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# The Arlington Connection



**A+**  
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## Guiding Fledgling Bird Watchers

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### It's an Amazonian Deal

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### Explaining Death to Children

A+, PAGE 9

Bird watcher and Park Manager Cliff Fairweather with Sasha Wendell, explaining what birders look for. He joked that as soon as you hear a bird calling and tell everyone to listen for it, the bird goes quiet.

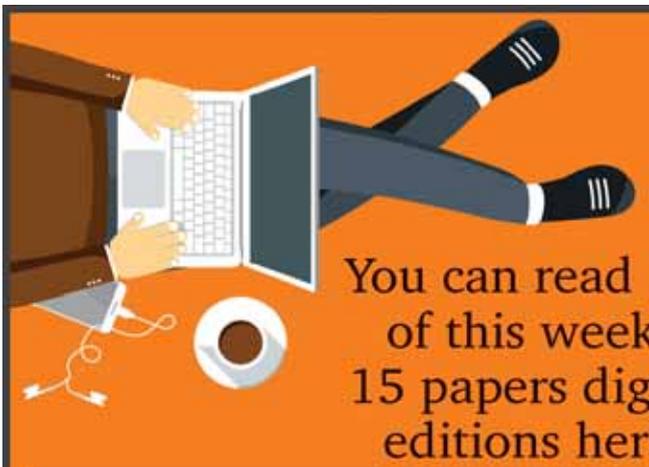
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PHOTO BY EDEN BROWN/THE CONNECTION ENTERTAINMENT, PAGE 6 ♦ CLASSIFIEDS, PAGE 10

MARCH 20-26, 2019

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ARCHITECTURAL RENDERING

Rendering of Amazon in Arlington.

# It's an Amazonian Deal

**Financial commitments include \$23 million grant plus infrastructure investments.**

The County Board on March 16 approved the county's proposed direct financial incentive to Amazon, an annual pay-for-performance grant valued at approximately \$23 million, tied to the company meeting targets of occupying 6 million square feet of office space over the next 15 years, according to an Arlington County press release.

The incentive will come from a percentage of the new incremental revenue generated by the county's Transient Occupancy Tax (TOT), which is a tax paid on hotel rooms or other paid lodging.

"This performance agreement is really just the beginning of what I believe will be a long and productive partnership between Arlington and Amazon," County Board Chair Christian Dorsey said. "This board, and senior county staff, have spent months in intense discussion with our community about what Amazon's arrival in Crystal City and Pentagon City will mean for Arlington. Our vote today reflects our strong belief that Amazon will bring significant benefits to our community, to neighboring Alexandria,

the region and the state."

The board voted unanimously to approve the performance agreement with Amazon, after hearing from more than 100 speakers during an hours-long public hearing and questioning Amazon executives.

The county also committed to using a portion of new incremental revenue generated by Amazon's arrival within the existing Crystal City, Potomac Yard, Pentagon City Tax Increment Financing (TIF) area to make infrastructure investments in and around National Landing. The estimated new TIF revenue is projected to be \$28 million over 10 years. TIF is a mechanism to support development and redevelopment by capturing the projected increase in property tax revenues in the area and investing those funds in improvements in that area.

The county and the City of Alexandria also have committed to investing up to \$570 million in transportation projects, including rail connections, transit facilities, multi-modal streets and transportation technology serving Amazon's headquarters. All the projects were already included in long-term Capital Improvement Plans approved by the board and the city. Arlington and Alexandria are also pursuing additional funding opportunities to advance investments in this corridor.

As part of its incentive package, the Commonwealth of Virginia has proposed more than \$1 billion for a Tech Talent Investment Fund. The fund is

SEE IT'S AN AMAZONIAN DEAL. PAGE 5

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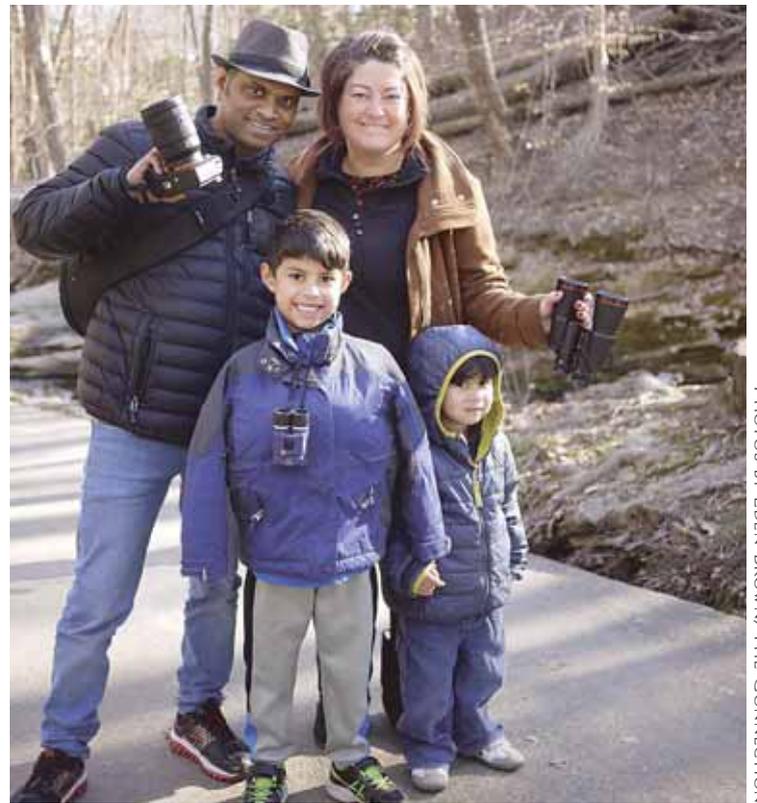
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**Conor McCarthy and his mother, Elise, sighting a woodpecker. Conor, 6, has always loved birds.**



**The crowd follows the movement of a barred owl.**



PHOTOS BY EDEN BROWN/THE CONNECTION

**Swapnil Bhartiya with his wife Jennifer and two sons, Aadi and Neev, said he is a technology reporter and doesn't usually go out on walks but his wife "made him come" and he was glad she did. It felt great to get the boys away from electronics, he said.**

# Fledgling Bird Watchers See Barred Owl

... and everyone's heart beats just a bit faster with the excitement.

BY EDEN BROWN  
THE CONNECTION

Even a seasoned bird watcher could learn something on Saturday's bird walk for beginners at Long Branch Nature Center. Cliff Fairweather, the nature center manager who led the walk/class, made it exciting for the youngsters in the crowd too.

"Do you hear that?" he asked the group. "Peter-Peter-Peter — that's the call of the Tufted Titmouse," he said. "That is what birds do, especially now, in the spring, because they are staking out territory or attracting mates."

He said the time to bird watch or "listen" is early morning and late afternoon. They prefer to rest in the midday as it is warmer then and they get hot. "Birds have a much higher body temperature than we do, at 105 degrees Fahrenheit." The group seemed to be surprised that birds were warm-blooded. "Yes," said Fairweather, "and some believe birds are the descendants of warm blooded dinosaurs." Fairweather made sure the group saw some interested birds, like the red-headed woodpecker, but even he was astounded when the group sighted a Barred Owl, who entertained the fledgling watchers with climbing around on one tree and then flying to the next. The owl blinked his big round eyes at the group and everyone's heart beat a little faster from the excitement. "Barred Owls are most likely to be active during the day," said Fairweather, "unlike most other owls."

Fairweather told the group the local area, and this park in particular, are excellent for birdwatching. "Some birds we only have in the summer like Great Breasted Flycatchers; some are only winter birds, like the



**James Ruff, explaining birds to his granddaughter, Olivia Wendell.**

Junko's. And some birds are here just to pass through during the migration, like I just saw my first "Phoebe" (Phoebe Flycatcher)," he said, with the kind of pleased excitement only a nature enthusiast could understand.

Fairweather recommended to the group that they pursue birdwatching with some of the local clubs like the Northern Virginia Bird Club, the Audubon Society of Northern Virginia, and the Audubon Naturalist Society. Local nature centers are also good sources of activity, and it is always good to go with experienced birders because they can hear the calls, sight the birds, and the more people in a group (up to a point) the more eyes to spot birds who like to hide behind branches. He also recommended the



**Park Manager Cliff Fairweather explaining use of the Peterson Field Guide to Birds.**

warblers at Monticello Park, the C&O Canal, and Huntley Meadows as good spots to watch for birds. "The more habitats you explore, the more different birds you will see." For more, see: Audubon Society of Northern Virginia, or the Northern Virginia Bird Club (<http://nvabc.org>) (<http://audubonva.org>), or, go down and see Cliff Fairweather at the Long Branch Nature Center, <https://parks.arlingtonva.us/locations/long-branch-nature-center-park/>.

**An Eastern Rat Snake lounges in its terrarium in the Long Branch Nature Center while Aadi and Vivien Nelson, 8, take a break from birding and discover other local wildlife.**



**Olivia and her grandmother, Barbara Ruff, looking for the barred owl.**



# OPINION

## Chamber Applauds County Approval

In a March 16 press release, Arlington Chamber of Commerce supported the Arlington County Board's unanimously approved package of incentives for Amazon's new headquarters:

The Arlington Chamber of Commerce commends the Arlington County Board for its unanimous vote to approve the performance agreement for Amazon's new headquarters in Arlington. Approving this agreement is a powerful statement that Arlington is open for business and a magnet for innovation in all sectors. The establishment of Amazon's headquarters offers Arlington a unique occasion to strengthen our economy, to create opportunities for residents, and to improve the County's fiscal position.

"We are creating opportunities for residents and businesses by welcoming Amazon to Arlington," said Kate Bates, president & CEO of the Arlington Chamber of Commerce. "The community as a whole will benefit from the

jobs, economic activity, and innovation that Amazon will bring to Arlington."

"As an Arlington resident and business owner, I am confident that Amazon's new headquarters will promote success for our entire community," said 2019 Chamber Chair Greg Hamilton of Arlington Magazine. "The County Board's approval of the performance agreement is a positive signal that our government supports economic development and the local business community."

Amazon's commitment to Arlington will help balance Arlington's economy, making it less reliant on the Federal government. The gradual addition of 25,000-37,850 private-sector jobs will replace the 24,000 jobs lost in the Crystal City area over the past two decades. Arlington Economic Development's incentive package is groundbreaking, with 95 percent investing directly in the community's housing, transportation, and infrastructure. The direct financial incentives to Amazon will not divert funding

from other priorities, and rely on our hoteliers to grow their businesses for Amazon to receive these payments. In the months since the announcement, Amazon has shown they want to be a part of the Arlington community. Amazon is already engaging, joining the Chamber and meeting with businesses, nonprofits, and community groups to build long-term relationships. Amazon's Director of Community Engagement met with more than 50 leaders from Arlington nonprofits at a Chamber-hosted gathering, and senior Amazon team members have attended many community events. Amazon's culture values making direct change; with today's vote we look forward to the prospect of thousands of innovative people participating in our community, which is now Amazon's home as well.

"This is an historic moment for Arlington," Bates said. "We look forward to working together as a community to seize the opportunities that welcoming Amazon affords to all of Arlington."

### LETTER TO THE EDITOR

## Respect One Another

To the Editor:

Critical to the diversity report presented to the Arlington School Board is what the board deems to be the ideal state of diversity and equity. I applaud the author for raising that issue. The fact that it had to be raised at all, however, sheds light on why these ideals continue to elude APS. The conduct of business is either equitable or it is not.

I am puzzled by how the ideal state could be

anything other than the equitable and fair conduct of business. Similarly, at one time 22204 was the most diverse zip code in the country. The diversity of the county is a function of its demographics. Quite frankly, I find the concern with the "level" of diversity not only nonsensical but nonsense. It is what it is. It does not matter whether a school is predominantly majority or minority. What matters is all who attend are an integral part of the school fabric. You cannot repeatedly laud diversity as a strength while simultaneously being concerned with its level.

A speaker before the School Board on this matter wisely pointed out that none of this really matters if we have not learned the most basic tenet of relationships: respecting one another. Respect means appreciating the potential a student has to change the world in

small and not-so-small ways even though they are on free and reduced lunch. It means acknowledging a parent can have much of value to say even if they split a few verbs. Giving priority to neighborhood cohesiveness over transportation costs is a sign of respect. Consulting with a historically black community prior to making a decision to change the name of its school is another manifestation of respect ... or lack thereof.

Nothing speaks more clearly than the debate as to whether value setting concerning diversity is the board's job. Sadly, this leads me to two conclusions: the board does not have a clue as to what diversity means (much less its value) and is hence ill-equipped to lead the quest for equity in Arlington's schools.

**Jacqueline Coachman**  
Arlington

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

#### DONATIONS

**Pet Food Bank.** AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit [goo.gl/forms/s2FuFdaVWdZm4tPw2](http://goo.gl/forms/s2FuFdaVWdZm4tPw2)

#### THURSDAY/MARCH 21

**Women Entrepreneurs' Conference.** 8 a.m.-6 p.m. at George Mason University, 3351 Fairfax Drive, Arlington. WE THRIVE Women Entrepreneurs' Conference on is a full-day event featuring keynote speakers, panel discussions and educational breakout sessions. The conference also includes a continental breakfast, lunch, a networking social hour and Expo featuring sponsors and nonprofit partners. \$125. Call 240-618-9263 or visit [washingtondcscore.org/wethrive](http://washingtondcscore.org/wethrive).

#### FRIDAY-SATURDAY/MARCH 22-23

**Career Fair.** 11 a.m.-7 p.m. at Fashion Centre at Pentagon City, 1100 S. Hayes St., Arlington. Attendees can visit the Metro and First Levels to

meet with store representatives, pick up applications and apply onsite. Participating stores include Brighton Collectibles, Calzedonia, Express, Intimissimi, Mezlan, My Eye Dr., MAC, Nepresso, Pandora, White House Black Market and more. Attendees are encouraged to bring their resumes. Applicants may visit [simon.com/fashioncentreatpentagoncity](http://simon.com/fashioncentreatpentagoncity) or Guest Services, located on the First Level near Sephora, for more information.

#### SATURDAY/MARCH 23

**Child Development Resource Fair.** 8:30 a.m.-12:30 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. Parents and caregivers, join the 11th annual child development resource fair. This event will provide an opportunity for Arlington families and caregivers who work with infants and preschoolers up to age 5 to obtain information and resources to better meet the needs of children. Free. Register at [tinyurl.com/y522h3um](http://tinyurl.com/y522h3um) or call 703-228-1640.

#### SUNDAY/MARCH 24

**Women and Heart Disease.** 3-4 p.m. at Arlington Public Library, 1015 North Quincy St. Join Dr. Cecily Dvorak Havert to learn about dispelling the myths of women and heart disease. Email [mfernandez@arlingtonva.us](mailto:mfernandez@arlingtonva.us) for more.

#### TUESDAY/MARCH 26

**Nutrition Seminar for Seniors.** 10:30 a.m. at Giant, 2501 9th Road South. RSVP-Northern

SEE BULLETIN, PAGE 11



PHOTO BY EDEN BROWN/THE CONNECTION

**Leah Pollack sings her song "Descalza Dorada."**

### CORRECTION

In "World Languages Celebrated at Arlington Career Center," Arlington Connection, March 13, the name of the singer/songwriter in the article and accompanying photo should have been Leah Pollack (above).

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**NEWS DEPARTMENT:**  
[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

**Steven Mauren**

Editor

703-778-9415

[smauren@connectionnewspapers.com](mailto:smauren@connectionnewspapers.com)

**Jean Card**

Production Editor

[jcard@connectionnewspapers.com](mailto:jcard@connectionnewspapers.com)

**Shirley Ruhe**

Contributing Photographer and Writer

[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

**Eden Brown**

Contributing Writer

[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

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**David Griffin**

Marketing Assistant

703-778-9431

[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

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**Editor & Publisher**

Mary Kimm

[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

**Executive Vice President**

Jerry Vernon

703-549-0004

[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**

Steven Mauren

**Art/Design:**

Laurence Foong, John Heinly,

Ali Khaligh

**Production Manager:**

Geovani Flores

**CIRCULATION**

[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)



# It's an Amazonian Deal

FROM PAGE 2

expected to produce 25,000 additional bachelor's and master's degrees throughout Virginia in computer and science related fields.

The Commonwealth also plans to provide new resources related to computer science education statewide, access that will be available to Arlington and Alexandria public schools. These new resources will include ongoing professional development for current and future teachers; summer and after-school programming for students, and career exposure and work-based learning opportunities in high-demand fields.

Arlington has partnered with neighboring Alexandria, which will be the home of a new \$1 billion Virginia Tech Innovation Campus.

The new campus will be designed to increase graduates in STEM-related degrees, providing a tech talent pipeline for technology companies in Northern Virginia and beyond.

It will be funded with \$250 million from the state's Tech Talent Investment Fund, a matching \$250 million from Virginia Tech and another \$500 million from the private sector, to build a planned mixed-use component on the site.

The Commonwealth will augment local investment in transportation projects by investing up to \$195 million of non-general fund money in new or expanded transportation projects to improve mobility in the region. Planned investments include:

- ❖ New entrance to the Crystal City Metro station;
- ❖ South entrance off Potomac Avenue to the new Potomac Yard Metro station;

- ❖ Improvements to U.S. Route 1 in Arlington County;

- ❖ Pedestrian bridge from Crystal City to Reagan National Airport;

- ❖ Transitway expansion supporting Pentagon City, Crystal City and Potomac Yard in both Alexandria and Arlington.

More funding for transportation will be available from the Commonwealth if Amazon creates more than 25,000 jobs.

Arlington and Alexandria plan to invest at least \$150 million over the next decade in affordable housing, resulting in the creation and preservation of 2,000 to 2,400 affordable and workforce units in and around the Crystal City, Pentagon City and Columbia Pike areas and throughout Alexandria.

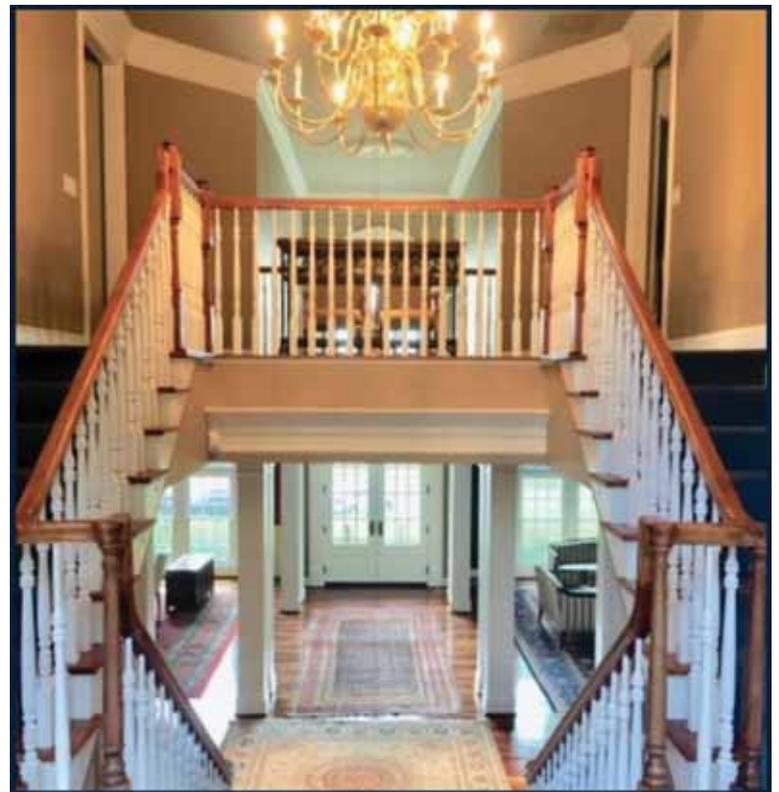
Of that, Arlington plans to invest \$7 million a year for 10 years, with the goal of creating 1,000 affordable housing units in and around the Amazon project area.

The Commonwealth of Virginia has also pledged to provide \$15 million per year for five years, at least, to support housing affordability in areas impacted by Amazon.

## BULLETIN BOARD

THROUGH APRIL 15

**Tax Preparation Assistance.** Tuesdays, 10 a.m.-7 p.m.; Thursdays 10 a.m.-4 p.m. at Arlington Central Library, 1015 N. Quincy St. AARP Foundation Tax-Aide is available free to taxpayers with low to moderate income, with special attention to those 60 and older. AARP Foundation Tax-Aide is offered in cooperation with the IRS. No need to be a member of AARP to receive assistance with tax preparation. Some appointments available, call 703-829-6192.



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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://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](http://arlingtonartscenter.org) for more.

**Rachel Schmidt / Distort Displace.** Through March 30 at Arlington Arts Center, 3550 Wilson Blvd., Arlington. 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. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

**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](http://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](http://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](http://www.sigtheatre.org).

## 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.



**Richard Estes (American, born 1932), Lower East Side, oil painting, 2002; image courtesy of Edward T. Pollack Fine Arts.**

Make reservations at [mcdm1@verizon.net](mailto:mcdm1@verizon.net), [www.operanova.org](http://www.operanova.org) or 703-536-7557.

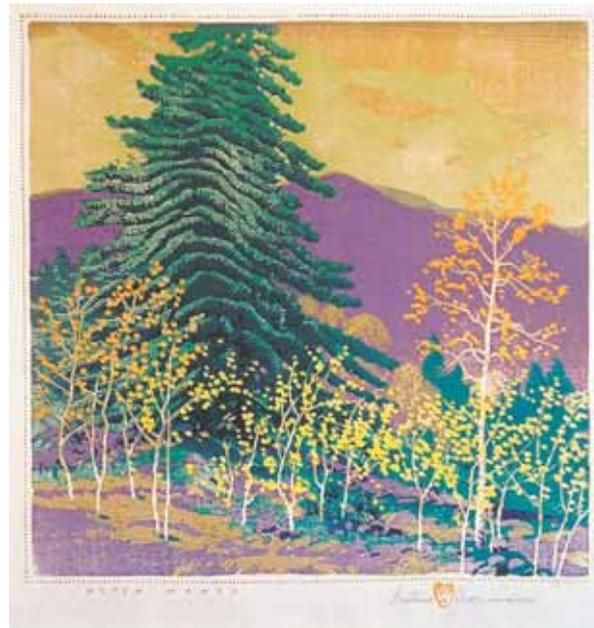
## WEDNESDAY/MARCH 20

**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 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](http://www.onemorepagebooks.com) or call 703-300-9746.

## WEDNESDAY/TUESDAY/MARCH 20-26

**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.; Saturday, 9 a.m.-4 p.m.; Sunday, 11:30 a.m.-3:30 p.m.; Monday, 10:30 a.m.-4 p.m.; and Tuesday, 10 a.m.-6 p.m. at the Overlee Pool (Bath House - Lower Level), 6030 Lee Highway, Arlington, LOWER Entrance off John Marshall Drive. The Lions of



**Gustave Baumann (1881-1971) Aspen Money, color woodcut; 1929; printed in 1946; image courtesy of Annex Galleries.**

## Capital Art Fair

The 39th Annual Capital Art Fair hosts 21 exhibitors, from all over the United States, offering for sale selections from their inventories works of Old Master, Modern and Contemporary artists, ranging from the earliest days of printmaking in the 15th Century, through until the present day. Prices range from less than \$100 to thousands of dollars. Saturday, March 30, 10 a.m.-6 p.m., and Sunday, March 31, 11 a.m.-5 p.m. at the Holiday Inn in at Key Bridge, 1900 Fort Myer Drive, Rosslyn. Register at [www.capitalartprintfair.com/tickets](http://www.capitalartprintfair.com/tickets) to receive free tickets.

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](http://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](http://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.

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](http://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.

**The Viennese Classics.** 7:30 p.m. at Gunston Arts Center (Theater One), 2700 South Lang St., Arlington. 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." Tickets: \$36 adult, \$18 student. Visit [www.NationalChamberEnsemble.org](http://www.NationalChamberEnsemble.org).

## 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](http://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](http://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/](http://www.walkarlington.com/event/sketch-walk-arlington/).

**Living History.** 10 a.m.-4 p.m. at Fort C.F. Smith, 2411 N. 24th St. The Union Army reenactors from the 3rd United States Regulars and 54th Massachusetts have come to Arlington and set up camp at Fort C.F. Smith Park. Join in a day of living history that will include drilling, activities, specialized fort tours and more. Come learn about Civil War life in Arlington County and beyond at this free event. Free. Visit [parks.arlingtonva.us/locations/fort-cf-smith-park](http://parks.arlingtonva.us/locations/fort-cf-smith-park) for more.

**Walking Tour: Over, Under, Forward, Back.** 1-3 p.m. 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](http://arlingtonartscenter.org) for more.

**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

# ENTERTAINMENT

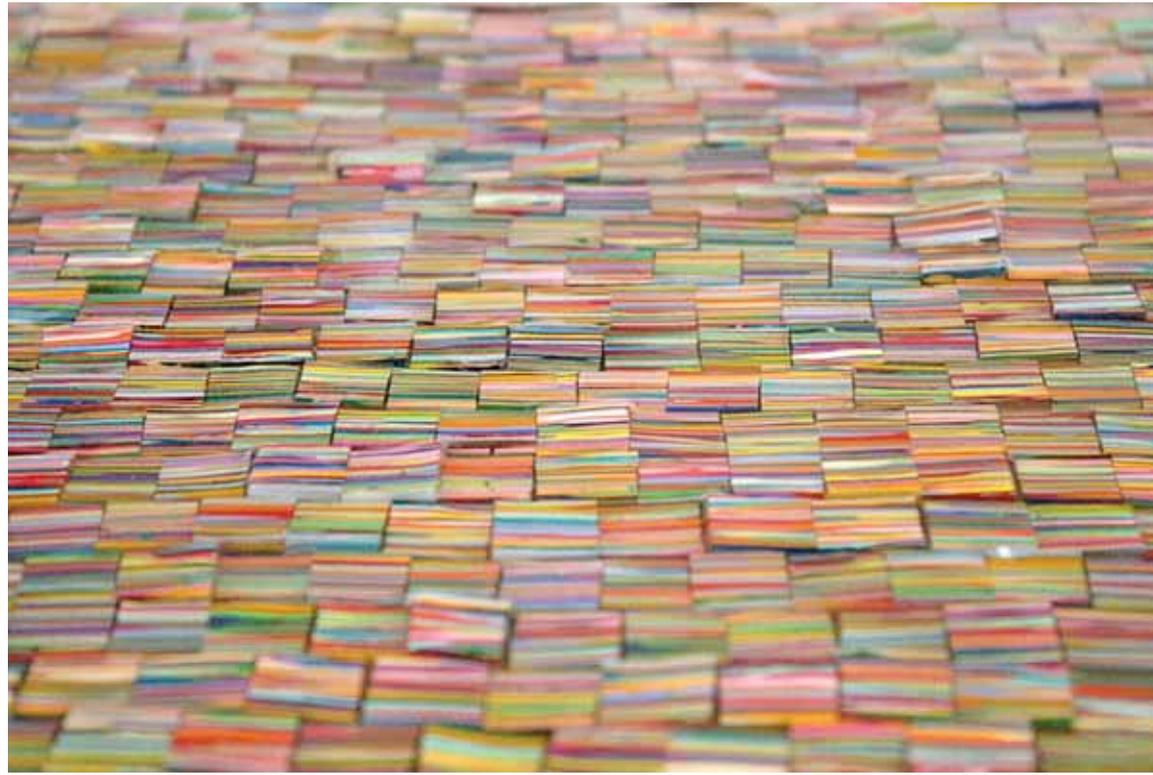
Crystal City, Arlington. Crosshairs Garage Races challenges amateur and elite cyclists to compete weekly for points and prizes. Race categories are available for all riding levels including Beginners, Intermediates, and the Petty Cup Race for elites (including a women's only field). During the fifth 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](http://www.crystalcity.org).

## SATURDAY-SUNDAY/MARCH 30-31

**Capital Art Fair.** Show hours are Saturday, 10 a.m.-6 p.m., and Sunday, 11 a.m.-5 p.m. at the Holiday Inn in at Key Bridge, 1900 Fort Myer Drive, Rosslyn. The 39th Annual Capital Art Fair hosts 21 exhibitors, each of whom is a leading dealer in fine prints, drawings, photos or other works on paper. These exhibitors come from all over the United States, offering for sale selections from their inventories works of Old Master, Modern and Contemporary artists, ranging from the earliest days of printmaking in the 15th Century, through until the present day. Prices range from less than \$100 to thousands of dollars. Register at [www.capitalartprintfair.com/tickets](http://www.capitalartprintfair.com/tickets) to receive free tickets.

## THURSDAY-SUNDAY/APRIL 4-7

**Little Shop of Horrors.** Thursday-Saturday, 7 p.m.; Sunday, 2 p.m. at Bishop O'Connell High School, 6600



Jenny Wu, #Walkaway, 2018, detail, Latex paint and resin on wood panel.

## 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. Through a cross-disciplinary practice in sculpture, installation, new media, and participatory projects, she aims to embrace the tenets of new material ontology and deliver playful experiences and memories with a sense of humor. Through March 30, at Marymount University's Barry Gallery, 2807 North Glebe Road, Arlington. A reception is planned for Friday, March 22, 6-8 p.m. Visit [www.marymount.edu/barrygallery](http://www.marymount.edu/barrygallery) for more.

Little Falls Road. Purchase tickets at [www.bishopoconnell.org/the-arts/oconnell-players](http://www.bishopoconnell.org/the-arts/oconnell-players).

## APRIL 5-20

**Photos with the Easter Bunny.** At Fashion Centre at Pentagon City, 1100 S. Hayes St. Visitors can hop down the bunny trail near Nordstrom on the First Level to meet and take egg-citing photos with the Easter Bunny; skip the line, make an appointment at [simonbunny.com](http://simonbunny.com). Families can also visit Caring Bunny for a sensory-friendly experience on April 7, 9-11 a.m. Visit [simon.com/fashioncentreatpentagoncity](http://simon.com/fashioncentreatpentagoncity) for more.

## SATURDAY/APRIL 6

**Ballet Performance: Cinderella.** 2 and 7:30 p.m. at NOVA Community College, Annandale Campus, 8333 Little River Turnpike, Annandale. Audiences of all ages will be dazzled by this full-length production of this classical fairy tale Cinderella. Performers from Classical Ballet Theatre will tell the story of a young girl who discovers her prince with a little help from her fairy godmother. \$15. Visit [www.cbntva.org/cinderella](http://www.cbntva.org/cinderella) or call 703-573-0182.

## MONDAY/APRIL 8

**History Presentation.** 2:30-4:30 p.m. at the Arlington County Central Library, 1015 N. Quincy St. Jean S. Moore will take the audience on a journey through the life and times of Mary Queen of Scots explaining how fate, intrigue and ill conceived personal decisions influenced her life. Moore is a local lawyer and artist and member of Encore Learning. The

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public is invited. For more information call Encore Learning at 703-228-2144.

## SATURDAY/APRIL 27

**ACF Annual Gala.** 6-11 p.m. At The Ritz-Carlton Pentagon City, 1250 S. Hayes St., Arlington. Join the Arlington Community Foundation's "Building Bridges for Arlington's Future" Annual Spring Gala. Celebrate the community connections that make Arlington a special place. Enjoy a cocktail reception, silent and live auctions, and live entertainment. \$300. Visit [www.arlcf.org](http://www.arlcf.org) for more.

## MORE ONGOING

**Arlington Historical Museum.** Wednesdays, 12:30-3:30 p.m.; Saturdays and Sundays, 1-4 p.m. Arlington Historical Museum, owned and operated by the Arlington Historical Society, is located at 1805 S. Arlington Ridge Road. The two-story brick structure was built in 1891 as the Hume School, named for Frank Hume who gave some of the property for the school. It is the oldest school building in Arlington County. Now a museum, it houses permanent and temporary local history exhibits ranging from pre-1607 to Sept. 11, 2001. Visit [arlingtonhistoricalsociety.org](http://arlingtonhistoricalsociety.org).

**Civil War Artifact Display.** Saturdays and Sundays, 10 a.m.-2 p.m. at Fort C.F. Smith Park Visitor Center, 2411 24th St. N. The New Fort C.F. Smith Park Visitor Center features displays about Union soldiers and the Defenses of Washington between 1861 and 1865. Artifacts from archaeological studies from Forts Ethan Allen and C.F. Smith are on display. Kids can try on



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](http://www.NationalChamberEnsemble.org).

replica Civil War uniforms and learn about camp life. Visit [parks.arlingtonva.us/locations/fort-cf-smith-park/](http://parks.arlingtonva.us/locations/fort-cf-smith-park/).

**Arlington Farmer's Market.** Every Saturday, 8 a.m.-noon at the corner of N. 14th Street and N. Courthouse Road. A weekly celebration of local food including fresh produce, meats, dairy, cheese, baked goods, free range eggs, specialty items, cut flowers, plants and herbs. Email [csingiser@cfwdc.org](mailto:csingiser@cfwdc.org) or call 917-733-6402.

**FRESHFARM Market.** 3-7 p.m. on Tuesdays at 1900 Crystal Drive. Shop

from local farmers and producers with seasonal fruits and vegetables, fresh-cut flowers, container plants and herbs, farm-raised eggs, all-natural meats, artisan baked goods, and specialty foods. Visit [www.crystalcity.org](http://www.crystalcity.org) for more.

**Mobile Bike Repair.** 8 a.m.-3 p.m. on Thursdays at 1900 Crystal Drive. Drop off your bike on Thursday morning and have it tuned up and ready to ride before heading home. Email [DC@velofix.com](mailto:DC@velofix.com), or phone 855-VELO-FIX for more.

**Food Truck Thursdays.** 11 a.m.-2 p.m. at 1900 Crystal Drive and 201 12th St. Actual truck schedules are subject to change so be sure to follow your favorites. Visit [www.crystalcity.org](http://www.crystalcity.org) for more.

**Healthy Lifestyle Runs.** Saturdays, 9 a.m. at Roosevelt Island, George Washington Memorial Parkway. American Cancer Society partners with parkrun USA to promote fitness in the fight against cancer. Free. Visit [www.parkrun.us/rooseveltislanddc/](http://www.parkrun.us/rooseveltislanddc/) for more.

**Friday Night Live.** 8 p.m. Fridays at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit [1bc.org](http://1bc.org) for more.

**Arlington's Historical Museum Open on First Wednesdays.** The Arlington Historical Museum is open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at [garrett.peck@arlingtonhistoricalsociety.org](mailto:garrett.peck@arlingtonhistoricalsociety.org).

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

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

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# Explaining Death to Children

Breaking down a difficult topic and helping children grieve.

BY MARILYN CAMPBELL

Rosalie Ward, recalls a hot and sticky summer evening in 1975. She was watching reruns of the television show “Bewitched” with her twin sister in the living room while her mother cooked dinner in the kitchen. Ward remembers hearing the ring of the family’s rotary telephone. The next sound she heard was a shriek and then violent sobs from her mother.

“My mom had gotten a call that her brother, my uncle, had been killed in a car crash,” remembers Ward. “I was six at the time, but most of my memories of that evening are of my mother crying uncontrollably for the hour or so until my dad came home from work. The two of them disappeared behind closed doors. I just remember being terrified and feeling alone.”

Whether prolonged or sudden, unforeseen or expected, experiencing the death of a loved one is never easy. While grief can weigh heavy on adults, it can overwhelm and confuse young children. And although death is an inevitable part of life, finding the words to discuss or explain it to young children can challenge many parents.

“Whether you’re talking about a family pet or a grandparent, it’s important that parents or caregivers understand that children grieve too and that death has to be discussed,” said Ward, who is a family therapist in Reston.

One of the most significant mistakes a parent or caregiver can make is not being honest with a child about death, said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College. “My biggest worry is when people hide the fact that a loved one died by saying that they went on a trip, and then the child sees the adult crying or being sad,” she said. “That doesn’t give the child a chance to process it, but by including them in a developmentally appropriate way, we are teaching that we can feel big feelings, and with the support of friends and family, we can still thrive.”

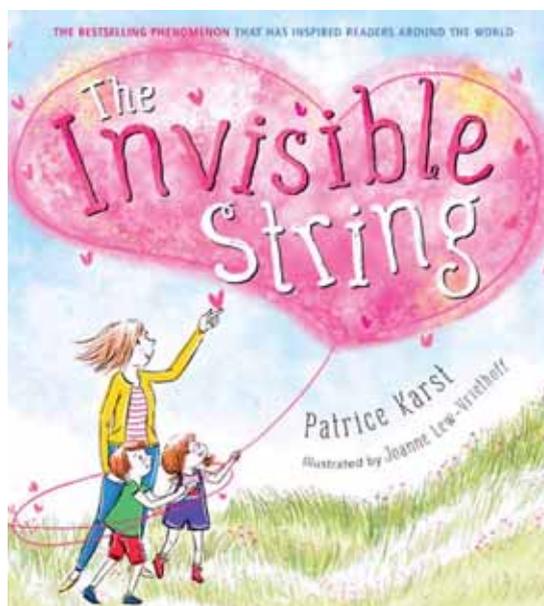
Helping a child to understand they didn’t cause the death could be an important part of the conversation, suggests Carol Barnaby, LCSW-C, a therapist in Bethesda. “Children often see the world as revolving around them,” she said. “Reassure them that their loved one dying was not their fault and that the death didn’t happen because they had a mean thought, misbehaved, or didn’t visit enough.”

“Death often brings anxiety in children and they wonder if they will die too,” added Barnaby. “Explaining that although the loved one has just died, death is not contagious and that the child will likely live a very long life.”

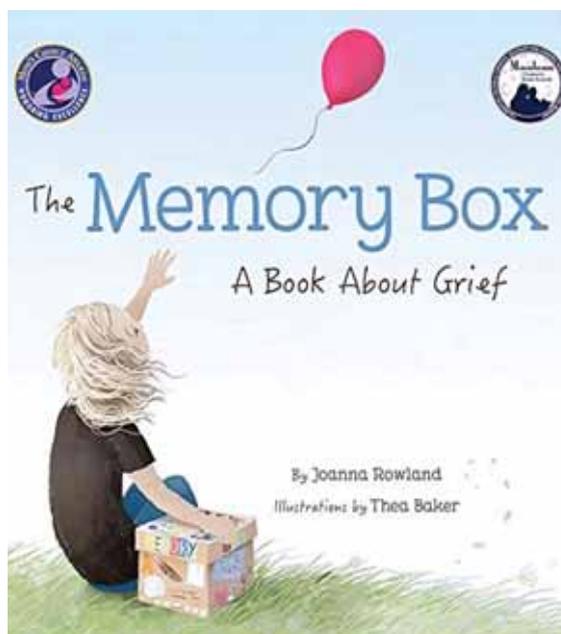
Clear, concise word usage is also important because young children might not have the language skills to discuss their feelings and emotions, adds Lorente. “Let the child engage in talking about fond memories of the deceased using pictures, making favorite recipes, or visiting a favorite place,” she said.

**“Death often brings anxiety in children and they wonder if they will die too.”**

— Carol Barnaby, LCSW-C



“The Invisible String” by Patrice Karst is a book that could help parents explain death to their children.



Bethesda-based therapist Carol Barnaby, LCSW-C suggests “The Memory Box” by Joanna Rowland as a tool to help children understand the concept of dying.

Use concrete and authentic terms when discussing it, continued Barnaby. “Avoid euphemisms like ‘Grandma is resting’ or ‘has gone away,’” she said. “These sayings confuse children and may cause them anxiety over [the notion] that they could die if they fall asleep; or that other loved ones may not come back.” Use clear language like “Grandma has died.”

Young children often believe death is reversible, advises Jerome Short, Ph.D., professor of psychology at George Mason University. “You could describe how a body stops working and the person who died isn’t coming back.”

Be open to having an honest conversation about it, continued Short.

“Encourage children to ask questions and tell them you will help them handle any bad feelings or problems that happen,” he said.

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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**

**NEWS**  
**Video Inspires Teens to Save**

**Arlington student representing Burke & Herbert Bank places second In national video contest.**

**J**ulia Hocker, a home-schooled eighth grade student in Arlington, representing Burke & Herbert Bank, won second place in the American Bankers Association Foundation's Lights, Camera, Save! national video contest. The announcement was made recently in a video broadcast via the ABA's YouTube channel.

Burke & Herbert Bank was one of 131 bank participants who hosted local levels of the competition and selected a winner to represent their bank and compete on the national level. Julia's video, "Saving to Give" was recognized for its creative approach to communicating the value of saving in order to help others. "It is so important for teens to learn the value of saving and using money wisely, and this video contest provides a fun and unique way to do that - with messaging created by students for students," said Terry Cole, Burke & Herbert Bank executive vice president. "Julia's video takes a unique approach - showcasing how saving money can benefit others. It will inspire anyone who sees it to save and to give. We are thrilled for Julia and are proud to be a part of this major accomplishment," she added.

As the second place winner, Julia will receive a cash prize of \$2,500 to fund her savings goal. Her mother and teacher, Michelle Hocker, will be awarded a scholarship to JumpStart's National Educator Conference this fall in Washington, D.C. Earlier this month, Julia's video was voted the ABA Savers' Choice in a competition on social media. As the winner of this competition, Julia was awarded a GoPro camera to support her video work.

Lights, Camera, Save! is a competition that encour-



PHOTOS CONTRIBUTED

**Burke & Herbert Bank staff celebrate Julia's win: From left are Community Relations Director Jane Petty, Area Manager Sandra Vasquez, Julia Hocker, and Main Office Branch Manager Ann Marie Moore.**

ages youth to use video to communicate the value of saving and using money wisely to inspire their peers and others to become lifelong savers. For more on the contest, visit [www.LightsCameraSave.com](http://www.LightsCameraSave.com).

Burke & Herbert Bank, established in 1852, is the oldest bank in the Commonwealth of Virginia and the oldest continuously operating bank in the Washington, D.C. area. Burke & Herbert Bank is headquartered in Alexandria and operates 25 branches in Northern Virginia. Member FDIC

For more information, visit [burkeandherbertbank.com](http://burkeandherbertbank.com).



**Mother, Michelle Hocker; one of the judges - Alexandria Film Festival Executive Director Patti North; Julia Hocker; Area Manager Sandra Vasquez; and father, Guy Hocker, congratulate Julia.**



**Julia Hocker is excited to come in second in the nation.**

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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**

# BULLETIN BOARD

FROM PAGE 4

Virginia is partnering with the Giant at Penrose Square to present a free nutrition seminar for seniors. Giant's in-store registered nutritionist Min Krishnamurthy, MS, RD, will lead the 90-minute free class which will include a tour of the store that highlights healthy food choices for seniors. Pre-registration required. Contact RSVP volunteer specialist Carly Hubicki at 703-403-5360 or email Carly at [chubicki@volunteerfairfax.org](mailto:chubicki@volunteerfairfax.org). After the seminar, RSVP staff will lead a free information session at the store on the benefits of volunteering with RSVP. Visit [www.rsvpnova.org](http://www.rsvpnova.org).

## WEDNESDAY-FRIDAY/MARCH 27-29

**Surge of the Heart.** 7-8 p.m. at Saint Ann Catholic Church, 5300 N. 10th St. Saint Ann Catholic Church presents Surge of the Heart, a live three-evening deep-dive into the truth and beauty of Catholicism with speaker and author Jon Leonetti. Open to the public, no admission cost, however donations are appreciated. Call 703-528-6276 or visit [stannchurch.org](http://stannchurch.org).

## FRIDAY/MARCH 29

**State of Children's Health Legislative Update Breakfast.** 8:30-10 a.m. at Northern Virginia Community College - Medical Education Campus, Springfield. Join the MCCP Foundation to hear the latest on the state of healthcare for children locally, across Virginia, and at the Federal level. Meet with legislators, health professionals, business leaders, and community advocates to discuss current news and updates from experts in the field. \$25-\$35. Visit [mccpfoundation.org/event/legislative-update-breakfast-march-29-2019/](http://mccpfoundation.org/event/legislative-update-breakfast-march-29-2019/) to register.

**Brain Health as You Age.** 10:30-11:30 a.m. at Lee Senior Center, 5722 Lee Highway, Arlington. Learn more about age-related changes in memory and learning and practices to keep the brain sharp. Learn what to expect, what's "normal" and when it's time to seek a doctor's input. Register online at [www.insightmcc.org](http://www.insightmcc.org), or contact Lindsey Vajpeyi at 703-204-4664 or [lindsey.vajpeyi@insightmcc.org](mailto:lindsey.vajpeyi@insightmcc.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:** Cherry Blossom Cruise and lunch, Tuesday, April 2, \$75; Surratt House, Dr. Mudd House, Clinton, Md., Wednesday, April 3, \$27; National Gallery of Art D.C., Thursday, April 4, \$6; Textile Museum, Norman Rockwell exhibit, D.C., Saturday, April 6, \$69 (includes lunch). Call Arlington County 55+ Travel, 703-228-4748. Registration required.

## NEW PROGRAMS:

**Art Swap,** Sunday, March 31, 3-4:30 p.m., Arlington Mill. Details, 703-228-7369.

**Artist Edward Hopper's "Nighthawk,"** Monday, April 1, 1:30 p.m., \$6, Aurora Hills. Register, 703-228-5722.

**Just Playin' Country musicians,** Monday, April 1, 11:15 a.m.-1:15 p.m., Fridays, 1-3 p.m., Lee. Details, 703-228-0555.

**Intro to Mindfulness Meditation,** Tuesday, April 2, 11 a.m.-12:30 p.m., \$36/6 sessions, Walter Reed. Register, 703-228-0955.

**Writing Group,** Tuesday, April 2, 11:30 a.m., Lee. Details, 703-228-0555.

**Local history group to discuss Seven Corners area,** Wednesday, April 3, 12:30 p.m., Lee. Details, 703-228-0555.

**Learn about Arlington Free Clinic,** Wednesday, April 3, 1:30 p.m., Aurora Hills. Register, 703-228-5722.

**55+ Biking Group,** contact info, 703-228-4771; email, [55plusbikinggroup@arlingtonva.us](mailto:55plusbikinggroup@arlingtonva.us).

**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.

**Demo of inexpensive assistive devices to make life easier,** Thursday, April 4, 1 p.m., Walter Reed. Register, 703-228-0955.

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## Eight Daze and Seven Sleepless Nights



By KENNETH B. LOURIE

On Monday, I take one of our "Buff Boys" (beige-colored cats), "Chino," to the vet for his bi-weekly glucose-monitoring day. This is his new routine as "Chino" was recently diagnosed with diabetes.

In addition, since his diagnosis, I've been injecting him with insulin twice a day, subcutaneously ("sub-q") going on six weeks now. Though he's eating well, he's lost weight; apparently, it's related.

Without getting too sad, too soon, he looks frail and the stares and meows he gives me seem to be pleas for help which, other than providing food, water and touch, I am clueless as to what else I can do. I'm not anticipating the worst yet, but when I pick him up at the vet later in the day, I'm not expecting the best either.

On Wednesday, I go for my first CT scan in eight weeks. More significantly, it will be my first "CT" since I began immunotherapy. I don't quite know what to expect; although I know what I hope.

The fact is I've neglected to ask my oncologist what his expectations were: specifically relating to a time frame about the immunotherapy's effectiveness; and as we've moved on, we have a few other questions: Will the infusion have any effect after just eight weeks, generally? Is there a protocol/length of treatment which a patient is supposed to have before success or failure is determined? Are there any indications other than scan results which might contribute to an assessment of the drug's impact on my tumors? Is it possible that the tumors in my lungs might have a different reaction (shrink, stable, grow) than my "Adam's apple" tumor? If so, then what? Are there any side effects from my bi-weekly infusions which could cause my treatment to stop?

Beyond these types of questions, my oncologist prefers not to discuss scenarios. The short summary is: we're looking for some kind of clarity and/or guarantee. Unfortunately, for cancer patients, clarity and guarantees ended on the date of your diagnosis.

On Friday, I have my next scheduled infusion (with pre-infusion lab work on Wednesday). Door to door, depending on how busy the Infusion Center is, and depending how long it takes the pharmacy to mix/prepare my drug, it will be approximately three hours until I'm back home. The experience is not tedious nor is it torture.

Compared to the eight-hour days I had to endure in the early, heavy-duty days of chemotherapy, this time commitment is a breeze. And when one considers the relatively minor side effects - so far, the routine is quite bearable. (I just need the immunotherapy to be effective.)

On the following Monday, we see my oncologist. Typically, we don't see him until later in the week on Friday. In the 10-day interim, my oncologist will email results of the scan - with his assessment - and attach the radiologist's report so that when we see him, we're aware and prepared.

However, in this week's particular instance he had availability on Monday, five days post-scan, and not on Friday. As such, we are seeing him so soon after the scan occurs that he might not have any results to email us before our appointment.

This means that we'll be going into the appointment cold, so to speak. Which means we'll be extremely anxious as we sit in the examining room waiting for his knock asking if it's OKAY for him to come in. And then staring at his face as he enters looking for any kind of hopeful sign that the treatment has worked.

And that's what this week-plus-one-day will be: a struggle; about me, for my wife, about our life together and about one of our cats.

Each of the four days/four events itself would be stressful and thought-provoking enough. Having them occur one right after the other, simultaneously almost, is like adding insult to injury. It's bad enough to begin with and it's potentially even worse how it might end with - really bad news.

Through it all, somehow we must remain positive. There's no future in being negative.

To invoke the late Yogi Berra, who said in 1973 while managing the last-place New York Mets: "It ain't over 'till it's over." (And of course they went on to win the National League pennant.)

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

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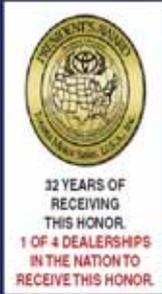
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