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The Arlington Connection

HomeLifeStyle
PAGE 9

Narcan Saves Lives in Arlington
NEWS, PAGE 3

REVIVE! – Responding to an Opioid Overdose Emergency

REVIVE! Background

House Bill 1672
Initial law authorizing REVIVE

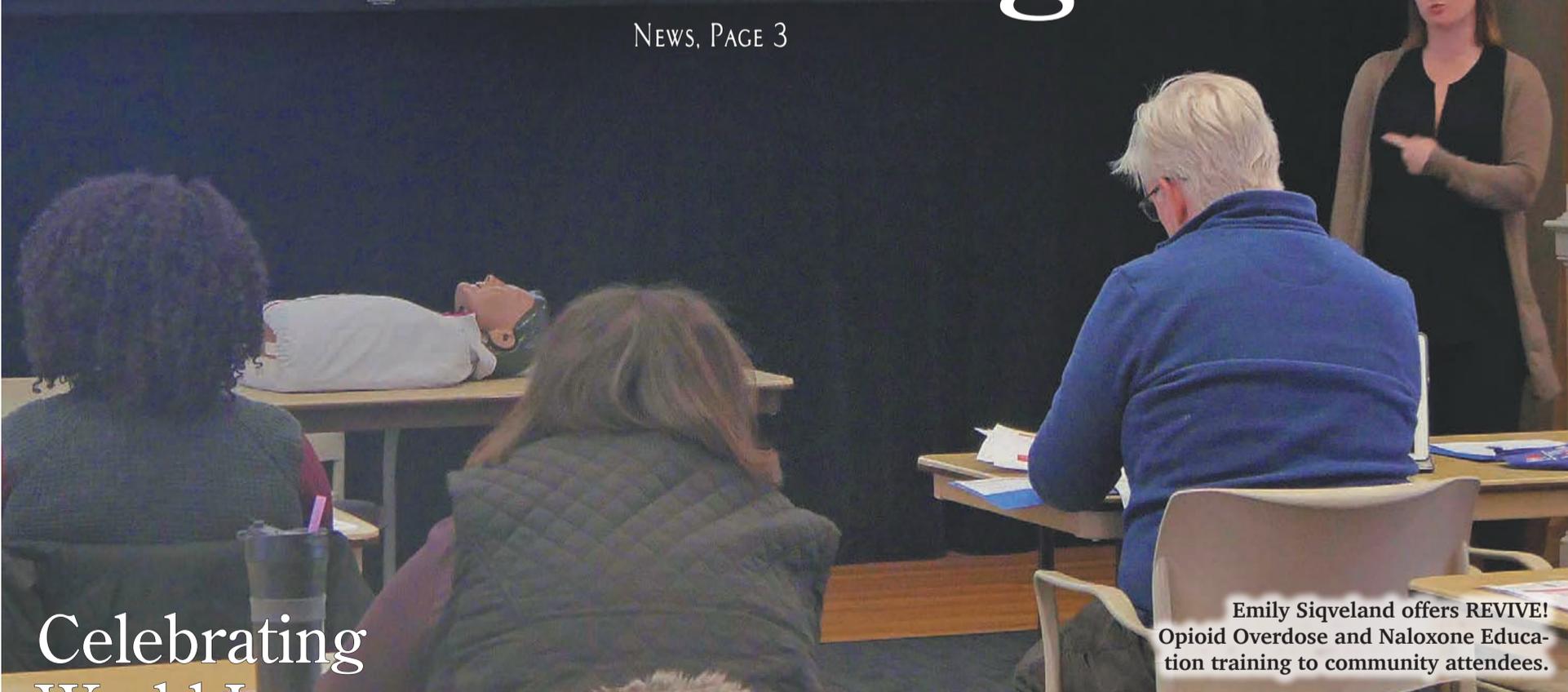
House Bill 1458
Immunity from civil liability
Law enforcement and firefighters can now carry
Provision for oral written, or standing order

As of November 16, Virginia is under a Public Health Emergency for our opioid epidemic

A Statewide Standing Order has been issued for Naloxone as a result

House Bill 1500 and Senate Bill 892
Safe Reporting of Overdoses
Allows assertion of affirmative defense

PHOTO BY SHIRLEY RUHE/THE CONNECTION ENTERTAINMENT, PAGE 6 ♦ CLASSIFIEDS, PAGE 10



Emily Siqveland offers REVIVE! Opioid Overdose and Naloxone Education training to community attendees.

Celebrating World Languages
NEWS, PAGE 8

Pet-Friendly Decor
HOMELIFESTYLE, PAGE 9

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Board To Hear Comments on Amazon HQ at Public Hearing

Estimated \$51 million pay-for-performance incentive package proposed.

The County Board will hold a public hearing on a proposed performance agreement with Amazon and consider other items at its Saturday, March 16, meeting. The meeting will begin at 8:30 a.m.

Due to anticipated public interest in the proposed performance agreement with Amazon, the board encourages those who wish to comment at the public hearing to sign up in advance online. Advance sign-up will close at 4 p.m. on March 15. Advance online sign-up speakers will be called first, in the order in which they are received. Speaker forms will be available at the meeting starting at 8 a.m., and may be submitted to the Clerk before the first speaker on the agenda item is called.

The board meets in Room 307 on the third floor at the Ellen M. Bozman Government Center, 2100 Clarendon Blvd.

All County Board meetings are live-streamed on the county website, and broadcast live on the county's cable channel, ATV, with live captioning. Residents can watch the board meetings on Comcast 25 & 1085 (HD), and Verizon FiOS 39 & 40, or live-streamed on YouTube. Videos of Board meetings are archived on the county website (with captions and reports) and on YouTube.

The board will hold a public hearing, at 1 p.m. or as soon thereafter as possible, and consider adopting a pay-for-performance incentive package for Amazon. In November, 2018, the company announced its plans to build a second headquarters in Arlington.

If approved, the performance package would grant the company up to 15 percent of net new hotel tax revenues associated with increased business travel to Arlington related to the Amazon headquarters. The grant will begin to be paid out in the second year of the performance period. Its total value over 15 years is estimated to be \$23 million. The tax is paid by tourists or business travelers on the total cost paid on hotel rooms or other paid lodging in the county.

The county also would agree to set aside up to 50 percent of the growth in incremental tax revenue in the existing Crystal City, Potomac Yard and Pentagon City Tax Increment Financing Area for up to 10 years to finance public infrastructure projects serving, or near, Amazon's headquarters. The value of this revenue is projected to be \$28 million over 10 years. Amazon is expected to create 25,000 jobs with an average annual salary of \$150,000, and to occupy 4 million square feet of office space in Arlington by 2030. The county estimates that the

16-year cumulative gross tax benefit to Arlington from Amazon's expected growth here will be \$342.26 million.

The board also will hear public testimony and consider adopting changes to the Zoning Ordinance and local child care codes related to the county's Child Care Initiative.

The proposed Zoning Ordinance changes address topics related to center-based and family-based child care programs including: child care definitions; maximum number of children and development review process for family day care homes; family day care home use standards; child care center parking requirements; and other changes.

The proposed changes to Chapter 52 of the Arlington County Code incorporate the Virginia Department of Social Services (VDSS) Standards for Licensed Child Day Centers (with the exception of teacher-to-child ratios, group sizes, and lead teacher

qualifications). The proposed changes to Chapter 59 of the Arlington County Code incorporate the VDSS Standards for Licensed Family Day Homes (with the exception of teacher-to-child ratios).

The board also will consider authorizing advertisement of public hearings before the Planning Commission and the board in April on the proposed update of the Master Transportation Plan's Bicycle Element, and to amend the MTP Map section "Arlington County Bike and Trail Network." The Bicycle Element of the MTP guides long-term transportation planning, including future project concepts for Arlington's bicycle transportation infrastructure.

The board also will consider a proposed licensing agreement with WMATA that will allow Arlington to run ads for the county's public art, and cultural events such as the Rosslyn Jazz Festival, on new digital screens in Metro stations.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

SOBER-RIDE FOR ST. PATRICK'S DAY

Free Sober Rides. Sunday, March 17, 4 p.m. through Monday, March 18, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15)

safe ride home. WRAP's St. Patrick's Day SoberRide promo code will be posted at 3 p.m. on March 17 on www.SoberRide.com.

SEE BULLETIN, PAGE 10

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Narcan Saves Lives in Arlington

The role of Narcan in opioid overdoses.

BY SHIRLEY RUHE
THE CONNECTION

A dummy stretches out on a long table in the front of the training room in the Fairlington Community Center. Twenty-three attendees filter in to REVIVE! Opioid Overdose and Naloxone Education for Virginia, which is training offered by the Virginia Department of Behavioral Health and Developmental Services. Folders on training and information are waiting for them.

“We get the Naloxone (Narcan) from the state for free and if you stay the whole training, we give you two doses to take with you. Narcan is the only effective response to opioid overdose. However, it doesn’t work on non-opioids such as cocaine,” Emily Siqveland said. “You are required to fill out a form so the state can keep track but feel free to use an alias. I’ve given Narcan to Mickey Mouse a couple of times.” Siqveland is assistant program manager, SA Residential Services & Office Based Opioid Treatment for the Arlington County Department of Human Services (DHS.)

Since the first of July last year she has hosted 25 Narcan training sessions with a total of 367 individuals.

They have trained drug court treatment clients, Shelter residents and staff, DHS staff, Marymount public safety and students as well as held open trainings five times for anyone in the community. She says the goal is to train everyone in Arlington. “We train anyone. We don’t ask why they are here,” Siqveland said. “We are willing to schedule trainings for any groups of community members or organizations. We just ask that there be five people at the training.”

Opioids are a class of highly addictive drugs used to reduce pain. They include prescription opioids like oxycodone, morphine and fentanyl as well as illegal opioids like heroin — or the street names like monkey, apache, fizzles, smack or kicker.

In 2014, “we weren’t even tracking opioid overdoses,” Siqveland said. “In 2015 there were 10 overdoses with four fatal but by 2016 there was a huge spike all the way to 45 with 12 fatal and by 2017 that number was 74 with 19 fatalities. I’m happy to share in 2018 the number was down to 53 total with 42 non fatal overdoses and 11 fatalities—we think because of the use of Narcan.”

Detective Charles (Ed) Bane who discovered the surprising increase in opioid numbers in 2015 credits the ready availability of Narcan: “We’re seeing more and more Narcan on OD victims and others arrested.” But he also credited outreach that makes the public more aware.

Siqveland said: “The overdoses cut across gender, age and ethnicity with 22202, 22204 and 22207 as the Arlington zip codes with the largest number. It cuts across north



Emily Siqveland holds up a fact sheet that indicates anyone in Virginia can get Narcan without a prescription from a pharmacy.



An attendee at Narcan training demonstrates the procedure for administering Narcan to an overdose victim.



REVIVE! Training gives a free double dose of Narcan to each attendee who finishes the class.

and south Arlington, too.” She says high school students have pill parties where they bring a pill from their parents’ medicine

cabinets and pass them around. “They don’t know what they are getting.” She points out Arlington County has three permanent secure drug take-back boxes at police headquarters and two fire stations which accept medications and prescriptions. They are a way for residents to clean out the unnecessary pills from a medicine cabinet.

Siqveland says American Society of Addiction Medicine defines addiction as a switch from a positive to a negative reinforcement, transition from “want” to use to “need” to use, development of tolerance and psychological dependency, and as a chronic and relapsing disease. Today’s training is not just about how to administer Narcan but about recognizing the symptoms of an overdose, how Narcan works, and how to respond.

SIQVELAND EXPLAINS state laws provide protection from civil liability if a person administers Narcan and things don’t go well. Another law allows law enforcement officials to carry Narcan. However, she explains, Arlington County police don’t carry it because all EMTs have it, and they arrive first on the scene.

Siqveland says there are three ways to administer Narcan. She demonstrates ENZIO, an auto injector that is inserted against the middle of the inner thigh, through clothing if necessary, and held for five seconds. There are two nasal alternatives but the preferred option is NARCAN Nasal Spray, which is administered to the person while on their back, head tilted with full dose administered in one nostril. When effective, this puts the OD victim into instant withdrawal “which is very unpleasant.”

Ann Marsh, EMT/Fire battalion com-

Symptoms of Overdose

- ❖ Pale, clammy skin
- ❖ Breathing infrequent or stopped
- ❖ Deep snoring or gurgling (death rattle)
- ❖ Unresponsive to any stimuli
- ❖ Slow or no heart rate or pulse
- ❖ Blue lips and/or fingertips

How to Respond

- ❖ Check for responsiveness by pinching an earlobe or rubbing the sternum.
- ❖ If no response, administer naloxone with a needle or nose spray, which will last 35-40 minutes.
- ❖ Place individual in a recovery position on the side to enhance breathing and prohibit choking.
- ❖ Call 911 and tell them as much as you can.
- ❖ Turn person over on back and initiate rescue breathing 1 breath every five seconds for three minutes if person has not yet started breathing.
- ❖ Assess recovery and administer second naloxone if needed.
- ❖ Apply “I have received Naloxone” sticker to the person’s hair or clothing. Be prepared to comfort them until help arrives because if the treatment is working the person will go into withdrawal and may vomit, start swearing, or come out punching.

mander for Arlington County, said, “Our EMTs titrate the dose of Narcan so the victim starts breathing again but to avoid the immersion reaction of instant withdrawal. They work it up from .4 to 2.0.

Martha Andom who assists with the training explains the myths about overdose reversal. She says there are a lot of things seen on TV shows that are bad advice.

OVERDOSE MYTHS:

- ❖ Do not put the person in water or an ice bath.
- ❖ Do not induce vomiting because they aren’t conscious and could choke.
- ❖ Do not try to stimulate the person with a hard slap or kick.
- ❖ Do not inject with foreign substances like salt or milk.

Andom says Narcan works by having stronger affinity to the opioid receptors than the opioid so it knocks the opioid off for a short time and lets the person breathe again. It has no potential for abuse and will have no effect if accidentally administered or self-administered as in the case of a child.

Siqveland says NARCAN Nasal Spray is available at pharmacies in Arlington and all across Virginia without a prescription. But she adds that some pharmacies don’t know that. She holds up a sheet of paper, which she advises a person to bring to the pharmacy. It indicates that due to the naloxone statewide standing order pharmacists can fill NARCAN Nasal Spray without an indi-

SEE NARCAN, PAGE 11

Kiwanis Club Opens Minds

To questions about authorship of Shakespearean writings.

De Vere or not De Vere? That was the question at the March 6 meeting of the Kiwanis Club of Arlington when it hosted former journalist and Shakespearean scholar, Robert Meyers, as its guest speaker. Meyers, a member of the Shakespeare Oxford Fellowship, delivered a presentation on the Shakespeare Authorship Question, and proposed that the true author of the Shakespearean canon was in fact Edward de Vere, 17th Earl of Oxford, writing under the pseudonym of Wm. Shakespeare.

"Meyers presented a fascinating speech to a crowd of 35 members," said Linda Chandler, president-elect of Arlington Kiwanis. "His presentation style was fabulous, laying out his premise of the profile of the real author."

Meyers had a 50-year career as a journalist and foundation administrator. He served for 19 years as president of the National Press Foundation, and for two years as director of its Washington Journalism Center. From 1989 to 1993, Meyers was director of the Harvard Journalism Fellowship for Advanced Studies in Public Health. He is a former reporter for The Washington Post, and a former assistant city editor at the San Diego Union. He has pub-

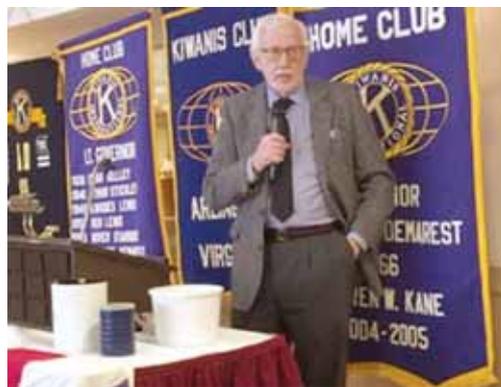


PHOTO BY DAN PERRY

Robert Meyers, retired journalist and Shakespearean scholar, delivers a presentation on the Shakespeare Authorship Question to the Kiwanis Club of Arlington.

lished two books with health-related themes. "(Meyers) included academic research and humor to keep the attention of the group," Chandler said.

Meyers' presentation focused on the lack of any historical evidence connecting William Shaksper of Stratford to any literary life. He pointed out that there is no evidence that the man from Stratford could even read or write. No books, no manuscripts, and not even one letter or note from the Stratford man has been found. Six very different signatures that do exist in the historical record suggest that he had trouble even writing his own name. The

literary case for the Earl of Oxford, however, is vast and extensive, said Meyers.

After the presentation, Meyers remained to answer questions about the long history of the Shakespeare Authorship Question, and the evidence for Oxford's authorship of the works, including many specific recorded incidents in Oxford's life that are paralleled in the various plays and poems in the Shakespeare canon.

"Many people came up to me afterwards and asked individual questions," said Meyers.

"On behalf of our club, we thank Bob (Meyers) for his presentation," said Chandler.

Kiwanis Club of Arlington meets noon to 1:30 p.m. Wednesdays at the Knights of Columbus, 5115 Little Falls Road, Arlington. Breakfast meetings are 7:30 to 9 a.m. the last Wednesday of the month. The club welcomes speakers from the local area and beyond to share information, organizations, happenings, and events. Club members participate in a variety of philanthropic programs in the community, including the Arlington Food Assistance Center, Dinner for Doorways, Read Across America, iCan Shine, and others. Newcomers and visitors are welcome.

The Shakespeare Oxford Fellowship is a non-profit educational organization devoted to research and discussion of the Shakespeare Authorship Question. The Shakespeare Oxford Fellowship Speakers Bureau offers free presentations to community groups, service clubs, schools, libraries, and more. Info: www.shakespeareoxfordfellowship.org.

'FLOURISHING AFTER 55'

"Flourishing After 55" from Arlington Office of Senior Adult Programs for March 24-30.

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culpeper St.; Walter Reed, 2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St.

Senior trips: Fulton Regional Theatre, Lancaster, Pa., "Once the Musical," Thursday, March 28, \$97 (includes lunch); National Building Museum, D.C., Manhattan Project exhibit, Friday, March 29, \$16. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Scale Down weight loss group to host Open House, Monday, March 25, 11:15 a.m., Lee. Details, 703-228-0555.

Podcast followers to meet, Monday, March 25, 1 p.m., Langston-Brown. Details, 703-228-6300.

Walter Reed Garden Group to focus on vegetable gardening, Monday, March 25, 1 p.m. Details, 703-228-0955.

Medicare updates, Monday, March 25, 1 a.m., Langston-Brown. Register, 703-228-6300.

55+ Biking Group, contact info, 703-228-4771; email, 55plusbikinggroup@arlingtonva.us.

New perspective on works by Claude Monet, Tuesday, March 26, 1:30 p.m., \$6, Lee. Register, 703-228-0555.

Hearing screenings by appointment, Tuesday, March 26, 10 a.m.-2 p.m., Walter Reed. Register, 703-228-0955.

Intro to genealogy, Wednesday, March 27, 1 p.m., Aurora Hills. Register, 703-228-5722.

Pickleball, level II, Wednesday, March 27, 9 a.m., \$24/4 sessions, Walter Reed. Register, 703-228-0955.

Foreign language conversation groups, Spanish, French Italian, German, Langston-Brown. Details, 703-228-0955.

Men's 55+ basketball, drop-in, Wednesdays, 11:45 a.m. - 2 p.m., Walter Reed. Details, 703-228-0955.

Senior trekkers, Thursdays, 9 a.m., Arlington Mill. Details, 703-228-7369.

Decluttering plan demo, Thursday, Dec. 28, 11 a.m., Langston-Brown. Register, 703-228-6300.

DHS rep answers questions about services, Thursday, March 28, 10 a.m., Walter Reed. Details, 703-228-0955.

LETTER TO THE EDITOR

Not Mere Afterthoughts

To the Editor:

On March 14 the Arlington School Board will consider an assessment of the diversity infrastructure of Arlington Public Schools as it relates to curriculum, professional development, policies/procedures, and community engagement. The assessment was based on discussions with APS stakeholders to "define and conceptualize the desired state of 'community engagement' around issues of diversity."

Ironically, almost two-thirds of those interviewed for a process targeted to community engagement were affiliated not with the community but with APS. The only representatives of the community were a teacher, a PTA official, and two entities engaged in affordable housing. The composition of those interviewed

leads one to believe APS places its highest priority on talking with itself rather than engaging the community. The dynamics of the re-naming process (which was governed by a staff-only committee) lends credence to that theory.

The author of the report noted "one central theme throughout this assessment is that there are still questions within APS on whether all communities of internal/external stakeholders are seen as equals within the conversations around diversity and inclusion." Clearly that is not the case. There can be no meaningful discussion of diversity and inclusion until the School Board realizes that as opposed to being mere afterthoughts, neighborhoods are equal partners in the process of educating Arlington's children.

Jacqueline Coachman
Arlington



PHOTO BY MICHAEL MCMORROW/THE CONNECTION

Where Is It?

SEE ANSWER, PAGE 10.



PEOPLE

Local Artist Focuses on Local Sights and Light

VanderPoel to be featured in Rosslyn Café Spring Community Arts and Entertainment Series.

BY MIKE SALMON
THE CONNECTION

The “magic hour” is when Peter VanderPoel gets the best light to paint, and that time is about two hours after sunrise or two hours before sunset. There’s “something more dramatic about it,” VanderPoel said.

Using that philosophy, VanderPoel has captured some scenes around Arlington that have a certain sense of familiarity, like a row of houses on Arlington Boulevard. “I just drive around,” he said, “I see things that move me.”

Other paintings focus on the corner of a balcony or the side of a 1950s-era house that is common in Arlington. “There’s something about the light,” he said.

VanderPoel started out as a practicing architect registered in Maryland, Virginia, and Washington D.C. He started drawing, as a fine art, in 2001 while studying for a Master’s degree in Architecture at Virginia Tech’s Washington Alexandria Architectural Center. For nine years, he taught architec-

ture at Howard University where he realized the connection architecture has with art, and then went on to the Torpedo Factory to take art lessons.

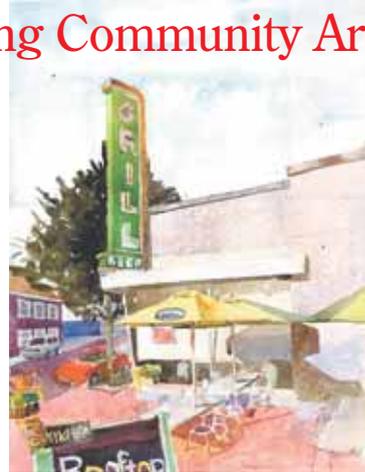
Since then, VanderPoel has worked with different media including painting with watercolors, oil on canvas, printmaking and photography. His work is often informed by his background in architecture. “I do etching as well,” he said. Although watercolor is a frequent medium he uses, for the row of Arlington houses he used oil paints.



Peter VanderPoel

Carson Harrington of “Out of Bounds Exhibitions” saw VanderPoel’s work on display at Java Shack and suggested him for the upcoming Rosslyn Café show. “Peter draws and paints in almost perfect perspective so, there’s an architect’s precision in that but, the atmosphere and buildings themselves have a gentleness that is very inviting,” she wrote.

VanderPoel has a special studio in his backyard where he does the architecture work on the first floor, and has a balcony on the second level for he and his wife’s artistic talents. The studio is “off-grid,”



PHOTOS CONTRIBUTED

Whitlow’s on Wilson

On Exhibit

On March 22, Peter VanderPoel’s art will be part of the Rosslyn Business Improvement District’s Rosslyn Café Spring Community Arts and Entertainment Series at the Rosslyn Café at Bennett Park Atrium, 1601 Clarendon Blvd.

though, and he uses solar panels to charge the batteries and make smaller footprint in the environmental impacts. “Both my wife and I paint on the mezzanine,” he said.

When not in the backyard, off-grid studio, VanderPoel also has a architectural stu-



When in his backyard studio, he’s “off-grid,” using solar energy to power batteries for electricity.

dio in Old Town, Alexandria where he rents a space at an architectural firm. He likes the change of scenery that the backyard does not provide.

“There’s an advantage of having other people around,” he said.

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ENTERTAINMENT

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

ONGOING

Art Exhibit: Over, Under, Forward, Back. Through March 30, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. AAC presents Over, Under, Forward, Back, an exhibition featuring ten contemporary artists working in fibers, textiles, and related materials whose work embodies and reflects on labor, time, and history. Visit arlingtonartscenter.org for more.

Rinse, Recycle, Repeat by Jenny Wu. Through March 30, at Marymount University's Barry Gallery, 2807 North Glebe Road, Arlington. A solo exhibition of Jenny Wu's sculptural work, installation, video and participatory projects. Born in China, Wu integrates an immigrant's perspective to current events into her work and lets curiosity lead the way in her studio. Visit www.marymount.edu/barrygallery.

"Retrospective." Through March 30, at Gallery Clarendon, 2800 Clarendon Blvd., Arlington. Featuring works by Marina Troy. Marina's paintings are inner expressions of childhood beaches and bare mountains. Marina's work is executed in acrylic, with her own technique of paint applied in wide strokes with expired credit cards, edited with various brushes. Visit www.galleryclarendon.org.

"Masterpieces of the Oral and Intangible Heritage of Humanity." Through April 7, at Signature Theatre, 4200 Campbell Ave., Arlington. Three women— an art restorer, her nurse and their military captor — are trapped in a ravaged museum during a catastrophic hundred years war. Tasked with restoring a damaged Rembrandt painting, the women find common shreds of humanity as they try to save a small symbol of beauty in their broken world. Featuring Holly Twyford (A Little Night Music, Sex with Strangers) and Felicia Curry (The Scottsboro Boys). Visit www.sigtheatre.org.

WEDNESDAY/MARCH 13

Fun With Minerals. 3-4 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Ages 7 to 10. Minerals are found in all seven continents of the world. From Amethyst to Zircon and everything in between, learn all about minerals in the classroom and then see how many can be found on a hike. Cost is \$5. Call 703-228-3403.

Calling Baseball Enthusiasts. 7 p.m. At One More Page Books, 2200 N. Westmoreland St., Arlington. Join a discussion with Cesar Brioso about his new book, Last Seasons in Havana: The Castro Revolution and the End of Professional Baseball in Cuba. Explore the intersection between Cuba and America's pastime, from the late 1950s to the early 1960s, when Fidel Castro overthrew Cuban dictator Fulgencio Batista. Brioso takes the reader through the triumph of the revolution in 1959 and its impact on professional baseball in the following seasons. Visit www.onemorepagebooks.com.

THURSDAY/MARCH 14

Artist Talk with Rachel Schmidt. 6:30 p.m. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. Join former Arlington Arts Center (AAC) resident artist Rachel Schmidt and AAC's Curator of Exhibitions Blair



Rachel Schmidt, "Distort Displace," 2018, Lawn Installation

Art Exhibit: Distort Displace

Distort Displace reflects Rachel Schmidt's ongoing exploration of future landscapes, climate change, and artificial habitats, as well as her interest in the response to the drastic changes human activity has brought about in the natural environment. Every year, massive ice shelves break apart and reform at the poles, a dramatic and violent, naturally occurring process that is accelerating and shifting due to climate change. Distort Displace introduces the cracking forms of an ice shelf onto the grounds of AAC, prompting viewers to ponder the dissolution and instability of the very ground beneath their feet. Through March 30 at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Visit www.arlingtonartscenter.org.

Murphy for a discussion of Schmidt's work, including the development of Distort Displace, currently installed on AAC's lawn. Distort Displace reflects Rachel Schmidt's ongoing exploration of future landscapes, climate change, and artificial habitats, as well as her interest in our response to the drastic changes human activity has brought about in the natural environment.

Sears Houses in Arlington. 7 p.m. At Reinsch Library, Marymount University, Arlington. Kathy Holt Springston, Arlington's Sears House expert, discusses the mail-order "kit houses" that were sold by Sears from 1908 to 1940. Relatively rare nationwide, Arlington was home to hundreds. Visit www.arlingtonhistoricalsociety.org or call 703-892-4204.

Deep Dive: Amphibian Eggs. 8-9 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Take a Deep Dive into natural history that scratches more than just the surface. Amphibian eggs are different from the eggs we eat for breakfast. What are the advantages of aquatic eggs for a terrestrial animal? How do these soft eggs differ from the firm eggs of birds? Cost is \$5. Call 703-228-3403.

SATURDAY/MARCH 16

Bird Walk for Beginners. 9-10 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 6 and up. Register children and adults; children must be accompanied by a registered adult. Bird watching is a great family activity. Learn the basics of binoculars, field guides, identification and finding birds. Then get a little birding practice around the nature center and be ready for spring migration next year. Loaner binoculars are available. Call 703-228-6535.

Stories of Migration. 1-3 p.m. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. A family friendly, community workshop and artist talk with Over, Under, Forward, Back artist Natalia Nakazawa and curator Blair Murphy. Nakazawa explores human movement through art objects and storytelling. In this workshop, participants are invited to embroider

their own ancestral, present, and future paths onto the surface of a world map tapestry, which has been constructed with open source digital images mined from online museum collections. RSVP online at www.eventbrite.com/e/our-stories-of-migration-with-natalia-nakazawa-tickets-56945305943.

MOVE ME Festival. 1-4 p.m. At Kenmore Middle School, 200 S. Carlin Springs Road, Arlington. Bowen McCauley Dance Company is celebrating its 10th Annual MOVE ME Festival, which includes a roster of local artists, musicians and dance companies that will join this professional company. Local artists selected for the 2019 Festival include The Arlingtones, El Tayrona (Colombian Folklore Dance Ensemble), Encore Stage and Studio, Everybody Dance, Halau O 'Aulani, Joy of Motion Dance Youth, Kalavaridhi Center for Performing Arts, Old Dominion Cloggers, Potomac Harmony, Prio Bangla, Utpalasia, Zumbini with Kidovation Stage and Zumbini with Heidi. Visit www.bmdc.org.

Spring Ready Event. 1-5 p.m. At Fashion Centre at Pentagon City, 1100 S. Hayes St., Arlington. Free. Guests can explore fresh beauty, clothing and accessory trends through fashion displays, pop-up makeover stations and more. Favorite brands, including Coach, Macy's, Kate Spade New York and Nordstrom, will also offer a variety of samples to savvy shoppers. As a special bonus, shoppers who spend \$150 or more at any Fashion Centre at Pentagon City store will receive a fashionista cosmetic tote filled with complimentary goodies, available while supplies last at Guest Services. Visit simon.com/fashioncentreatpentagoncity.

Native American Games. 3:30 - 5 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ages 8-12. Young hunters would hone their skills with games to prepare themselves for survival in the wilderness. Come try it out with spear throwing, relay races in the woods and other challenges. Cost is \$5. Call 703-228-6535.

Crosshairs Garage Races. 4-9 p.m. At 201 12th St. South, G4 Level, Crystal City, Arlington. Crosshairs

Garage Races challenges amateur and elite cyclists to compete weekly for points and prizes. Race categories are available for all riding levels including Beginners, Intermediates, and the Petty Cup Race for elites (including a women's only field). During the fifth week of the series, a more festive scene dominates with specialty races including Feds versus Contractors, the Cargo/Tandem/Bikeshare Show-Down, and the ever popular Fixed-Gear Finale. Unusual rides, tricked out bicycles, and crazy costumes are common and encouraged for this final Saturday in March. Visit www.crystalcity.org.

Family Skate Nights. 6:30-9 p.m. At Thomas Jefferson Community Center, 3501 2nd St., South, Arlington. Time to add roller skating to the calendar of weekend evening fun. Enjoy a live DJ, moon bounce and fun on wheels. The cafe will be open for snacks./ \$2 per person; skate rental is \$3. This is a cash only event.

Singing Frogs & Toads Campfire. 7-8 p.m. at Gulf Branch Nature Center, 3608 Military Road, Arlington. Families. Register children and adults; children must be accompanied by a registered adult. The whole family is invited to join in the fire ring for lots of old-fashioned fun. This engaging program will be filled with entertaining activities that may include stories, special animal guests, games, songs and S'mores. Call 703-228-3403. Cost is \$5. #632859-A.

Family Game Night. 7-9 p.m. at St. John's Episcopal Church, 415 S. Lexington St., Arlington. Play a favorite board, strategy or kids game with family, friends or new acquaintances at St. John's family game night. Games will be available or bring a favorite. Bring a non-perishable food item (can or box of food) to donate to AFAC, the Arlington Food Assistance Center. Visit www.stjohnsarlingtonva.org.

SUNDAY/MARCH 17

R.I.P. - Remove Invasive Plants. 2-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Adults, teens and families ages 8 and up. Want to restore habitat and increase native species diversity right here in Arlington?

Work parties are held every month and are making a difference with the return of ferns, wildflowers and the animals that depend on them to areas once covered in destructive invasive plants. Call 703-228-6535.

Family Nature Hike. 2-3:30 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 6 and up. Register children and adults; children must be accompanied by a registered adult. Come hunt for signs of luck and spring while participants traverse the hillsides of Glencarlyn Park. Wear sturdy shoes, dress for ephemeral spring weather, and bring a water bottle. Cost is \$5. Call 703-228-6535.

Weenie Roast Campfire. 5-6 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 4 and up. Register children and adults; children must be accompanied by a registered adult. The whole family is welcome to gather round for an old-fashioned weenie roast. Hot dogs, buns, topping and sides provided. Bring a drink. Hear a few fireside tales and sing a tune while dinner cooks over the fire. Cost is \$7. Call 703-228-3535.

MONDAY/MARCH 18

Screenagers Documentary Screening 7-9 p.m. At St. Ann Parish Hall, 5300 N. 10th St., Arlington. St. Ann Catholic School presents "Screenagers: Growing Up in the Digital Age." A documentary addressing the most pervasive parenting issue and depicting teen struggles over social media, video games and internet addiction. The film empowers kids to best navigate the digital world and provides practical resources to help. Cost is \$5. Visit impactflow.com/event/presented-by-saint-ann-catholic-school-9963.

TUESDAYS/MARCH 19-MAY 7

Forty+ Project. 11:30 a.m.-1:30 p.m. at Jane Franklin Dance, 3700 S. Four Mile Run Drive. Forty+ dancers perform a repertory by multiple choreographers to celebrate the collective creativity of people past the age of 40. Projects culminate with performances at Theatre on the Run. \$160. Visit www.janefranklin.com.

MARCH 19-23

"Hansel and Gretel." 2 p.m. At Thomas Jefferson Middle School, 125 South Glebe Road, Arlington. Presented by Opera Nova. Children from area schools will be brought by school bus for a one-hour production that follows the familiar fairy tale of two children who wander through the woods and are captured by a witch. Artistic Director Jose Sacin will also have musicians explain and play their orchestral instruments. A public performance for adults and children will be held on Saturday, March 23 at 2 p.m., at a cost of \$4. Make reservations at mcdm1@verizon.net, www.operanova.org or 703-536-7557.

WEDNESDAY/MARCH 20

Pizza with the Police. 5-6:30 p.m. At Pizza Boli's, 6033 Wilson Blvd., Arlington. The Arlington County Police Department is committed to engaging with the public to build and maintain strong community partnerships with those they serve. Pizza with the Police, similar to the Coffee with a Cop series, is an informal event designed for Arlington's residential and business communities to meet and interact with members of the police

ENTERTAINMENT

department, ask questions, discuss their public safety concerns and get to know their neighbors.

Young Adult Sci-Fi and Fantasy Panel.

7 p.m. at One More Page Books, 2200 N. Westmoreland St., #101. The Young Adult Sci-Fi and Fantasy Panel features Jessica Spotswood (TOIL & TROUBLE), Kristina Perez (SWEET BLACK WAVES), and Katherine Locke (THE SPY WITH THE RED BALLOON). The authors will talk about writing for a YA audience, read excerpts, and answer questions from readers. Visit www.onemorepagebooks.com or call 703-300-9746.

WEDNESDAY/SATURDAY/MARCH 20-23

Fundraiser: Fresh Citrus and Maple Syrup. Wednesday, noon-4:30 p.m.; Thursday, 9 a.m.-3:30 p.m.; Friday, 8 a.m.-3:30 p.m. and Saturday, 9 a.m.-4 p.m. at the Overlee Pool (Bath House - Lower Level), 6030 Lee Highway, Arlington, LOWER Entrance off John Marshall Drive. The Lions of Northwest Arlington Lions Club/Charities are preparing for another delivery for fresh Florida, California and Texas citrus, and Vermont maple syrup. Call 703-528-1130 for more.

THURSDAY/MARCH 21

“Shut Up & Write.” 7 p.m. at Arlington Central Library, 1015 N. Quincy St. Join the bimonthly panel series “Shut Up & Write” at Arlington Central Library. Founded by local YA authors Jon Skovron (HOPE AND RED) and Jessica Spotswood (THE LAST SUMMER OF THE GARRETT GIRLS), the authors will take questions from the audience as they discuss the ins and outs of writing YA

fiction. Visit www.onemorepagebooks.com or call 703-300-9746.

FRIDAY/MARCH 22

Opening Reception. 6-8 p.m. At Marymount University’s Barry Gallery, 2807 North Glebe Road, Arlington. For “Rinse, Recycle, Repeat,” a solo exhibition of Jenny Wu’s sculptural work, installation, video and participatory projects. Born in China, Wu integrates an immigrant’s perspective to current events into her work and lets curiosity lead the way in her studio. Visit www.marymount.edu/barrygallery

SATURDAY/MARCH 23

Families Unplugged: Eric Carle Animals. 10 a.m.-noon. At Arlington Mill Community & Senior Center, 909 S. Dinwiddie St., Arlington. Do you love books like “The Very Hungry Caterpillar” as much as we do? At this program and your family will create amazing animals just like the ones found in Eric Carle’s classic children books. This program is open to all ages, but recommended for ages 3 and up. \$8 per person (resident), \$9.20 per person (non-resident).

Forest Meditation Walk. 10 a.m.-noon. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Inspired by the Japanese Shinrin-yoku or Forest Bathing, explore the forest through a meditation style walk. Go off the beaten path and move slowly, experiencing the forest through ones senses with meditation. Participants should be ready to sit on the ground and be dressed for the weather. Call



Joining violinist/artistic director Leo Sushansky will be cellist Sean Neidlinger and pianist Carlos Cesar Rodriguez.

The Viennese Classics

Experience the National Chamber Ensemble with three masters all working in Vienna: Josef Haydn, Wolfgang Amadeus Mozart and Ludwig van Beethoven. On the program: Haydn’s Piano Trio No.39 in G Major “Gypsy”, Mozart’s Sonata for Violin and Piano No. 32 in B flat Major K. 454, and Beethoven’s Piano Trio Op.70 “Ghost.” Saturday, March 23, 7:30 p.m. At Gunston Arts Center (Theater One), 2700 South Lang St., Arlington. Tickets: \$36 adult, \$18 student. Visit www.NationalChamberEnsemble.org.

703-228-6535. Free event. Activity code #632949-D.

Backyard Critters Reception. 2-4 p.m. At Cherrydale Library, 2190 Military Road, Arlington. Sightings of foxes, deer, hawks, owls, and even flying squirrels have proliferated in Arlington and especially in the outer suburbs in recent years. This exhibit comprises photographs taken by three local photographers – Kim Abod, Robin Kent, and Cherrydale’s Scott Springston – illustrating this phenomenon, using a variety of equipment and techniques. Call 703-228-6330.

Crosshairs Garage Races. 4-9 p.m. At 201 12th St. South, G4 Level,

Crystal City, Arlington. Crosshairs Garage Races challenges amateur and elite cyclists to compete weekly for points and prizes. Race categories are available for all riding levels including Beginners, Intermediates, and the Petty Cup Race for elites (including a women’s only field). Unusual rides, tricked out bicycles, and crazy costumes are common and encouraged for the final Saturday in March. Visit www.crystalcity.org.

Family Skate Nights. 6:30-9 p.m. At Thomas Jefferson Community Center, 3501 2nd St., South, Arlington. Time to add roller skating to the calendar of weekend evening fun. Enjoy a live DJ, moon bounce and fun on wheels.

The cafe will be open for snacks./ \$2 per person; skate rental is \$3. This is a cash only event.

SUNDAY/MARCH 24

Author Event: Brad Parks. 2 p.m. at One More Page Books, 2200 N. Westmoreland St., #101. One More Page welcomes back store favorite and bestselling thriller writer Brad Parks for his new standalone novel, THE LAST ACT. Hired by the FBI to go undercover in a West Virginia prison, struggling actor Tommy Jump quickly finds himself in over his head. Visit www.onemorepagebooks.com or call 703-300-9746.

SATURDAY/MARCH 30

NoVaTEEN Book Festival. 9:30 a.m. at Marshall High School, 7731 Leesburg Pike, Falls Church. The NoVaTEEN Book Festival is back with a day full of panels, games, and signings with over 30 bestselling and emerging Young Adult authors. Learn more on the official festival website. The event is free and open to the public; tickets and a full schedule are available at novateenbookfestival.com.

Sketch Walk Arlington. 10 a.m.-12 p.m. at Clarendon Central Park, 3140 Wilson Blvd., Arlington. Come to create and hone powers of observation while exploring Arlington during this open sketch session in Clarendon. Experts from Sketching the District will start the walk with an introduction to sketching followed by an exploration of Clarendon led by WalkArlington that includes multiple sketching stops. See www.walkarlington.com/event/sketch-walk-arlington/.

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World Languages Celebrated at Arlington Career Center

Annual showcase of language learning emphasizes presentation skills.

BY EDEN BROWN
THE CONNECTION

As Reid Goldstein, Arlington School Board member said, “I wouldn’t miss this. I come every year. It’s great.” School Superintendent Patrick Murphy agreed. They were at Arlington Career Center to watch the annual showcase of language learning in APS, from second graders to seniors.

Elisabeth Harrington, APS’ World Language supervisor told the crowd: “Our language programs focus on presentation skills. Students in the more advanced classes have to learn to speak for two minutes without stopping. Try that sometime in your own language. It’s not easy.” The presentation skills are useful to APS students in later pursuits: it’s a job skill to stand up in front of a group and perform.

Among the students performing in a foreign language on March 6 were Cordelia Medrick, who sang a Schubert song in German, Discovery Elementary’s 3rd and 5th grades reading letters from their pen pal experience with students in Ecuador, Samantha Wiener who “sang” a song from Hamilton in sign language, and Aymee Buzzi, an AP Spanish literature student who sang a song she wrote herself called



Key Elementary School students act out the two fables: “La Liebre y la Tortuga and El León y el Raton (The Tortoise and the Hare and the Lion and the Rat).”

“Descalza Dorada.” Michelle Letts, American Sign Language (ASL) teacher at Washington-Lee High School also mentioned the

job skills aspect of language learning: ASL has grown from 2 to 6 teachers, and has an ASL honor society with 17 students in it.



PHOTOS BY EDEN BROWN/THE CONNECTION
Gunston Middle School glee club and French students collaborate to sing “Chante.”

“This is a great thing to be able to put on a job application,” she said.

March 3-9 was National Foreign Language Week. For more information on learning foreign languages, see: <https://www.apsva.us/world-languages/>.



School Superintendent Patrick Murphy and School Board member Reid Goldstein watch the performances.



Cordelia Medrick sings “Standchen” by Schubert.



Samantha Wiener signs a song from the musical, “Alexander Hamilton.”



Leah Pollack sings her song “Descalza Dorada.”

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Pet-Friendly Decor

Pet-owning designers offer advice on practical design choices that don't sacrifice style.

BY MARILYN CAMPBELL

For pet owners, creating a home décor that's both aesthetically appealing and pet-friendly can be a delicate balance. From muddy paw prints on an heirloom area rug to a velvet sofa covered in cat hair, three local designers — all of whom own pets — share their best advice for addressing animal dilemmas and styling a chic interior that accommodates both man and his best friend.

"There are so many ways that pets enhance our quality of life in the same way that a serene, well-designed home might be a sanctuary for relaxation after a long day," said Karen McBride of Inspired Spaces. "The good news is that you really don't have to choose one or the other. The key is to make sure everything is durable and easily cleaned."

Flooring that can withstand paws with claws top the list of considerations for McBride. "Hardwood floors are beautiful, but they're easily scratched and dinged," she said. "Stone or ceramic tile flooring are ideal for pets owners. You can wipe up puddles and mop up muddy paw prints easily. Hardwood requires immediate cleaning because they absorb liquids and odor."

Rugs with patterns that can hide pet stains are what designer Rochelle Clark uses in



PHOTO COURTESY OF THE NEST EGG

the Fairfax home that she shares with her two Italian Greyhounds, Lola and Fiona. "My dogs are not housebroken, so I have to use indoor-outdoor rugs made of polypropylene because I can just hose them down when they get dirty, which is often," she said. "Rugs made from sisal are also good choices if you have pets. I encourage my pet-owning clients to purchase inexpensive rugs because if you have dogs or cats, rug stains are inevitable. It's just a waste of money to invest in a high-end rug if you

have pets. There are so many ways that they can be ruined and there are plenty of rugs that don't cost a lot, but have a high-end look to them."

When choosing fabrics for furniture or throw pillows, pet owners should steer clear of textures like velvet or chenille, which can be magnets for pet hair, advises designer and corgi owner, Tami Evers of The Simply Elegant Home. "You also want to avoid silk and other delicate fabrics that could tear easily," she said. "There are so many op-

Pet owners should look for stain-resistant and durable upholstery fabrics when creating a stylish and animal-friendly interior.

tions now for durable, stain resistant upholstery fabric that's as elegant and tasteful as its more traditional counterparts. Believe it or not, I finished a project for a client who had two giant labradoodles, and her living room furniture is entirely of Sunbrella fabric."

Other durable and easy to clean options that Evers recommends include leather and Crypton. "The only issue with leather is that it will scratch easily if you have pets with sharp nails, but some people think scratched leather has character," she said. "Crypton can withstand almost anything. If you have a dog or cat that barfs a lot or has lots of accidents, Crypton is the way to go. It's stain-proof, tear-proof and comes in a wide range of patterns and colors."

Built-in eating spaces and pet beds for her two Bichon Frises are ways that personal home organizer Becca Anderson of The Organized Life streamlines her pet spaces to maintain her home's aesthetic.

"Pet owners love their animals, but no one wants their home to look and smell like it's been overrun with animals," she said. "I advised one of my clients to add a custom, built-in litter box space to her laundry room for her three cats."

She even invested in a self-cleaning litter box, and those two features were transformative."

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Announcements

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ABC LICENSE

1800 Pho LLC trading as Saigon Noodles & Grill, 1800 Wilson Blvd Unit R1, Arlington, VA 22201-6609. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premise and Mixed Beverage license to sell or manufacture alcoholic beverages. Hien Nguyen, Owner, NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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

-Werner Heisenberg

Announcements

Employment

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(Arlington, VA) The Analyst IT Business Systems will fully own and drive the creation and implementation of company-specific IT systems provided to the business as they relate to Lidl Retail and Point of Sale. Mail resumes to Lidl US, attn: Erin McWilliams 3500 S. Clark St., Arlington, VA 22202 Ref job # AE007764

Employment

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(Arlington, VA) The position will design, development, and implementation of critical Lidl specific IT software systems in the US and determine key aspects of Lidl's retail technology platform, including hardware and software selection. Mail resumes to Lidl US, attn: Erin McWilliams 3500 S. Clark St., Arlington, VA 22202 Ref job #SB661579

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

-Werner Heisenberg

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Here It Is

PHOTO BY MICHAEL McMORROW/THE CONNECTION

**Cherrydale Volunteer Fire Department firehouse,
3900 Lee Hwy.**

BULLETIN BOARD

FROM PAGE 2

WINTER SHELTERS

Find homeless and cold weather drop-in centers and shelters that serve Northern Virginia at www.novaregion.org/174/Homeless-Shelter-Lists.

DONATIONS

Pet Food Bank. AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets

out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYWdZm4tPw2

MONDAY/MARCH 18

Community Engagement Forum.

9:30 a.m.-12:30 p.m. at Marymount University Ballston Center, 1000 N. Glebe Road. Focused on The Future of Aging in Arlington. Hear from the experts, followed by time to share ideas. Light refreshments provided. Free. Email arlaaa@arlingtonva.us or call 703-228-1747.

SEE BULLETIN. PAGE 11

Employment

VINSON HALL RETIREMENT COMMUNITY HIRING PART-TIME RECEPTIONISTS!

Vinson Hall Retirement Community, a continuing care retirement community, located in the heart of McLean, VA is currently seeking experienced customer service professionals for part-time Receptionist positions.

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Legals

ABC LICENSE

PHMC-AVA, LLC trading as Rebellion on the Pike, 2900 Columbia Pike, Arlington, VA 22204-4337. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverages On Premises license to sell or manufacture alcoholic beverages. Brian Westlye, Owner, NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Narcan

FROM PAGE 3

visualized prescription. “Anyone can go in and get it. It wouldn’t hurt a baby.”

Ginny Atwood Lovitt is on a mission. She came home in 2013 and found her brother unconscious from a heroin overdose after 6 years of struggling with addiction. “He didn’t have Narcan. He has gone to six top notch treatment places and none of them or the hospital told us about Narcan. It could have saved his life,” she said.

Lovitt decided to take matters into her own hands and established The Chris Atwood Foundation to save lives from opioid addiction and to support recovery by tackling the obstacles that prohibit widespread distribution of Narcan: perception of liability, cost, ignorance, massive regulations, stigma. “What’s so distressing to me is what was missing 10 years ago is still missing today,” she said.

In the last several years she has been active in getting legislation enacted in the Virginia General Assembly to allow community-based organizations like hers to dispense Narcan, to make a less expensive intramuscular Narcan injection available, to reduce the lengthy training required for new programs to dispense Narcan.

“You can see the General Assembly thinks the opioid problem is important,” she said. But still no luck with hospital emergency rooms. That is the goal for the coming year. “They see ‘the junkies’ in and out repeatedly and get compassion fatigue.”

NARCAN Nasal Spray costs approximately \$120 for two doses. Ninety-four percent of those insured in the U.S. have coverage and most insurance companies offer a co-pay of \$10 or less. The Alexandria Health Department offers free Narcan and Narcan counseling with no ID required at any of its clinics at 4480 King St. during regular business hours.

Naloxone is available for free by attending a REVIVE! training. Contact Siqveland at 703-228-4216 or esiqveland@arlingtonva.us. In addition, The Chris Atwood Foundation offers Narcan training and information at sonya@thecaf.org or 703-662-8689.

This is the second in a series on the opioid addiction in Arlington. The next article will focus on solutions.

BULLETIN BOARD

FROM PAGE 10

WEDNESDAY/MARCH 20

Women in STEM. 7:30-9:30 a.m. At U.Group, 2231 Crystal Drive, #401, Arlington. The Crystal City BID, in partnership with U.Group and Axios, will host a panel discussion surrounding the issue of Women in STEM. To purchase tickets, visit www.eventbrite.com/e/women-in-stem-tickets-55983259436.

Supporting Teens in Making Healthy Choices. 7-8:30 p.m. at Yorktown High School Cafeteria, 5200 Yorktown Blvd. The Arlington READY Coalition and the Yorktown High School PTA invites parents and teens to start the conversation now. Tips and strategies to help teens with tough choices. Learn and practice having meaningful conversations about drugs, alcohol, vaping (and other things too). All are welcome, from any school. Resource tables and information available from 6:30-9. Register at www.apcyf.org.

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Talk About Wishful Thinking



By KENNETH B. LOURIE

Every morning, at the very least, I look into the bathroom mirror to brush my teeth and shave my stubble. And there, right below my Adam’s apple, in plain site, is the tumor we’re attempting to stabilize, and in a perfect scenario: shrink.

As I’ve said many times before during my 10 years of treatment: “I can live with ‘stable,’” and/or “Stable is my new favorite word.” But the only way I find out if my lung cancer tumors are stable/have shrunk/grown is when my oncologist tells me/I read the radiologist’s report.

During this quarterly interval between scans, I’m like Sergeant Schultz from “Hogan’s Heroes: “I see nothing.” The tumors in my lungs are “like weeds,” (meaning they’re everywhere), said my oncologist at the initial Team Lourie meeting in response to one of my wife, Dina’s, questions about whether surgery was an option; “no” was that answer. But obviously, I can’t see them and what feelings I’ve experienced in my mediastinum have likely been scar tissue forming (according to my oncologist) and not indicative of too much too often.

So, I’ve learned to not overreact to any discomfort I might experience. It might mean something or it might mean nothing. I’ve been to both places already.

However, the “Adam’s apple” tumor is front and center. When I brush my teeth, I see it. When I shave I have to nearly shave over it. It’s impossible to miss. It’s not exactly a goiter but it’s more than a lump.

It’s not painful, but it’s completely opposite to the tumors in my lungs; they’re out of sight and because of that, occasionally out of mind. The “Adam’s apple” tumor is totally in sight and because of that, is always on my mind. It’s how I start my day and how I finish my evening. And in the hours between, I’m touching my throat to feel what I can feel and hope what I can hope. The effect is I’m reinforcing a negative every time I touch the tumor.

If I can’t see the tumor (like the ones in my lungs), and I can’t touch the tumors (like I can the “Adam’s apple” tumor), I can delude myself more easily into not thinking/remembering I even have cancer; and more importantly, not thinking that I’m “terminal” as my oncologist characterized me all those years ago when he gave me a “13 month to two year” prognosis – on Feb. 27, 2009. Then I can pretend to live life as if the Sword of Damocles is not hanging over my head.

But, being able to touch the very thing that might be shortening my life makes it more real than it’s ever been. And it’s that reality that is making Kenny a very dull boy (no comments from the peanut gallery, please?).

I’ll know something definitive on March 18, five days after my March 13 CT scan, the first scan I will have had since I began the immunotherapy. That’s when we’ll have our usual post-scan appointment with my oncologist to learn results and discuss alternatives, if necessary.

Surgery, as we’ve inquired about previously is out of the question. Therefore, we’ll either continue to do what we’ve been doing, or start doing something we’ve never done before (you have to keep the cancer guessing).

On my most recent appointment, when asked by yours truly, my oncologist said we have lots of non-surgical options should change be warranted. (There was a time in the past when I asked my oncologist a similar question and he was not nearly so encouraging. In fact, he was downright discouraging when he told me that the drug he was giving me at the time was the last drug he had for me.) Having been dangling previously at a near end, I’m sure you can appreciate how a patient knowing there are other choices available should a drug fail to stop the growth, is very reassuring.

Nevertheless, facing off with this tumor every day and being able to touch it morning, noon and night, presents a real problem: how do I avoid thinking I have cancer?

It’s always been my goal to try and assimilate the facts and hope not to be overwhelmed by the feelings. But how do I think it’s nothing when it’s obviously something?

I mean, it wouldn’t be there if it was just minding its own business, would it?

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

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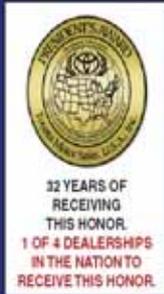
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