, Columbia Pike, Arlington. Hosted by Penrose Square. Come celebrate the holiday season with the Columbia Pike community. Live band, ballet dancers, food trucks, local artisans, Santa.

Indigo Dying Workshop.

1-3 p.m. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. During this two-hour natural dying workshop, participants will learn about the indigo plant as well as the process behind extracting the celebrated blue color. Come learn about a variety of folding techniques, including the traditional shibori method. Everyone will get a chance to dye their very own beautiful blue piece that can be used as a wall hanging or wearable bandanna. Cost is \$65.

Holiday Wreath Workshop.

1-4 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Adults. Using all-natural items, we'll create some delightfully decorative crafts you can use to spruce up your home or give as special gifts. We'll provide music, refreshments, basic instruction and enough materials for each participant to make at least two wreaths. Participants should bring hand pruners or wire cutters and any extra materials or special decorations you may wish to add. Cost is \$30. Teens ages 12 and up are welcome but must be accompanied by a registered adult. Call 703-228-6535.

Fort Ethan Allen Park Walking

Tour. 2 - 2:45 p.m. At Fort Ethan Allen Park, 3829 N. Stafford Street, Arlington. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Fort Ethan Allen was built by the Union Army in September 1861 to command the approach to Chain Bridge and has the most extensive remaining features of any Civil War fort in Arlington. We'll explore the earthworks and discuss how and why the fort was built. Dress for the weather. Terrain will be uneven and possibly muddy. Call 703-228-4775.

Fort Scott Park Walking Tour.

4 - 4:30 p.m. At Fort Scott Park, 2800 Fort Scott Drive, Arlington. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Built by the Union Army in 1861, this fort had a commanding view of the Four Mile Run Valley and protected approaches to Washington from the south. Explore the remaining earthworks while we discuss how and why the fort was built. Call 703-228-4775.

SUNDAY/DEC. 8

Forest Meditation Walk.

12 - 2 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Adults. Inspired by the Japanese Shinrin-yoku, or "Forest Bathing", we will explore the forest through a



Michael Chen (13)



Tucker Stone (16)



Daniel Kim (15)

The NCE Holiday Concert will be held Saturday, Dec. 14 at the Unitarian Universalist Church of Arlington.

NCE Holiday Concert

Saturday/Dec. 14, 7:30 p.m. At Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington. The NCE Holiday Cheer Concert will bring the finest classical masterpieces and holiday favorites together for the whole family. Featuring 2019 NCE Outstanding Young Artist Award Winners Michael Chen, 13, first prize; Tucker Stone, 16, second prize; and Daniel Chen, 15, third prize. They will join the ensemble to perform the music of Mozart, Granados, Prokofiev and Gershwin. Holiday Cheer features artistic director/violinist Leo Sushansky, Natasha Dukan (piano), Jorge Orozco (violin), Uri Wassertzug (viola), Sean Neidlinger (cello) and Patrick D. McCoy (tenor). The concert will be followed by a wine and cheese reception. Tickets: \$36 Adult / \$18 Student.

meditation style walk. This is a two-hour class that will take participants off the beaten path and move slowly, experiencing the forest through our senses with meditation. Participants should be ready to sit on the ground and be outside rain or shine. Call 703-228-6535.

Winter Wonderland Drive 2019. 2-6 p.m. At Arlington Mill Community Center, Room 421, 909 S. Dinwiddie Street, Arlington. Special Event in support of AFAC, A-SPAN and DOORWAYS hosted by The Mike and Claudia Webb Team. Pictures with Santa Claus, arts and crafts, food and more. Free. They ask you bring non-perishable food items, new or gently used item of clothing to donate to the charities. Visit mikewebsteamspecialevents.com.

Notable Nature. 3 - 4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. Join us for lessons in nature journaling and sketching. We'll construct our own nature journals, hone our writing and drawing skills and talk about the season while hiking. Call 703-228-6535.

¿Como Se Dice? Bilingual

Campfire. 5 - 6 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 3 and up. Register children and

adults; children must be accompanied by a registered adult. Learn a few animal terms in Spanish and English while you meet our live animal friends in this bilingual campfire. Call 703-228-6353.

Messiah Sing-Along. 7:30 p.m. At St. Peter's Church, 4250 N. Glebe Road, Arlington. Come sing and enjoy the live orchestra with soloists and the St. Peter's Choir. Admission is free, no tickets are needed. (Contributions are greatly appreciated to help defray the cost of hiring the orchestra and renting the harpsichord.) Admission is free, no tickets required.

TUESDAY/DEC. 10

Mah Jongg Lessons. 1-4 p.m. At Temple Rodef Shalom, 2100 Westmoreland Street, Falls Church. Three-session classes for beginners. Register now. Send checks made out to WoTRS: Temple Rodef Shalom, ATTN: Iva Gresko, 2100 Westmoreland St., Falls Church, VA 22043. Include email and telephone numbers. Cost of \$98 includes three sessions (nine hours) of lessons. Includes needed card and needed handouts. Contact Iva Gresko: iva.gresko@gmail.com.

Calista García Live. 6 p.m. At The Kennedy Center, F Street, Washington. Nashville artist, and 2019 HB Woodlawn grad, Calista García returns for her homecoming

performance at The Kennedy Center. Free. Garcia, who was featured on "The Voice" last season, and served as a 2019 Strathmore Artist in Residence, released her debut EP "Wild Woman" in April, including the single "Stuck in Your Head."

Conversations with Abner Mikva.

7:30-8:30 p.m. At Arlington Public Library, 4200 Campbell Ave., Arlington. This veteran political reformer and liberal reflects on the world as it is was, how it's changed, what it means, and what really matters. Speaking in no uncertain terms, but with an unerring instinct for the comic, Mickva has something to say and something well worth hearing about his bouts with the Daley political machine, the NRA, and the Nazis who marched in Skokie. Visit <https://arlingtonva.libcal.com/event/6014630>

WEDNESDAY/DEC. 11

Cold-blooded Afternoons: Snakes.

3:30-4:30 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Ages 5 to 12. Come on over to the nature center to discover some cold-blooded creatures on a cold afternoon. Snakes are amazing predators, capturing their food without any legs. Discover how different snakes catch and eat their prey. Meet a live snake up close and watch it eat. Call 703-228-3403.

WEEKEND 1
December 6th through December 8th

WEEKEND 2
December 13th through December 15th

WEEKEND 3
December 20th through December 22nd

www.delrayartisans.org/event/holiday-market-2019

Legals

PUBLIC NOTICE

AT&T proposes to replace an existing 32' light pole with a new 34' light pole and install a top-mounted antenna at 39.3' at 1301 N Veitch St, Arlington, VA (20191705). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

Legals

PUBLIC NOTICE

AT&T proposes to replace an existing 38' light pole with a new 38.5' light pole and install a top-mounted antenna at 43.7' at 4289 Fairfax Dr, Arlington, VA (20191708). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

Legals

ABC LICENSE

EAMR LLC trading as Bracket Room, 1210 N Garfield St., Arlington, VA 22201-6814. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises/Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Eric Rose, Managing Member. 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.

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

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HOURS

Fri, Dec 6: 10 am - 6 pm
Sat, Dec 7: 10 am - 6 pm
Sun, Dec 8: 11 am - 4 pm

ADMISSION

Tickets are Good all 3 days
Adult At Door: \$8, Online: \$7*,
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FRIDAY ONLY SENIOR AT DOOR: \$5
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News

Tom Susco Completes 8-Year Run

FROM PAGE 2
brought light, at least in my community, to the hidden dangers of brain aneurysms as well as the benefits of organ donation and giving the gift of light.

"Over the past 12 years of Tim's race, our family has raised over \$500,000, which was split between brain aneurysm research and organ donation community awareness programs."

Tom has gotten a lot of fulfillment from the charitable work they've done. His efforts have certainly meant a lot to the Washington Regional Transplant Community, too.

"WRTC is grateful that Tom had the brilliant idea to participate in marathons as a platform to raise awareness about the crucial importance of registering to be an organ, eye and tissue donor," Ellis said. "The impact that Tom has made sharing the donation message in each of the 50 states is immeasurable. Running in memory of his brother Tim, who saved several lives as an organ donor, is such a meaningful way to honor Tim and keep his memory alive."

When he first set out to run with Tim in all 50 states, it was impossible to predict everything he would achieve – especially not with regard to the bond he still feels that he has with his brother.

"As cliché as it sounds, the best part of running all 50 states was the journey, and not the end goal," Tom said. "So, it quickly became not about finishing this goal as quickly as I could, but instead about enjoying the journey and picking the best races to run, in the most fun places to travel. This was about sharing an experience with Tim that I never was able to share with him while he was living. He was with me every step of the way, celebrating and enjoying the highest of the highs and motivating and pushing me through the lowest of the lows."

Tom found himself channeling his late brother many times over the last eight years.

"TIM STUDIED FILM and media arts in college – a field so different from the jobs that anyone in my family ever had," Tom said. "Tim worked hard to move up in the tough business of television and film production, and when he knew that the only way to reach his goals was to move to Los Angeles, he packed up and moved, knowing barely anyone there who could help him. It's that drive, determination, shoot-for-the-stars mentality that he has given me throughout this journey."



Running with Tim in Nebraska



Family Portrait



Both Tim and Tom attended South Lakes High School and Tim ran cross country there.

Now, with more than 668.1 race miles in his rearview mirror, Tom is not spending his holiday season plotting his race schedule for the next year.

"This is the time of year that I typically would plan out next year's race calendar, so it's a little weird to have nothing planned – at least nothing set in stone quite yet," Tom said. "For eight years, I've had this checklist to follow and there are only so many ways you can schedule races in six to seven states a year. For example, Alaska only holds half-marathons a few months a year."

"This is an opportunity to begin a new chapter. I have the flexibility to run bucket-list races, to revisit a state or rerun a race I en-

joyed, or even run internationally."

While Tom is taking a break from the half-marathon distance, he will not be easing up on his work with Washington Regional Transplant Community.

"My involvement with WRTC will assuredly continue," he said. "My particular focus is to improve community awareness of the benefits of organ donation. My parents and I will certainly be volunteering at local awareness events and sharing Tim's story as much as we can."

For the information you need to make a legal and informed decision about becoming an organ donor, visit Washington Regional Transplant Community's website, BeADonor.org.

PHOTOS CONTRIBUTED

Human Rights Awards

FROM PAGE 5

non-binary identities at the 2018 Time to THRIVE Youth Conference.

EDUCATIONAL GROUP

Black Parents of Arlington

Black Parents of Arlington (BPA) works to improve the lives and education of black children in Arlington by eliminating race-based discrimination and implicit and explicit bias and ensuring the health and well-being of all children in Arlington, regardless of race or ethnicity. This past year, Black Parents of Arlington compiled data about disparities between black and white students in Arlington Public Schools and sought to highlight the systemic inequalities causing these disparities. Black Parents of Arlington proposed solutions for mandatory implicit bias training for teachers, hiring more teachers of color, closing achievement or opportunity gaps, and addressing discipline disparities.

COMMUNITY GROUP

Arlington League of Women Voters

The Arlington League of Women Voters (LWV) is a nonpartisan organization that is committed to producing positive change in Arlington, with a focus on three major issues: voter registration, voter education and gerrymandering/fair redistricting. This year, the organization teamed with the local DREAM Project to support local DREAMers and DACA recipients and applicants. Arlington LWV also sponsored Voter Registration for People with Disabilities Week with the ENDependence Center of Northern Virginia and partnered with Challenging Racism, an Arlington nonprofit, and Virginia Humanities for an interactive program on the Federal Housing Administration's discriminatory practices in denying loans to Black homebuyers before the enactment of the Fair Housing Act.

COMMUNITY GROUP

Ethiopian Community Development Council

The Ethiopian Community Development Council (ECDC) was established in 1983 as a non-profit, community-based organization to serve the growing Ethiopian community. ECDC serves refugees and immigrants from diverse cultural backgrounds while maintaining a focus on African newcomers. ECDC has a critical combination of experience as a direct service provider, a national voluntary agency, and advocate committed to empowering newcomers to become self-sufficient and active participants in their communities. It runs a national refugee resettlement program authorized by the U.S. State Department and manages the African Community Center in DC, which facilitates many of the direct service programs. Since its inception, ECDC has served more than 135,000 people.

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An expert is someone
who knows some of the worst mis-
takes that can be made in his subject
and how to avoid them.
-Werner Heisenberg

False Sense of Security



By KENNETH B. LOURIE

I never want to look a gift-oncologist in the mouth or take a "stable"-type CT scan with a grain of salt, however; self-preservation is a funny instinct. It can change from day to day (heck, even hour to hour) and dominate your pre-occupation or intrude your thinking not at all. You can rationalize away the good, bad or indifferent (results) or irrationalize away the less-than-expected or the more-than-anticipated. Results from lab work and/or diagnostic scans are the axis on which your entire life revolves. You either roll with the punches or you get knocked down by them. For a cancer patient, the punches often keep coming.

The punches thrown in my direction occur bi-weekly when I have my pre-immunotherapy lab work for my every-other Friday 30-minute opdivo infusion. (Although the actual lab work and even the infusion is more of a jab.) The left hook/right cross combination occurs quarterly. That's when I slide through the computerized tomography scan and wait for results (as I had been for most of the last week). Since I have generally been asymptomatic - other than for miscellaneous side effects from the various medicines with which I've been infused, the tale of the tape, to continue the boxing references, happens when my oncologist emails the radiologist's report to me with a brief sentence summary: "a little worse" (this time), "stable," or something less discouraging that needs to be discussed at our next face-to-face appointment which generally is scheduled a week or so after the previous week's scan.

Regardless of what these mostly cryptic emails have said, until I hear exactly what my oncologist says, I am neither too high or too low. Granted, hearing "stable" is extremely encouraging whereas "a little worse, not so much. Nevertheless, the fight goes on. Cancer treatment is a series of actions and reactions (punches and counter punches, you might even say) so depending on how one's body reacts, determines what action is recommended. I am living proof, literally. Over my nearly 11 years of treatment, I have been infused with upwards of a dozen different medicines. Once one treatment loses its luster, we change to another hoping it will be more effective, and so on. It's science, not arithmetic. As such, any guarantees left the building with Elvis.

Being a cancer patient is not for everybody. One has to make the most of the least. It's easy to let the hard facts make you soft. Unless you find a way to be up, the cancer will take you down. Somehow, even when it's doing the worst to you, you have to be at your best. Being positive generates positivity in return. When I look at people, I try to smile so that they'll smile back (I'm being selfish, really). Do you remember George Costanza describing the look of disappointment on his mother's face when he told her he wanted to play the accordion? Like that, only the complete opposite.

When I interact with people, I don't want them to feel "poor, poor, pitiful me" to quote Warren Zevon from his song first sung in 1976. And I don't want them to see cancer either. I want them to see everything about me. I may be diagnosed with a terminal form of cancer: stage IV, non-small cell lung cancer, but I don't want to be defined by it. Just because I'm living with cancer doesn't mean it's who I am. It's what I have, that's all.

And what reminds most me that I have cancer and what challenges my reactions to it more than anything, is when I have these quarterly CT scans (and the annual MRI, too). As much as I try to fend off the possible effect on my mortality (my true sense of insecurity), I'd be lying if I said I was always successful. In truth, I'm always worried about it. How could I not be? I guess I'm not quite ready to throw in the towel. I suppose that means, regardless of what my oncologist says at our next meeting, I'm still ready to live and fight another day.

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

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