

Syd Levin in an Uncle Sam costume rallies the Lyon Village paraders who are taking advantage of a break in the rain to march in the annual Fourth of July Parade. Lori Williams with brother Ryan line up their scooters, decorated with matching bows and stars. They are waiting for Uncle Sam's signal to begin the ride to Lyon Village Park.

Parade Triumphs Over Weather

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

Family Homelessness: Still a Major Problem

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County Leads State in Pollutant Reduction Efforts

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Home LifeStyle

PAGE 11

Courage: Overcoming Fear To Achieve Dreams

The Courage Wall was unveiled in Ballston's Welburn Square on Thursday afternoon, July 2. Ballston residents and visitors are invited to use a piece of chalk from one of the buckets hanging on the Courage Wall to share their wishes and express their joys and fears on the blank lines.

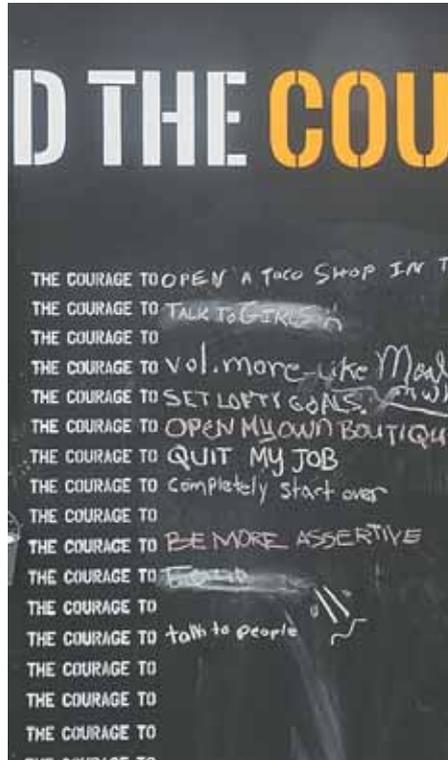
The Courage Wall, originally located in Alexandria, provides an opportunity for reflection. Prior to erasing the board when it becomes full, a picture will be taken and posted on a Facebook and Instagram page.

Alexandria native and leadership coach Nancy Belmont conceived the idea of the Courage Wall in May 2015 to create a conversation about fear and allow those passing by to reflect on what is holding them back from achieving their dreams.

Community Resources of America, a non-profit organization providing services to the community by persons with intellectual disabilities, will be monitoring the Wall to ensure all commentary re-

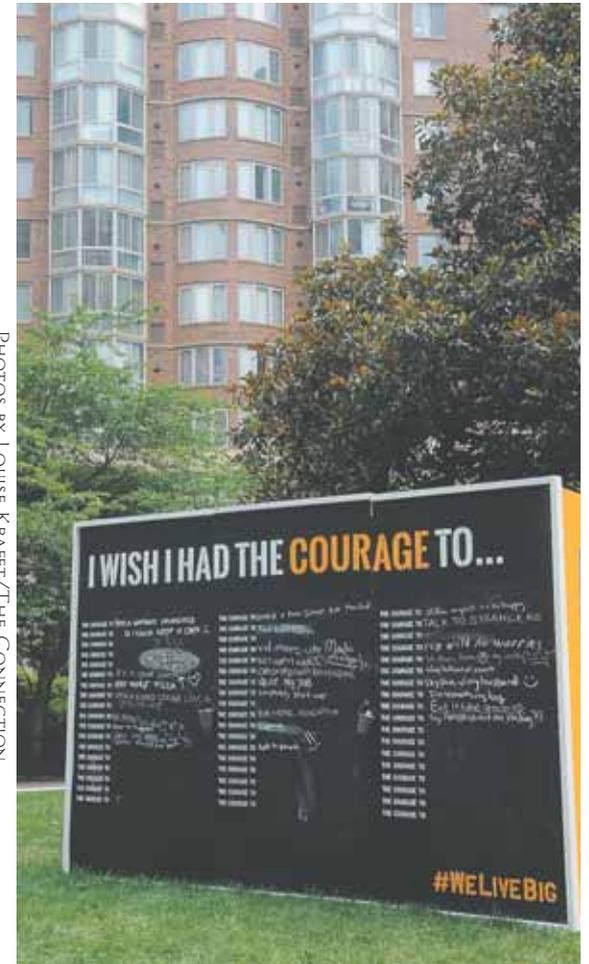


Courage Wall creator Nancy Belmont greets visitors in Welburn Square last Thursday afternoon.



"I wish I had the courage to ..."

The Courage Wall will be in Welburn Square until July 31.



PHOTOS BY LOUISE KRAFT/THE CONNECTION

mains appropriate. The Wall installation is sponsored by the Ballston Improvement District and

the Piedmont Office Realty Trust. The Courage Wall will be located in Ballston until July 31.

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 8/12/2015.....HomeLifeStyle
 8/19/2015...A+ Camps & Schools – Back to School – Private Schools
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Family Homelessness: Still a Major Problem

Decrease in numbers of homeless on the streets does not mean families are all housed.

BY EDEN BROWN
THE CONNECTION

Caroline Jones, of Doorways, an organization which is part of Continuum of Care and specializes in family homelessness, notes the Point in Time Count can be misleading. It's a snapshot of what is happening on the street on a cold night in January.

While Caroline is careful to applaud the decrease in numbers on the street, she believes the "decrease" has to be seen in a wider context. "The reclassification of some homeless families as 'housed' just means those people are not out on the street — that day," she said.

PART TWO
In a three-part series

Housed individuals in the category of "rapidly rehoused" have 100 percent of their rent being paid for by a homeless agency: in three months they could be out on the street again. "If you change the definition, it doesn't mean you've solved the problem."

Jones is concerned that the rush to say that homelessness in Arlington County has decreased by 18 percent could send the wrong message to the community by declaring the problem nearly resolved when it is not. She cited her own statistics: one shelter for domestic violence victims has 11 beds but 15 people sleeping there. Family homelessness actually went up by 7 percent in Fiscal Year 2014 and did not decrease in FY 2015, she said.

Jones explains "Family Homelessness" is



A-Span van pulls up to do the Point in Time Count.



Volunteers search for homeless under a bridge in Arlington.

a category of its own. These are families who don't know where they are going to be in a day or two. They may be housed in a situation where they are living in a one bedroom apartment with 10 other people, or in a home where they can only remain if they provide sexual favors. Jones said: "When families lack safe housing, they don't live on the streets. Rather they struggle to find any and every place where they can temporarily stay while trying to flee abuse or rebound from extreme hardship. While not all of these families need shelter, we must continue to look at the totality of needs and ensure the services exist to support these adults, youth and children." They weren't out on the street in January; but they weren't sheltered safely either. Most of her clients stem primarily from domestic

violence; others have sheltered with friends or family but worn out their welcome. In some cases, her homeless families got caught in the economic downturn and can't get back on their feet.

The sharp escalation in the cost of housing in Arlington County has played havoc with options for the poor. "Whatever happens in the economy, if you wait five minutes, it will show up in the homeless community," Jones said.

The challenge, she says, is to quantify it. Five years ago, with the landmark policy change called the Hearth Act, there was a radical change in who could be counted as homeless.

This made it easier to quantify homelessness, in terms of "at risk" people on the street, but, Jones said, "There was

no one combing through the community for people living in a one-room apartment they would be evicted from the next day. Jones said there are 20 children sleeping on sofas in the Arlington community today: runaway teenagers who change to a different sofa every day.

"The 100 homes campaign was great, but it didn't house a single child or abused woman who has nowhere else to go. Families living in substandard conditions don't know where they will be in a month. It's out of the question for their kids to join a soccer team or do any of the normal things kids need to do," she said.

Jones urges Arlingtonians to lobby for affordable housing in the community and give to the Continuum of Care organizations to help resolve this problem.

A Homeless Mother Comes Home in Arlington

"Your past is not your future."

BY EDEN BROWN
THE CONNECTION

Nellie Jane Downing welcomes her guest into a neat, light filled apartment in South Arlington. Behind her on the wall is a photograph of New York City's George Washington Bridge. "That bridge," she said, "is my story. Walking from one side to the other, making that journey. And those lights on the bridge are the people who inspired me to get across."

Downing doesn't want her story to be anonymous, because she is proud of who she is. She wasn't always proud. But now she is a recovering alcoholic and ex-drug user; she bought the furniture in the apartment by saving money; she gives back to her community with volunteer work; she spends time with her children, grandchildren, and siblings. How did a woman like this end up living on a bench near the

Ballston library?

"I was molested at the age of 7; I had my first child when I was 17; my mom died when I was 18; I didn't know my father. When I lost my mother I lost my sense of direction, my best friend, the person who gave me hope and strength," she said. "I had two more sons and then I was a single mother of three, making ends meet. I worked hard, I was a supervisor at the Radisson Hotel. But it was so hard, having three young boys, long hours, short on money, no support. I started drinking, at first just on weekends, then every day. It got so bad I was carrying a water bottle around with me at work, but there was alcohol in that bottle, not water. Finally, the hotel noticed something was wrong. I lost my job."

Downing says she was 32 when she became homeless. Alcohol abuse led to drug abuse: marijuana, crack cocaine, whatever she could get. She left home because she was so ashamed, so guilty, and so unable to function that she didn't want her brother and sisters, her children, her friends, to see her like that. She didn't want to be the fam-

ily burden. She couldn't pay the bills, she couldn't raise the kids. She fled to the street.

"What you go through now, it has a purpose later," Downing said. "I couldn't have gotten well without going to the bottom like I did." She eventually found her way to Ballston, where she would sleep in construction sites or places around the mall where the homeless can hide. The Starbucks restroom was her shower and toilet, until they kicked her out. She approached restaurants at closing time to get food they would otherwise throw away. She panhandled for money to buy alcohol and she was honest about it: "I need money to buy a drink because I have the shakes so bad ..."

Most of the time she stood outside stores like K-mart, asking for money for things like toothpaste and food. She didn't mind if



Nellie Jane Downing sits in her apartment with the photo of the George Washington Bridge in background; she says that bridge is like her journey across the divide between homelessness on one side and sobriety and a home of her own on the other.

people gave her the toothpaste instead of the money: she needed anything she got. People were kind to her, for the most part. One 7-11 where she spent time had a manager who gave her free Slurpees without being asked.

"One day, a lady in a new Mercedes came past me and told me: 'Get a job ... people like you asking for money is why I don't want to shop here anymore.'" Downing said:

SEE HOMELESS MOTHER, PAGE 7

On a Mission To Improve Water Quality

County leads state in pollutant reduction efforts.

BY ARCHIT MANUJA
THE CONNECTION

Arlington County has met its 5 percent pollutant reduction requirements in just two years and has begun work on reducing the next 35 percent as indicated under the Clean Water Act permit obligations. The county has achieved 5.2 percent nitrogen, 22.8 percent phosphorus, and 13.7 percent sediment reductions in only two years.

“Arlington is ahead of the game,” said Peggy Sanner, Virginia assistant director and senior attorney, Chesapeake Bay Foundation. “County’s work on these projects has been very constructive.”

Arlington County is on track to reach an estimated 18 percent nitrogen, 47 percent phosphorus, and 30 percent sediments reductions by the end of 2018, according to Jason Papacosma, watershed programs manager, Arlington County Department of Environmental Services.

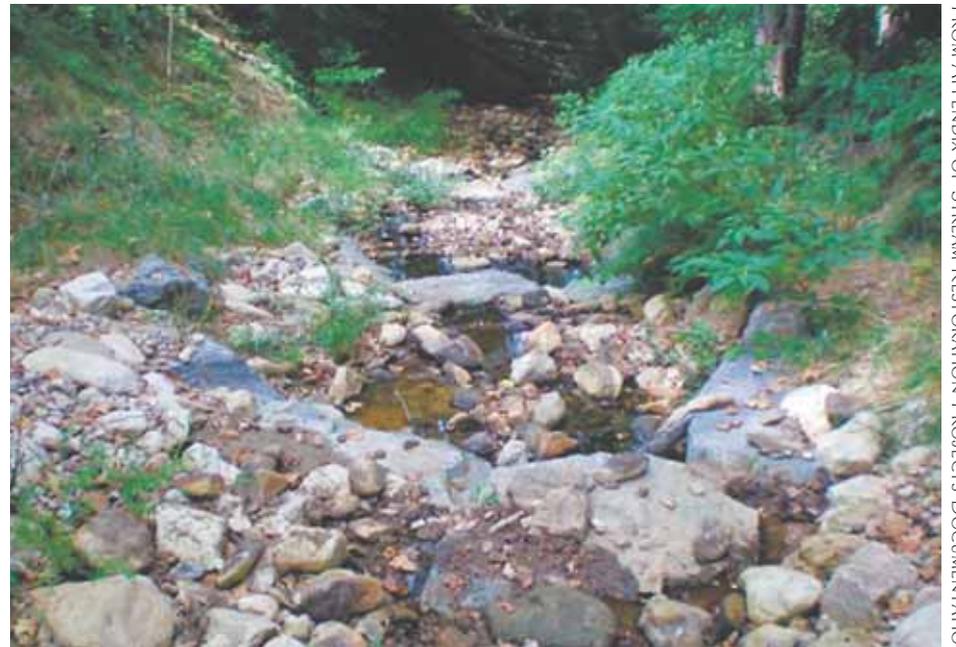
The county has completed two stream restoration projects in the Donaldson Run watershed to meet the requirement. Windy Run Stream Restoration Project is currently in design. Planting native plants, shrubs and groundcover and managing and controlling invasive plants within construction zones and adjacent to the stream valley hillsides have been completed. Arlington has also done some green street projects and watershed retrofit projects. All redevelopment projects in Arlington covering at least 2500 square feet of land are being required to follow pollution reduction methodology.

“It is highly notable” that this is done by a county like Arlington, said Sanner. “These real achievements set standards for the rest of the state.”

Arlington County has spent about \$3 million in implementing the existing projects



Before Donaldson Run Headwaters restoration project began.



After Donaldson Run Headwaters restoration project was completed.

FROM APPENDIX OF STREAM RESTORATION PROJECTS DOCUMENTATION

and intends on spending approximately another \$7 million by 2018 in stream restoration and watershed retrofit projects.

“Arlington County’s stormwater work, including efforts under this permit, are largely funded by citizens through a dedicated portion of county property taxes,” said Sanner. Arlington County also received \$500,000 grant from the Stormwater Local Assistance Fund for a retrofit project to Ballston Pond. Sanner said, “Developers and contractors also figure into the picture, because the county is required by the MS4 permit to ensure that developers adhere to more stringent stormwater management practices for new construction.”

Arlington County had started working on its restoration projects even before the permit was given to the county. “We planned ahead,” said Papacosma. “We planned some projects before we received the plan. We knew it was coming.”

The county completed projects in 2006 and 2007 on the Donaldson Run Tributary A and Donaldson Run Headwaters. The county also constructed public and private stormwater quality management facilities

between 2006 and 2009. “Arlington is taking credit for historic efforts,” said Sanner.

By the end of the current permit cycle, the county’s plans include the Four Mile Run Tidal Restoration Project and the Sparrow Pond BMP restoration.

The county also added Ultra Urban Filters in some of its municipal facilities which it says remove a significant amount of sediment. Other than Arlington, there are 10 other large localities who have or will receive the MS4 permit in the near future. These localities are Fairfax, Prince William, Henrico, and Chesterfield counties; and the cities of Newport News, Hampton, Chesapeake, Portsmouth, Norfolk and Virginia Beach. “Arlington is the first locality in Virginia to meet its first permit requirements,” said Sanner. Regarding when the Chesapeake Bay Foundation anticipates on seeing progress made in other large localities, Sanner said, “We don’t really know because they are not yet required to submit an Action Plan”

Other localities, including Alexandria, have begun with the process of creating and submitting their action plan. Alexandria has

made significant progress in meeting their first 5 percent limit, according to Sanner.

Bill Skrabak, deputy director for the city’s Department of Transportation and Environmental Services, said Alexandria has addressed the issue of water quality through improving their stormwater and sewer systems. Papacosma added that these smaller localities, and the other 10 large localities, will potentially do projects similar to those done by Arlington County, such as redevelopment and stream restoration projects.

The Chesapeake Bay Model is expected to be updated in 2017 for reevaluating how the pollutant reduction in streams associated with the bay is affecting the water in the Chesapeake Bay. “It is hard to say which direction it will go,” said Papacosma. “There is a decent probability we have to do more.”

“Arlington is making significant progress from new projects,” said Sanner. “But there is still a lot of work to be done.”

To learn more about the Action Plan submitted by Arlington, visit <http://projects.arlingtonva.us/plans-studies/environment/chesapeake-bay-tmdl-action-plan/>. To learn more about the Chesapeake Bay Foundation, visit <http://www.cbf.org/>.



Green Streets project at 8th Street South curbside rain garden.

Green Street project at North Albemarle Street rain garden.



Green Streets project at Patrick Henry Drive median rain garden.

PHOTOS BY JASON PAPACOSMA

'Open Heart and Open Home'

KidSave hosts Summer Miracles program.

BY HANNAH GRIFFITH
THE CONNECTION

KidSave, a non-profit organization dedicated to finding forever-homes for foster children and orphans in foreign countries, is bringing Maria from Colombia to Arlington for the summer.

With the ability to sponsor a child, fund a scholarship, or be a host family through this organization, many children can and have been helped out of poor living conditions in countries, such as Colombia, Russia, and Sierra Leone.

All it takes is an "open heart and open home," said Delta Ninow, assistant manager of KidSave International. "After the kids go through the application and screening process, we [the workers] love to see the kids when they arrive."

Jen Fulwiler, blogger, satellite radio show host, wife, and mother of six, experienced being a host for the Summer Miracles program in 2009 and said, "Summer Miracles was as much of a blessing for our family as it was for our host child. It introduced us to a wonderful child, who remains a friend of the family, and helped us see the world through her eyes."

KidSave began in 1993 and after the debut of the Summer Miracles program in 1999, has helped more than 1,700 children find families. Also during this trip, KidSave teams up with the local social workers,



Maria

adoption agencies, health professionals, and government officials to ensure a good stay, exposure, and a potential permanent family for the child.

Mary and Gerald Hubbard, after hosting a Summer Miracles child three years ago, are excited for round 2. But they are not the only ones looking forward to

this summer's adventure. The Hubbards adopted Dayana, a foster child, also from Colombia, two years ago. The couple met Dayana at a KidSave event during the Summer Miracles program in 2012 and although was hosting another child in their home, bonded with Dayana.

"I am excited to meet a new friend and I hope that she gets adopted," said Dayana Hubbard.

The Hubbards have children of their own and have loved expanding their family. "We fell in love with Dayana," said Mary Hubbard. The Northern Virginia family that hosted Dayana three years ago also decided to host again this summer.

"We're really just spreading the word," said Mary Hubbard. "With word of mouth and networking, we have a huge network and also host fundraisers." If residents are interested in learning more about being a host-family, contact Deltak@kidsave.org and visit www.kidsave.org/programs/orphan-hosting.

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Corey Wallach, MD, completed his spine fellowship at the prestigious UCLA Comprehensive Spine Center which specializes in minimally invasive, motion preserving and traditional treatment for the neck and lumbar spine. He completed his residency at the University of Pittsburgh Medical Center, where he conducted research on biologic treatment strategies for degenerative spinal disorders, earning both national and international recognition for his efforts. He now serves as a medical director for the Inova Spine Institute.

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Yes to Nonpartisan Redistricting

Politicians shouldn't be choosing voters.

Virginia's Congressional map is unconstitutional because African American voters are packed into District 3, according to the U.S. District Court for the Eastern District of Virginia. The problem will have to be remedied by drawing new boundaries.

The issue could be appealed to the U.S. Supreme Court.

In statewide elections, Virginia voters have chosen Democrats in the last two presidential elections, for U.S. Senate, for Governor, Lieutenant Governor and Attorney General. Every single official elected statewide is a Democrat.

Democrats won by a comfortable margin in most cases, but elections were close. In one case the margin was razor thin. (Attorney General Mark Herring beat Republican Mark Obenshain by 165 votes out of more than 2.2 million cast, and that was an election that had serious and immediate consequences, if you ever need an argument for the importance of your vote.)

It's reasonable to assume that a state so clearly leaning blue, but close to evenly divided would be about evenly divided in political representation.

But in fact, the Virginia House of Delegates consists of 67 Republicans and 33 Democrats.

Virginia's delegation to the U.S. House of Representatives consists of eight Republicans and three Democrats.

Virginia's 11 Congressional districts should be split about evenly. You could understand a split five Dems and six Republicans; or five Republicans and six Democrats. A four and seven split would smack of some unusual cir-

cumstance. But three and eight?

The problem is gerrymandering.

The solution, which the Supreme Court just OK'd, is allowing the lines to be drawn by a non-partisan commission.

Both political parties have been guilty of this when in power, although new technology and better data have made the process more egregious, the effects more damaging.

Political parties should not control the drawing of political districts. Gerrymandering thwarts the will of the electorate. It is especially damaging in a Dillon rule state, like Virginia, where localities have only the power explicitly granted to them by the General Assembly. This is particularly unfair to localities like Fairfax County, Arlington and Alexandria, whose electorate

EDITORIAL

Pet Photos for the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on July 22, and photos and stories of your pets with you and your family should be submitted by July 15.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, llamas, alpacas, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures. Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

and local officials have views that differ greatly from those of the majority of Virginia's General Assembly.

The reason Virginia's Congressional map has been ruled unconstitutional is about race; packing all the African American voters in one district and conceding that district to Democrats in order to reduce the power of African American voters in the adjacent districts. A similar challenge is in the works concerning districts in Virginia's House of Delegates.

It's long past time to take these decisions out of the hands of the officials who use the redistricting process to choose their own voters and effectively grant themselves lifetime appointments.

— MARY KIMM

The Path to the Paris Climate Talks

BY BARBARA A. FAVOLA
AND NICOLE GUILFOYLE

Nobel prize-winning author Albert Schweitzer once wrote that "Example is not the main thing in influencing others — it is the only thing."

This truth is crucial to keep in mind as world leaders prepare to assemble in Paris this December to negotiate a new agreement to tackle global warming. As the country responsible for more climate-changing emissions in the atmosphere than any other, the U.S. has a moral obligation to influence and lead at these December talks.

The good news, according to a new Environment Virginia Research & Policy Center report, is that, with Virginia's help, the U.S. is poised to lead by example. In the next decade, Virginia is on track to cut as much as 22 billion pounds of coal emissions annually.

The report, Path to the Paris Climate Conference, documents expected carbon pollution reductions from existing state-level and federal policies by 2025, including renewable en-

ergy standards, fuel efficiency standards for cars and trucks, and regional and state-based carbon caps. Nationwide, state and federal policies now underway can reduce carbon pollution 27 percent below 2005 levels. That's significant. It is equivalent to the amount of pollution the entire nation of Germany — the world's 6th largest polluter — produces every year.

The biggest slice of these reductions will come from the Clean Power Plan, the proposed federal limits on carbon pollution from power plants expected to be finalized this summer.

The plan requires power plant owners to reduce emissions by 38 percent in Virginia, and accelerate the transition to clean energy sources such as wind and solar. The Clean Power Plan is a floor for action — not a ceiling. Virginia can and should do more to reduce global warming pollution beyond minimum federal requirements.

The report comes as evidence of climate change's devastating impacts here and across the globe continues to mount. 2014 was the

hottest year in recorded history. So far, 2015 is shaping up to be even hotter. Here in Virginia, this impact is happening. And all across the country, climate change is exacerbating weather extremes, contributing to drought, heat waves, forest fires, flooding and rising sea levels.

With the backing of Virginia, the U.S. can use its own example to influence world leaders at the Paris Climate Conference to take climate change strategies to the next level.

State Sen. Barbara A. Favola represents District 31. Nicole Guilfoyle is Environment Virginia's Global Warming Solutions organizer.

Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to: arlington@connectionnewspapers.com

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Homeless Mother Comes Home

FROM PAGE 3

"You know, I didn't want to be there, I didn't feel good about being there or asking for things. But she made me feel so low."

Then the manager came out. He said the woman had asked him to call the police but he had told her Downing had a right to be there. That said, he told Downing in broken English, "You my friend. You stay here but no more ask for money here, OK?" He handed her a big Slurpee. Downing did move on, though. She never went back.

The last four years or so of her homelessness, Downing slept on a bench outside the Ballston library. She lined the bench with cardboard to make it more insulated from the cold. She kept her belongings wrapped in plastic and hid them behind the bushes. There were entire seasons when she never felt warm. She used to put her shoes around the bench so she would hear anyone coming. One morning, she found a \$20 bill in her shoe. She couldn't understand it. Then it happened the next morning. It turned out to be a woman sleeping near her on another bench. The homeless woman approached Downing one morning: do you want to get coffee? Downing refused. The woman tried again: do you want to get something to eat? Downing told her she didn't want to talk. As the woman turned away, something clicked for Downing: go ahead, don't turn her away. So she and the woman began to go to the IHOP and opened up to each other, talking about each other's stories. Her story, Downing said, was so much worse than her own: the woman had seen her mentally ill husband shoot her two daughters and turn on her. She ran out the door, and he shot himself. She had vowed never to live within four walls again. She left her job as a school teacher and her home, and never went back. But by befriending Downing, she gave her a gift. Communication. A friend. The idea that Downing wasn't as bad off as she thought. And not being able to talk to people, she says, or to have a friend, was the hardest thing about being homeless.

Then one night, Downing was raped. She was asleep on her bench when she felt a knife at her back. She was overpowered by a man she never saw; the fear and pain were so intense she reached her breaking point.

One day, she was sitting outside a construction site and a passing woman stopped to talk to her, saying: "You should go to A-Span. You can get a shower there — and a free breakfast. It's right down the street."

Downing approached the storefront and sat outside until it opened. She found herself crying, unable to stop. When she went in, she was treated with respect. Once she was clean and fed, she was asked if she wanted help. "If you want help, we can get you help," the young man said. Downing laughs as she remembers: "I didn't know if I was going to run, or stay." But she was ready. He said, "I'm not going to take you to detox: I am going to give you the directions and a bus token. If you want this, you will find your way there." She got to the bus stop. She arrived at detox, but was turned away; there wasn't

"FLOURISHING AFTER 55"

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

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 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, July 15, Walter's Art Museum, Baltimore, \$14; Thursday, July 16, Fisherman's Crab Deck, Grasonville, Md., \$58; Friday, July 17, Hollywood Casino, Charles Town, W.Va., \$9. Call Arlington County 55+ Travel, 703-228-4748. Registration required

enough alcohol in her system. Downing went to the nearest bar, walked up to one of the men standing there, and told him she needed him to buy her a beer. "Why?" he asked. "Well, sir," she said, "you are not going to believe this but I have to blow a number when I go into detox today or they won't let me in, and this beer will be my last." He bought her the beer.

Downing got into detox and after a quick physical was immediately hospitalized for acute pancreatitis. She had been drinking a fifth of whiskey a day, and her system was shot. Her case worker, Ayana Bellamy, of A-Span, took her to the hospital and then stayed with her through detox. Downing said Bellamy told her: "We are behind you 100 percent." Thirty days later, Bellamy was there when she was released. On the last day, they asked her: Did you come here for a tune up or do you want to change your life? If you want to change your life, you can come upstairs and begin the early recovery program.

Downing completed the five-month program, finding out she had bipolar disorder and getting medication to help her function. She saw a therapist who helped her heal the mind as well as the body. A-Span's program forced her to look at her past and deal with it. She was taught to look at herself a new way: "Don't fear what's been done to you: use it as a stepping stone."

Bellamy was there all the way. Bellamy taught her how to pay bills, make appointments, use public transportation, get her license back, get a vehicle, and do community service. Downing went to school, took a course on nonprofit organizations and started her own: "Here to Serve," a group of people in the community performing service, such as doing packets to give to the homeless and sending balloons to the hospital for children who are sick. Downing is on the board of the James Lee Community Center too. "Giving back is important to me."

While in recovery, Downing ran into a cashier who coincidentally knew her son, Antonio. She gave her phone number to the cashier and asked her to pass it to Antonio if he wanted to call her, and then she sat by the phone, fully aware he might not call. He did. But he had a lot to say about her that she might not have had the strength to hear if she hadn't been in a safe place, with support around her. Her three sons had been in trouble, but eventually went into foster care. They'd gotten lucky. All three had graduated with honors from high school. All three had good jobs. And all three wanted to see her. She has renewed contact with her siblings. She has grandchildren. It wasn't easy: the children took a while to regain trust in her. She felt old friends would judge her. But the day she was going back to see her old neighborhood, her son told her: "Put a smile on your face when you walk through down the street, Mom, because no one thought you could make it, and you did."

Downing credits A-Span and Bellamy: "They are like my family. It's not a job to them. They tell you: if you take the first step, I will take 10 with you." Bellamy walked Downing through getting her disability payments, then her Section 8 Housing Grant, her medical insurance, and took her to her first Narcotics Anonymous meeting. After six years, she is still there any time Downing needs her, but that happens less and less.

What's the greatest thing about having a home? "I can invite my family. I can cook for them. I can provide for my grandchildren if they ever need anything or a place to stay, and it won't have to be a park bench. I have a legacy now, that my kids can be proud of. I'm not a victim, I'm a survivor."



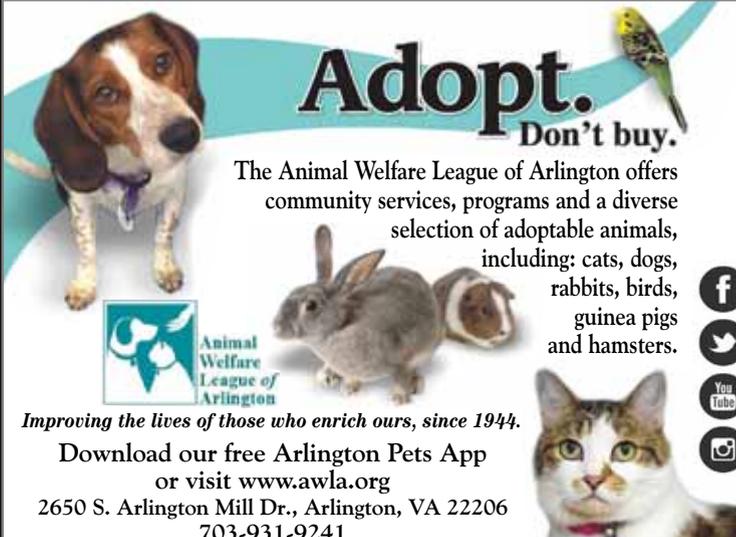
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ENTERTAINMENT

Email announcements to arlington@connectionnewspapers.com. Include date, 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

Crystal Screen. Mondays through Aug. 31 at sunset at 1851 S Bell St. Courtyard. Watch a projected film under the stars. This year's theme is espionage. Free. Visit www.crystalcity.org.

Barre in the Park. Wednesdays through July, 6-7 p.m. at Gateway Park, 1300 Lee Highway. Lava Barre provides an outdoor fitness class focused on the ballet barre. Free. Visit www.rosslynva.org.

Fashion Truck Fridays. Last Friday of the month through September, 11 a.m.-2 p.m. at the corner of Lynn St. and Wilson Blvd. or the Plaza at 19th and N Moore St. Fashion trucks The G Truck, Curvy Chix Chariot, Tin Lizzy Mobile Boutique, Zoe's Shoe Bar, The Board Bus, TNTN Unique Designs, Sheyla's Boutique, and The Pink Armoire will rotate their schedules to appear. Free to attend. Visit www.rosslynva.org for more.

Shirlala Music Festival. Thursdays, through Aug. 27. 6:30-8:30 p.m. at Village at Shirlington, 4200 Campbell Drive. The third annual Shirlala Music Festival features three months of live music. This event series is free and open to the public. See www.villageatshirlington.com.

Rosslyn Outdoor Film Festival. Fridays, through Aug. 28. 8:30 p.m. at Gateway Park, 1300 Lee Highway. The theme this year is "Quotable Comedies." Free admission. See www.rosslynva.org/events.

Summer Movies @Penrose Square. Saturdays, through Sept. 19. Sundown at Penrose Square, 2597 Columbia Pike. Free. Visit www.columbia-pike.org.

Sizzlin' Summer Nights Series. July 8-25 at Signature Theater, 4200 Campbell Ave. Christine Pedi, Natascia Diaz, Sherri L. Edelen, Will Gartshore and the Revenge of the Understudies Mitchell Jarvis (The Threepenny Opera), Kevin McAllister and more are scheduled to perform. Call box office at 703-820-9771.

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. For 21 years and older. Free. Visit 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 for more.

Food Truck Thursdays. 5:30-8:30 p.m. at the corner of North Irving St., and Washington Blvd. Find a round-up of regional food trucks. Free to attend. Visit www.dmvfta.org.

Invasive Plants Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit registration.arlingtonva.us. Free, no registration required.

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 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 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 or call 703-525-8646.

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

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

Lego Club. Monthly on the first Wednesday. 4-5 p.m. Glencarly 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.

Ball-Sellers House Tours. 1-4 p.m. at The Ball-Sellers House, 1015 N. Quincy St. This year marks the 40th anniversary of the Arlington Historical Society receiving the house from Marian Sellers in 1975 for \$1. Free. Visit www.arlingtonhistoricalsociety.org.

Crystal City Sparket. 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC's Eastern Market complete with arts, crafts, and other handmade goods. Free to attend. Visit www.crystalcity.org.

Open Mic Night. Wednesdays, at 8 p.m., sign ups are at 7:30 and 10 p.m., at Iota Club & Cafe, 2832 Wilson Blvd. Free. Visit <http://www.iotaclubandcafe.com/>.

Art for Life. Third Thursday of each month. The Hyatt Regency Crystal City's "Art for Life" Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit www.torpedofactory.com.

WEDNESDAY/JULY 8

Spanish Inspired Art Jam. 5:30-7:30 p.m. at Jaleo, 2250 Crystal Drive. Paint Spanish-inspired art, eat and drink. Tickets are \$40-45. Visit www.artjamzdc.com/crystal-city-artjamz-at-jaleo/ to purchase tickets.

Luke Schaffer. 9 p.m.-1 a.m. at Ireland's Four Courts, 2051 Wilson Blvd. Watch Luke Schaffer perform. Call 703-535-3600.

THURSDAY/JULY 9

Dinner and a Movie: "The Wizard of Oz." 7:45 p.m. at Market Common Clarendon, 2700 Clarendon Blvd. A restaurant partner will provide food for a fixed price to accompany a movie screening. Popcorn, candy and water will be available as well. Price will vary. Visit www.marketcommonclarendon.com.

Watch Avengers: Age of Ultron. 7:45 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Watch a movie while enjoying beer and food. Movie costs \$6.50. Must be 21 or over unless



Jane Franklin Dance At Capital Fringe

During the 10th Annual Capital Fringe Festival (July 9-26), Arlington-based Jane Franklin Dance will perform "Niche," a dance theatre production. The storyline, which follows a couple that lives in a house without windows, is accompanied by live banjo, mandolin, and guitar music by Mark Sylvester. Visit www.Capitalfringe.org for more.



PHOTOS BY PAUL GILLIS

accompanied by adult/guardian. Visit www.arlingtondrafthouse.com.

Watch the Cool Cow Comedy Showcase. 8 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Watch live entertainment while enjoying beer and food. Show costs \$5. Must be 21 or over. Visit www.arlingtondrafthouse.com.

Sanford Markley. 9 p.m.-1 a.m. at Ireland's Four Courts, 2051 Wilson Blvd, Arlington. Watch Sanford Markley perform Acoustic Rock music. Call 703-535-3600.

Live Music at Whitlow's on Wilson. 9:30 p.m.-1 a.m. at Whitlow's on Wilson, 2854 Wilson Blvd, Arlington. DJ Hefner plays top 40 and hip-hop music. Cover charge ranges. Call 703-276-9693 or visit www.whitlows.com/live-music.

FRIDAY/JULY 10

Public Concert 8 p.m. at The Air Force Memorial, 1 Air Force Memorial Drive, Arlington. The United States Air Force Band-Airmen of Note will be performing a free concert for the public. Outdoor concerts are subject to weather cancellation. Call The United States Air Force Band's Concert Line at 202-767-5658 or visit the homepage www.usafvand.af.mil

Live Album Recording Show. 9 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. The Bobby Thompson Project will be recording a live album with help from the Ashleigh Chevalier Band. Tickets are \$10. Visit <http://www.iotaclubandcafe.com/>.

Sanford Markley. 9 p.m.-1 a.m. at Ireland's Four Courts, 2051 Wilson Blvd. Watch Sanford Markley perform Acoustic Rock music. Call 703-525-3600.

Live Music at Whitlow's on Wilson. 9:30 p.m.-1 a.m. at Whitlow's on Wilson, 2854 Wilson Blvd. Footwerk performs hip-hop and party music. Cover charge ranges. Call 703-276-9693 or visit www.whitlows.com/live-music.

Neal Brennan, Co-Creator of Chappelle Show. 10 p.m. at Arlington Cinema and Drafthouse, 2903 Columbia Pike, Arlington. Watch live stand-up comedy. Show costs \$20. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondrafthouse.com.

SATURDAY/JULY 11

Summer Rose Care Clinic. 9-11 a.m. at Bon Air Memorial Rose Garden, 850 N Lexington Ave. Arlington Rose

Foundation experts will be teaching attendees how to diagnose, prevent and treat problems typically caused as temperatures rise. Free. Contact 703-371-9351.

Singles Dinner and Movie Night. 5 p.m. at Rock Bottom Brewery, 4238 Wilson Blvd. Find prix fixe dinner and a movie at Ballston Regal 12 sponsored by New Beginnings, a support group for separated/divorced men and women. Tickets are \$30 at the door and includes dinner, soda, tip and movie ticket. Visit www.newbeginningsusa.org.

Opening Reception. 6-9 p.m. at Arlington Arts Center, 3500 Wilson Blvd. Celebrate "PLAY," an exhibition that examines games and play through the lens of contemporary art. Free. Visit arlingtonartscenter.org/exhibitions/play for more.

Six Band Concert. 6 p.m.-12 a.m. at Iota Club & Cafe, 2832 Wilson Blvd. Live performances from J Flax and the Heart Attacks, Thaylobleu, Chess Club Romeos, Swell Daze, Mittenfields, Hello Dharma, Feral Conservatives and Harness Flux. Tickets are \$12. Visit www.iotaclubandcafe.com.

Neal Brennan, Co-Creator of Chappelle Show. 7 and 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Watch live stand-up comedy. Show costs \$20. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondrafthouse.com.

Sanford Markley. 9 p.m.-1 a.m. at Ireland's Four Courts, 2051 Wilson Blvd. Watch Sanford Markley perform Acoustic Rock music. Call 703-525-3600.

Live Music at Whitlow's on Wilson. 9:30 p.m.-1 a.m. at Whitlow's on Wilson, 2854 Wilson Blvd. The Reflex performs 80's party music. Call 703-276-9693 or visit www.whitlows.com/live-music.

Open Mic Stand-Up Comedy. 10:30 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Free Admission. Must be 21 or over. Visit www.arlingtondrafthouse.com.

JULY 11-AUG. 23

"Screenshot" Exhibit. Wednesday-Sunday, 12-5 p.m. at the Wyatt Resident Artists Gallery at Arlington Arts Center, 3500 Wilson Blvd. Roxana Alger Geffen's "Screenshot" exhibit reflects an interest in the structure of domestic life and the schedules and patterns that order a life with small children. Geffen uses

the graphics and content from the computer game Minecraft as a source of material for her solo exhibition. Free. Visit <https://arlingtonartscenter.org/studios> for more.

JULY 11-OCT. 11

"PLAY: Tinker, Tech & Toy" Art Exhibit. Wednesday-Sunday, 12-5 p.m. at the Arlington Arts Center, 3500 Wilson Blvd. "PLAY" is an exhibition that examines games and play through the lens of contemporary art. Free. Visit www.arlingtonartscenter.org/exhibitions/play for more.

SUNDAY/JULY 12

Poetry Reading. 6 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. Bilingual poets Maritza Rivera and Yvette Neisser-Moreno will read their own work. Free. Visit www.iotaclubandcafe.com.

MONDAY/ JULY 13

Shane Sheib Concert. 8 p.m. at Iota Club & Cafe, 2832 Wilson Blvd. A live performance by Shane Sheib with guests New Order of Existence and Julian Roso. Tickets are \$10. Visit www.iotaclubandcafe.com.

TUESDAY/JULY 14

Glow and Flow Party. 7 p.m. at the Oby Lee Winery, 3000 North Washington Blvd. An hour of sunset vinyasa yoga with instructor Beth Wolfe followed by a glass of prosecco on the tropical patio. \$20. Call 571-257-5054 to reserve a spot.

WEDNESDAY/JULY 15

Author Event. 7 p.m. at Central Library Auditorium, N Quincy St. Author and professor Monique Saigal discusses her book "French Heroines, 1940-1945, Courage, Strength and Ingenuity." Free. www.library.arlingtonva.us.

Watch The Tour de France - Stage

11. 8 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Watch the Tour de France bike race while enjoying beer and food. Also find raffles and silent auctions. Free Admission. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondrafthouse.com.

David Andrew Smith 9 p.m.-1 a.m. at Ireland's Four Courts, 2051 Wilson

ENTERTAINMENT

Blvd. Listen to Pop, Rock and Alternative music performed by David Andrew Smith. Call 703-535-3600.

JULY 15-26

Jane Franklin Dance for Capital Fringe. Various times at The Cafritz Foundation Theater — Dance Place, 3225 8th St. NE, Washington, D.C. Arlington's Jane Franklin Dance will perform "Niche," based on the lives of an ordinary couple. Visit www.capitalfringe.org.

JULY 15-AUG. 9

"A Midsummer Night's Dream." Wednesday-Saturday at 8 p.m.; 2 p.m. on Sundays at the Synetic Theater, 1800 S. Bell St. Synetic presents a playful adaptation of Shakespeare's timeless comedy with a movement-based visual storytelling. Regular tickets start at \$35. Student tickets start at \$20. Visit www.synetictheater.org.

THURSDAY/JULY 16

"A Love Affair with an Old House: The Ball-Sellers House Story." 7 p.m. at Arlington Central Library, 1015 N Quincy St. Martha Orth will recount stories about the house and the owners over 273 years of Arlington history, including the builder and his family on what was then the colonial American frontier. A question-and-answer session will follow. Free. Call 703-228-5990.

The Wonderful World of Boning. 7:30 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Find sex education with a sense of humor. Tickets are \$10. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondraffthouse.com.

UrbanArias. 8 p.m. at Signature Theatre, 4200 Campbell Ave. Local contemporary opera company performs "Craigslitlieder" which sets real Craigslist songs to music. Tickets are \$25. Visit www.urbanarias.org for more.

Bobby Bale Jr. Concert. 8:30 p.m. at Iota Club & Café, 2832 Wilson Blvd. A Bobby Bale Jr. full band show with guest The Devyl Nellys. \$12. Visit www.iotaclubandcafe.com.

THURSDAY-FRIDAY/JULY 16-17

Willem Dickey. 9 p.m.-1 a.m. at Ireland's Four Courts, 2051 Wilson Blvd. Live music performed by Willem Dickey. Call 703-535-3600.

FRIDAY/JULY 17

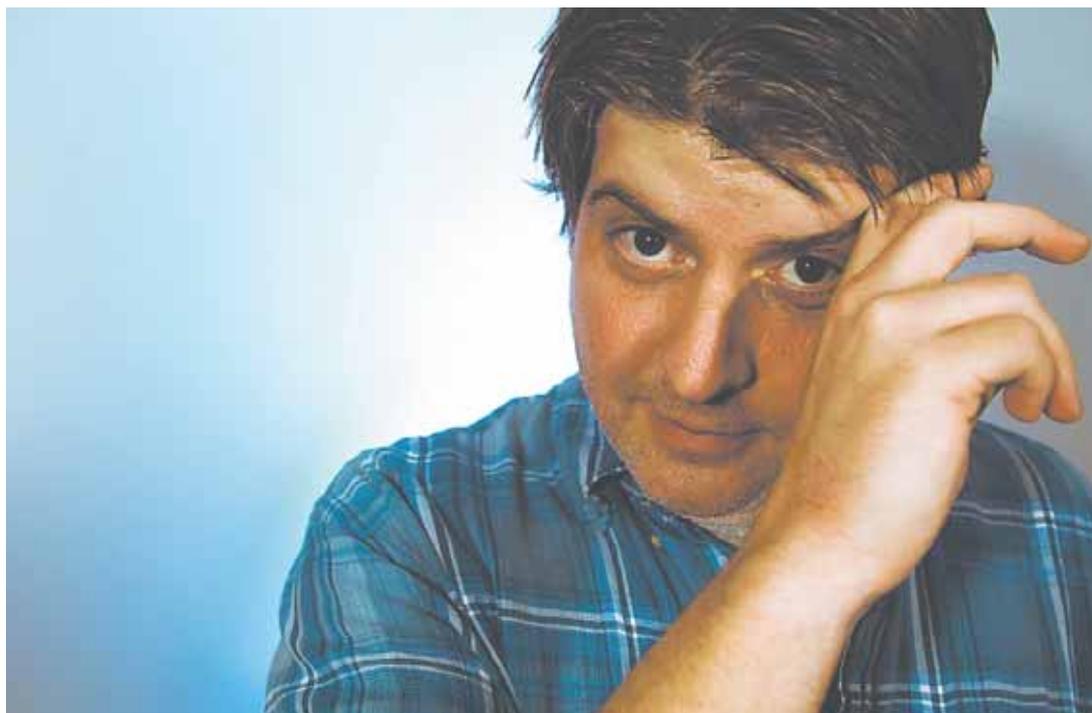
Wine Tasting. 6:30-7:30 p.m. at One More Page Books, 2200 N Westmoreland St. Free. Visit www.onemorepagebooks.com/events.

Author Reading. 7-8 p.m. at One More Page Books, 2200 N Westmoreland St. Author Beatriz Williams reads from her new novel "Tiny Little Thing." Free. Visit www.onemorepagebooks.com for more.

Chris Distefano from Guy Code. 7:30 p.m. and 10:15 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Stand-up comedy by television personality Christ Distefano. Tickets are \$20. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondraffthouse.com.

JULY 17-AUG. 8

"Twelve Angry Men." Various times at The Gunston Arts Center, Theatre II, 2700 S Lang St. The American Century Theater will perform their adaptation of the play detailing the story of dissenting jury members in a



Comedian Stewart Huff will perform at Arlington Cinema & Drafthouse, 2903 Columbia Pike, on Aug. 6. Tickets are \$5. Visit www.arlingtondraffthouse.com.

murder trial. General admission tickets are \$26-29 and \$23 for students and seniors. Visit www.americancentury.org.

SATURDAY/JULY 18

DC BRGR Bash. 12-6 p.m. at Gateway Park, 1300 Lee Highway. Sixteen local restaurants and three local breweries bring their goods for a day of live music and food. Tickets start at \$29. Visit www.dcbgrbash.com.

Music Performance. 2-3 p.m. at Columbia Pike Branch Library, 816 South Walter Reed Drive. PS24, a "folk-hop" group will perform. Free. Visit http://library.arlingtonva.us/ai1ec_event/musical-performance-ps24-columbia-pike/

Summer Concert. 5-9 p.m. at Westover Market, 5863 N Washington Blvd. Lesson Zero and Starryville will be performing. Free. Visit www.myspace.com/lessonzero or www.myspace.com/starryville.

Calder and Pugh 9 p.m.-1 a.m. at Ireland's Four Courts, 2051 Wilson Blvd. A live music experience with musical artists Calder and Pugh performing. Call 703-535-3600.

Chris Distefano from Guy Code. 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Stand-up comedy by television personality Christ Distefano. Tickets are \$20. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondraffthouse.com.

SUNDAY/JULY 19

Paleo Author Event. 2-3 p.m. at One More Page Books, 2200 N Westmoreland St. Stephanie Gaudreau, author of "The Paleo Athlete" shares information on how to enhance athletic performance through a paleo food approach. Ciarra Hannah, author of "Frugal Paleo Cookbook" shares information on meal planning and budget approaches to healthy food. Free. Visit www.onemorepagebooks.com.

The Coward's Choir Concert. 8 p.m. at Iota Club & Café, 2832 Wilson Blvd. A performance by The Coward's Choir with guest Jason Myles Goss. Tickets are \$12. Visit www.iotaclubandcafe.com.

Trivia Kings. 8 p.m. at Clarendon Grill, 1101 N Highland Ave. Trivia

night. Free. Visit www.cgrill.com/calendar.htm.

MONDAY/ JULY 20

Salsa class and Salsa Music. Class is 7:30-9 p.m. Dancing is 9 p.m.-1 a.m. at Clarendon Grill, 1101 N Highland Ave. Class instructed by Keith Givens. There is a \$6 cover charge. Visit www.cgrill.com/calendar.htm.

The Bachelor Boys Concert. 8 p.m. at Iota Club & Café, 2832 Wilson Blvd. The Bachelor Boys perform. Free. Visit www.iotaclubandcafe.com.

WEDNESDAY/JULY 22

Trivia Kings. 8 p.m. at Clarendon Grill, 1101 N Highland Ave. Trivia night. Free. Visit www.cgrill.com/calendar.htm.

THURSDAY/JULY 23

Author Reading. 7-8 p.m. at One Page Books, 2200 N Westmoreland St. Author Helaine Mario shares from her latest book "The Lost Concerto." Free. Visit www.onemorepagebooks.com for more.

Live Music. 9 p.m. at Clarendon Grill, 1101 N Highland Ave. Turtle Recall performs. Free. Visit www.cgrill.com/calendar.htm.

FRIDAY/JULY 24

Michael Ian Black. 7:30 p.m. and 10:15 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Popular comedic television writer will perform live stand-up. Tickets are \$20. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondraffthouse.com.

The Old Ceremony Concert. 9 p.m. at Iota Club & Café, 2832 Wilson Blvd. A live performance by The Old Ceremony. Tickets are \$12. Visit www.iotaclubandcafe.com.

Live Music. 10 p.m. at Clarendon Grill, 1101 N Highland Ave. Blue Label performs. Free. Visit www.cgrill.com/calendar.htm.

SATURDAY/JULY 25

Michael Ian Black. 7:30 p.m. and

10:15 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Popular comedic television writer will perform live stand-up. Tickets are \$20. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondraffthouse.com for more.

Porkchop Volcano. 9 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Watch live short form improv comedy. Free Admission. Must be 21 or over. Visit www.arlingtondraffthouse.com for more.

Sirsy Concert. 9 p.m. at Iota Club & Café, 2832 Wilson Blvd. Live performance by Sirsy. Tickets are \$12. Visit www.iotaclubandcafe.com for more.

Live Music. 9:30 p.m. at Clarendon Grill, 1101 N Highland Ave. Gonzo's Nose performs. Free. Visit www.cgrill.com/calendar.htm for more.

SUNDAY/JULY 26

Herb and Hanson Concert. 8 p.m. at Iota Club & Café, 2832 Wilson Blvd. Live performance by Herb and Hanson. Free. Visit www.iotaclubandcafe.com.

MONDAY/JULY 27

Holistic Health and Wellness Book Group. 7-8 p.m. at One More Page Books, 2200 N Westmoreland St. Discuss holistic health and wellness. Free. Visit www.onemorepagebooks.com.

Salsa Class and Salsa Music. Class 7:30-9 p.m. Dancing 9 p.m.-1 a.m. at Clarendon Grill, 1101 N Highland Ave. Class instructed by Keith Givens. There is a \$6 cover charge. Visit www.cgrill.com/calendar.htm for more information.

Four Band Concert. 8 p.m. at Iota Club & Café, 2832 Wilson Blvd. Live performances by the A-Oks, Thirteen Towers, The Holophonics, and Be Like Max. Tickets are \$12. Visit www.iotaclubandcafe.com.

MONDAY/JULY 27-31

Fashion Fights Poverty Summer Fashion Camp. 10 a.m.-4 p.m. daily at Arlington Costume Lab

(inside Gunston Middle School), 2700 S Lang St. This is a five day fashion program that is centered around eco-ethical fashion principles for middle school and high school students who are interested in the fashion industry. Students will engage in activities designed to boost their self esteem and introduce them to fashion related areas such as styling, design, photography, etc. For registration information, send an email to ycaastro@fashionfightspoverty.org.

WEDNESDAY/ JULY 29

"Chick Lit" Book Swap. 7-8 p.m. at Westover Branch Library, 1644 North McKinley Road. Bring in used romance novels and swap them. Free. Visit www.library.arlingtonva.us

FRIDAY/JULY 31

David Koechner Live. 7:30 p.m. and 10:15 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Actor from "The Office" and "Anchorman" performs. Tickets cost \$22. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondraffthouse.com.

Double Feature Concert. 9 p.m. at Iota Club & Café, 2832 Wilson Blvd. Live performances by Jumpin Jupiter and Izzy and the Catastrophics. Tickets are \$12. Visit www.iotaclubandcafe.com.

SATURDAY/AUG. 1

David Koechner Live. 7 and 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Actor from "The Office" and "Anchorman" performs. Tickets cost \$22. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondraffthouse.com.

THURSDAY/AUG. 6

Stewart Huff Comedy Show. 8 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Comedian Stewart Huff performs live. Tickets are \$5. Call 412-695-4807.

FRIDAY/AUG. 7

Sarah Colonna Live. 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Comedian from "Chelsea Lately" performs. Tickets cost \$22. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondraffthouse.com.

SATURDAY/AUG. 8

Refinery29 Style Festival. 1-6 p.m. at the Fashion Centre at Pentagon City, 1100 South Hayes St. Refinery29.com has teamed up with Simon Malls for a day of musical performances, curated indie boutiques and shopping opportunities, a "Beauty" and "DIY Stage." Free to attend. Visit www.simon.com/stylefestival for more.

Sarah Colonna Live. 7 and 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Comedian from "Chelsea Lately" performs. Tickets cost \$22. Must be 21 or over unless accompanied by adult/guardian. Visit www.arlingtondraffthouse.com for more.

WEDNESDAY/AUG. 12

Spanish Inspired Art Jam. 5:30-7:30 p.m. at Jaleo, 2250 Crystal Drive. Paint Spanish-inspired art, eat and drink. Tickets are \$40-45. Visit www.artjamzdc.com/crystal-city-artjamz-at-jaleo/ to purchase tickets.

Arlington REAL ESTATE

PHOTOS BY HAL VERNON/THE CONNECTION

Top Sales in May, 2015

IN MAY 2015, 288 ARLINGTON HOMES SOLD BETWEEN \$2,482,000-\$118,000.



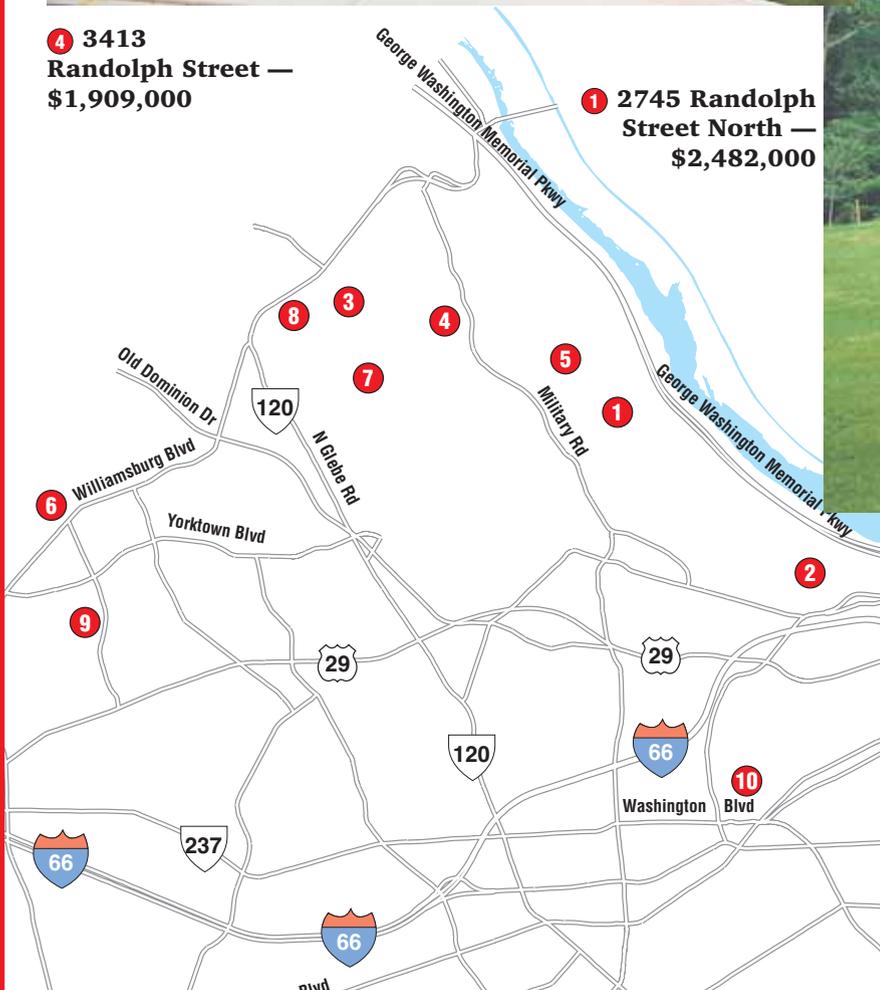
4 3413 Randolph Street — \$1,909,000



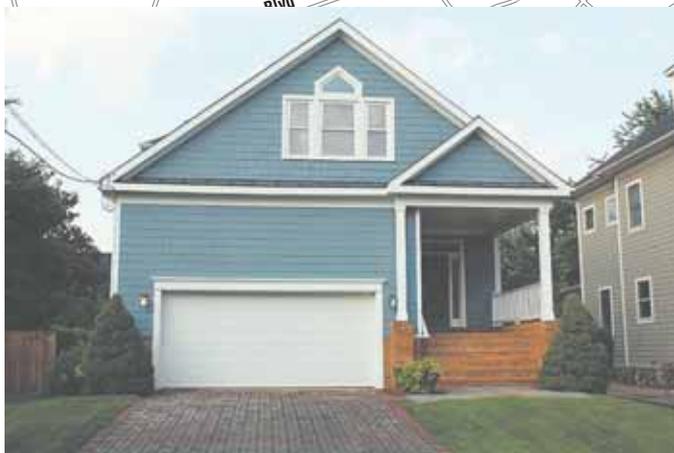
5 3888 30th Street North — \$1,805,700



1 2745 Randolph Street North — \$2,482,000



2 2613 24th Street North — \$2,478,000



10 1309 Hudson Street — \$1,602,100

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold
1	5	.5	1	...	ARLINGTON	\$2,482,000	Detached	0.49	22207	DOVER	05/11/15
2	6	.5	2	...	ARLINGTON	\$2,478,000	Detached	0.36	22207	WOODMONT	05/15/15
3	6	.5	1	...	ARLINGTON	\$2,100,000	Detached	0.25	22207	COUNTRY CLUB HILLS	05/15/15
4	6	.5	1	...	ARLINGTON	\$1,909,000	Detached	0.23	22207	BROYHILL FOREST	05/13/15
5	5	.4	1	...	ARLINGTON	\$1,805,700	Detached	0.24	22207	BELLEVUE FOREST	05/08/15
6	5	.5	1	...	ARLINGTON	\$1,700,000	Detached	0.23	22207	WILLIAMSBURG VILLAGE	05/06/15
7	5	.4	1	...	ARLINGTON	\$1,690,000	Detached	0.27	22207	COUNTRY CLUB HILLS	05/05/15
8	5	.4	2	...	ARLINGTON	\$1,625,000	Detached	0.37	22207	COUNTRY CLUB HILLS	05/14/15
9	5	.4	1	...	ARLINGTON	\$1,610,000	Detached	0.21	22207	N/A	05/29/15
10	5	.4	0	...	ARLINGTON	\$1,602,100	Detached	0.13	22201	IYON VILLAGE	05/12/15

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Big Upgrade in Little Package

Pair of luxury baths add comfort and charm to 30-year-old Arlington condo.

By JOHN BYRD

Approaching retirement, Kathleen David and her husband decided it was time to sell their multi-level townhouse and find a suitable one-level living option. The plan was a condominium that could be purchased at a favorable price and upgraded within a budget.

Accustomed to urban living, the couple mainly wanted freedom from stairs, available parking, and a spot for a favorite China cabinet.

"We were quite satisfied with our choice," David said of the 1,300-square-foot unit conveniently situated in an 11-story, 30-year-old Crystal City complex. "After we had been in residence for about a year, we started looking for contractors to help us upgrade the master bath, which was terribly dated."

What came as a surprise as interviews got under way, though, was how few contractors were willing, or able, to work in a condominium.

"There are lots of rules and restrictions," David said. "Eventually, we learned that remodeling a room in a condo can take 20-30 percent longer than it takes to a complete a comparable project in a single family home. Several well-known firms wouldn't even meet with us."

As such, Sarah Wolf at Foster Remodeling Solutions was a breath of fresh air.

"We hit it off right away," David said. "She understood condo remodeling challenges completely. She provided relevant, inspired ideas in the first meeting, and the collaboration only improved from there."

So much so, in fact, that the single full bathroom slated for improvement became two, and the interior design ideas grew progressively more sophisticated.

"Condos have always been interesting to me — partly because they require very precise space plans," Wolf said. "In a tight footprint, inches make all the difference and the



Recognizing that inches count in a tight footprint that can't be expanded, Sarah Wolf at Foster Remodeling Solutions gained just two inches of floor space by removing a wall between the vanity and the tub (left); the half-wall and frameless glass space divider that now surrounds the newly installed walk-in shower (right) offers a new open look.

design effects that add to that crucial sense of spaciousness must be expertly executed. Professionally, it's exhilarating to design out of the picture the apparent limitations in a room — so that only thing an owner is aware of is how attractive the space is, and how well it works."

BEGINNING WITH a "style preferences" photo slide show narrated by David (who had stockpiled ideas for close to a year), Wolf began by grappling with an unyieldingly compact 220 square feet that could not be enlarged in any direction.

Removing a wall between the vanity and tub in the master bathroom, for instance, added just two inches of floor space, yet the half-wall and frameless glass space divider that now surrounds the newly installed walk-in shower offers an open look that previously didn't exist.

More to the point, Wolf's softly textured interior design scheme provides the eye with something to enjoy:

- ❖ Oversized (12 inch by 14 inch) porcelain tile in the shower glazed to resemble soft white marble;
- ❖ Parallel bands of small-scale glass mosaic embedded in the shower walls at eye-

and waist-level. The color accentuates the gray tones in the floor tile;

- ❖ Accent tiles capping the low-wall around the tub visually unify the rear of the room with the front-facing vanity while concealing grout lines. The effect: narrow spaces now seem much wider;

- ❖ A black and white art deco-style ceramic basket-weave pattern for the shower also prevents slipping;

- ❖ A blue-grey-black Cambria quartz countertop color-coordinated with vanity cabinet facings lacquered in a black-brush-applied mushroom gray stain.

Polished chrome plumbing fixtures, likewise, combine with metal surfaces to form a bright, reflective surface which is, in turn, offset by a charcoal gray porcelain tile streaked with white veining.

To heighten the room's visual rhythm, Wolf and team installed the 12" x 24" tiles diagonally across the floor from front to back.

On the walls, soft blue-gray paint highlights reflected blue flecks in the countertops, a counterbalance to the bright white ceiling.

"Alternation and balance are important when you're working with small spaces,"



PHOTOS COURTESY OF HOMEFRONTSNEWS

A blue-grey-black Cambria quartz countertop has been color-coordinated with vanity cabinet facings lacquered in a black-brush-applied mushroom gray stain. Sarah Wolf designed drawers, shelves and recessed storage spaces in both bathrooms, creating appropriately-sized places for all necessary toiletries.

said Wolf. "In effect, you have a three dimensional canvas formed by walls, floors, ceiling — and each side is a critical part of the whole. When the design statement is well-made, the finished space feels peaceful, pleasant, a room you want to spend time in. Size becomes unimportant."

That said, Wolf applied considerable engineering skill in designing built-ins to satisfy precisely-measured storage requirements.

"There was nothing but an open cabinet under the vanity before," David said. "Sarah designed appropriately-sized drawers, shelves and recessed a storage spaces for everything we use in this space. The new sense of order in both bathrooms has been wonderful."

As an aging-in-place consideration, Wolf found room for an in-shower bench and grab bars. A hand-held shower head on a slide bar adjusts to the owners' different height requirements.

"Everything has been carefully tailored to our needs," said David. "We feel fortunate to have gotten such a winning result."

Details

Foster Remodeling Solutions periodically offers workshops on home remodeling topics. Call 703-550-1371 or visit www.fosterremodeling.com.

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Rain Can't Stop This Parade Lyon Village hosts annual neighborhood parade.

BY SHIRLEY RUHE
THE CONNECTION

It had been raining hard all morning. At 10:15 a.m. a Lyon Village e-mail bulletin went out: "July 4 Parade is On!" It read, "Uncle Sam is on our side but Mother Nature is not our friend today. However, we will have the parade as it looks like there may be a window at 11 a.m. Please bring your decorated bikes, scooters, vintage cars and motorcycles (and umbrellas) to 17th and Highland at 10:45 for the 11 a.m. parade. Kids should feel free to wear bathing suits."

The Arlington police lined up yellow cones at the beginning of the parade route. Two fire engines stood by on the adjoining street to meld into the parade.

Caroline Holt decked out in blue and white shirt, faded red Nats hat and pink boots, has been organizing the neighborhood parade for the last eight years. She says the parade "has been going on since before I was born. Usually it lines up way down there," she said, pointing to the block behind her.

But this year the weather interfered. Holt made the decision to go ahead with the parade. "We all live within a couple of blocks so why not." Although the picnic with traditional food sales and decorations won't go on this year, "we'll repurpose the cake walk, you know make lemonade." The neighbor on the corner says that the man across the street used to be a lobbyist for the cattle association. So he had a big industrial grill that was usually used to cook the hot dogs. Holt says the proceeds of the day's event will go toward the renovation of the Community House.

The antique cars lined up at the beginning of the parade. Dick Sullivan said, "I am driving that green '27 Model T." Captain Marvel revs up his motorcycle. Doug and Lynne Ross with John Armstrong unfurl the street-wide flag that will signal the beginning of the parade. "Is that long enough?" Armstrong called across the street. Syd Levin, inside the Uncle Sam costume, has put his large black umbrella away. His grandchildren live in the neighbor-



Jason and Kathryn Licht bring up the end of the Lyon Village parade route as they push Matthew in his red car down Key Bouelvard.

hood. Lori Williams and her brother Ryan line up their scooters beside Uncle Sam awaiting his signal to weave their way through the crowd to Lyon Village Park. A wagon crowded with three cousins is decorated with red, white and blue stars.

A young girl rides on her father's



Doug and Lynne Ross and John Armstrong unfurl the street-wide flag that will signal to the red, white and blue sea of children that the Lyon Village Fourth of July parade is about to begin.

shoulders, her mother sporting a tall Uncle Sam hat and a tiny baby strapped to her chest while Jason and Kathryn Licht push Matthew's red car down the street, clutching a bag of Dunkin' Donuts. A golden retriever has joined the paraders and a boy dressed in flag shorts bounces a ball down Key

Boulevard. The sun has come out as the parade disappears down the four-block parade route. A late arrival scurries down the block to catch up with the tail end of the parade in the distance. All the children carry small American flags — on to the games and Gatorade between the raindrops.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

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Petroleum Spill In Four Mile Run

Four Mile Run is normally a scenic stream that divides Arlington and Alexandria, but on July 1, the public was told to stay away from the area due to contamination from a petroleum discharge. Arlington County Fire Department and the Department of Environmental Services (DES) set out containment booms but advised the public to remain out of the water until July 4. One week later, the full cause and size of the spill remains under investigation.

"The investigation is ongoing, so the exact quantity of [petroleum] is unknown, but this is considered a smaller spill," said Jessica Baxter, a spokesperson with the DES. "There is no evidence of new or continuing discharge."

Baxter said the containment booms were sufficient to control the contamination.

While the DES continues to investigate the full extent of the spill, the Arlington County Fire Department is investigating the source of the spill. Sarah Marchegiani, a spokesperson for the Arlington County Fire Department, said that the nearby Automotive Express at 2705 South Oakland St. had been seen by Fire Department officials



Arlington Fire Department setting up containment booms in Four Mile Run.

spraying a motor down with oil and improperly disposing of petroleum discharge. However, Marchegiani currently believes the incident with Automotive Express and the larger spill are unrelated.

"That was one source identified," said Marchegiani, "but we don't believe that it was the cause of the larger spill."

According to a tweet by the Arlington Fire Department, the spill entered the stream through a nearby culvert and likely originated from being dumped or spilled into a manhole. The stream was re-opened to the public on July 4.

— VERNON MILES

WWW.CONNECTIONNEWSPAPERS.COM

PHOTO CONTRIBUTED

O'Connell Grad Sweeney To Play Softball at The Mount

Pitcher roots for Nationals, enjoys "classic baseball movies."

Erin Sweeney was a four-year member of the Bishop O'Connell softball team and spent two seasons as the ace of the Knights pitching staff.

Sweeney experienced four VISAA state championships and a pair of Washington Catholic Athletic Conference titles during her high school career. As a senior, she went 15-1 in the pitcher's circle with a 1.11 ERA, striking out 100 batters in 88 innings. She earned first-team all-state and first-team all-WCAC honors, and was named team MVP.

Sweeney graduated from Bishop O'Connell in 2015 but will continue her softball career at Mount St. Mary's University in Emmitsburg, Md. The Mountaineers compete at the Division I level in the Northeast Conference.

Sweeney recently participated via email in a Q&A with The Connection.

Q: You'll be playing softball for Mount St. Mary's next season. What made Mount St. Mary's the right choice for you?

Sweeney: The Mount has everything I was looking for in a school. It has a great health sciences program, it is close to home and I have the ability to play Division I softball

for a great coach and with some incredible teammates. It is just a perfect fit for me.

Q: What position(s) will you play?

Sweeney: I will have the opportunity to pitch and play other positions at The Mount. I am looking forward to helping The Mount team any way I can.

Q: What are you most looking forward to about going to college?

Sweeney: I am really looking forward to meeting new people and experiencing all the things that Mount St. Mary's has to offer. I am also looking forward to continuing to play softball.

Q: At what age did you start playing softball?

Sweeney: I started playing softball when I was 8 years old.

Q: When did you realize playing college softball was an option for you?

Sweeney: Playing college softball has been a goal of mine since I was 10 years old.

Q: The O'Connell softball program has won many championships over the years. How, if at all, did playing for a prestigious program affect the amount of pressure you felt to succeed?

Sweeney: O'Connell softball has a long winning tradition and Tommy [Orndorff] is a Hall of Fame coach, so I definitely felt a lot of pressure to succeed. But the reason the program has been so successful over the past 30 years is because the players under-

stand that it is their responsibility to play "O'Connell Softball," which means we honor the sport every time we take the field and we play the game the right way. This is what Tommy has instilled in his players and that is why the program has been so consistently successful over the years. It is a lot of pressure, but it is also a lot of fun.

Q: What is your favorite memory of playing softball at O'Connell?

Sweeney: I have had a lot of great memories from playing softball at O'Connell, but what has meant the most to me is the lasting friendships I have made with all of my amazing teammates.

Q: Do you have any game day superstitions?

Sweeney: I wouldn't consider myself to be really superstitious, but I definitely have a set game day routine that I follow.

Q: What do you like to do when you're not playing a sport?

Sweeney: When I am not playing softball, I like to watch my brother play baseball and my sister play softball. I like coaching softball, especially working with young pitchers. I also love going the beach.

Q: Are you a pro sports fan? Which team(s) do you root for?

Sweeney: I am a huge baseball fan! My favorite teams are the Nationals and the Kansas City Royals.

Q: What's your favorite food?

Sweeney: I love Italian food, especially pasta.



CONNECTION FILE PHOTO

Erin Sweeney, a 2015 graduate of Bishop O'Connell High School, will play softball at Mount St. Mary's University in Emmitsburg, Md.

Q: Who is your favorite music artist? Why?

Sweeney: I enjoy listening to all types of music, and I am a really big fan of country music, but I don't really have a favorite artist.

Q: What is your favorite movie? Why?

Sweeney: I really love those classic baseball movies, like "Field of Dreams" and "The Sandlot." They are just fun to watch.

— JON ROETMAN

SWIM NOTES

Donaldson Run Competes Against Hunt Valley

In Division II action, the Donaldson Run Thunderbolts fell to the Hunt Valley Stingrays 214-206 in a meet with multiple lead changes that came down to the final relays. Donaldson Run won 22 of 40 individual races and six of 12 relays.

Double individual race winners for Donaldson Run: Charlie Greenwood (boys 8&U freestyle and breaststroke); Rachel Conley (girls 8&U backstroke and butterfly); TJ Hutchison (boys 11-12 freestyle and butterfly); Anna Trainum (girls 11-12 breaststroke and butterfly); Emily Brooks (girls 15-18 freestyle and backstroke); and Bryan Meade (boys 15-18 freestyle and butterfly).

Donaldson Run single race winners were: Jimmy Egan (boys 8&U butterfly); Eliza Gromada (girls 8&U breaststroke); Jack Tsuchitani (boys 9-10 freestyle); Luke Galdiz (boys 9-10 breaststroke); Elsa Leichty (girls 9-10 breaststroke); Gracie Jansen (girls 9-10 butterfly); Sean Conley (boys 11-12 backstroke); Drew Harker

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WGCC's Amanda DiMeglio competes in the individual medley.

(boys 11-12 breaststroke); Andrew Meighan (boys 13-14 freestyle); Andrew Walker (boys 15-18 breaststroke).

WGCC Swimmers Defeat Rival Kenwood

Over the past six years, the WGCC Lightning and the Kenwood Bears have battled back-and-forth for the top spot in the Country Club Swimming and Diving Association (CCSDA). Last year, WGCC had an undefeated season and took home the title of CCSDA champs.

Last week, the Lightning took one step



Jillian Johnson swims for WGCC.

closer to repeating this feat by besting rivals Kenwood by a score of 296-184.

Several of WGCC's swimmers set record times. Ryan Baker's 18&U fly time of 25.51 broke his own team and CCSDA record from last year. Baker also broke a Kenwood pool record in the 18&U back with a time of 26.16. Richard Gentry bested the team and CCSDA record in the 14&U breast with a time of 31.50. Gentry broke former WGCC swimmer Tom Dolan's record (Dolan later went on to win gold in the 1996 and 2000 Olympics). Finally, the boys' senior medley relay team of Baker, Gentry, Jack Carman, and Luke Bernasek set a new Kenwood pool record with a time of 57.84.

PHOTOS CONTRIBUTED

Baker won all three of his individual events: boys' 18&U IM, back, and fly. Double winners for WGCC were: Amanda DiMeglio (girls' 12&U IM, breast); Carman (boys' 12&U IM, fly); Jillian Johnson (girls' 18&U IM, back); Petie Nassetta (girls' 14&U free, fly); and Sophie Yoder (girls' 12&U back, fly). Single winners were: Lucas Zidlicky (boys' 10&U free); Avery Nassetta (girls' 12&U free); Zander Zidlicky (boys' 18&U free); Caitlin O'Connor (girls' 8&U back); Kiera Johnson (girls' 10&U back); Bernasek (boys' 10&U back); Peter Moore (boys' 12&U back); Thomas Outlaw (boys' 14&U back); Will Scribner (boys' 8&U breast); Lily Darcey (girls' 10&U breast); Rajan Bhargava (boys' 12&U breast); Cate Barrett (girls' 14&U breast); Gentry (boys' 14&U breast); George Cranwell (boys' 18&U breast); and Conner McCarthy (boys' 10&U fly).

Winning relay teams included: boys' junior medley relay (T. Outlaw, R. Bhargava, Arav Bhargava, Mackie Repke); girls' senior medley relay (P. Nassetta, DiMeglio, Kirby Nassetta, Rowan Clancey); boys' senior medley relay; and the boys' mixed-age free relay (Repke, Bernasek, Carman, Outlaw, Baker). The Lightning (2-0) will host Congressional Country Club (0-1) in their next dual meet.

21 Announcements

21 Announcements

101 Computers

101 Computers

OBITUARY
Joseph E. Ellinger, 89, died June 19, 2015 in Greenwood, Indiana. He was born March 15, 1926 in Pittsburgh, PA. He was a long time resident of McLean, Virginia. He retired from the U.S. Department of Labor. He will be buried in Indianapolis, IN. Funeral Arrangements were provided by Little and Sons Funeral Home, Beech Grove, Indiana. www.LittleAndSonsBeechGrove.com

I Never think of the future.
It comes soon enough.
-Albert Einstein

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28 Yard Sales

21 Announcements

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-Werner Heisenberg

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My Manifesto, Sort Of



By KENNETH B. LOURIE

Being diagnosed with a terminal form of cancer (no, they're not all "terminal") is "a heck of a thing," to extrapolate a bit from Jim Valvano's memorable 1993 ESPY Awards speech given a few months before he succumbed to his cancer. It's not as if there's anything you can do in life, beforehand, to prepare for a cancer diagnosis; and there's even less you can do to prepare for a "terminal" diagnosis, as in my case, when my oncologist - whom I had met 10 minutes earlier - first told me that he "could treat me but he couldn't cure me," followed by a "13-month to two-year prognosis." Surreal is the word I used to describe then what I heard/what I felt, and is also a word I've often heard other cancer patients use in recounting the details of the moment when their lives changed forever: when the diagnosis of cancer is confirmed by the oncologist sitting directly across from them. Perhaps you think (hope) that age, experience, education, etc. will carry you through that appointment and the many other cancer-related appointments to follow; the reality is, at least it was for me, you'll never know how you're going to react until after you've reacted.

With respect to "beating" the cancer; anticipating success, expressing confidence, taking control, hoping and praying, laughing and crying; how it all plays out is somewhere between anybody's guess and why not? Unbridled optimism may be a great start, but accepting your new reality and reacting/planning accordingly is often a road far less traveled. Having to travel that road because of an unexpected cancer diagnosis (I was a lifelong non-smoker, basically asymptomatic with no family history of cancer) is a trip fraught with danger and unimaginable hurdles: mentally, physically, emotionally and spiritually. You really don't know what's around the next corner, and what's worse, you really won't know until you get there - and then it might be too late. Let me summarize it this way: it won't be a walk in the park unless you derive pleasure from doing so, and if you do, walk a lot. Finding calm ("serenity now") in the midst of a cancer diagnosis, and likewise attempting to eliminate stress and anxiety is much easier said and written about than actually done. Managing that stress (and anxiety) is the challenge. And if one can somehow traverse, navigate, manipulate even, this path of least resistance; at least on paper, potentially, there might be some light at the end of your tunnel that's not an oncoming train. That being said, once a malignancy is confirmed, there are no more guarantees. Actually, there is one: you'll be changed forever in ways you can't imagine.

Surviving a cancer diagnosis/"terminal" prognosis is a work in progress, literally; except, you might not make any progress, and statistically speaking, you might not survive. Nevertheless, thinking you have no future is the quickest way to not having one. Whether it's delusions or illusions or just plain confusion, moving forward with a smile on your face and a bounce in your step will help create the kind of positive energy necessary to survive this ordeal. It's not exactly a recipe for success, but it might be a way to avoid disaster - for a while, anyway.

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

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