



The
Arlington
Connection

Muddy Run

SPORTS, PAGE 12

Washington-Lee's Donia Nichols placed 10th in the girls' varsity race at the Glory Days Invitational on Oct. 11 at Bull Run Regional Park.

Squaring Off In the 8th

NEWS, PAGE 3

Synetic Stages 'The Island of Dr. Moreau'

ENTERTAINMENT, PAGE 8

SPORTS, PAGE 12 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIED, PAGE 14

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

OCTOBER 15-21, 2014

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NEWS

40 Under 40 Honorees

Leadership Arlington has named the inaugural honorees for its regional 40 Under 40 event. These honorees will be recognized for the positive leadership impact they make personally and/or professionally at a luncheon on Thursday, Dec. 4, 2014 from 11:30 a.m. until 1:30 p.m. at Army Navy Country Club.

This event is an opportunity for the community to show support and invest in this next generation of trailblazers.

The honorees are:

Salim Adofo, National Black United Front
Nyambo Anuluoha, Arlington Community Federal Credit Union
John Ayers, REDLattice Incorporated
Mike Barnes, Self Employed
Sindy Benavides, League of United Latin American Citizens (LULAC)
Katherine Bianco, DC Modern Luxury Magazine
Scott Brodbeck, Local News Now LLC
Ginger Brown, Self Employed
Billy Buck, Jr., Buck & Associates, Inc.
Nadia Conyers, Arlington Employment Center, Arlington County Government
Jeffrey DiLisi, Virginia Hospital Center
Laura Gamse, daydream reels
Erikka Gleckel, Deloitte Consulting, LLP
Scott Gold, IBC, a DBS Company
Nick Gregorios, Avison Young
Chris Hamm, U.S. General Services Administration

Julia Hamm, Solar Electric Power Association
Sarah Hillware, Girls Health Ed.
Paul Holland, Marstel-Day LLC
Jennifer Hovis, U.S. Environmental Protection Agency
Melissa Impastato, Clark Construction Group LLC
Krysta Jones, Jim Moran/U.S. House of Representatives
Elizabeth Jones Valderrama, Offender Aid and Restoration (OAR)
Kim Klingler, ASCO
Matthew Kulkin, Squire Patton Boggs LLP
Dania Matos, Latinas Leading Tomorrow
Ann McCarty, Arlington County Public Schools
Ron Novak, Segue Technologies, Inc.
Joseph Petty, Crystal City Business Improvement District
Mike Richardson, Chain Bridge Bank, N.A.
Kate Roche, Arlington Chamber of Commerce
Andrew Schneider, The College of William & Mary - Raymond A. Mason School of Business
Kelly Shooshan, The Shooshan Company
Marcio Silveira, Pavlov Financial Planning
Terron Sims, II, Doug Pollard, LLC
Paul Singh, Disruption Corporation
Elaine Turville, Accenture Federal Services
Andy VanHorn, The JBG Companies
Kedrick Whitmore, Venable LLP
Steven Yates, OPOWER Inc

For more information on Leadership Arlington, visit www.leadershiparlington.org.

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An Economic Debate 8th Congressional District candidates differ over priorities.

BY VERNON MILES
THE CONNECTION

Congressional candidates Don Beyer and Micah Edmond squared off last week at a forum in what could rank as one of the election season's tamest political debates. With bipartisanship as a major theme of each party's platform, neither candidate could afford to appear confrontational.

For the two major party candidates for the 8th congressional district which comprises Alexandria, Arlington and part of Mount Vernon, the debate, hosted Oct. 9 by the Mount Vernon-Lee Chamber of Commerce, came down to priorities. For Beyer, the Democratic candidate, the highest priority is addressing environmental concerns. While he acknowledged that this might not be the most popular stance, it was one that needed to be addressed.

"Great leaders don't think short term, they think about 10, 20, 30 years from now," said Beyer. "Sea levels are on the rise.... Half of all animals on planet have disappeared since 1970. As much as I care about employment, the greater threat is environmental change."

For Edmond, the Republican candidate, nothing on the agenda was more important than solving the current financial crisis.



Republican Candidate Micah Edmond (left) in discussion with Rashan Colbert (middle) and Democratic Candidate Don Beyer.

Edmond emphasized his business background as an investment banker and his budget work for the government as crucial to his focus on economic issues.

"People want a long-term stable budget," said Edmond. "This is a discussion about priorities, mine will be the economy. Beyer has said his is climate change, woman's right to choose, and gun control. All important, but those are politically partisan,

and they won't do anything to help the economy or the things that you care about."

The first question from the audience, asking how a carbon tax would help Northern Virginia businesses, indicated that both issues were a major concern to the local business community.

"It's not designed, in the short run, to grow businesses," said Beyer. "But look at

the larger picture, at what's happening in America and in the world, and what that's going to mean for us, to our budgets and our businesses, if we don't do anything about it."

Beyer also raised the possibility of using some of the revenue raised by the carbon tax to refund small businesses and as corporate tax relief, but Edmond was skeptical.

"The short answer is, it won't," said Edmond. "You always hear about big sweeping government policies that will change the nature of things. That's not progressive, it's regressive."

According to Edmond, the most likely scenario is that larger businesses decide they'd rather pay a fine or a tax on their polluted materials and continue to operate in the same manner. It's the smaller businesses, he says, which will bear the full burden of a carbon tax.

"It's going to generate a lot of money, but they won't tell you where that money goes," said Edmond, "but I can tell you it won't be to the little guy."

While each wanted certain conditions laid out, both candidates openly supported an increase in the minimum wage. According to Beyer, the full increase to \$10 per hour would help lift 900,000 Americans out of

SEE DEBATE, PAGE 4

Waging Upstream Battle Against Mainstream Parties

Taking a chance on an Independent.

BY VERNON MILES
THE CONNECTION

John Saylor says with pride that he was Gwendolyn Beck's friend long before he became her campaign manager. Like most friends in the Washington area, he'd talk politics with Beck. The conversation always seemed to get back to why Congress isn't working and what can be done to fix it. People in these conversations always ask "What can somebody do?" and someone always jokes "well, you can run for Congress."

But Beck wasn't joking. Saylor, who had worked on political campaigns before, tried to make sure Beck understood how much work was involved: Not just in terms of getting elected, but in actually getting the federal government to function. She understood the commitment it would take, and in October last year she asked Saylor to be her campaign manager if they had the opportunity to run for Congress.

Early the next year, that opportunity came up. In January, 8th District U.S. Rep. Jim Moran announced his retirement, and the election scramble to find his replacement began. In a heavily Democratic district, there's a passive assumption that the posi-

tion will likely pass on to Democratic candidate Don Beyer, but Beck won't let that happen without a fight.

"People say we have to have a balanced budget in a certain amount of time, and that's got us gridlock. That's gotten us shut-down," said Beck. "We need to fix these problems. If you send a Democrat or a Republican, it's just going to keep the two sides apart."

She added that she has the utmost respect for Beyer and the work he's done for Virginia, but she believes he'll face the same partisan obstacles Moran did and the gridlock will continue.

"There's nothing wrong with them," said Beck, "they just don't work with the Ted Cruz's and John Boehner's of the world."

According to Saylor, that change has to start now and it has to start in the 8th district.

"Let's get the message out there, that there are alternatives," said Saylor. "The timing is now. Congress is so dysfunctional, what's it going to take to fix that?"

Beck started working with her mom in the travel industry when she was a child. There she discovered her love of math and finances. She went on to work in bonds, then stocks, eventually become a vice president at Morgan Stanley. Along the way she wrote a book, "Flirting with Finance," that tries to break economic principles down into

SEE BECK, PAGE 4

Libertarian conducts unconventional campaign.

BY VERNON MILES
THE CONNECTION

Jeffrey Carson, the 8th district's Libertarian candidate, has an unconventional campaign. From a focus on social media over television to the choice to meet for interviews at Arlington's First Down Sports Bar, Carson has found that he can't follow the preset election paths. His only option was to make his own. In the heavily Democratic district, Carson's fight won't be an easy one, and one he can't run the way his opponents do.

"We've got to play an unconventional game," said Carson. "If we go to bat thinking 'we have to do what Micah Edmond and Don Beyer are doing', we've already lost."

Carson knew from the outset that the campaign was going to be an uphill battle. Carson's inspiration for the campaign, Robert Sarvis, lost his 2011 Virginia State Senate campaign, his 2013 Virginia gubernatorial campaign and faces a difficult election in the 2014 Senate campaign. It was Sarvis' 2013 gubernatorial campaign that inspired Carson to get involved with the Libertarian party and run for office.

"I like being the underdog here, it suits me," said Carson. "The vast majority of people I talk to ... as long as they're not hardcore Democrats or Republicans, after 10 minutes they are generally very supportive. The problem is to reach all of them."

This is where campaign financing becomes troublesome. According to Carson, while campaign financing was pushed forward in the guise of helping third party candidates, it is generally more hurtful.

"Campaign finance reform meant to screw third party candidates," said Carson. "There's no way I have the rolodex Beyer or the Republicans have, and so there's no way I can compete. It's counterintuitive, but it's the truth."

While elections tend to favor candidates who spend more, David Brat's victory in the 7th congressional district Republican primary over incumbent Eric Cantor has inspired potential dark horse candidates like Carson and other independents. The biggest problem, says Carson, is that too many people stay at home and don't engage in the process. Carson understands this point of view all too well, as he used to avoid voting.

"I was trying to make a statement by not legitimizing the process, and I thought that was a good way to send a message," said Carson. "In hindsight I realized that's not the best approach to trying to change."

SEE CARSON, PAGE 4

Beck's Independent Campaign

FROM PAGE 3

simple, relatable stories.

"Finance taught me to deal with coalitions and contract negotiations," said Beck, "how to get parties to a table that don't necessarily agree on everything, and leaving with a win-win situation. I also understand the intricacies of the financial system. We're all connected to each other. Our currency has certain values. We need to be cognizant of what we're doing going forward."

Beck gestured out the window to Washington Street, that runs along their campaign headquarters.

"Our corporations are leaving," Beck said. "And we're seeing more 'For Sale' signs every day."

Beck largely attributes this to businesses' inability to repatriate profits from overseas, which forces them to leave money in other countries and continue to invest there. America's corporate tax rate, one of the highest in the world, also keeps businesses that could boost the economy out of the country.

As an Independent, Beck says she's willing to reach compromise where most Democratic or Republican candidates won't. Beck is a gun owner, but acknowledges that the government has a responsibility to take measures to reduce gun violence. Beck says the



VERNON MILES/THE CONNECTION
Gwendolyn Beck in her campaign office with Raika, a campaign staffer.

primary focus should be on addressing problems with treatment of mental illnesses, but says she's support more extensive background checks to help keep guns in the hands of responsible gun owners.

This emphasis on building coalitions extends to her foreign policy. Rather than focusing on whether or not to deploy soldiers to combat terrorism in Iraq and Syria, Beck says the U.S. needs to refocus its efforts on working through nearby countries to enlist their support.

She acknowledges that her campaign is ambitious, but says that

anyone who replaces Moran will go as a junior congressman. As an Independent, though, Beck says she can use this to her advantage in a way Democrats or Republicans can't.

"The closer in number the Democrats and Republicans are," said Beck, "the more they'll have to reach out to any Independents there."

As an independent, Beck believes she can help facilitate coalitions between Democrats and Republicans. It won't be easy, but it's more than she expects the 8th district would see from a Republican or a Democrat.

"Take a chance on me," said Beck. "At least with me, there's a chance for change."

Carson Runs as Libertarian

FROM PAGE 3

Carson was a frustrated citizen long before he was a Libertarian candidate. Carson says he bought three Obama t-shirts early in the candidate's run for office, saying he finally felt empowered by a message that promised to curtail the interventionist foreign policy and restrain the War on Drugs, but once Obama became President it was clear that there weren't a lot of differences between him and previous presidents.

"It was very disillusioning," said Carson. "Very disheartening."

After four years of service in the U.S. Army, Carson left to travel across Africa, South America, the Middle East, and Australia. Carson returned to the United States during the financial crisis and was disappointed with what he saw in American politics.

Others in Carson's campaign shared his unhappiness with the modern two-party system.

"I campaigned a lot when I was younger and I really strongly believed in things, but it seems like so much hot air that I never really wanted to get involved," said Vera Medici, Carson's social media coordinator. "It's nice to be involved again."

"My least favorite part of the campaign is the failure of the Democratic Party nominee to regularly engage in debates or forums with the other candidates," said Mat Thexton, Carson's volunteer coordinator, referencing Democratic candidate Don Beyer's absence from events like the previous week's Urban League Young Professionals Network forum. "He is assuming the voters will vote Democrat, without even knowing his positions."

Medici described the campaign staff as almost evenly split between Libertarians and people who just don't identify with either political party, but says that while they occasionally discuss politics while



PHOTO BY VERNON MILES/THE CONNECTION
Jeffrey Carson speaks with attendees at the Urban League Young Professionals Network forum on Oct. 6 in Alexandria.

working at events, their focus on the campaign has kept infighting away.

"I'm not a Libertarian, but I listened to him," said Medici. She met when he was campaigning at a Farmer's Market. "I went home and looked at his website, because I didn't want to dismiss someone because of their political ideology."

Medici said she was impressed with his military and travel experience, but it was his lack of connections with the political establishment that won her over.

"He won't be pressured to be pushed into a party line," said Medici, adding that this could help distance him. "We can't have corporations taking over but not so much restriction that it's over-regulated."

Carson is upfront about his slim chances, but says he and too many of America's undecided middle have sat on the sidelines for too long.

"Everybody has one good fight they need to take on," said Carson. "This felt right. This felt like what I needed to be doing."

An Economic Debate

FROM PAGE 3
poverty.

"At \$7.25, you're making less than the federal poverty level," said Beyer. "They have to go out on food stamps and federal housing just to get by, and that's not fair."

Beyer acknowledged that the Congressional Budget Office estimated that the increase would cost 500,000 jobs, but that this growth only represented 2 months' worth of the current job growth trend. Beyer also accepted certain limitations, like not changing the level for teenagers still living with their parents who did not need to pay the costs adult Americans working minimum wage do.

While Edmond also supported a raise in the minimum wage, he did not want it raised to \$10 per hour.

"Members of Congress must broker a compromise that was palatable to national distribution of local economic zones," said Beyer. "An acceptable raise in minimum wage in Northern Virginia is not the same for Montana."

Edmond also referenced a need for a small business tax cut to offset cost of an increase in the minimum wage.

Both candidates agreed that the social security system needs reform, specifically both candidates supported "means testing" which would limit social security benefits to those with greater economic need. While Edmond also stated a need to raise the retirement age to affect more long-term reform, Beyer was more hesitant.

"Raising the social security age makes sense for me and for Micah, but a lot of my employees are mechanics," said Beyer. "I look at them and they're worn out at 60 and 62. We've often had to take them off the line where they're working transmissions and bending over inside cars all day long and give them much easier jobs, they're just plain worn out. For the majority of Americans, who've spent their lives busting their backs, it doesn't make sense."

Beyer and Edmond both stated objections to much of the Affordable Care Act, though each voiced unequivocal support for the inability of insurance companies to deny a person based on preexisting conditions and for young adults being able to stay on their parent's plan. Beyer cited the drop in teen abortions and pregnancies as one of the program's biggest successes.

Edmond was more critical of

the act, saying it had created an additional burden on the economy, but also acknowledged that it needs to be accepted as law now. His core complaint, that the government was even involved in the healthcare business, was met with cheers from the predominantly business-oriented audience.

Both Beyer and Edmond also agreed that the federal budget needs to have a heavier focus on transportation, specifically expansion of mass transit options.

Both also agreed that President Obama should have sought congressional approval for the air strikes in Iraq. The two differed, however, on whether or not to put more troops back on the ground in Iraq.

"We need boots on the ground in Iraq and possibly Syria," said Edmond, emphasizing this was more likely in Iraq than Syria. "We have existing military structure in place and can set a time table. Not so in Syria."

Beyer urged caution before more foreign intervention.

"We need to continue, as a people, to assess how much of a threat ISIS represents to us," said Beyer. "Beheadings and all of that is incredible barbarism, but we see barbarism all around the world for much of our lives, but that doesn't always justify use of military force."

The forum ended with a return to the core discussion of the economy.

"We need to make the American dream more achievable," said Edmond. "We need to put in place a long-term, stable budget that grows the economy by having incentives for businesses to create ... we actually have to provide tax relief and provide targeted tax cuts for small businesses and the middle class." While unemployment has gone down, Edmond also lamented that unemployment is consistently twice the national average for minorities. Beyer followed up with his own unhappiness with current unemployment in America.

"We need a full employment economy," said Beyer. "The poor are getting poorer, and that's because there's not enough competition for labor."

Beyer and Edmond agreed that the United States cannot afford to decrease its investments in national defense. Beyer said that the world still looked to the United States to take a leadership role in international security. In their closing statements, both pledged to take a very bipartisan approach to their representation of the 8th District.

APAH Celebrates 25 Years in Affordable Housing

The Arlington Partnership for Affordable Housing (APAH) honored retired state Sen. Mary Margaret Whipple and Brian P. Coulter, managing partner, and The JBG Companies, at its 25th anniversary annual fundraiser at the Clarendon Ballroom on Oct. 8. More than 375 attended this celebration of affordable housing and contributed a record-breaking \$350,000 to the fundraising event.

The nonprofit APAH develops, preserves, owns, and advocates quality rental housing that is affordable to low and moderate-income families and promotes opportunity for residents through partnerships and programs. APAH is celebrating its 25th year as the only nonprofit affordable housing developer working exclusively in Arlington County. Founded in 1989, APAH now helps 1,200 households live in stable, secure and affordable rental homes. APAH was named Developer of the Year in 2014 by the Housing Association of Nonprofit Develop-



APAH President/CEO Nina Janopaul

ers (HAND) and received the Prize for Innovation and Impact from the Arlington Community Foundation in 2011; in 2009 APAH received the HAND Innovation Award and in 2008 was named Best Nonprofit by the Arlington Chamber of Commerce.



PHOTOS CONTRIBUTED

From left are APAH President/CEO Nina Janopaul; retired state Sen. Mary Margaret Whipple, APAH affordable housing honoree; APAH Chair Robert Rozen, and Brian Coulter, managing partner, The JBG Companies, and APAH affordable housing honoree.

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Coming: Children's Connection

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families.

The annual Children's Connection is a tradition of well over a decade, and we begin getting inquiries from teachers and parents about submitting artwork and writing almost as soon as summer is over.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is the

best or worst thing that ever happened to you? What is the best gift you've ever given? Ever received?

- ❖ Your opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.

- ❖ News stories from school newspapers.

- ❖ Photos and text about activities or events.

We welcome contributions from public and private schools, individuals and homeschoolers.

Email submissions for the Children's Connection to editors@connectionnewspapers.com.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Monday, Dec. 8.

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 8. The Children's Connection will publish the week of Dec. 27, 2012.

Halloween Parties, SoberRide

Halloween is now as much of an adult party as a children's festival. Along with the Fourth of July, the holiday period including New Year's Eve and a few other dates, Halloween stands

out as a holiday connected to increases in drinking and driving.

If you will be out celebrating with alcohol, you can plan ahead. Assign a designated driver. Celebrate at home. Take public transportation. But if these plans fall through, the nonprofit Washington Regional Alcohol Program (WRAP) Halloween SoberRide program provides a safety net.

For six hours from 10 p.m. on Wednesday, Oct. 31 until 4 a.m. on Thursday, Nov. 1, SoberRide serves as a way to keep impaired drivers off the road. During this six-hour period, area residents ages 21 and older celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI and be afforded a no-cost (up to a \$30 fare), safe way home.

For more information visit www.wrap.org

Last Call for Letters

Letters to the editor from local residents about the upcoming election should be received by Friday, Oct. 24 to be considered for publication ahead of Election Day, Tuesday, Nov. 4. Letters on candidates, bond questions, election procedure or any other local, election related topics are welcome and encouraged. Letters should be original, and include the writer's full name and address; we will print your town name, not your full address. Letters will be under 200 words and convey opinion with civility. Send letters to editors@connectionnewspapers.com

— MARY KIMM.

MKIMM@CONNECTIONNEWSPAPERS.COM

BULLETIN BOARD

Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

REGISTRATION OPEN

Nature and History Programs. Registration to Arlington's full guide on nature and history programs is now open. Register online for campfire evening magic, nature hikes or sign up for a seashell workshop. There are classes for children of all ages. Visit arlingtonparks.us/snag/#p=1 for a list of classes.

New Arlington Emergency Alert System. Arlington has switched to a new alert system that brings instant emergency warnings, but residents have to sign up for the new system. To continue getting the emergency alerts, sign up at emergency.arlingtonva.us/.

OCTOBER

National NeighborWoods Month. Alliance for Community Trees and CSX are partnering with local greening organizations to strengthen and reestablish urban tree canopies. As part of ACTrees' National NeighborWoods Month in October, 30 communities across the country will receive CSX Tree Giveaway Grants and CSX Restoration Grants. Find specific dates, times and locations on the website: <http://actrees.org/news/media-center/actrees-news/actrees-and-csx-announce-national-neighborwoods-month>

tree-plantings-and-giveaways.

WEDNESDAY/OCT. 15

Community Forum. 7-9 p.m. at Wakefield High School, 1325 S. Dinwiddie St. The Arlington County Chief of Police, along with Commonwealth Attorney, County Sheriff and other panel members, will conduct a forum focusing on the community's trust and confidence in the criminal justice system. Free, open to the public. Visit news.arlingtonva.us for more.

SATURDAY/OCT. 18

Conference on Developmental Assets. 8:30 a.m.-2:30 p.m. at Kenmore Middle School, 200 South Carlin Springs Road. Choose from more than 20 workshops that will help parents strengthen the relationship with children. Pre-registration is required. Visit www.arlingtonoutofschool.us for more.

SUNDAY/OCT. 19

Seminar. 2-4 p.m. Learn how to prepare soil for roses in winter and spring. Call 703-371-9351 or email arfoundation@cox.net for more.

SEE BULLETIN, PAGE 7

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**NEWS DEPARTMENT:
To discuss ideas and concerns, call: 703-778-9410
arlington@connectionnewspapers.com**

Steven Mauren

Editor

703-778-9415

smauren@connectionnewspapers.com

Michael Lee Pope

Reporter

703-615-0960

mpope@connectionnewspapers.com

@MichaelLeePope

Jon Roetman

Sports Editor

703-752-4013

jroetman@connectionnewspapers.com

@jonroetman

ADVERTISING:

For advertising information

e-mail:

sales@connectionnewspapers.com

Debbie Funk

Display Advertising/National Sales

703-778-9444

debfunk@connectionnewspapers.com

Andrea Smith

Classified & Employment Advertising

703-778-9411

asmith@connectionnewspapers.com

Editor & Publisher

Mary Kimm

703-778-9433

mkimm@connectionnewspapers.com

@MaryKimm

Executive Vice President

Jerry Vernon

jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren

Photography:

Deb Cobb, Craig Sterbutzel

Art/Design:

Laurence Foong, John Heinly

Production Manager:

Geovani Flores

Special Assistant to the Publisher

Jeanne Theismann

703-778-9436

jtheismann@connectionnewspapers.com

@TheismannMedia

CIRCULATION: 703-778-9426

Circulation Manager:

Linda Pecquex

circulation@connectionnewspapers.com



Lunar Eclipse

**Wednesday, October 8, approximately 6 a.m.,
North Arlington off Lee Highway at John
Marshall Drive.**

CONTRIBUTED BY MEGAN MCMORROW

"FLOURISHING AFTER 55"

Arlington Office of Senior Adult Programs for Oct. 26-Nov. 1.

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

Senior trips: Monday, Oct. 27, NPR headquarters, D.C., \$8; Tuesday, Oct. 28, Hollywood Casino, Charles Town, W.Va., \$9; Wednesday, Oct. 29, Alexandria Ghost Tour, \$20; Thursday, Oct. 30, Utz and Snyder's of Hanover Factory, York, Pa., \$10; Saturday, Nov. 1, Metro Stage, Alexandria, "Three Sistahs," \$71. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Holiday Budgets, Monday, Oct. 27, 2 p.m., Arlington Mill. Free. Register, 703-228-7369.

Veterans Aid and Assistance Benefits, Monday, Oct. 27, 11 a.m., Culpepper Garden. Free. Register, 703-228-4403.

Tennis, Monday through Friday, 8 a.m. - 12 p.m., Bluemont Courts. De-

tails, 703-228-4745.

Seated Exercise, Monday-Wednesday-Friday, 9 a.m., Madison. \$60/15 sessions; \$4 drop-in. Details, 703-228-4878.

Madison Chess Club, Mondays, 9:30 a.m., Madison Comm. Center. Free. Details, 703-228-0555.

Ice Skating, Mondays, 8:10 a.m. - 9:20 a.m., Kettler Capitals Iceplex, Ballston Mall, \$1. Register, 703-228-4745.

Seniors Only Weight Room Hours, Langston-Brown, \$60/15 sessions. Details, 703-228-6300.

Silkscreen Printing Class, Tuesday, Oct. 28, 11:15 a.m., Lee. Free. Register, 703-228-0555.

Foreign Language Conversation Groups, free. Details, 703-228-4721.

Arlington Mill Trekkers, Tuesdays, 9:30 a.m. Free. Register, 703-228-7369.

Table Tennis, Tuesdays-Thursdays, 10 a.m., -12 p.m., Walter Reed. Free. Register, 703-228-0955.

Duplicate Bridge, Wednesdays, 10 a.m. -10 p.m., Aurora Hills. Cost \$5. Register, 703-228-5722.

Line Dancing Class, Wednesdays,

9:30 a.m., Walter Reed. Register, 703-228-0955.

Arlington Walking Club, Wednesdays, 9 a.m., \$4. Register, 703-228-4403.

Women of Arlington, historical, Thursday, Oct. 30, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

Advanced Line Dancing, Thursdays, 1:30 p.m., Lee. Details, 703-228-0555.

Solving Sudoku Puzzles, Thursdays, 1 p.m., Lee. Free. Details, 703-228-0555.

Comedy Club relives classic radio and TV shows, Friday, Oct. 31, 10:30 a.m., Aurora Hills. Free. Register, 703-227-5722.

Belly Dance Workshops, Fridays, 10a.m., Lee. Free. Register, 703-228-5722.

Lee Walkers, Fridays, 10 a.m., \$3. Register, 703-228-0555.

Fast-paced Walking Group, Fridays, 8 a.m., Aurora Hills. Free. Register, 703-228-5722.

Tai Chi Practice, Saturdays, 9:15 a.m. - 10 a.m., Langston-Brown. Free. Register, 703-228-6300.

BULLETIN BOARD

FROM PAGE 6

MONDAY/OCT. 20

Become a Foster Parent. 10 a.m.-noon. Learn how to become a foster parent at this informational session. Call 703-228 -1550 or visit www.arlingtonva.us/fostercare for more.

Fall Lecture Series. 3- 4 p.m. at Arlington Central Library, 1015 Quincy St. Encore Learning is

continuing its fall lecture series "Meet the Speaker." Dr. Lilane Willems will share her eyewitness account of life in Shanghai from WWII to the establishment of the People's Republic of China. Call 703-228-2144 for more.

Auditions. 7-9 p.m. Arlington Presbyterian Church, 3507 Columbia Pike. Nova Lights Chorale is accepting news singers for their Dec. 14 performance. Visit www.novalightschorale.jiggy.com or

email novalightschorale@gmail.com for more.

Yorktown Lacrosse Fundraiser.

The lacrosse team is selling three cubic foot bags of premium hardwood shredded mulch for \$4.99 per bag. Minimum order of 10 bags includes free delivery by the team. Orders must be received by Oct. 20 and delivery will be on Saturday, Oct. 25. Visit www.YorktownLacrosse.com for more.

11TH ANNUAL **GREAT FALLS STUDIOS TOUR** October 17th - 19th 10am to 5pm

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Children's Author & Homeowner, Lesley Hackman, will be showcasing her new book *Bearabesque and the Humility Slippers* with co-author Lin Story.

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ENTERTAINMENT



Alex Mills as Parker and Paata Tsikurishvili as Dr. Moreau in "The Island of Dr. Moreau."



The Beasts

Synetic Stages 'Dr. Moreau'

"Human beast" hybrids from 1896 H.G. Wells novel spring to life.

BY STEVE HIBBARD
THE CONNECTION

Synetic Theatre in Crystal City will open its 2014-2015 season with "The Island of Dr. Moreau" Oct. 2 through Nov. 1.

Originally a novel written by H.G. Wells and first published in 1896, the play tells the story of a shipwrecked young man named Parker (Alex Mills) who is rescued by a passing boat and deposited onto an island inhabited by the deranged Dr. Moreau and his "children" — the subjects of his bizarre experiments. It was made into the 1996 film starring Marlon Brando and Val Kilmer.

Synetic Theater is famous for its physical theater that fuses dynamic art forms — such as text, drama, movement, acrobatics, dance and music. Having already produced several Gothic horror adaptations like "Dracula," "Frankenstein," and "The Fall of the House of Usher," Synetic's new show is taking the concept to a whole new level.

"We've had animal characters in our shows before, in one form or another, but never characters that were a blend of human and animal," said Synetic Co-Founder and CEO Paata Tsikurishvili, who directed and stars as Dr. Moreau.

He decided to bring the classic horror to life because "it affords our actors the opportunity to move and perform in truly unique and striking ways, to use their physical skill sets to create a truly bizarre and striking hive of 'human beast' hybrids," he said.

As with much of H.G. Wells' work, "Dr. Moreau" is about science run amok, and about humanity's inability to control technology, said Tsikurishvili. "But with this particular story, Wells presents a biological angle as well, and I just find all this incredibly timely," he said.

"I wanted to convey this timelessness: Technology pervading every aspect of our lives, the constant need for physical improvement, our obsession with physical image — the novel could've been written today," he said.

Tsikurishvili said he hopes the audience takes away the questions he believes Wells was asking in his novel — "When it comes to technological and biological improvements (or what one believes are improvements), when is enough enough?" he said.

He said, "At what point, in trying to improve qual-

ity of life and humanity, do you lose your own? I'm not saying we today are at any sort of point-of-no-return in terms of all this, but I do wonder how far we can go, where that point is."

Describing her character as "weird," Eliza Smith plays the passionate and emotional role of Moreau's daughter growing up on an island with a scientist as a father. Her idea of fun and play time can be described as creepy and abnormal to an average person, she said, but to the girl, it is all that she has ever known. "While she may be innocent, she does have a sense of what is wrong and right and displays that in the show," she said.

She was challenged in finding the right emotions and purpose behind the emotions in her different scenes during rehearsals, she said. And with the changing music and choreography, she said, "This is a piece that is constantly evolving and it is not solidified yet, so that is really a challenge to evolve smoothly, taking the changes in stride."

Victoria Bertocci, who plays the role of the feline woman, said, "Something about her consumes, invigorates and frustrates Moreau."

"She will fight for what she wants, a loner most of the time, because she is continuously searching for what she wants most," she said.

Actress Kathy Gordon plays the role of Beast 5. Because her character has goat legs sewn into the legs of her costume, it helped influence the way that she would walk. "I also studied small wild dogs and cats," she said, and because she is small in size, "I wanted to create a character that would fit with my own physical presence on stage."

Her finished costume had large horns sewn on her shoulders and large rib-like protrusions on her chest, "So I am having fun experimenting with how they change my body shape," she said. She also watched a few zombie movies and videos of animal experiments to help her understand how her character would react in certain scenes.

One of the challenges, she said, was working with the set and feeling comfortable moving on the bars. "Safety has been a No. 1 priority for everyone involved; every movement on the set is choreographed so that we all know where we are at any given moment," she said.

Synetic Theater will present "The Island of Dr. Moreau" through Nov. 1. Show times are Wednesdays through Saturdays at 8 p.m.; with Sunday matinees at 2 p.m. Tickets are \$35 and up; student tickets start at \$15; senior citizens and military receive \$5 off; group discounts are available. Synetic Theater is located at 1800 S. Bell St., Arlington, in Crystal City. Visit www.synetictheater.org or call 866-811-4111.

Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Yappy Hour. Fridays through Oct. 31, 6-8 p.m. at the Le Meridien, 1121 N 19th St. Le Meridien hotel, along with the Rosslyn BID, is hosting a Yappy Hour every Friday. This event will be held on the terrace outside of Amuse. Amuse will be serving specialty cocktails and appetizers for pet owners as well as a few treats for dogs. Free. Visit www.rosslynva.org/do/yappy-hour#sthash.tuQQKjco.dpuf.

Historic Home Tours at the Ball-Sellers House, 5620 S. 3rd St. The oldest surviving house in Arlington County opens for the season with free tours and refreshments. The house is open 1-4 p.m. Saturdays April through October. Visit www.arlingtonhistoricalsociety.org.

Children's Music. 10:30 a.m. on Fridays through Oct. 31. Market Common Clarendon, 2800 Clarendon Blvd. Mr. Knick Knack will perform music for children at the gazebo in The Loop at Market Common Clarendon. Call 703 476-9377 or visit www.marketcommonclarendon.com.

Gallery Underground October Shows. Runs through Nov. 1. In the Focus Gallery, a new exhibit "World Aesthetic" will be featured. This is an all-media national juried landscape show spotlighting the creative inspiration provided by travel near or far. The opening reception will be held Friday, Oct. 3, 5-8 p.m. The gallery will be open Monday-Friday 10 a.m.-6 p.m. and Saturday 10 a.m. - 2p.m. Visit www.galleryunderground.org for more.

Elmer Gantry. Runs through Nov. 9. Signature Theatre, 4200 Campbell Ave. The second show of Signature Theatre's 25th Anniversary season. Tickets now on sale. Visit www.signature-theatre.org/shows/elmer-gantry for more.

Theater Performance. Runs through Nov. 2 at 1800 S. Bell St. Synthetic Theater presents a new adaptation of HG Wells' novel "The Island of Dr. Moreau." The Oct. 9 show will feature American Sign Language interpretation. All performances begin at 6:30 p.m. Visit www.synetictheater.org 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 <https://registration.arlingtonva.us>. Free, no registration required.

WEDNESDAY/OCT. 15

Teacher Appreciation Night. 6:30 p.m. at One More Page Books, 2200 North Westmoreland St. Enjoy an Educator Appreciation Night for area teachers and librarians. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

THURSDAY/OCT. 16

Book Signing. 11 a.m. at Little Falls Presbyterian Church's Fellowship Hall, 6025 Little Falls Road. Barbara Glickman, author of "Capitol Splendor: Gardens and Parks of Washington, D.C.," will present a photographic slide show and sign

copies of the book. Free, open to the public. Call 703-532-1959 or email rockspringgardenclub@gmail.com.

Casino Night. 6-10 p.m. at Washington Golf & Country Club, 3017 N. Glebe Road. Housing and Community Services of Northern Virginia will host the Everyone's Home Matters Gala and Casino Night. Visit www.hcsnv.org for more.

FRIDAY-SUNDAY/OCT. 17-19

Friends of the Planetarium Programming. This organization organizes and hosts public programs for one weekend each month. The theme for this month is planets and the moon. Donations from the community benefit the purchase of digital programming to complement the library being developed by Arlington Public Schools. Visit www.friendsoftheplanetarium.org for more.

Freedomwalk Festival. The US FreedomWalk Festival is a weekend long, non-competitive, social walking challenge bringing participants of all ages and abilities together for fun, fitness, and international friendship. Different trails will be offered each day, and a variety of distances ranging from 3-27 miles (5-43 kilometers) starting at the Holiday Inn Rosslyn, 1900 N Fort Myer Drive. Visit www.rosslynva.org/do for more.

FRIDAY/OCT. 17

Studio Grand Opening. 6:30-9:30 p.m. at 2100 Crystal Drive. The 296 Project is a fully functional and hyper-modern art studio for the singular purpose of providing the resources for our Nation's active duty and retired service members. Visit www.the296project.org for more.

Community Concert Series. 7:30 p.m. at The Falls Church, 115 East Fairfax St. The Choral Arts Chamber Singers will perform. Call 202-244-3669 or visit choralarts.org for more.

SATURDAY/OCT. 18-DEC. 20

Fall SOLOS. Opening reception, Oct. 18 from 6-9 p.m. Artists from across the Mid-Atlantic region are selected for solo exhibitions to take place in one of AAC's seven separate gallery spaces, or outside on the grounds. Visit www.arlingtonartscenter.org/solos/apply for more.

SATURDAYS/OCT. 18-MARCH 28

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

SATURDAY/OCT. 18

Fall Heritage Festival. 1-5 p.m. at Gulf Branch Nature Center, 3608 Military Road. Step back into history and enjoy some old time games and crafts. Call 703-228-3403 for more.

St. John's Annual Tea. 1-3 p.m. at St. John's Episcopal Church, 415 South Lexington St. Enjoy a wide choice of teas, scones, finger sandwiches, pastries, cakes and cookies. Call 703-671-6834 for more.

A-Z of Beer and Wine. 3:30-6:30 p.m. and 7:30-10:30 p.m. at 1500 Wilson Blvd. Sample Beer or Wine for each letter of the alphabet. Visit www.rosslynva.org/ for more.

Anniversary Fundraiser. 5-8 p.m. at 3185 Clarendon Blvd. Attend the

Arlington Partnership for Affordable Housing's 25th Anniversary Fundraiser and support keeping Arlington affordable and diverse. Visit www.rosslynva.org/ for more.

Movie Night at the Planetarium. 6:00 p.m. at David M. Brown Planetarium, 1426 N. Quincy St. "Apollo 13," a 1995 motion picture, will be shown. Visit www.friendsoftheplanetarium.org for more.

Arlington Academy of Hope. 6-9:30 p.m. at 4301 Wilson Blvd. Complimentary wine, food and music will be provided at this diamond anniversary gallery and auction. Visit aahuganda.org for more.

Lit Ball. 8 p.m. at Artisphere, 1101 Wilson Blvd. 1950s attire is suggested for an evening of intrigue and glamour at the Arlington Public Library. Tickets \$30. All proceeds support the literacy program. Visit arlingtonlibraryfriends.org/lit-up-ball/ for more.

Fall Festival. 6-9 p.m. at Langston High School Continuation Program, 2121 North Culpeper St. Enjoy a cake walk, moon bounce, face painting, crafts and a haunted hall. Cost is \$4 per child. Call 703-228-5295 for more.

Lit Up Ball. 8-11 p.m. at The Artisphere, 1101 Wilson Blvd. Enjoy jazz performances, dance instructors showing era-appropriate dances, raffles for a wide variety of prizes and a variety of desserts. Visit www.artisphere.com for more.

SUNDAY/OCT. 19

Towers Park Ribbon Cutting. 11 a.m. at 801 S. Scott St. Celebrate the recent improvements at Towers Park Visit projects.arlingtonva.us/

projects/towers-park-replacement-courts-site-improvements for more.

Sunday Science Presentation. 1 p.m. at David M. Brown Planetarium, 1426 N. Quincy St. Dr. Harold A. Geller, associate professor at George Mason University, will provide background on Maven, a NASA probe that is currently on Mars. Visit www.friendsoftheplanetarium.org for more.

MONDAY/OCT. 20

Laughter Yoga. 6:30-7:30 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St. Use breathing, clapping and movement exercises to relax and boost creativity. Session ends with silent meditation. Free. Contact alingtonlaughteryoga@yahoo.com for more.

THURSDAY-SUNDAY/OCT. 23-26

Marine Corps Marathon. Several times and locations through the weekend. A weekend of events leading up to the race. Visit www.marinemarathon.com/ to register and for more.

WEDNESDAY/OCT. 22

Open House for High View Park. 6:30-7:30 p.m. at Langston-Brown Community Center, 2121 N Culpeper St. The Parks and Recreation Department surveyed community members earlier this summer as to what they liked or felt was needed in the park. Their input will be shared at this event. Visit parks.arlingtonva.us/locations/langston-brown-community-center-park for more.

THURSDAY/OCT. 23

Art Show. 6-9:30 p.m. at The Artisphere, 1101 Wilson Blvd. Phillips Programs for Children and Families, a local nonprofit helping youth with a variety of challenges and qualities succeed, is hosting its 2nd annual Toast to Fall. The fundraiser also features live music, craft beers, wine, food and a raffle. Visit <https://phillipsprograms.ejoinme.org> for more.

Author Speech. 7 p.m. at Central Library, 1015 N. Quincy St. Ann Patchett will share her personal story on how she became a writer. Call 703-228-5990 for more.

FRIDAY-SATURDAY/OCT. 24-25

Evening of Kirtan. 7 p.m. at Artisphere Spectrum Theatre, 1101 Wilson Blvd. Embark on a vocal journey through the sacred sounds of ancient India. Visit www.artisphere.com or call 703-875-1100.

FRIDAY/OCT. 24

Beer Garden. 4-8 p.m. at Plaza on 19th, 1901 N. Fort Myer Drive. Kick off fall with the Rosslyn BID at the new Plaza on 19th. The Continental Pool Lounge will have seasonal beers. Visit www.rosslynva.org for more.

Launch Party. 6:30 p.m. at One More Page Books, 2200 North Westmoreland St. Author Danielle Ellison will celebrate the release of her new novel, "Follow Me through Darkness." Call 703-300-9746 or visit www.onemorepagebooks.com for more.

SATURDAY/OCT. 25

MCM Kids Run. 9 a.m.-1:30 p.m. Pentagon North parking Lot. Children ages 5-12 are eligible to participate in the one-mile run. Visit www.marinemarathon.com for more.

Dog Walk. 9-11:30 a.m. at James Hunter Dog Park, 1230 N. Hartford St. Join local politicians for the 4th Annual Howl-O-Ween Dog Walk and Costume Competition for the Homeless in Clarendon. Registration is \$30. Visit <http://tiny.cc/155zmx> for more.

Walk for a Cure. 10 a.m. Bluemont Park 601 N. Manchester St. The public is invited to participate in the first Greater Washington Chapter Tourette Syndrome 5K Awareness Walk. Visit www.tsagw.org or call 410-867-1151 for more.

Ride with the Rangers. 11 a.m.-1 p.m. at Bluemont Park, 601 N Manchester St. The Arlington County Ranger Unit is hosting a free ride. The ride will cover 6.8 miles. Visit parks.arlingtonva.us/events/bike-tour-with-arlington-county-park-rangers for more.

Afternoon of Music. 4-7 p.m. at Advent Lutheran Church, 2222 S. Arlington Ridge Road. The concert will support the ELCA Malaria Campaign. Visit www.elca.org/malaria for more.

Night of Italian Opera. 7:30 p.m. Rosslyn Spectrum Theatre at Artisphere, 1611 N. Kent St. The National Chamber Ensemble, together with the Embassy of Italy and the Italian Cultural Institute, celebrate the seasoning opening. Visit www.NationalChamberEnsemble.org or call 888-841-2787 for more.

Harvest Dance. 7:30-10:30 p.m. at United Methodist Church, 4201 N.

Fairfax Drive. Dance to Big Band standards as well as great dance music from each decade. Refreshments will be served and childcare will be provided. A voluntary donation will be accepted. Visit www.cumcballston.org for more.

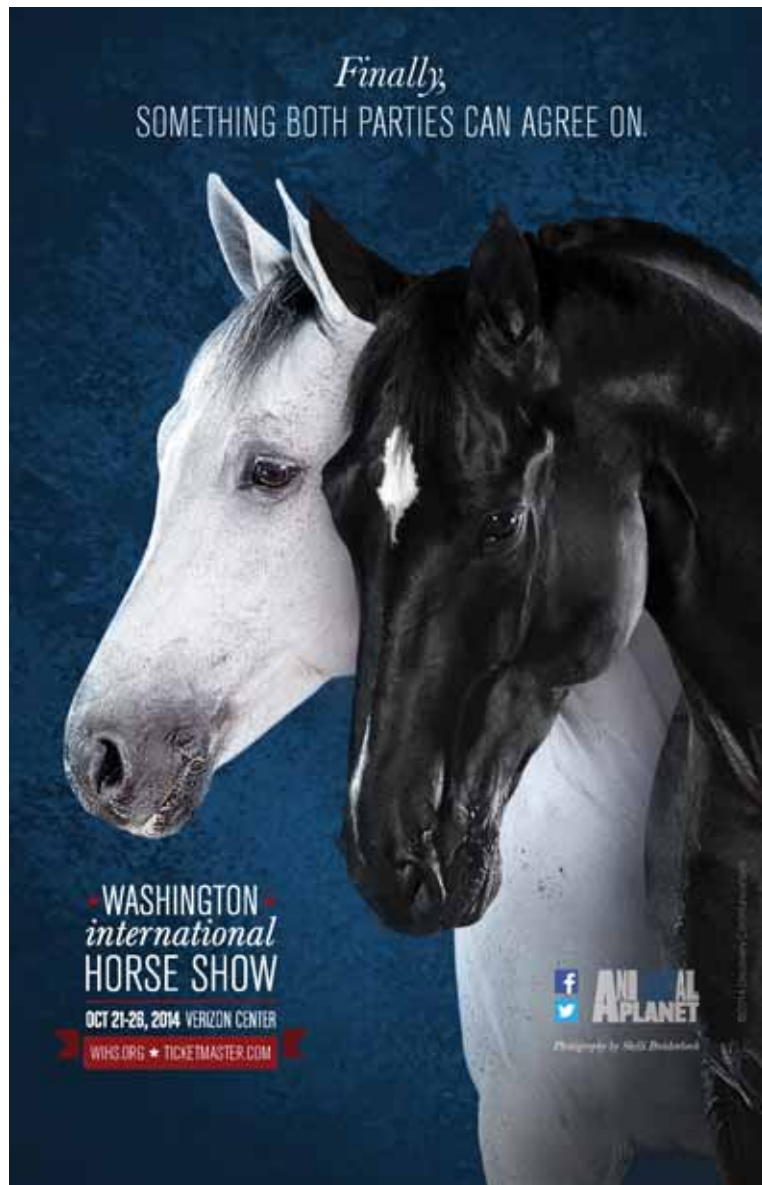
SUNDAY/OCT. 26

The Beacon 50+Expos. noon-4 p.m. at the Ballston Mall, Arlington. More than 100 exhibitors will offer information and answer questions about retirement communities, home remodeling, financial planning, healthcare, travel, fitness, senior services and government resources. Dr. Ruth Westheimer, the well known octogenarian sex therapist and author, will be speaking about (and autographing) her latest book. Call 301-949-9766 for more.

MONDAY/OCT. 27

Author Panel. 7 p.m. at One More Page Books, 2200 North Westmoreland St. The store will host an author panel featuring Martina Boone, Melissa Marr, Leah Cypess, Wendy Higgins and Kimberley Griffiths Little. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

Book Signing. 7 p.m. at Arlington Central Library, 1015 N Quincy St. Meg Medina, author of the award-winning "Yaqui Delgado Wants to Kick Your Ass," will make an appearance. One More Page will be on site offering books for sale and signature. Call 703-300-9746 or visit www.onemorepagebooks.com for more.



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Election Summit Following Don Beyer's political journey.

BY VERNON MILES
THE CONNECTION

Don Beyer likes climbing mountains. One of his two current dreams is to climb a via feratta, one of the climbing routes along the alps. Beyer has a certain fascination with the Eiger, or "The North Wall." For Beyer, the appeal is in the challenge.

Beyer's second ambition is to be elected Democratic representative for the 8th congressional district.

"You know some days, when you feel like you're in the wrong business?" said Beyer. "I don't have those, not with this."

Beyer's political resume goes back to his election as Lieutenant Governor of Virginia in 1989 and continues through to his recent Ambassadorship to Switzerland and Liechtenstein. But for Beyer, it feels like it has all been leading to this election.

"I feel like I was born to do this," said Beyer. "Ambassadorship is a messenger role; someone else is making the policy. I'm looking forward to being in a change agent role, where I can affect policy."

While Beyer enjoyed both being an ambassador and being lieutenant governor, he's looking forward to being able to work on a federal level. Immigration, infrastructure, and corporate tax code are all things he feels passionately about but has had a very limited ability to influence. Beyer's top priority in office is to deal with climate



PHOTO BY VERNON MILES

Don Beyer, Democrat, in his Alexandria campaign office.

change.

"It's not what I hear most about knocking on doors, for a lot of people it's still remote, especially after a cool summer," said Beyer. "But the best leaders think long-term, they're not just thinking about the warm September we had. All of the science, planet wide, suggests that biggest crisis we face is climate change."

Beyer's second priority is the economy, which he identified as a less grim but more immediate crisis. As the owner of the Beyer Volvo dealerships, along with his brother Michael, he cites his first-hand experience in business as essential to his economic policy.

"The globalization of the American economy forces us to ask what the next generation will do," said Beyer. "That's mir-

rored in 16.9 percent unemployment rate for 19 to 29 year olds, and mirrored in the fact that everyone loves that young people can stay on health insurance until 26."

Beyer's third major priority is America's 30,000 gun deaths each year.

He said the attack on former gubernatorial candidate Creigh Deeds hit this note particularly hard. Beyer has said one of his major focuses in office would be to implement greater measures to keep guns out of the hands of criminals and those in a mentally ill state.

Beyer hopes to build strong partnerships with his Republican peers in Congress, and cited his eight years of experience as lieutenant governor for a Democratic, and then Republican, governor. With a 20-20 split in the Virginia Senate, Beyer says he cast lots of tie-breaking votes, but never voted out of partisan ties. Beyer believes it was his largely his experience as lieutenant governor that helped him win the Democratic primary.

"All of the people I was running against were really good people, but they have much smaller bodies of experience," said Beyer. "With Frank Wolf and Jim Moran leaving, there's a loss of leadership in Virginia's congressional delegation. We need experience."

It was this political experience that drew a lot of his campaign staff to his cause. Rashan Colbert, Beyer's deputy finance director, said Beyer's eight years as lieuten-

ant governor and years representing the United States overseas is a large part of what drew him to the campaign.

"I looked into who was going to be running ... of the mountain of people piling into the race, he stood out," said Colbert. "He had an amazing record, and I'd grown up seeing his dealerships and had heard of his ambassadorial appointment from the President."

For Tia Shuyler, Beyer's communications director and an Alexandria native, Beyer was a large part of why she got involved in politics, so she wouldn't pass up an opportunity to work on his campaign.

"My first political experience was going with my parents to volunteer for Don's 1993 campaign," said Shuyler. "My whole life, politicians - local or national - have been measured against Don Beyer."

Beyer admits that the primary, competing against other highly qualified Democrats, was more nerve-wrecking than the general election, but that he doesn't want to take the general election for granted.

"The primary fight was against a bunch of incredible elected officials, some really smart people, well grounded in the community," said Beyer. "That was harder than being in a solidly Democratic seat running against people with much thinner records and connections to Northern Virginia. But every day in this office we say 'well, that's what Eric Cantor thought.'"

Walking the District On the campaign trail with Micah Edmond.

BY VERNON MILES
THE CONNECTION

Micah Edmond's 8th District Congressional campaign has a problem. Without massive campaign donations and party funding, it's impossible to get air time for commercials and difficult to build a major ad campaign. But if Edmond has experience in anything, it's solving problems with tight budgets. His solution is as ambitious as it is simple: he and his team would walk the 8th Congressional District.

All of it.

Well, at least half of it. Edmond concedes that his team will get as far as they can, but by their projections they may have surpassed this goal. Starting in Mount Vernon, Edmond and his campaign staff have gone door to door in every neighborhood, getting their political message out to local citizens and encouraging them, regardless of stated political affiliation, to vote.

"Is it all about raising a lot of money? Get big money, and you can run commercials and you can run ads," said Edmond, "or is it about doing the impossible; looking at a district and walking about half of it? There are about 159 precincts in this district and we said we're going to walk all of them."

Edmond and his campaign manager, Anne Ward, reflected that while it sounds like a fairly simple task, it's a fairly exhausting

enterprise.

"It is a painful, painful exercise," said Edmond. "But if you don't have the fire to do that, if you're not willing to do that, then you're never actually going to carry out the charge of being a representative ... If you really want to know how people feel, you walk half the district and you say to yourself 'Every one in three people; did they like you or did they not like you?'"

The results have not been overwhelmingly positive. Edmond shared experiences where he'd approach neighbors who would disagree with him on every single policy issue, but the people who talks to appreciate hearing from a candidate who doesn't take them for granted.

"We had one person who called in and left a voicemail saying 'you have my vote,'" said Edmond.

"That was it," chimed in Ward. "No name, no number to contact him back at. Just 'you have my vote' and then he hung up."

This strategy has been helpful in political forums, where Edmond says he can ask a person in attendance where they're from and there's a good chance he's been in their neighborhood.

"How can you represent a neighborhood without knowing what it looks like," said Edmond. "I think that's the most positive thing that's kept me going, more than anything else."

In return for people talking to you,

Edmond says honesty is paramount, and there's nothing more honest than a budget.

"Policy and politics is over there," said Edmond, gesturing to the far side of the office, "it's a promise of what you believe in and it's great, it sounds good, but your budget over here is what you're really going to do. Your budget is your greatest reflection of what you truly believe."

To Edmond, the best way of spotting a candidate who isn't serious about his beliefs is one who can't narrow his platform down to a few things. It means that candidate hasn't done the hard work of looking at what is most important. Edmond says he's successfully narrowed his budget to education, transportation and national defense, the three major areas he says the country can't afford not to invest in.

For Edmond, national defense also extends to taking care of veterans returning from America's wars.

"These guys coming home that are battered and wounded," said Edmond. "Nine times out of ten they're not going back into doing the job they were before ... The question they ask is 'what now sir?' and that's a very different cost of war. How do you transition them into healthcare benefits, and into a new job, and it's a conversation we haven't really had."

Edmond says he helped get this conversation started with the 2008/2009 Wounded Warrior legislation. Part of the problem, he



PHOTO BY VERNON MILES

Micah Edmond at his campaign office.

also says, is that hospitals avoid diagnosing post-traumatic stress disorder. Edmond hopes to help implement these reforms if he gets a chance to serve on the Armed Services or the Ways and Means committees.

"Freedom comes at a cost," said Edmond. "For most Americans, that's in the abstract sense of war. The average American isn't at Dover when the caskets come in. The average American isn't going to Walter Reed and Bethesda to see it. As a military officer, from day one you're steeped in an understanding of that cost."

Edmond hopes, as a former military officer, he can help bring that understanding to Congress, and maybe in the process help bring Congress a little closer to the people.

"People are distant from their politicians. We knock on every door, and that's changing politics," he said.

The Private School Admissions Process

Local educators offer insider tips on how to select and get a child admitted to the perfect school.

BY MARILYN CAMPBELL
THE CONNECTION

While this school year might still feel new, some parents are already thinking next fall. Or if they're not, they should be. For parents who are considering sending their children to one of the area's private schools for the 2015-2016 school year, the application process should be underway.

"Now is the time to begin the independent school admission process for the 2015-2016 academic year," said Diane Dunning, director of admission and financial aid at St. Stephen's & St. Agnes School in Alexandria. "Application deadlines vary by school, but generally fall between mid-December and late January.

"Parents often start the process by exploring school websites and speaking with

trusted friends who have personal experience with specific schools. Doing your research may be time-consuming, but what could be more important than finding the right educational fit for your child?"

Use this time to peruse school websites and get to know the schools you think might be a good fit for your child. "Go beyond the admission [web] pages," said Mimi Mulligan, assistant head and director of admission and enrollment management at Norwood School in Bethesda, Md. "Read a school's magazine or its weekly parent memo. Follow a school's Facebook page or Twitter feed. Looking at a school through varied lenses will provide a better sense of culture at the school.

"Talk as a family about what would be the best kind of school for your child," she continued. "Coed versus single gender, traditional versus progressive, suburban versus urban, no uniform versus uniform, kin-



PHOTO COURTESY OF NORWOOD SCHOOL

Visiting prospective schools will give parents and students a sense of the institution's atmosphere and culture.

dergarten through second versus kindergarten through eighth versus kindergarten through 12th."

Consider your child's strengths and weaknesses, and what they need to be happy and successful in school. "Keep your mind open," said Mulligan. "The spectrum of excellent schools in our area is broad, enabling parents to think beyond name recognition and focus on right fit when selecting a school."

There are a few factors for parents to consider: "Does a school's mission resonate with your family's values?" asks Dunning.

"Will the curriculum challenge your child's strengths and support him or her in other areas?"

PARENTS AND STUDENTS should begin by creating a list of schools where they plan to apply and start contacting their top choices. "The most important piece of advice for a family is to visit the school website often. That is full of interesting stories about a school," said Ann Richardson Miller, director of admission and financial aid at The Madeira School in McLean.

SEE PRIVATE SCHOOL, PAGE 13

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W-L Girls' XC Places Second at Glory Days Invite

Boys' team finishes ninth in muddy conditions.

BY JON ROETMAN
THE CONNECTION

The 2013 Glory Days Invitational was cancelled due to inclement weather. This year, harriers were able to compete at Bull Run Regional Park, but not without the challenge of a muddy course.

Washington-Lee senior Donia Nichols battled the elements better than most, earning a medal with a 10th-place finish in the girls' varsity race on Oct. 11. Nichols finished with a time of 19 minutes, 31 seconds, and placed third among runners from the 6A North region.

"I thought [my performance] was pretty good for the course. It was really muddy."
— W-L harrier Donia Nichols

The other two harriers from the 6A North region to finish in the top 10 were Patriot High School's Rachel McArthur, who won the event with a time of 18:40, and Westfield's Sara Freix, who placed sixth (19:22).

What did Nichols think of her performance?

"I thought it was pretty good for the course. It was really muddy," Nichols said. "I just try to stick with the girls as long as I can and try to move up each time I race."

Nichols' effort helped Washington-Lee finish runner-up as a team with a score of 167. Patriot finished first with a score of 104. Churchill (Potomac,



Washington-Lee's Laura Ramirez (2843), Jordan Grimaldi (2830) and Kathryn Eng compete at the Glory Days Invitational on Oct. 11 at Bull Run Regional Park.

Md.) placed third (184) and West Springfield took fourth (194).

Jordan Grimaldi finished 22nd for W-L with a time of 20 minutes. Kathryn Eng was 25th (20:05), Laura Ramirez took 26th (20:05) and Alice Naland finished 108th (21:43).

The Generals finished state runner-up in 2013. Eng was W-L's top finisher at the state

meet, taking 35th. Nichols finished 40th and Grimaldi was 48th.

"I think we definitely know the work that you need to put in to [be successful]," Nichols said. "I think we also recognize that we have a lot longer ways to go this year, so that makes us work better together. We understand what we need to do."

In the boys' varsity race, Washington-Lee



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Christopher Mutty was the top finisher for the W-L boys' team, coming in 24th.

finished ninth with a score of 339. Dulaney won the event with a score of 71, followed by Good Counsel (160), Thomas Jefferson (189) and Chantilly (220).

Christopher Mutty led the Generals with a 24th-place finish, turning in a time of 16:51.

The Conference 6 championship meet is scheduled for Oct. 29 at Burke Lake Park.

SPORTS BRIEFS

Wakefield Football Improves to 5-1

Kicker Ben Kline booted a 24-yard field goal as time expired and the Wakefield football team improved to 5-1 with a 26-25 victory over Falls Church on Oct. 10 at Wakefield High School. The Warriors overcame a 25-10 fourth-quarter deficit to pull out the win.

Leon Young carried 29 times for 178 yards and a touchdown, helping Wakefield reach five wins in a season for the first time since 1987.

Kline's field goal gave the Warriors

their first win as time expired since Wakefield defeated Fairfax 17-14 in 1985. It was also the first time since 1985 that Wakefield won after overcoming a two-touchdown deficit in the fourth quarter.

Wakefield will host Yorktown at 7:30 p.m. on Friday, Oct. 17.

W-L Football Beats Mount Vernon

The Washington-Lee football team improved to 4-2 with a 38-21 victory over winless Mount Vernon on Oct. 10.

The Generals have won four of five after dropping their season opener against McLean.

W-L will travel to face Edison at 7:30 p.m. on Friday, Oct. 17.

Yorktown Football Falls to Hayfield

The Yorktown football team lost to Hayfield 34-21 on Oct. 10.

The Patriots fell to 3-3, alternating wins and losses throughout the season.

Yorktown will travel to face Arlington foe

Wakefield at 7:30 p.m. on Friday, Oct. 17.

O'Connell Football Loses to DeMatha

The Bishop O'Connell football team fell short by a touchdown against DeMatha, losing 37-31 on Oct. 11.

The Knights fell to 5-2 and have dropped back-to-back WCAC games by a combined 12 points after starting 5-0.

O'Connell will travel to Coolidge High School to face Gonzaga at 1 p.m. on Saturday, Oct. 18.

Getting Children Excited for Halloween

Local experts offer advice for keeping trick-or-treating fun, not scary, for small children.

BY MARILYN CAMPBELL
THE CONNECTION

For many children, Halloween is one of the most anticipated holidays of the year. From Power Rangers and athletes to princesses and pirates, dressing up in their spookiest or most imaginative attire and trolling the streets in search of treats is a major part of the fun for school-age children. For younger children, however, the ghosts and goblins who are meant to entertain can cause too much of a fright.

"Halloween can be a wonderful holiday for children," said Linda Gulyn, professor of psychology at Marymount University in Arlington. "But fears related to Halloween are real to children, especially in the preschool years, ages 2-5."

One of the reasons that Halloween can be particularly frightening for small children is because they are highly imaginative, but not logical, she added. "They believe what they see is real and true. For example, if a little [3-year-old] boy puts on a werewolf mask, he sees himself as a werewolf and believes he is."

The same is true when children see adults in costume. "If Mom puts on a witch costume, this could lead to fear that she has turned into a witch" Gulyn said. "Kids fail to realize that appearance can be transformed, such as placing a mask on a face, but the person is still the person."

Parents and caregivers can help determine what is too scary for a child and at what age. "It is important know your child and observe their reactions to certain characters or situations during the Halloween season," said Ashley Akerman, a family counselor in private practice in Potomac, Md. "Something as innocent as a 6-year-old in a furry squirrel costume can frighten a 2-



For some young children, Halloween festivities that are meant to entertain can cause too much of a fright. Merriment that includes activities such as arts and crafts can make celebrations less intimidating.

year-old child. Keep a close watch on the way that your child reacts and notice if they seem frightened or concerned."

HALLOWEEN CAN BE OVERWHELMING for many. With strangers ringing the doorbell, people walking around with masks on, and some costumes that are downright gory, it can be very scary, especially for younger children. "It is important to know your child's developmental stage as well as their overall temperament, as each child is different," said Carolyn Lorente, associate professor of psychology at Northern Virginia Community College's Alexandria campus.

Validate and avoid diminishing the significance of a child's fears, says Lorente. "If they express fears or insecurities, follow your child's lead," she said. "Remember, you are their safe place. But telling them that there is nothing to be afraid of starts a lifetime of not cuing into their own feelings and intuition. This is not what you want your child to learn."

Instead, make sure a child knows that it is normal to be afraid of people, environments or situations that are unfamiliar. There are ways, said Lorente, to familiarize young children with Halloween. "Play.

Kids learn through play," she said. "For all kids, before the big day, talk about Halloween so they know how your family celebrates the event and what to expect."

Festive cooking, as well as arts and crafts, can also make the holiday less intimidating. "Build up to the event by making Halloween-themed cookies, decorating a pumpkin and drawing pictures to post on the door to greet the trick-or-treaters," said Lorente. "Play dress up with your child. Give them opportunities to see you putting on a mask and taking it off. You can even make your own masks using a paper plate, cutting out space for eyes, decorating it and gluing on a popsicle stick."

Gulyn suggests forgoing potentially scary movies and gory, dramatic costumes and masks. "For young children, I like costumes where the child's face is still recognizable, for example, a ballet dancer or a firefighter. That is really fun for the child."

A child's pleasure during the holiday is the most important factor to consider. "Respect the limitations of young children's understanding of reality," said Gulyn. "Take cues from the kids, even if you worked tirelessly on a realistic-looking vampire costume. Don't worry: that vampire will be appreciated in a year or two."

Exceptional Schools Fair

Event provides information for parents of special needs children.

BY MARILYN CAMPBELL
THE CONNECTION

Parents of special needs children will have a forum to learn about educational opportunities available to them in the Washington, D.C. area next month. Representatives from more than 30 mid-Atlantic Schools will be available at the 8th Annual Exceptional Schools Fair (ESF) on Nov. 16 from 11 a.m. to 1 p.m.

"Twenty years ago, not only did we not have acknowledgement of learning differences and learning challenges, we did not have support," said Lois McCabe, head of the Diener School in Potomac, Md., which has been participating in the fair since its inception. "A decade and a half later, it's a new world. And we as schools in the community are involved in this fair because we are invested in supporting parents who are faced with a difficult situation."

The event founder and organizer, Bekah Atkinson, director of admissions at The Sienna School in Silver Spring, Md., says the ESF was created solely to provide a resource to parents whose lives changed when they received a diagnosis that their child was disabled. "ESF is a forum for parents to explore educational options for their children," she said. Atkinson says the event is meant to be a helpful resource for parents who are facing an unknown future for their children, educationally, financially and emotionally.

Atkinson says that ESF brings most of the area's "exceptional schools" to parents. She describes the fair as a place where families that may be floundering can feel empowered as they walk through one-location to see the number of options available to them. "It can be a very isolating emotional situation, and this one environment, one location to research what's out there makes it less scary," she said. "You can see there is a world of other families out there in the same situation. You can talk to professionals who are passionate about what they do in their schools."

Local schools including Commonwealth Academy in Alexandria, The Diener School in Potomac, Oakwood School in Annandale and Phillips School in Annandale will have representatives at the event.

Event organizers say the fair has been endorsed by the National Institutes of Health. The ESF will be held at the Katzen Art Center at American University in Washington, D.C. For more information, visit exceptionalschoolsfair.com or call Bekah Atkinson at 301-244-3600.

The Private School Admissions Process

FROM PAGE 11

"Once you've narrowed down your choices, make plans to visit the schools. Tours have started, and there will be additional opportunities such as open houses, student visiting days, and curriculum nights," said Dunning. "It is important to experience the culture of the school to get an accurate picture. Each independent school has its own distinctive mission, and you will feel it as soon as you step onto campus."

Miller says open houses can help reduce the potential anxiety a student might have about other parts of the application process,

such as an interview or standardized test, which are often requirements for private school admissions. She also suggests attending a school play or athletic event. "Those are great ways to see a school community."

Keep a list of the school's applications requirements, test requirements and application deadlines. "If testing is required, call to make an appointment as soon as possible so that you can schedule a time that works for your child," said Mulligan. "Think about whether a morning time or an afternoon time works better for your child and find a tester with that time available. Block off time before and after your testing appoint-

ment to make sure that you are not rushed getting there and have time to relax afterwards."

"Students in the upper grades should have registered for the Secondary School Admission Test (SSAT) or the Independent School Entrance Examination (ISEE)," added Miller.

While talking to friends and colleagues about area private schools and the application process, there is a caveat, said Mulligan: "Take their advice with a grain of salt. Finding the best fit school for your child and your family is a very personal decision."

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21 Announcements

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Attention: Mark Steele

The CAPA was submitted to the Northern Regional Office of
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cuss the CAPA with the staff of the DEQ, please feel free to
contact Alex Wardle (Alexander.Wardle@deq.virginia.gov) at
(703) 583-3822. The DEQ Northern Regional Office will con-
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cant public interest. Hard copy of the CAPA will be available at
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Not in the Mood



By KENNETH B. LOURIE

Sometimes, believe it or not, I'm not in the mood to be a terminal cancer patient (duh). Not that the effect is particularly tangible, but the weight of it, as well as the associated waits I've occasionally written about, can get awfully heavy. Moreover, in spite of my best psychological efforts, generally speaking, there seems little I can do to diminish its effect. More often than not, it's merely time; simply time passing and/or time spent trying to talk myself out-of how I feel and in-to how I haven't failed.

Obviously, surviving five years and almost eight months after initially receiving a "13-month to two-year" prognosis from my oncologist on February 27, 2009 is success with a capital "S." I understand that miraculous fact amazingly well. Nevertheless, on a daily basis, I might not feel so successful. I attribute it to things beyond my control: the underlying disease; the treatment/side effects; the figurative rewiring of my brain after it learned and began to live with the diagnosis/prognosis and the responsibilities of being a proactive cancer patient; these are certainly reasonable and customary considerations given the world in which I now exclusively reside. Still, it's my life and I have to live it.

Don't get me wrong. I'm not "woeing-is-me," nor am I the least bit ungrateful for the great good fortune I've had beating the hell out of the original life-expectancy odds I was given. I'm thrilled, every day. But I'm still a cancer patient with incurable stage IV, non small cell lung cancer, one of the least desirable diagnoses in the cancer world. Lung cancer is a killer, almost always – and I don't mean inevitably so, I mean prematurely (not that every death isn't premature, but you get my meaning, right?).

Every day – or so it seems, there are words, phrases, references, articles, news/media reports, and miscellaneous reminders that I see, hear and/or read, that connect me with my situation. I haven't exactly completed a study on the nature of this exposure, but it sure seems/feels, however inadvertent or random it may be, that it is impossible to escape and next to impossible to ignore – although I try, and in reviewing the content of this column, it is an ongoing failure of mine.

Some days, I can shrug it off; most days in fact. But this day (today when I'm writing this column), I couldn't. I'm not exactly depressed, more like forlorn. I don't feel hopeless, maybe a little helpless. I don't feel unlucky, perhaps a bit unsettled. Nothing really out of my ordinary; but still, a little out of my character. I'm entitled; I understand that. I've been carrying this weight for over five and a half years. No one said being a terminal cancer patient was going to be easy; in fact, they said the exact opposite: that it was going to be the toughest thing I've had to do, and of course, they were right. Today is simply one of those days when it's most difficult. I'm sure tomorrow will better. Of that I'm positive (at least that's what I tell myself – ALL THE TIME).

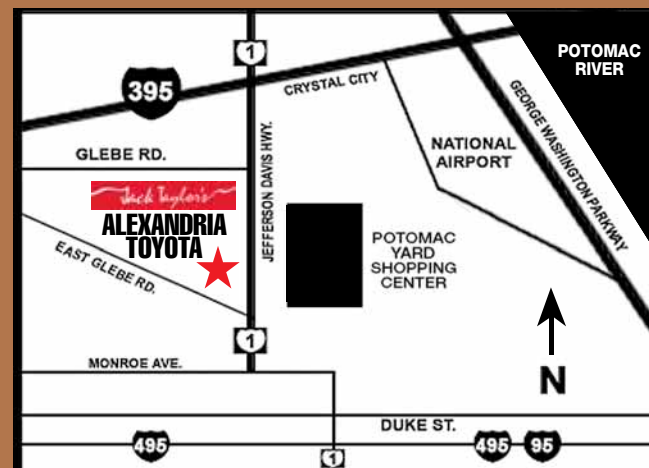
Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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