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**Arlington**  
Connection



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Marymount University students  
Ashley Yuan and Amy Brinckman had  
their hands full helping students  
recycle newspaper at the STEAM/  
Science Fair at Fort Belvoir Elemen-  
tary School in Fairfax County.



## NEWS

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Dr. Eric Bubar, an assistant professor of physical sciences at Marymount University, wowed students with electricity demonstrations at the STEAM/Science Fair at Fort Belvoir Elementary School.

PHOTO BY  
KAREN TATE

## Fun with Science

**Marymount University volunteers inspire awe at elementary science fair.**

The students at Fort Belvoir Elementary School in Fairfax County weren't the only ones inspired by Thursday night's STEAM/Science Fair. Marymount University's Gianna Fogelbach was inspired as well.

"Working with these children reminds me of why

I'm doing what I'm doing," said Fogelbach, a senior from Germantown, Maryland. "They're so engaged and serious and ask incredibly intelligent questions. It's not only fun for them but it's obvious that they truly want to better their understanding of science."

Fogelbach was one of 70 MU education majors who helped out with 15 different hands-on activities related to STEAM (Science, Technology, Engineering, Art/Design and Math). More than 500 children, parents and other family members packed the school's gym for the fifth annual event from 6 to 7:30 p.m.

SEE FUN WITH, PAGE 5

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## Arlington Uninsured Lack of expansion taints Affordable Care Act anniversary.

BY VERNON MILES  
THE CONNECTION

**N**ational and Virginia leadership's planned celebration of the five-year anniversary of the passage of the Affordable Care Act quickly became a discussion of the program's outreach failings and concerns following Virginia legislature's decisions not to expand the program.

Federal and state officials met at the Arlington Mills Community Center on Monday, March 23, for a round table discussion led by Sylvia Burwell, U.S. Secretary of Health and Human Services, Gov. Terry McAuliffe, and U.S. Rep. Don Beyer (D-8).

Much of the panel's conversation centered around the Feb. 8 decision in both the state House and Senate budget not to include Medicaid expansion in the 2015 budget, meaning that anyone making less than \$11,670 annually will not qualify for subsidies to buy health coverage.

"We're working very hard to close the coverage gap," said McAuliffe. "It is the right thing morally, socially, and economically."

The panelist heard from healthcare leaders across the state who expressed concerns about the legislature's decision not to expand ACA benefits. McAuliffe attributed the legislature's decision not to pursue ACA expansion to factionalism within the Republican Party.

"We have to get through the electoral pro-



**U.S. Rep. Don Beyer (left), Gov. Terry McAuliffe (center), and U.S. Secretary of Health and Human Services Sylvia Burwell (right) at a panel on the status of the Affordable Care Act.**

cess where Republicans are afraid of the Tea Party," said McAuliffe, who added that he'd personally met with some leaders in the Republican state leadership who told him they would normally support healthcare reform but said they can't afford to appear weak or risk losing their position to a more conservative tea party candidate. "We have

to get away from political rhetoric and help Virginia," he said.

But despite a panel composed of those who universally expressed their approval of the ACA, a Republican response wasn't far behind the Governor's statements. Later that day, John Whitbeck, chairman of the Virginia Republican Party, said via email that

he and others in his party remain staunchly opposed to Medicaid expansion.

"Democrats said they were going to make healthcare more affordable," said Whitbeck. "It isn't. Democrats said health care premiums would be reduced. They aren't. President Obama said you can keep your doctor and your plan. Well, we know that is no longer accurate. ObamaCare is a burden to families, small business and the middle class who are seeing their taxes being raised. Virginia families and businesses need a patient-centered health care system, not broken promises and bureaucracy."

In Virginia, 385,154 consumers enrolled or re-enrolled in health insurance through the ACA, but according to the Virginia Health Care Foundation, there are currently 8,000 uninsured adults in Arlington and Alexandria who would be eligible for Medicaid under the ACA expansion. In Arlington, one of the few options to those who are considered too poor for health care is to seek coverage at the Arlington Free Clinic. The clinic currently holds monthly lotteries to gain insurance at the facility. Of the 80 people who show up to each of these events, only one quarter receive access to benefits, said Diane Naughton, executive director of the Arlington Free Clinic. While the majority of their patients would be unaffected directly by expansion of the ACA, the program has indirect effects on their facility.

"With the Affordable Care Act, some pa-

SEE ARLINGTON, PAGE 5

## Take a Book, Return a Book Front lawn libraries sprouting all over.

BY MICHAEL MCMORROW  
THE CONNECTION

**T**he "little free library" movement has arrived in Arlington. It explains those unusual structures beside the sidewalks that look like overgrown birdhouses. Soon, more will appear on county-owned property courtesy of Arlington Public Library.

Same shingles, same siding and same colors make the front yard bookcase on North Harrison Street look like an offspring of the family's home. As a creative touch, Noah Israel embedded a photo-voltaic sensor so that the interior would be lighted automatically at dusk. He admits the project was a "labor of love." But it was made more special as a family project with help from daughters Lily and Anna, who attend Nottingham Elementary School.

The undertaking had minor downsides, according to Israel. Displacing wife Courtney's automobile from the garage workbench during winter weeks was imprudent, but that situation is ended. An ongoing puzzle is the imbalance of books returned; once half-and-half for adult and children volumes, the adult books now predominate. On the other hand, a larger ob-

jective has been realized: "Neighbors are meeting neighbors," Israel said, "and rarely does anyone stop to look without smiling."

At 33<sup>rd</sup> and Kensington Streets, North, Terry Nebeker and daughter Lelia provide a housing built by husband and father Mark. Hearing of little libraries, there was no question the family would join in. Mother and daughter are bookstore employees at One More Page Books, 2200 N. Westmoreland St.

They have access to excess and slightly marred books and both, philosophically, believe that people should read and that books should have a good home, if only in transit.

In Buchanan Street just north of Lee Highway, a Dad-built display box sits before the Emily Louis home. According to her mother, Marna, Emily is the exclusive "caretaker."

Her freshman-year classmates at Yorktown High School know of the project, but none are known to be following suit. Emily tends the book collection and then adds personal touches. Potential borrowers are apt to find a brief description of a given volume or a recommendation or some other note personally crafted by the young "caretaker." Sometimes a borrower will return a

SEE TAKE A BOOK, PAGE 4



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## OPINION

# Family Matters Prevent colon cancer for self and loved ones.

BY MEGAN BEYER

**I**t may never feel like a “good time” to have a colonoscopy. You might have already used the excuse that the preparation day before a colonoscopy is unpleasant and cuts into your busy schedule — and then you put it off another year. But momentary discomfort or inconvenience is a small price to pay for saving your life.

Colorectal cancer is the second leading cause of death from cancer in the United States. Only 40 percent of colorectal cancer cases are found in the early stages when it is most treatable. Consider the implications of not getting screened, or of a family member putting off screening until it is too late. If you are over 50 years old and of average risk, you should get screened for colorectal cancer. Those at higher risk may need to be screened earlier. And colorectal cancer, long thought of as a disease of older adults, has been rising in young adults — which makes it especially important for people of all ages to be aware of risk factors like tobacco use, obesity and heavy drinking, as well as family history.

March is National Colorectal Cancer Awareness Month. There is no need to be uncomfortable talking about colorectal cancer. Make this a conversation topic in your family and

## COMMENTARY

encourage them to speak with their health care professionals about getting screened. Nearly everyone has lost a loved one to cancer, and colorectal cancer is a disease that takes too many lives each year. This year an estimated 132,700 people will be diagnosed with colorectal cancer. Worse, nearly 50,000 people will die from it. In 2014 about 136,830 people are predicted to be diagnosed with colorectal cancer in the United States, and about 50,310 people are predicted to die of the disease. Don’t become a statistic. Start taking preventive steps today.

Determine your family history of cancer and talk with your health care professional about colorectal cancer screening options. Experts recommend both men and women over 50 of average risk get screened. A colonoscopy allows medical professionals to examine the entire colon and remove any polyps (pre-cancerous growths) before they ever become cancerous. When colon cancer is found early, it is more treatable, and the five-year survival rate is 90 percent. If you cannot or will not have a colonoscopy, there are a variety of other screenings available, such as a virtual colonoscopy, flexible sigmoidoscopy or double-contrast barium enema. Talk to your health professional about what is best for you.

Some people need to start screening earlier because they are at a higher risk of colon can-

cer — they have personal histories of colorectal cancer, pre-cancerous polyps or inflammatory bowel disease; family histories of colorectal cancer, polyps or a hereditary colorectal cancer syndrome; or have Type 2 diabetes. Colorectal cancer incidence and mortality rates are highest in African-American men and women; incidence is about 25 percent higher and mortality rates are about 50 percent higher than those in Caucasians.

Healthy living is a vital step to cancer prevention and can lower risk for colorectal cancer. Maintain a healthy weight and stay active by exercising regularly for 30 minutes at least five times a week. Eat a nutritious diet low in red and processed meats (such as bacon or sausage) and full of fruits, vegetables and whole grains. Do not smoke and only drink alcohol in moderation. Use these tips to live a healthier life today, and share this information with family and friends.

Colorectal cancer is treatable, especially if caught early. Talk with your family and loved ones about ways to reduce their colorectal cancer risk. Visit [www.preventcancer.org](http://www.preventcancer.org) for more information about cancer prevention and early detection.

Megan Beyer is the wife of U.S. Rep. Donald S. Beyer Jr. (D-8) and is a member of Congressional Families Cancer Prevention Program of the Prevent Cancer Foundation. All statistics are provided by the American Cancer Society.

# Take a Book, Return a Book

FROM PAGE 3

book with additional thoughts attached. Proud of her daughter’s conscientious efforts, Marna also is pleased with the “book friendly” atmosphere of Arlington County. “In some other places, disputes have arisen over the free book exchanges, but not here, thank goodness,” she said.

The county’s project is the brainchild of Alexandra Zealand, web editor of the library system. Still in the early stages of development, she explains that one purpose behind the little books operation is “to increase community involvement with the library and to share awareness of the many resources we have to offer.” Zealand observes that the image of a library solely consisting of items on a shelf is outdated. Arlington’s library is committed “to bringing the library to you, the public.” Beyond encouraging reading, she submits that sharing free books strengthens community ties.

TechShop DC in Crystal City is a fully-equipped workshop where participants undertake their own building projects using modern tools which are shared among members. Several Federal agencies supported establishment of the workshop. Their purpose was to facilitate inventors, entrepreneurs and start-up companies who had ideas that could have value for national defense applications. Once Zealand made contact, several members of TechShop DC made a commitment to design and build all-weather

## Details

Once the idea caught on, founders incorporated Little Free Libraries, Inc., obtained tax exempt 501(c)(3) status with the Internal Revenue Service and created a website at [www.littlefreelibrary.org](http://www.littlefreelibrary.org).

bookcases. Friends of the Arlington Public Library contribute cost of materials. The first pair of seven being constructed is on exhibit at the Central Library.

Zealand describes the current stage of effort as “a pilot project.” Once several little libraries are installed on public properties, she will share results with other units of county government in hopes they can contribute in some way to expanding the project. Eventually, Zealand will “register” the county’s outdoor library locations with the worldwide organization so they can be found on the national map soon to be available.

She also will design a page on the county’s worldwide web: ([www.arlingtoncountyva.gov](http://www.arlingtoncountyva.gov)).

Peter Golkin, the library’s public information officer, adds that the project is a blending of “library services with public art.” All the structures are one-of-a-kind.

Each reflects a high degree of imagination and craftsmanship commonly associated with folk art.

Kristine Huson is spokesperson for the international headquarters of Little Free Library in Hudson, Wis. By telephone, she offered several comments on the accelerating growth of

**“What our members build are like snowflakes; no two are alike.”**

— Kristine Huson, Little Free Library



PHOTO BY MICHAEL MCMORROW/THE CONNECTION

**2726 North Harrison Street**

“serve yourself” book exchanges. “There are approximately 300 of the libraries in Virginia,” she said. Told of Israel’s installation of a photovoltaic cell for automatic lighting, Huson expressed no surprise. “What our members build are like snowflakes; no two are alike. Many of the bookcases are highly personalized. Some even go beyond providing books to add other touches like free dog bones for a borrower’s pet.”



# Arlington Uninsured

FROM PAGE 3

tients can transition to private healthcare," said Naughton. "If Medicaid were expanded, we could take in more patients."

Overall, the clinic receives 10,000 patient visits each year and hosts 1,800 unduplicated patients.

According to a report from the Center for Disease Control, eight percent of emergency patients have non-urgent medical conditions, but emergency departments are federally mandated to treat anyone who enters their facility. State Sen. Barbara Favola, representing Arlington's 31st District, said Medicaid expansion could help save money spent on emergency treatment of non-urgent conditions.

"It's worthwhile to document the savings and efficiencies," said Favola. "Access to primary care avoids patients going to the emergency room. There are efficiencies built in. I have found that resonates with more constituents."

This argument was mirrored by Burwell's announcement at the panel that hospitals nationwide had saved \$7.4 billion in costs saved from treating patients who, before the ACA, were uninsured or underinsured. However, in states that did not pass Medicaid expansion, that saving fell to \$2.4 billion.

In attendance at McAuliffe's panel was Nathan Auldridge, a 30-year-old resident of Roanoke who suffered with extreme medical bills following the removal of a cancerous tumor from his brain in 2005. Afterwards, when he left his parents' plan, Auldridge found himself paying \$483 per month for health insurance with a \$5,000 deductible. Before the passage of the ACA, Auldridge was paying 55 percent of his income to healthcare costs. Now, he says that cost has come down to a manageable \$100 per month.

"I hear stories like Nathan's all the time," said Del. Patrick Hope, who represents the 47th district in Arlington. "There are 400,000 people in Virginia without coverage; 5,000 [in Arlington] would receive coverage if we expanded Medicaid."

One of the major themes of the morning's discussions was moving from health coverage to care.

"We need to connect people with care," said Burwell. "We are teaching people to understand their benefits and make sure they take advantage of them."

Jeffrey DiLisi, M.D., senior vice president and chief medical officer for the Virginia Hospital Center in Arlington, attended the meeting and said he was happy to see the conversation about healthcare fo-

cus on more than coverage.

"From a hospital or health systems perspective, we can't impact access, that's a political thing that needs to happen," said DiLisi. "We can only impact the quality, when patients get access to care and high quality institutions."

Dilisi and Adrian Stanton, vice president and chief marketing officer for the Virginia Hospital Center, praised the higher hospital standards the ACA implements and says the unspoken success of the legislation is the amount of transparency it applies to hospitals, highlighting the Hospital Compare feature at medicare.gov.

"It has created some transparency that didn't exist before," said Stanton. "For the majority of the community, they still don't understand it or see why it's important, but the larger corporations have started to look at it as key items from a value perspective. It's also about patient satisfaction and the cost of healthcare, that's what this reform has brought forward, transparency around those key items."

According to Neil McNulty, president and CEO of the Virginia Business Coalition on Health, access to hospitals can be a major

hurdle to drawing businesses to an area. McNulty described the difficulties of trying to get businesses to start in western Virginia, where hospitals going out of business mean the closest access to health care can be more than 100 miles away. McNulty said many of the businesses he encounter are also reluctant to support the ACA and largely haven't been reached out to by the state to have the benefits explained.

"The business community isn't taking the time to understand why this is good," said McNulty. "It's not just a social program, it's a business program."

Leni Gonzales, an outreach and education specialist with Enroll Virginia, said the immigrant community is similarly having a tough time accessing and understanding the enrollment process. According to a report by the U.S. Department of Health and Human Services, issued Jan. 27, despite representing a third of the nation's uninsured population, only 10 percent of those who signed up for healthcare with the ACA were Hispanic. "We have to provide knowledge in their language to the immigrant community," said Gonzales. "We will continue with Medicaid expansion, but different states have to do it however they can," said Burwell. "There's still a tremendous amount more to do."

**"If Medicaid were expanded, we could take in more patients."**

— Diane Naughton, executive director, Arlington Free Clinic

# Fun with Science

FROM PAGE 2

Fogelbach and Ashley Yuan, a junior from Reston, worked at a table where students learned how to recycle newspaper by chopping it up in a blender, adding water, dye and glitter, then straining it to dry.

Other activities ranged from making stomp rockets from plastic bottles and Alka-Seltzer to creating oobleck, a substance that's not quite a liquid or a solid. Dr. Eric Bubar, a Marymount assistant professor of physical sciences, did experiments with electricity and demonstrated inertia by spinning the Fort Belvoir students on stools. Thanks to the work of Marymount Professor of Education Dr. Usha Rajdev, the university has partnered with the elementary school for five years. In addition to events like the one held Thursday night, MU students shadow Fort Belvoir teachers and conduct hands-on after-school activities.

At the science fair, students in kindergarten through sixth grade entered projects. Third-grader Beatrice Devlin, age 8, was attending for the second straight year. "I like science in school because we get to do a



**Marymount University graduate student Sophie Eckl talks with students at the STEAM/Science Fair at Fort Belvoir Elementary School.**

lot of experiments," she said. "The best thing I like about it is if you mess up, you get to try and do it again."

Nancy Rowland, the school's STEAM program coordinator, said the Marymount students make a huge difference at Fort Belvoir.

"Their dedication is remarkable," Rowland said. "They come in force, are energetic and have such a love for science and the children. They're going to be wonderful professionals and will make a real difference out in the workplace."

## "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for April 6-10.

**Senior centers:** Lee, 5722 Lee Hwy.; La1:30 p.m.ngston-Brown, 2121 N. Culpeper St.; Culpepper Garden, 4435 N. Pershing Dr.; Walter Reed, 2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St.

**Senior trips:** Wednesday, April 8, Gypsy Tea Room, Westminster, Md., \$51; Thursday, April 9, National Museum of the American Indian, D.C., \$7; Friday, April 10, tour Mount Vernon plus lunch, \$57. Call Arlington County 55+ Travel, 703-228-4748. Registration

required.

**Folk music sing-a-long.** Monday, April 6, 1:30 p.m., Lee. Free. Register, 703-228-0555.

**Current events roundtable.** Monday, April 6, 10 a.m., Culpepper Garden. Free. Register, 703-228-4403.

**Overview of sculptor Rodin.** Monday, April 6, 1 p.m., Aurora Hills. Free. Register, 703-228-5722.

**Strength training classes at TJ.** Mondays, 9 a.m., \$60/15 sessions or \$4 drop in. Details, 703-228-5920.

**Pickleball games & instruction.** Mondays, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.



## PHOTO GALLERY!

### "Me and My Mom"

To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to:

arlington@connectionnewspapers.com

Or to mail photo prints, send to:  
The Arlington Connection, "Me and My Mom Photo Gallery,"  
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# SPRING FUN & ENTERTAINMENT



PHOTO BY STEREOVISIONDC.

## Find Melody Magpie, The Reverend Valentine, and Candy Del Rio at Yuri's night. Celebrate Lunar-Themed 'Yuri's Night' at Artisphere

The longest-running Yuri's Night celebration docks once more at Artisphere. The evening celebrates the anniversary of the first human spaceflight by Russian Cosmonaut Yuri Gagarin. Events include space-themed burlesque, live music, pop-up art, laser tag, a moonbounce, costume contests, and a dance party. An age 21+ event, Countdown to Yuri's Night (C2YN) takes place Saturday, April 11, from 9 p.m. to 1 a.m. at Artisphere, 1101 Wilson Blvd, Arlington VA 22209. Tickets are \$25 in advance/\$30 Door. Visit [www.c2yn.com](http://www.c2yn.com).

Email announcements to [arlington@connectionnewspapers.codate](mailto:arlington@connectionnewspapers.codate), time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

### ONGOING

**Linda Lowery Exhibit.** Through March 28, 5-8 p.m. at Gallery Underground, 2100 Crystal Drive, Suite 2120-A. Artist Linda Lowery has been painting crying babies in a unique, loose style for several years, resulting in her solo art exhibition "Screaming Babies." Visit [www.galleryunderground.org](http://www.galleryunderground.org).

**Family and Teen Skate Nights.** Through March 28 at The Thomas Jefferson Community Center, 300 N. Park Drive. The evenings start with Family Skating from 6:30-9 p.m. and close with Teen Nights from 9-10:45 p.m., for middle and high school students. \$2 per person/\$3 skate rental. Visit [parks.arlingtonva.us/kids-events/roller-skating-nights-skate-parties-thomas-jefferson-for-more](http://parks.arlingtonva.us/kids-events/roller-skating-nights-skate-parties-thomas-jefferson-for-more).

**"The Founding Sisters."** Through March 29, 1-4 p.m. at the Arlington Historical Museum, 1805 South Arlington Ridge Road, until March 29, 2015. 2015 marks Marymount University's 65th anniversary in Arlington. The Arlington Historical Museum at the Hume School is opening several mini-exhibits during the winter to honor Arlington's home university. Marymount students curated the exhibits. The winning exhibit is on the Catholic Order, the Religious of the Sacred Heart of Mary, which founded Marymount in 1950. Designed by Emma Enkhsaikhan, Dalia Faris, Amy Lawton and Apasrin Suvanasai, "The Founding Sisters" exhibit features information about the founders as

well as photos and artifacts from Marymount's early years. Visit [www.arlingtonhistoricalsociety.org](http://www.arlingtonhistoricalsociety.org).

**Photo Exhibition.** Through April 6. 10 a.m.-9 pm; Tuesday and Wednesday, 1-9 p.m.; Friday and Saturday, 10 a.m.-5 p.m. at Cherrydale Branch Library, 2190 Military Road, Arlington. "The Roof of the World: Photos of Nepal by Kenneth Chadwick." Free. Call 703-228-6330.

**"Soon."** Through April 26 at Signature Theatre, 4200 Campbell Ave. A twenty-something mourns the hottest summer in human history from her couch in this Nick Blaemire musical. Tickets start at \$48. Visit [www.signature-theatre.org/shows/soon-for-tickets](http://www.signature-theatre.org/shows/soon-for-tickets).

**Crystal City 5K.** Fridays in April, 6:30 p.m. at 2121 Crystal Drive. Crystal City hosts this after-work race. Runners will receive deals from participating establishments. Each of the four races is \$20, or run all four for \$60. Visit [www.runpacers.com/race/crystal-run-5k-fridays/](http://www.runpacers.com/race/crystal-run-5k-fridays/).

**LGBT & Straight Friends Social.** Tuesdays. Happy Hour, 3 p.m.-7 p.m.; Mikey's "Bar A" Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. IOTA Club & Cafe has designated every Tuesday LGBT & Straight Friends Social Night for those 21 years and older. Free. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) for more information.

**Open Mic Comedy.** Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or visit [www.RiRa.com/Arlington](http://www.RiRa.com/Arlington) for more.

**Invasive Plants Removal.** Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third

Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit [registration.arlingtonva.us](http://registration.arlingtonva.us). Free, no registration required.

**Poetry Series.** 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) or call 703-522-8340.

**Open Mic Nite.** 8 p.m.-12:30 a.m. every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Featured musicians perform from 9:30-10 p.m. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com) or call 703-522-8340.

**Karaoke.** 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit [www.galaxyhut.com](http://www.galaxyhut.com) or call 703-525-8646.

**Pub Quiz.** 8 p.m. every Sunday at Whitlow's on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit [www.whitlows.com](http://www.whitlows.com) or call 703-276-9693.

**Storytime.** Mondays and Fridays, 10:30-11:00 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

**Lego Club.** Monthly on the first Wednesday. 4-5 p.m. Glencarlyn Branch Library, 300 South Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

**Family Nights.** 7-9 p.m. on the first Friday of the month at Arlington Mill Community Center. E-mail DPR-YouthandFamily@arlingtonva.us. or call Emily Thrasher at 703-228-4773 for more.

**Ball-Sellers House Tours.** 1-4 p.m. middle and high school students, as well as adults. Discounted packages and payment plans are available. Visit [www.synetictheater.org/studio](http://www.synetictheater.org/studio) or call 703-824-8060.

### TUESDAY-FRIDAY/MARCH 24-27

**Citrus Sale.** Open Tues 10 a.m.-8 p.m.; Wed 9 a.m.-4 p.m.; Thurs 8 a.m.-8 p.m.; Fri 9 a.m.-5 p.m. at Overlee Pool — Main Pump House, 6030 Lee Hwy. The Lions of Arlington will be selling Florida Citrus, Georgia Pecans and Vermont Maple Syrup to support their community service projects. See [www.arlingtonhostlions.org](http://www.arlingtonhostlions.org).

### WEDNESDAY/MARCH 25

**Frozen Stories and Snowball Games.** 3:30 p.m. at Kinder Haus Toys, 1220 N. Fillmore St. Kinder Haus' first Frozen event was a hit, and they are having another. Ms. Laura will read stories and Ms. Dana will lead the games. Ms. Jen will help too. For ages 3 years and up. Sign up at the desk or call 703-527-5929.

**Art Exhibit Opening Reception.** 5-7:30 p.m. at Marymount University's Barry Gallery, 2807 N Glebe Rd. Find the work of students in the school's fine arts, fashion and graphic design programs. Free. Visit [www.marymount.edu](http://www.marymount.edu).

### THURSDAY/MARCH 26

**"Be an Artist."** 6 p.m. at Whitfield Commons Community Resource Center, 106 N Thomas St. Wesley Housing, a nonprofit that operates 25 communities in Northern Virginia, will host singer-songwriter Darden Smith's "Be an Artist Program. The program, which target low- to moderate income teens, will allow students to write, sing and record an original song. Free.

**Aging Well by Design-athon.** 6:30-8:30 p.m. at Marymount University's Rowley Hall, 2807 North Glebe Road. Experts will lead free "lightning talks" for designers. Contact [mdenson@marymount.edu](mailto:mdenson@marymount.edu).

**Concert.** 7 p.m. at Wakefield High School. The United States Navy Band will perform a wide variety of musical selections, including The Barber of Seville and a stunning bass trombone concerto titled Trilogy. Free. Visit [www.navyband.navy.mil](http://www.navyband.navy.mil).

**Carrie Rollwagen.** 7 p.m. at One More Page Books, 2200 N Westmoreland St. "The Localist" author Carrie Rollwagen will visit Arlington to promote her book and talk about what it means to shop locally and buy independent. Visit [www.localistbook.com](http://www.localistbook.com).

### THURSDAYSATURDAY/MARCH 26-28

**Murder on Prom Night and A Tale of Two Zip Codes.** Thursdays and Fridays, 7:30 p.m.; 2:30, Saturdays, at Gunston Theatre One, 2700 S Lang St., Arlington. ArtStream's Arlington Inclusive Theatre Company, is an acting company designed for adults with intellectual disabilities. ArtStream performances challenge their audiences to look beyond the disability. Step into a high school where everyone is a suspect in "Murder on Prom Night," and then swap 4-G coverage for some good country living in "A Tale of Two Zip Codes." Two original, inclusive musicals. Call 301-565-4567 or visit [www.art-stream.org](http://www.art-stream.org) for more.

### FRIDAY/MARCH 27

**19th Annual International Banquet.** 6 p.m. at Rose Benté Lee Center, 2807 N. Glebe Road. A week of celebration at Marymount University concludes with a banquet and fashion show. Tickets are \$10.

Visit [www.tinyurl.com/ibanquet2015](http://www.tinyurl.com/ibanquet2015)  
**"Blue Viola."** 8 p.m. at Artisphere, 1101 Wilson Blvd. Urban Arias presents an opera that tells the true story of a junk dealer who steals a priceless viola from a prominent orchestra musician, only to discover that the instrument is a fake. General Admission is \$28, \$26 for Seniors/Students/Military. Visit [www.artisphere.com](http://www.artisphere.com).  
**"The Pigeoning."** 8 p.m. at The Artisphere, 1101 Wilson Blvd. Watch a bunraku puppet theater performance of Robin Frohardt's "The Pigeoning", a dark comedy. Tickets are \$20. Visit [www.artisphere.org](http://www.artisphere.org).

### FRIDAY-SATURDAY/MARCH 27-28

**Aging Well by Design-athon Workshops.** Friday, 8:30 a.m.-5:30 p.m.; Saturday 8:30 a.m.-2:30 p.m. at Marymount University's Rowley Hall, 2807 North Glebe Road. Seniors will advise designers of technology and public spaces on the challenges they face and how to solve them. Designers will also participate in empathy exercises. Tickets to the workshop are \$25. Contact [mdenson@marymount.edu](mailto:mdenson@marymount.edu).

### SATURDAY/MARCH 28

**Egg Hunt/Craft Festival.** 10:30 a.m.-2 p.m. at Walter Reed Community Center, 2909 16th St S. Children ages 4-11 may enjoy an egg hunt, balloon artist, face painting and a craft station, as well as moon bounces. Admission is \$5. Visit [www.parks.arlingtonva.us/events/spring-egg-hunt-and-arts-craft-festival](http://www.parks.arlingtonva.us/events/spring-egg-hunt-and-arts-craft-festival).

**Play United Youth Clinic.** 12-2 p.m. Long Bridge Park, 475 Long Bridge Drive. This local sports development will feature soccer-based activities. Participants will also learn and receive positive reinforcement for healthy decisions and exercise by professional coaches from Excite Soccer. Visit [www.playunited.org](http://www.playunited.org).  
**Gallery Talk.** 1-4 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Artists Samantha Rausch, L.E. Doughtie, Phaen Howng, Nicole Salimbene, Roberto Lugo, Annie Wilson, Jacob Rivkin and Olivier Jiron will discuss their work as curated in the "Wrapped & Wrought" and "No Place, No You or Me" exhibits. Visit [www.arlingtonartscenter.org/instigate.activate](http://www.arlingtonartscenter.org/instigate.activate).

**"Blue Viola."** 8 p.m. at Artisphere, 1101 Wilson Blvd. Urban Arias presents an opera that tells the true story of a junk dealer who steals a priceless viola from a prominent orchestra musician, only to discover that the instrument is a fake. General admission is \$28, \$26 for Seniors/Students/Military. Visit [www.artisphere.com](http://www.artisphere.com).  
**"The Pigeoning."** 8 p.m. at The Artisphere, 1101 Wilson Blvd. Watch a bunraku puppet theater performance of Robin Frohardt's "The Pigeoning", a dark comedy. Tickets are \$20. Visit [www.artisphere.org](http://www.artisphere.org).

### SUNDAY/MARCH 29

**"Blue Viola."** 2 p.m. at Artisphere, 1101 Wilson Blvd. Urban Arias presents an opera that tells the true story of a junk dealer who steals a priceless viola from a prominent orchestra musician, only to discover that the instrument is a fake. General admission is \$28, \$26 for Seniors/Students/Military. Visit [www.artisphere.com](http://www.artisphere.com).

### MONDAY/MARCH 30

**Laughter Yoga.** 6:30-7:30 p.m. at



# SPRING FUN & ENTERTAINMENT

Arlington Central Library Auditorium, 1015 N. Quincy St., Arlington. Use breathing, clapping and movement exercises to relax and boost creativity. Session ends with silent meditation. Free. [arlingtonlaughteryoga@yahoo.com](mailto:arlingtonlaughteryoga@yahoo.com)

**Meet the Speaker.** 3-4:30 p.m. at Arlington Central Library, 1015 Quincy St. Jean S. Moore, retired lawyer and Encore Learning member, will present a lecture on the life of Rembrandt Harmenszoon Van Rijn, and specifically on his painting, "The Night Watch." Call Encore Learning at 703-228-2144.

## WEDNESDAY/APRIL 1

**Book Talk.** 7 p.m. at One More Page Books, 2200 N Westmoreland St. Author Marlen Supaya-Bodden chats about her novel, "The Wedding Gift." Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

## THURSDAY/APRIL 2

**Artist Workshop.** 6:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Artist Mariah Anne Johnson will reveal her art-making process of folding, twisting and knotting fabric. Free. [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

**Artist Talk.** 8 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Resident artist Dawn Whitmore will discuss the relationship between women and contemporary American gun culture as dealt with in her art. See [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

## APRIL 2-19

**Simply Sondheim.** Various Times at Signature Theatre, 4200 Campbell Ave. An original tribute celebrating Stephen Sondheim and Signature Theatre's special partnership over the past 25 years. Tickets start at \$40. Visit [www.signature-theatre.org](http://www.signature-theatre.org).

## FRIDAY/APRIL 3

**Wine Tasting.** 6:30 p.m. at One More Page Books, 2200 N Westmoreland St. Attend a springtime wine tasting. Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

**James Adomian.** 10 p.m. at The Arlington Drafthouse, 2903 Columbia Pike. Former Last Comic Standing contestant James Adomian will perform. Tickets are \$10.

## SATURDAY/APRIL 4

**Spring Open House.** 12-6 p.m. at BLDG 236, 201 Jackson Ave. The Old Guard's Caisson Platoon, 3d U.S. Infantry Regiment will be hosting a family-friendly afternoon of stable tours, hayrides, face painting, and an Easter egg hunt. Call 703-696-3018.

**James Adomian.** 10 p.m. at The Arlington Drafthouse, 2903 Columbia Pike. Former Last Comic Standing contestant James Adomian will perform. Tickets are \$10.

## MONDAY/APRIL 6

**Teen Paintball Trip.** 11 a.m.-5 p.m. at Thomas Jefferson Community Center, 3501 2nd St S. Arlington teens may spend their Teacher Work Day at PEV's Paintball. Fee is \$35. Visit [www.park.arlingtonva.us](http://www.park.arlingtonva.us).

## WEDNESDAY/APRIL 8

**#BlackLivesMatter.** 7 p.m. at Arlington Central Library Auditorium, 1015 N Quincy St. Arlington Public Library will host their annual one-theme, one-community read focusing on race in America, as seen through the works of Jesmyn Ward and Chimamanda Ngozi Adichie. Free. Call 703-228-6321.

## THURSDAY/APRIL 9

**Arlington Historical Society.** 7-9 p.m., at Marymount University, Rowley G127, 2807 N. Glebe Road, Arlington. "The Civil War Contraband Camps of Northern Virginia" with Ron Baumgarten. Visit [www.arlingtonhistoricalsociety.org](http://www.arlingtonhistoricalsociety.org) for more.

**Book Talk.** 7 p.m. at One More Page Books, 2200 N Westmoreland St. Author Marisa de los Santos discusses and signs her new novel, "The Precious One." Free. [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

## FRIDAY/APRIL 10

**Museum Curation Lecture.** 4-5:30 p.m. at

[www.CONNECTIONNEWSPAPERS.COM](http://www.CONNECTIONNEWSPAPERS.COM)



PHOTO CONTRIBUTED

**Carrie Rollwagen**

## 'The Localist' Author Stops in Arlington

Carrie Rollwagen is making a stop on her book tour promoting "The Localist." She will be having a book signing at One More Page Books on March 26 at 7 p.m. A Bookstore owner and blogger based in Birmingham, Alabama, Rollwagen is touring East Coast local businesses and bookstores along the way to talk about what it means to shop at locally. Visit [www.onemorepage.com](http://www.onemorepage.com).

Reinsch Library Auditorium at Marymount University, 2807 North Glebe Road. Dr. Steven Lubar, a professor of American Studies at Brown University, will discuss the spoken and unspoken rules of museum curation. Tickets are \$25 for the general public. Visit [www.marymount.edu](http://www.marymount.edu).

## SATURDAY/APRIL 11

**Countdown to Yuri's Night.** 9 p.m.- 1 a.m. at Artisphere, 1101 Wilson Blvd. April 12 is the anniversary of Russian Cosmonaut Yuri Gagarin becoming the first human to enter space in 1961. This 21 and older event will feature a sci-fi burlesque show, art show, DJ'd dancing, and much more. Tickets are \$25 in advance, \$30 at the door. Visit [www.c2yn.com](http://www.c2yn.com).

## SUNDAY/APRIL 12

**"An Abraham Lincoln Tribute."** 11 a.m. at Church of the Covenant, 2666 Military Road. The University of Miami Collegium Musicum will present a tribute concert on the 150th anniversary of President Abraham Lincoln's assassination. Find both traditional music and music written in honor of the fallen president. Free. Visit [www.miamicollegium.com](http://www.miamicollegium.com).

**Brahms and Beethoven.** 4 p.m. at Rock Spring Congregational United Church of Christ, 5010 Little Falls Road. IBIS welcomes Geoffrey Pilkington, principal horn of the Kennedy Center Opera House Orchestra, and Grand Prize winner at the 2009 International Horn Competition of America. Free. Visit [ibischambermusic.org](http://ibischambermusic.org).

**Jeff Foxworthy Benefit.** 5:30 p.m. at Crystal Gateway Marriott, 1700 Jefferson Davis Hwy. The Esophageal Cancer Action Network (ECAN) presents "No Laughing Matter." Comedian Jeff Foxworthy will perform at a Cabaret-style night of entertainment with light fare, beer, wine and soft drinks. Proceeds will benefit ECAN's efforts. Tickets are \$79/person for the main event and \$200/person for admission to the VIP reception. visit [www.ECAN.org/NoLaughingMatter](http://www.ECAN.org/NoLaughingMatter) or call 410-358-ECAN (3226).

## MONDAY/APRIL 13

**Author Event.** 1 p.m. at The Woman's Club of Arlington Club House, 700 S. Buchanan St. The Woman's Club of Arlington will host author and journalist Charlie Clark. Open to the public. Free. Visit [www.womensclubarlington.org](http://www.womensclubarlington.org).

## WEDNESDAY/APRIL 15

**Treemonisha Luncheon.** 12 p.m. at Busboys & Poets, 4251 South Campbell Ave. Members of the public are invited to a kick-off luncheon Opera Nova's latest undertaking of "Treemonisha," a folk opera composed in 1910. Lunch is \$25. Call 703-536-7557.

## FRIDAY/APRIL 16

**Native Plants Workshop.** 6:30 p.m. at The Arlington Central Library, 1015 N Quincy St. Learn details on the "Audubon at Home" program. Free. Visit [www.armn.org](http://www.armn.org).

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Yorktown midfielder Matteus Jaramillo scored a goal against Langley on March 21.



Yorktown junior Conor Shears (31) is a key member of the Patriots defense.

## Yorktown Boys' Lax Striving To Be Annual Regional Contender

**Patriots return from deepest postseason run in school history.**

BY JON ROETMAN  
THE CONNECTION

**T**he 2014 Yorktown boys' lacrosse team experienced the best season in program history, reaching the 6A North region tournament semifinals.

The Patriots, an annual contender in the former Patriot District, held their own against the tougher competition resulting from the VHSL's six-class realignment. Yorktown finished runner-up in the Conference 6 tournament, losing to perennial power Langley by one goal in the championship game.

After beating Oakton in the opening round of the regional tournament, Yorktown knocked off a South County team that entered the regional quarterfinals with a 15-1 record. Six days later, the Patriots ended their season with a 10-8 loss to eventual state champion Robinson in the semifinals.

Nine months later, Yorktown is working toward cementing its status as an annual region contender. The Patriots return a strong corps of defensive players, but will be looking for multiple younger athletes to help contribute on offense.

"This is only the 15th year of varsity lacrosse in Arlington and we're trying to compete with a lot of these schools that have traditions that are twice as long as that," Yorktown head coach Greg Beer said. "We want to get to the regional semifinals every year. We want to get to be a regional contender and be known as that."



Senior attackman Charlie Tiene (4) is a captain for the Yorktown boys' lacrosse team.

Yorktown opened the 2015 season with a 9-7 victory at Centreville on March 16. Five days later, the Patriots traveled to face Langley. After falling behind 4-0, Yorktown kept it close into the third quarter, but the Saxons scored the game's final six goals and secured a 12-4 win on March 21 at Langley High School.

"I just don't think we wanted it as much

**"This is only the 15th year of varsity lacrosse in Arlington and we're trying to compete with a lot of these schools that have traditions that are twice as long as that."**

**— Yorktown boys' lacrosse coach Greg Beer**

as we should have," Yorktown sophomore midfielder Gaelen Creedon said. "We were definitely as good as they were, we just didn't execute when it came down to it."

Langley finished state runner-up last sea-

son, has played in five of the last six state finals and won four consecutive state titles from 2009-2012.

"We just have to keep playing them more

and I'm glad we're in the same conference now because we have to play them every year," Beer said. "Because we play them every year now, [the Patriots are] going to have to understand it's not the National District anymore. These are the teams that we have to compete with and try to beat to try to get district championships and compete for the region."

Creedon was a bright spot for Yorktown. The midfielder scored three goals, the final one cutting Langley's lead to 6-4 with 4:04 remaining in the third quarter.

"Look at him: he's a sophomore, he's a physical, physical presence," Beer said. "He's a big kid. He's 6-2, 6-3, almost 200 pounds. He looks like a college midfielder and he's only a sophomore. ... Today was definitely an eye-opener for all of us on what he's going to bring for us the next two years."

Junior midfielder Matteus Jaramillo scored a goal for Yorktown.

Yorktown returns a solid group of defensive players, led by junior defenseman Conor Shears, senior long-stick midfielder Tim Aldinger, senior defenseman Quinn Cox and junior goalkeeper Mason Pollack.

The Patriots' scoring threats include senior attackmen Charlie Tiene and Alex Balser.

In the opener against Centreville, Tiene, senior midfielder James Mountain and Jaramillo each scored two goals. Junior midfielders Stephen Glagola and Gordon Coates, and Balser each scored one.

Tiene had three assists, and Mountain and Balser each had one.

Tiene, Aldinger, Balser and Cox are team captains.

Yorktown defeated Edison 8-4 on Monday night, improving its record to 2-1. The Patriots will travel to face Hayfield at 7:15 p.m. on Thursday, March 26.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



## SPORTS

# Skating with Braden Holtby

## Capitals welcome Make-A-Wish child.

**W**ashington Capitals goaltender Braden Holtby granted the wish of 13-year-old Caleb Graham on March 12 at Kettler Capitals Iceplex. Graham's wish to skate with Holtby came true through Make-A-Wish.

In addition, Graham and his family also attended the Capitals home game against the Dallas Stars on March 13 at Verizon Center.

Graham has a life-threatening heart condition that has required him to undergo a number of surgeries over the past 13 years and receive a pacemaker. None of this has stopped him from living a full and active life.

The Healy, Alaska, native has been playing hockey since the age of 5, joining his older and younger brothers. He has been holding down the position of goaltender for the last two years, skating with the Alaskan Bantam team, the Healy Coal Kings.

On March 12, Holtby met with Graham for breakfast at Kettler. Graham then skated with Holtby following the conclusion of practice. He also received a tour of the Capitals locker room and was presented



PHOTO CONTRIBUTED

**Washington Capitals goaltender Braden Holtby greets 13-year-old Healy, Alaska, native Caleb Graham as Graham watches warmups from the Capitals' bench prior to the team's March 13 game against the Dallas Stars at Verizon Center in Washington, D.C. Graham suffers from a life-threatening heart condition and had his wish to meet Holtby granted by Make-A-Wish.**

with a custom jersey.

On March 13, Graham received a tour of Verizon Center and watched warmups from the Capitals bench. He received a tour of the press box during the second intermission and met Holtby in the Capitals locker room following the game.

For more information about the Make-A-Wish organization, visit [www.midatlantic.wish.org](http://www.midatlantic.wish.org).

## SPORTS BRIEFS

### Yorktown Girls' Lax Starts 2-1

The Yorktown girls' lacrosse team defeated Edison 17-5 on Monday, improving its record to 2-1.

Sophomore Laura Crawford led all scorers with five goals and two assists. Junior Emma Thurman and freshman Claire Kuwana both had four goals and one assist each while junior Kate Grattan added three goals and one assist. Yorktown goalie Erin Morrissey had six saves.

The Patriots earned their first win on March 19, blanking Mount Vernon 14-0. Eleven different players scored goals for Yorktown.

The Patriots opened the season with a 22-11 loss to Centreville.

Yorktown will host Hayfield at 7:30 p.m. on Thursday, March 26.

### Yorktown Girls' Lax Clinic

The Yorktown girls' varsity lacrosse team will be hosting its annual youth lacrosse clinic for girls in grades 3-8 on Saturday, April 11 from 8:30-11:30 a.m. (rain or shine). The cost of the clinic is \$45 per player, and registration can be found at [www.sportability.com/yorktownlax](http://www.sportability.com/yorktownlax). For more information, contact Yorktown head coach Crystal Fraser at [crystal.morgan23@gmail.com](mailto:crystal.morgan23@gmail.com).

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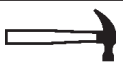
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## Health Matters More



By KENNETH B. LOURIE

I realize money doesn't buy happiness, although I wouldn't mind renting it. Still, having money rather than not having it can't be all bad. And I can definitely appreciate how not worrying about it can contribute to a potentially less stressful, above-average quality of life, generally speaking (I'm well aware that if you don't have your health, you don't have nearly as much; don't I know it!). And though there are no guarantees in life, other than death and taxes, as the old saying goes; being able to say "yes" should be easier than saying "no" when all is said and done. And when all is not yet "said and done," and there are health issues which intersect with dollars and sense, the conflict can exacerbate an already difficult situation. Unfortunately, the two are not mutually exclusive, and one can experience both – simultaneously.

Being a "terminal" cancer patient hardly improves this situation, regardless of what is said or done. Somehow, somewhere, one has to find stress-relievers and mind-occupiers. If that release involves money, I'll just have to live with the consequences of my inaction. Although having rather than having not is a much better alternative, navigating without has not been an impossible task. Hopefully, I'm mature enough to take the good and dispose of the bad and use it to strengthen my resolve, not weaken it. Because no one, as my mother was fond of saying, "gets out of this life alive," and leaving a path of inappropriate behavior in your wake is likely not the road to find out (Cat Stevens).

But I'm not, necessarily, as I live and breathe, on any sort OF road to find out. I'm more on a path of least resistance. I'm trying to accentuate the positive and minimize the negative and put stress in my rear view window (yes, I still drive; I'm fine, mostly). However, there are impediments and obstacles to such blissful ignorance; I mean, happiness. Regular appointments with an oncologist and visits (I use that word loosely) to the Infusion Center every three weeks for chemotherapy tend to muddle that happiness, naive or otherwise. In addition, when nos get in the way of yeses, the benefits are less obvious. As much as I'd like to be a sport, I have less recourse now than I ever have and fewer alternatives to compensate for a potentially abbreviated pursuit of life, liberty and happiness. It's not as if I'm unable to provide for myself and my family, however; it's more that in so doing, I feel as if I'm inadvertently giving in to the pressure and making worse an already difficult-to-manage situation: stage IV, non-small cell lung cancer, which my oncologist originally characterized as "treatable but not curable;" try processing that when you're age 54 and you've just buried your widowed mother. Still, six-plus years post-diagnosis, maybe I'm here to stay?

Who knows, really? If I had fewer "normal" things on my mind, perhaps cancer and its devastating effect would be more on my mind? Which I wouldn't see as a positive. Actually, I would: I'm positive the effect would be negative. Maybe the fact that I've tried to maintain my status quo and not impose a "bucket list"/artificial deadline on myself has enabled me to stay in the game longer than was initially "prognosed." And I am extraordinarily lucky; I just wish that sometimes, the game came with fewer expenses.

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

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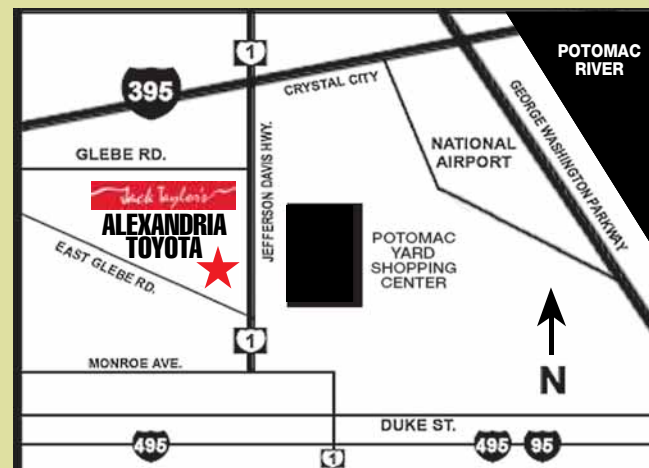


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