AUTISM SOCIETY

Improving the lives of All Affected by Autism Central Virginia

March 2017
Volume 25, Issue 2





BACK BY POPULAR DEMAND - THE ASCV IEP BOOT CAMP!

The Autism Society Central VA (ASCV) provided information and resources via phone calls, emails, and in person for over 2200 inquiries in 2016. Questions and issues ranged across the lifespan, from assessment/diagnosis to adult services, and across the spectrum. However, time and time again one single topic rose to the service – Individualized Education Programs/Plans (IEPs). For that reason, we are repeating the IEP Boot Camp in lieu of a typical Annual Conference in 2017.

Join our Program and Outreach Director, Tammy Burns, and become empowered with knowledge and understanding about the IEP process, language, and options on Friday, March 31st from 6:30pm-9:00pm and on Saturday, April 1st from 9:00am-2:00pm. For more information about the topics to be covered, please see the flyer insert in this email and register here - https://iepbootcamp2017.eventbrite.com

Registration includes: IEP Boot Camp Tookit, additional manuals and materials, pizza dinner on Friday, March 31st and a light breakfast on Saturday, April 1st. Registration closes on March 26, 2017.

From a previous attendee of the ASCV IEP Boot Camp -- "Thank you for all your workshops. The Autism Society (Central VA) has provided me with the information to assist my son. He was finally approved for an IEP eligibility meeting June 1. Today we created a fantastic IEP for this coming fall!!! In your class, the statement that stuck out was to not go in the meeting with a Me against The School demeanor. It worked."

Don't miss this empowering opportunity!





Mission

To improve the lives of all affected by autism by maximizing the self-sufficiency, independence, and quality of life for all living with autism.

Vision

We are the local voice and resource of the autism community in education, advocacy, services, and support, committed to meaningful participation and self-determination in all aspects of life for individuals on the autism spectrum and their families.

Any age. Any stage.

Donate

Your gift will help support autism education, awareness, advocacy and most importantly, enable us to assist families and individuals living with autism in our community. You can help by making a donation today!

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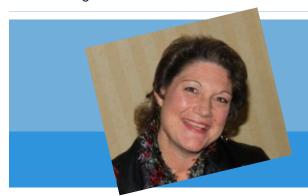
Recreational Facilitator: Becky Early

This newsletter is a publication of: Autism Society Central Virginia. 200 South 3rd Street
Richmond, Virginia 23219
(804) 257-0192

We accept for consideration any comments, personal vignettes, book reviews, information, announcements, or advertisements for publication in our newsletter. The deadline for submission for the April newsletter is March 15th. You may send your contributions to the above address or email contributions to info@ascv.org.

The Autism Society Central Virginia does not endorse nor promote any program or service provider. The information contained in this newsletter is provided for informational purposes only. The Board reserves the right to refuse to include any information, organization, business, or group where evidence-based practices are not evident. Ads for personal or organization fundraisers will not be accepted. The Society is a 501(c)3 organization providing information, support, and encouragement to individuals with autism, their families, and professionals in the Central Virginia area.

This edition was edited by ASCV staff.



From Our Executive Director

ASCV Provides Advocacy at the Local, State, and National Level!

Advocacy is one of the five Core Services that the Autism Society Central Virginia (ASCV) is charged with providing to our community. We are engaged at the local level as representatives on many agency task forces, work groups, and advisory councils, including the VCU-ACE Advisory Council and Region 1 Community Partners Advisory Committee, Virginia is for Siblings Chapter Network, TACIDD, Region IV REACH Advisory Council (Crisis Response and Habilitation), and the VDOE Special Education Advisory Committee. We believe our participation in these and other groups is important so that we can share needs and issues related to autism and bring timely information back to our community.

The ASCV also participates in the DD Coalition organized by the Arc of VA. For the third year in a row, the ASCV sponsored two vans to provide transportation for groups of self-advocates, family members, and professionals to meet and visit with state legislators on Developmental Disabilities (DD) Advocacy Day at the Virginia General Assembly. On Tuesday, January 31st, I was honored to travel to legislative offices with these constituents and listen to them share their stories with their elected officials. They spoke of the need to "End the Wait" for DD Waivers, as currently more than 11,000 Virginians with intellectual and developmental disabilities (I/DD) are waiting for Medicaid waiver home and community based services; on the importance of inclusion in schools and the community, and shared the DD's Coalition's legislative agenda to close training centers. We then joined other advocacy groups from across VA at a Rally at the Bell Tower to listen to government officials, self-advocates, and family members share their experiences and passion that all individuals should have "A Life Like Yours" (ALLY). The ASCV is so grateful to the Arc of VA for their leadership on the DD Coalition and for hosting a wonderful networking lunch for all who participated in DD Advocacy Day this year!

When you receive this newsletter, I will have just returned from visiting with our elected officials in Washington, D.C. at the annual National *Day on the Hill*. Staff and volunteers from the Autism Society's national office and representatives from Autism Society Affiliates from across the United States meet in DC every year to visit with state legislators and our nation's key leaders to advocate for legislation to improve the lives of the millions impacted by autism spectrum disorder across this country every day. The *Day on the Hill* provides a unique opportunity to raise awareness among these leaders and key influencers about the work we do and the issues affecting the communities we serve. I am, as always, honored to represent the ASCV on these visits, and to share information on behalf of individuals and families in Central VA.

If you would ever like more information about these or any other ASCV advocacy initiatives, please just let me know! I believe, Our Advocacy Does Make A Difference!

Becky

Becky Boswell, MBA Executive Director director@ascv.org

15th Annual 5K Run/Walk for Autism May 27, 2017

Time to gear up for the Autism Society Central Virginia 15th Annual 5K Run/Walk for Autism!!!

We are excited to be celebrating a milestone anniversary this year – the 15th Annual ASCV 5K Run/Walk for Autism will take place on Saturday, May 27, 2017! Plans are underway to make this our biggest and best 5K yet. This includes having a 15th Anniversary 5K Run/Walk for Autism **full color** t-shirt for all registrants in 2017!!



Event Details: A family-friendly morning, which includes the Run/Walk, entertainment, food, exhibitors, and a fantastic Kid's Fun Zone. The 5K Run/Walk is a community event and one of the Autism Society Central Virginia's primary sources of income, raising over \$100,000 last year.

Date: Saturday, May 27, 2017

Time: Event Starts at 8 am, 5K Run/Walk starts at 9 am sharp! The event wraps up by 11 am.

wrapo up by 11 am.

Location: Innsbrook Pavilion, Glen Allen, VA

Have Questions: Check out our FAQ page of our website -

http://ascv.org/ascv-5k/faqs/

Ways You Can Participate:

- Register to Run/Walk (Chip Timing and Virtual Participation are back as well)
- Form a **Team** and Recruit Members
- Start a **Fundraising** Page and Seek Donations
- Share this Information with Friends, Family, Co-Workers, Neighbors and Others in your Community
- **Volunteer** !!! We have volunteer opportunities for Friday, May 26th packet pickup, and for Saturday May 27th.
- Indentify and Reach Out to Potential Sponsors! A wide range of sponsorship levels is available!

As you can see, there are numerous ways in which you can support the 15th Annual 5K Run/Walk for Autism on May 27, 2017, and help the ASCV with our mission *to improve the lives of ALL affected by autism in Central Virginia.* We hope to see you there!



NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD

In February, the Autism Society Central Virginia worked to fulfill our mission to "improve the lives of all affected by autism" in the following ways:

Education

- Co-Hosted Autism Awareness Workshop for Lakeside First Responders
- Hosted Society Meeting: Diploma Options
- Hosted ABLEnow Informational Workshop

Services and Supports

- Sponsored ASCV Member Family Winter Pool Party
- Sponsored Sensory Friendly Movie in collaboration with the Byrd Theatre
- Sponsored Inclusive Lego and Game Clubs
- Sponsored Adults with Asperger's Interest Group
- Sponsored Asperger's/HFA Teen Social Club
- Sponsored ASCV Member Outing at VCU Women's Basketball Game
- Sponsored bowling for children, youth, and adults with ASD

Advocacy

- Attended National Day on the Hill
- Attended National Autism Society Advocacy Meeting

Registration Open for March 18th Sibshops

The ASCV hosts bi-monthly Sibshops as an opportunity for brothers and sisters of children with any developmental disabilities to obtain peer support and education in a fun recreational environment. Our Sibshops are open to any sibling, ages 7-12, of a child with a special need. We meet every other month from 10am to noon. Sibshops acknowledge that being the brother or sister of a person with special needs is for some a good thing, for others a not-so-good thing, and for many somewhere in between. The Sibshop model intersperses information and discussion activities with recreation and games (designed to be unique, off-beat, and appealing). Registration closes on March 13. Learn more and register here: http://ascv.org/meetings-events/sibshops/



This March, the Autism Society Central VA will sponsor or participate in the following events. All events take place at River Road UMC, 8800 River Rd, Henrico, unless otherwise specified. For information: 257-0192 or info@ascv.org.

03/03	6:30 pm	ASCV Recreation Resource Fair, learn more and register at https://ascvrecfair.eventbrite.com
03/03		Asperger's/HFA Teen Social Club (Grades 6-10) free for ASCV members; check your email for Eventbrite invitation and registration
03/04	10 am	Inclusive Lego & Game Club – Chester, details and registration: https://chesterlegomarch.eventbrite.com
03/04		First Tee Autism Golf Clinic in partnership with the ASCV; four Saturdays in March; to register contact emily@thefirstteerva.org; see graphic on page 14 of this newsletter for more info
03/07		ASCV Board Meeting 200 South 3 rd Street, Richmond
03/13		Travinia Fundraiser , see flyer on page 11 of this newsletter
03/18	10 am	Sibshops, details and registration: http://ascv.org/event/sibshop/
03/18	2 pm	Sensory Friendly Movie at the Byrd Theatre, Carytown
03/19		Bowling Event for children/youth/adults with ASD; free for ASCV members; check your email for Eventbite invitation and registration
03/25	10 am	Inclusive Lego & Game Club – Downtown, details and registration: https://marchlegodowntown.eventbrite.com
03/27	7 pm	Parents of Adults with Asperger's/HFA Interest Group
03/27	7 pm	Adults with Asperger's/HFA Interest Group (open only to adults with Asperger's/HFA)
03/31	6:30 pm	IEP Boot Camp, learn more and register at https://iepbootcamp2017.eventbrite.com
03/31		Asperger's/HFA Teen Social Club (Grades 6-10) free for ASCV members; check your email for Eventbrite invitation and registration

AUTISM SOCIETY CENTRAL VIRGINIA

MARCH CALENDAR



Save the Dates! 2017 ASCV Learning Opportunities

Mark your calendars for our Winter/Spring learning opportunities:

March 3 Annual Recreation Resource Fair

March 31 / April 1 IEP Boot Camp

April 24 SSI for Those Age 18 and Older, Elizabeth Horn, Disability Rights

Advocate at the disAbility Law Center of Virginia

May 5 Friendship Building Skills with Amanda Randall, M.Ed, BCBA, LBA, Self

Determination State Coordinator at James Madison University



The Virginia Department of Education's I'm Determined project, in conjunction with the Partnership for People with Disabilities, invites applications for sponsorship to the 11th Annual I'm Determined Youth and Parent Summit at James Madison University in Harrisonburg, Virginia.

Youth with disabilities from across the Commonwealth will meet to identify ways to become better advocates and lead more self-determined lives. The selected individuals and a parent/guardian will receive paid registration, dormitory accommodations, travel expenses and meals for the three-day event. A concurrent Parent Summit for the selected participant's parent/guardian will be held at the university. Parent attendance is based on their child applying and being accepted to the summit. Parents do not complete an application.

The Youth and Parent Summit will start on Wednesday, June 14, 2017 and will end on Friday, June 16, 2017. More detailed information regarding the Youth and Parent Summit will be provided upon acceptance of the youth. **The deadline for application submission is 5pm on March 9, 2017**.

More info and the application can be found here - https://goo.gl/96Mf4M





MARCH COMMUNITY OPPORTUNITIES

(Dates provided as published by sponsoring organizations; contact organizations for confirmation)

03/03	Special Night for Special Needs at Children's Museum Chesterfield; 5:30 pm, for info: http://www.c-mor.org/events/special-nights		
03/06	Sky Zone Special Needs Sensory Friendly Night http://www.skyzone.com/richmond , 804-379-2500		
03/06	Hanover County Special Education Advisory Committee meets at 7pm at Hanover County School Board Office, 200 Berkley Street, Ashland; topic: <i>Subcommittees will be meeting</i> ; open to the public		
03/07	Jumpology special needs night; see calendar at http://www.jumpology.us/Pricing-Hours		
03/08	Chesterfield County Special Education Advisory Committee meets at 5 pm at the Career and Technical Center, 13900 Hull Street Road, room 256; open to the public; topic: <i>Understanding Poverty</i> ; contact 804-639-8918 for more info and info on making public comment		
03/09	Asperger's Support Group - Northside , meeting for adults with Asperger's / HFA and parents of children with this diagnosis, 7pm – 9pm at River City Diner, Parham Rd.		
03/11	Regal My Way Matinee sensory friendly movie, <i>Lego Batman</i> , 10:30am; Regal Short Pump Stadium 14, tickets \$6.50 each		
03/14	Richmond Special Education Advisory Committee 12 pm-1:30 pm; open to the public; call 780-7710 for the location of the meeting		
03/16-19	ReelAbilities Film Festival, for more info visit https://weinsteinjcc.org/index.php/events		
03/21	Monkey Joe's Special Needs Night from 5 pm-7 pm; kids ages 2-12 with special needs free; closed to public; siblings welcome \$5; info 897-5867		
03/21	Asperger's Support Group – West End / Northern Chesterfield, meeting for adults with Asperger's / HFA and parents of children with this diagnosis, 7pm – 9pm at Positive Vibe Café, 2825 Hathaway Road, Richmond		
03/22	Gaviota Group support group for Latino families with autism; meets at the Sacred Heart Center, 1400 Perry Street, Richmond, 23224; RSVP at 804-646-0145		
03/28	Henrico County Special Education Advisory Committee meets at 6:30 pm at Brookland Middle School, 9200 Lydell Drive, Richmond; Topic: <i>HCPS Annual Plan & RTI-Process</i> ; open to the public		

March 4th Recreation Resource Fair

The ASCV will host our 9th Annual Recreation Resource Fair, featuring over 25 providers serving children, youth, and adults with ASD. Come learn about opportunities for camps, social groups, music, dance, martial arts, soccer, sailing, swimming, gymnastics, and much more! This event is free and open to the community; learn more and register at https://ascvrecfair.eventbrite.com.



WORKSHOPS AND CONFERENCES

03/02 How, When and Why to Talk to Your Child about their Disability, learn more and register at http://hanover.k12.va.us/instruction/parentresource/workshops.htm 03/06 Plotting the Path: A Graduation Requirement Update from the Virginia Department of **Education** free webinar from TTAC: learn more and register at https://ttaconline.org/Event/HEo6GPZITyQkgtguF1bB0g/Event-webinar-plotting-the-path-agraduation-requirement-update-from-the-virginia-department-of 03/08-09 Commonwealth Autism Annual Conference learn more at http://www.autismva.org/2017annualconference 03/11 CollaborATE: A Transdisciplinary Approach to Assistive Technology through the Lifespan; at the Children's Hospital Brook Road location, registration and more info http://www.chrichmond.org/2017-AT-Symposium.htm 03/14 Inclusion: What Does It Mean and Who Is It For? free webcast from VCU ACE; learn more and register at https://vcuautismcenter.org/te/webcasts/ 03/15 Getting to Work: The Workforce Opportunity Act (WIOA) and Students with Disabilities free webinar from TTAC; learn more and register at https://ttaconline.org/Event/HEo6GPZITyTjBDRJd 4GQQ/Event-webinar-getting-to-work-theworkforce-innovation-opportunity-act-wioa-and-students-with Zones of Regulation-Strategies to Foster Self Regulation, Emotional Control, Behavior 03/20-21 & Independent Functioning Skills in Students learn more and register at https://ttaconline.org/Event/xYHDFXh0 OpJQEksy0LENw/Event-zones-of-regulation-strategies-to-foster-self-regulation-emotional-control-behavior--independent Psychotropic Medication: A Review, presented by Dr. Adam Kaul – Region IV REACH 03/29 Medical Director, 11:15am-12:30pm, 3700 Festival Park Plaza, Chester, 23831; learn more and register at https://www.eventbrite.com/e/lunch-learn-psychotropic-medication-a-reviewtickets-31848609047 04/11-12 PEATC 2017 Virginia Advocacy Symposium must submit application by March 24th; learn more and register at https://www.eventbrite.com/e/2017-virginia-advocacy-symposiumregistration-29895442072

New ASCV Scholarship Program Added for 2017



The ASCV has offered a Recreation and Social Scholarship Program to area children, youth, and adults with ASD since 2013. To be eligible for these scholarships, an individual must have a diagnosis of autism and reside in Metro-Richmond or a surrounding city/county. Scholarships for ASCV Membership are also available for families experiencing difficult financial times or for whom membership would place a financial burden.

In January 2017, the ASCV added an additional scholarship opportunity, open only to ASCV members. The Education and Enrichment Scholarship Program is designed to improve the quality of life for individuals with autism and their families/caregivers. This award may be used by the individual and/or family members/caregivers towards educational enrichment opportunities. A total of up to \$300 per membership is available per calendar year. Examples of qualifying activities include conference registration, workshops, webinars, tuition, and fees related to educational endeavors related to ASD. Additional information is posted on our website.

Thank You To Our Volunteers

Jordan Atkins
Corrinn Bernarding
Jacky Kennedy
Nick Miller
Lindsey Paul
David Powers
Malcolm Sackor

Alex Ray Katie Gallagher Parker Goolsby Jessica Reynolds Sarah Jennings Alison Peele

Shemeka Taylor Jen Wade Jesse Anderson Kristina Brandveen Kristin Davidson Ryan DeRossett Travis Faber Bianca Jenkins

Matt Vozar Hayden Vozar Betty Wolde Justin Acer Mr. Kern's Deep Run Class

Jenn Snyder Lauren McCarey Yumna Rahman Soobin Jeon

Gracie Schutrumpf Adam Morgan

Kirsten McCavanagh

Tucker Smith
Andrew McDonald
Andrew Goetzinger
Stone Brickhouse
Chris Havens
Mariah Snelon
Teairus Fludd

Teairus Fludd
Alexa Dodson
Jara Salter
Mannal Rahman
Diana Simion
Wendy Swan
Shravya Shetty

Raphael Ortiz
Michael Spicer
Alexander Lavallic

Blake Mclean



We would love to add your name to this list. We are always looking for individuals, 18 and older, who would like to get involved. Contact Tammy at outreach@ascv.org to find out how you can volunteer for the ASCV too!

Thank You For the Following Donations

All donations stay in the Central Virginia area to support individuals and families affected by autism.

Deborah Dougherty MAW Ashland Argent Credit Union William Janke Cheyniqua Holland Tracey Matthews Paul Warner Nateishia Barbour Larry Scarborough Jeffrey Burchett Lisa Keene Cecil Comer

Brennan Huff

Mark Rondina

Gregory Workman
Aja Wells
Paul McNamera
Michael Gobbi
William Charlton
Mary Bess Bolin
Nancy Andelin
Jennifer Paz
Maggie L. Walker Governor's School
Hae Sue Park

The following donation was made in memory of Mike Berry:
Debbie Wheeler

thank you!





I.E.P. Boot Camp

Enlist Today!

This 2 session workshop series will empower parents / caregivers to understand and become effective partners in the I.E.P. process.

Attendance at both sessions is required.



Topics covered and included in Boot Camp Toolkit:

- Beginning with the End in Mind
- Person Centered Planning
- Present Level of Performance
- Goals and Objectives
- Accommodations / Modifications
- Extended School Year

- What if You Don't Agree
- Collaboration Strategies
- Behavior Plans
- Transition
- Rights and Regulations
- And much, much more!

Session Dates:

March 31, 2017 (6:30pm-9pm) April 1, 2017 (9am-2pm)

Pizza dinner will be provided on 3/31 and a light breakfast will be provided on 4/1.

Cost:

\$10 ASCV Members \$35 Non-members **Plus Processing Fees**

Space is limited – Register Early!

Childcare registration is available for 3/31 on a first come basis.

For more info and to register: https://iepbootcamp2017.eventbrite.com

www.ascv.org

info@ascv.org

Location:

River Road United Methodist Church 8800 River Road Richmond, 23229

Co-Sponsored by:

Center for Family Involvement



804-257-0192



NEW for 2017!











Autism Awareness Day

\$1 from each ticket sold using the promo codes goes to the ASCV

THE FUN BEGINS NOW!

Online savings available on single day admission tickets.

Sunday, April 9, 2017

Special Features:

- Quiet areas
- Gluten Free Food Options
- Special Boarding Pass Program
 - ASCV Exhibiting under the Eiffel Tower

ONLY

\$35.00

Ages 3 and up. Children 2 and under FREE



Purchase Your Tickets Online TODAY!

To order your tickets for Kings Dominion, just go to **kingsdominion.com** and in the top right corner put in the promo code:

KDASCV

Online tickets can be purchased up to the day of your trip.

For up-to-date Park information including hours, go to kingsdominion.com

Park opens March 25 - October 29, 2017. Soak City is open select dates May 27 - September 4, 2017.

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Therapeutic Alliance, LLC is your partner for In-Home Behavioral Health.

We offer comprehensive ABA services for ages 4-20.

We accept Medicaid and provide multilingual clinicians and parent support groups with a holistic approach.

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The Annual Golf Clinic with The First Tee of Greater Richmond



Time:

partnership with the Autism Society Central Virginia

Join us for a 4-week clinic teaching golf basics through activities incorporating The First Tee Nine Core Values!

Dates: Saturdays, March 4th-25th

1:00pm-2:00pm (ages 7-10) **\$2**

Only \$20!

Location: The Tattersall Youth Development

2:00pm-3:00pm (ages 11-17)

Center at The First Tee Chesterfield

Golf Course

(6736 Huntingcreek Drive, N. Chesterfield, VA 23237)





To register, contact:
Emily Weinstein
Director of Programs
emily@thefirstteerva.org

AQUATICS AREFOR EVERYONE. ESPECIALLY CHILDREN WITH AUTISM. Our specially-designed Autism Swims program helps children with ASD feel confident in the water. And just as importantly, outside of it. Visit swimrichmond.org to learn more.



MEMBERSHIP FORM

Join with hundreds of individuals with autism, their families and other caring individuals; become a part of a larger community - the Autism Society Central Virginia. We can't be heard alone, but with more voices joining daily, that small voice can become a roar. We invite you to become a part of a community of hope.

Membership in the Autism Society Central Virginia provides the following benefits:

- ASCV's monthly newsletter, the local resource for information regarding local and state autism-related issues, workshops, and community events
- · ASCV's weekly e-mail updates
- · Discounted workshops and conferences
- Free ASCV sponsored social/recreational activities

Membership Levels:						
\$5 ~ Self-Advocate (Adult w/ ASD)	\$25 ~ Household	\$1500 ~ Lifetime				
Name(s):						
Address:	F	Phone #				
City:	State:	_ Zip:				
E-mail address:(By providing your e-mail, you will receive our weekly e-mail; your e-mail will be kept confidential)						
Additional Donation:						
	please specify ar					
Payment information:						
Check (made payable to Autism Society Central Virginia) Visa Mastercard						
Name on card:	_	Expiration:				
Card #:						
CVV# (security code on back of card) or join online at www.ascv.org						
Signature:						
How would you prefer to receive your newsletter: □ by mail □ electronically						
Which free gift may we send you: \square car magnet \square refrigerator magnet \square no gift needed						
New Members, how did you hear about the ASCV? ☐ family ☐ friend ☐ internet ☐ other						

Please mail, email, or fax with payment to:

Autism Society Central Virginia 200 South 3rd Street Richmond, VA 23219 outreach@ascv.org (email) (804) 655-0484 (fax)

Autism Society Central Virginia

200 South 3rd Street Richmond, VA 23219 Non-Profit Organization U.S. Postage PAID Midlothian, VA Permit No. 132

Address Service Requested



Would you like to place an Ad in "Into The Light"?

Our newsletter reaches over 700+ families, professionals and educators on a monthly basis and is archived on our website. If you would like to place an advertisement, please email it to info@ascv.org or mail it to us at 200 South 3rd Street, Richmond, VA 23219.

Deadline for entry and payment is March15th.

Ad Rates:

\$50.00 1/4 page (\$45 non profit) \$75.00 1/2 page (\$68 non profit) \$100 full page (\$90 non profit)

Long term ad discounts: 6-11 months 10% discount, 12 months or longer 15% discount

The Board reserves the right to refuse to place an advertisement.