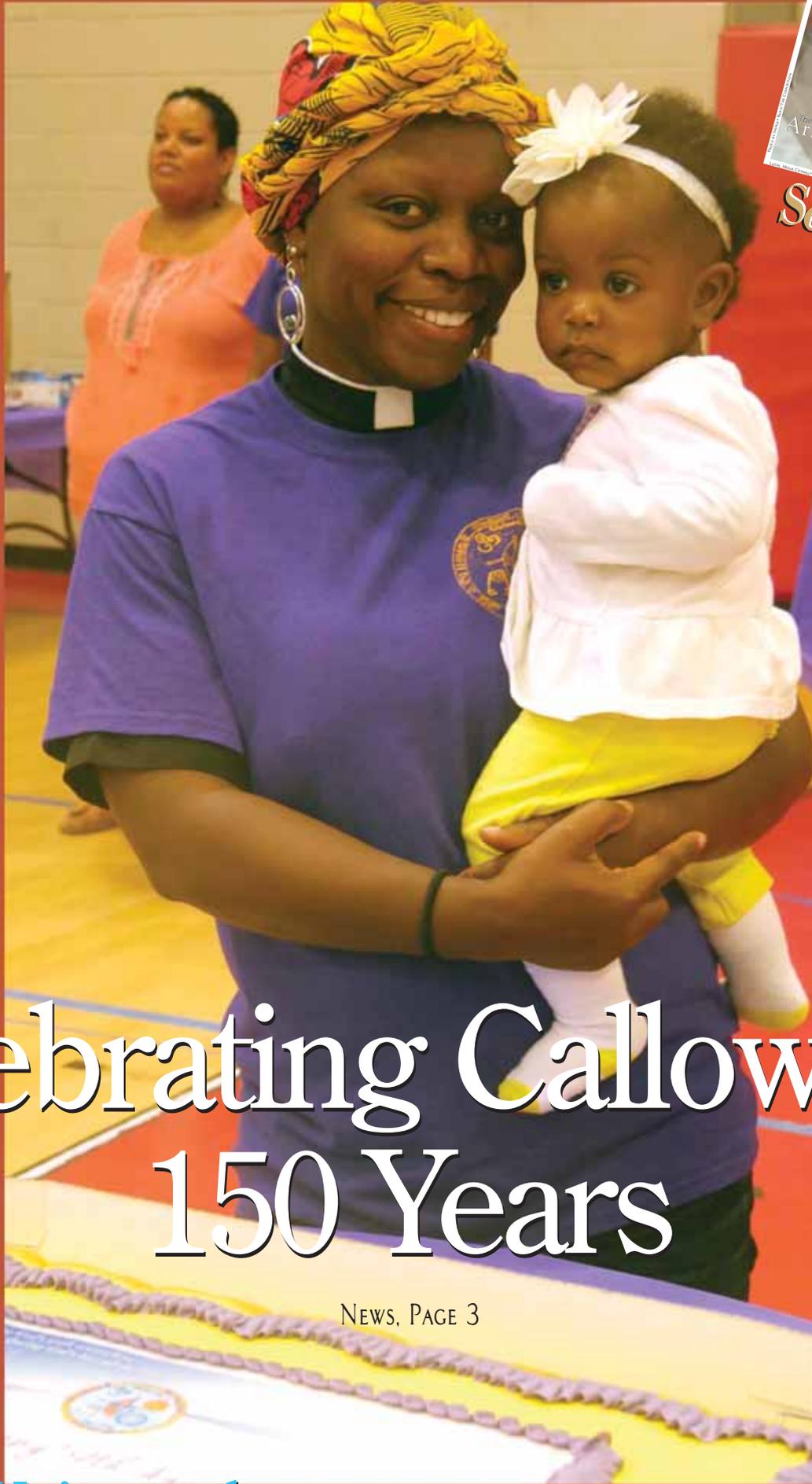
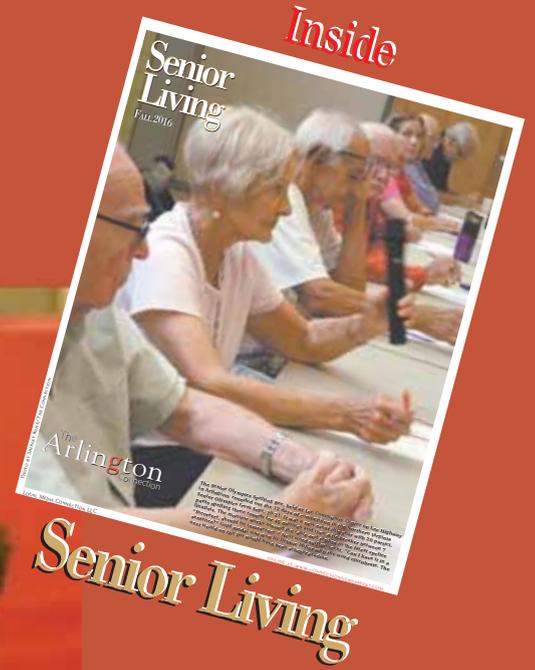




The Arlington Connection



The Rev. Chanda Innis Lee, pastor at Calloway United Methodist Church, with her daughter Camaini Lee, during the celebration of the church's 150th anniversary.

Celebrating Calloway's 150 Years

NEWS, PAGE 3

An Election's Long Odds

NEWS, PAGE 3

An Oasis for Uninsured Working People

NEWS, PAGE 4

ENTERTAINMENT, PAGE 9 ♦ CLASSIFIED, PAGE 14

PHOTO BY SHIRLEY RUHE/THE CONNECTION

New LEGO Store Arrives

The new LEGO store at Pentagon City has opened, offering hundreds of LEGO construction sets and products. The “Pick and Build Wall” offers the option to purchase specific LEGO bricks and elements in a variety of colors and shapes in bulk. The “Living Room,” an interactive play area positioned in the center of the store, gives shoppers a chance to take a break from shopping to experience “hands-on, minds-on” LEGO play. And a “Brand Ribbon” runs the circumference of the store with LEGO model displays, company history and fun facts.

The Pentagon City LEGO store is open Monday-Saturday from 10 a.m. to 9:30 p.m. and Sunday from 11 a.m. to 6 p.m. See stores.LEGO.com.

1000 Degrees Pizza Adds New Location

1000 Degrees Neapolitan Pizza, a fast-casual American spin on authentic, hand-tossed Neapolitan pizza, arrives on Wednesday, Oct. 5 at 3400 Columbia Pike, Suite 200.

1000 Degrees serves personalized, made-to-order authentic Neapolitan pizza. Each pizza starts with fresh, never frozen, hand-tossed dough, created with authentic Neapolitan flour and available in both a personal 10” and sharable 14” sizes. Guests then choose to create their own pizza or order one of the 1000 Degrees Favorites.

Unlike traditional Neapolitan pizza which has a slightly undercooked center and requires a fork and knife to eat, 1000 Degrees Neapolitan Pizza has fused this classic style with American flare. The result is a



PHOTO CONTRIBUTED

Now Open

Tom & Deniz Hair Studio at 3510 Lee Highway celebrated its grand opening on Saturday, Oct. 1. Tom Cakirca brings over 30 years of salon experience in Istanbul, Manhattan, Beverly Hills, and Washington D.C. to his salon. Cakirca, a color specialist, is assisted by his wife, Deniz a make-up artist and hair stylist for Turkish television.

thin crust pizza that maintains the light and airy appeal of a Neapolitan style pizza.

1000 Degrees Arlington is open Monday through Sunday from 11 a.m. to 10 p.m. See www.facebook.com/1000degreesarlington or call 703-920-9000.

Brunch Preview of Joplin’s ‘Treemonisha’

In a matter of days, joyful singing will burst from the confines of Washington Golf and Country Club, courtesy of Opera NOVA. The world’s only grand opera in ragtime, “Treemonisha” by Scott Joplin, takes center stage. Live performances will feature songs from that work, as well as a medley of Broadway hits.

The basic mission of Opera NOVA is introducing area school children to the world of opera. Abbreviated arrangements of arias are performed and narratives explain the story line and provide information about the composer and the art form.

An annual fundraising brunch makes Opera NOVA possible.

This year, the date is Sunday,



Oct. 9, the time is 12:30 p.m. at Washington Golf and Country Club, 3017 North Glebe Road at Old Dominion.

Tickets are \$60 and available through www.eventbrite.com (search “Opera NOVA”). Additional details are available by calling 703-536-7557 or by emailing mcdm1@verizon.net.

— MICHAEL MCMORROW

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Celebrating Calloway's 150 Years



Marjorie Long Brown from the Calloway United Methodist Women presents warm underwear and socks to the Arlington Street People's Assistance Network (ASPAN). "There is nothing that makes you feel better than a new pair of underwear," she said. As part of their afternoon of celebration, Calloway was giving gifts back to the community.

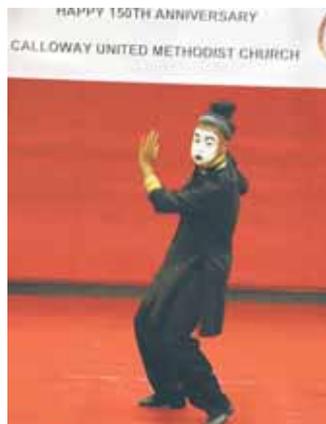
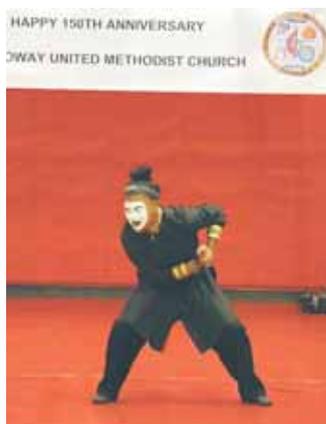
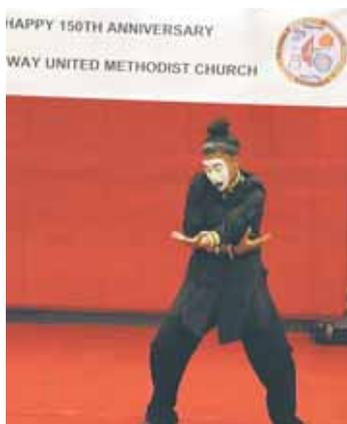
The Arlington community came together to celebrate the 150-year anniversary of Calloway United Methodist Church with singing, dancing, praying and giving back gifts to the community. Calloway members describes themselves as "a small church with a big heart." The Rev. Chanda Innis Lee, pastor at Calloway, stands ready with her daughter Camaini Lee, for a piece of the celebratory cake. Calloway was established in 1866 by freed slaves who formed a close-knit community called Halls Hill/High View Park. The community was self contained in many ways including an eight-foot tall fence along 17th Road North that separated it from its white neighbors until the 1950s. Calloway is located at 5000 Lee Highway.



The combined three choirs of Clarendon United Methodist Church have come to celebrate the 150-year anniversary of Calloway. Their inspiration is from Psalm 59:16, "I will sing aloud of thy steadfast love in the morning."



Liann Baskerville has chosen a dolphin for her face painting at the Calloway festivities Oct. 1 held at Langston-Brown Community Center. "Would you like some glitter? O.K. Close your eyes." Melanie Carter of FUNomenal Face Painting says the butterfly is the most popular choice along with Hello Kitty and Spider Man.



To the words of "I Need You Now," Lyndsey Simms from Kingdom Fellowship Church in Alexandria jumps, spins, thrusts her arms in the air in her interpretative dance at Langston-Brown Community Center on Saturday, Oct. 1 as part of the Calloway 150th year celebration.

Long Odds

Garvey faces longshot opposition from Clement.

By VERNON MILES
THE CONNECTION

The odds are not good for Audrey Clement. In November, Clement is the sole opposition to Libby Garvey, the incumbent County Board chair. In June, Garvey overcame an attempted coup in the Democratic Party earlier this year when several established Arlington Democrats, including fellow County Board Member Jay Fissette, vocally and financially supported her opponent Erik Gutshall. Garvey kept her hold on the Democratic nomination, however, with 8,366 votes against Gutshall's 6,882 votes.



Incumbent County Board Chair Libby Garvey.



Independent Candidate Audrey Clement.

Clement is a regular at nearly every County Board event or Arlington civic engagement. 2016 will be Clement's seventh time running for office in Arlington and sixth time running for County Board. It will be Clement's second time challenging Garvey for her seat at the County Board. In the first election in 2012, Garvey won with 59,619 votes. Republican challenger Matthew Wavro came in second with 25,232 votes, and Clement finished third with 12,769 votes.

Without a Republican opponent, Clement stands a slightly better chance. In 2013, Clement ran against Fissette. Fissette won with 38,213 votes while Clement, the only other name on the ballot, came away with 17,916 votes.

Financially, Garvey is out-raising and outspending Clement. According to the Virginia Public Access Project, Garvey started 2016 with \$27,566 and has raised \$99,149 in contributions and in-kind donations since the election started. Garvey has spent \$108,607 since the election started. Clement, meanwhile, has raised \$7,775 and spent \$6,970.

"Arlington is clearly a unique community in which an independent can succeed; however, Ms. Clement has gained a reputation as a serial candidate, as ... distinguished from an independent candidate like John Vihstadt, who ... did win," said Frank

SEE CLEMENT, PAGE 12

An Oasis for Uninsured Working People

Annual gala is main source of funding for non-profit Arlington Free Clinic.

BY EDEN BROWN
THE CONNECTION

The last person you expect to see at the Arlington Free Clinic is your own family doctor. But he's there, volunteering his time to work with Arlington's uninsured. It is one of the main tenets of the Arlington Free Clinic (AFC): This isn't just health care for the people who can't afford doctors, or free health care that is "good enough" — It's premium medical care. The doctor knows you by name, or knew you when you had your first child and is now coaching you through breast cancer.

"A major motivator for our volunteers," said Terry McManus, nurse practitioner, "is the standard of care we deliver." He recalls one case of a man who lived in Las Vegas. He had abdominal cancer, but he didn't want treatment. Eventually he moved back to Arlington to be with his family; he still didn't want treatment. He was doing his own, over the counter cure. No one belittled his decision or pressured him. They just reiterated: they were available if he changed his mind. McManus talked to him about the profound mass in his abdomen, and tried to get him to do something about it, but in a way that left the decision up to the patient. Eventually, almost a year later, he began to trust McManus and went in for chemo. His cancer was turned around surprisingly fast.

The AFC was started 23 years ago by a group of physicians who were seeing an increasing number of uninsured patients. They formed the clinic and Nancy Pallesen became its head. They opened its doors in the nurse's office of Thomas Jefferson Middle School in 1993. Eventually they moved to their own space, an old bank, a green building which is now their first real space. It's a haven for immigrants who aren't in status. About 90 percent of its patients are immigrants, either recent or first generation. AFC is not a walk-in clinic: one must sign up and join. But it's free, and the immigration status of those who join is not an issue. All medical care, even mental health care, and now dental care, is covered by the clinic. They have 1,600-1,700



Terry McManus came to Arlington Free Clinic to volunteer in 2011. He is a nurse practitioner who also served in the active military for 21 years, sometimes with

NATO forces, until he decided to settle in the area and ended up working at the clinic. As a volunteer, he liked how working with the patients helped him keep his clinical skills up to date.



Nancy White, executive director of the Arlington Free Clinic, was a physical therapist by background and volunteered at the clinic for 12 years before becoming director in 2015. She did a health policy job before coming to her current position, and is particularly concerned that many people think the Affordable Care Act has solved the problem of the uninsured. "Sometimes you don't see how bad it is for them," she said. "Some of our diabetes patients were using cat insulin they buy at Costco because it was cheaper."

active "members" (patients) but with their breast health outreach program, they serve hundreds more than that.

The number of uninsured is increasing, says Nancy White, executive director since 2015. The Affordable Care Act has not solved the problem in Virginia because of the coverage gap. Increasing numbers of immigrants without insurance, and whose health problems can be very severe if they have come from a country with poor health care, make the AFC more important than ever. "And it's important to note," said White, "that these are the working poor: some of them have as many as seven W-2's and they are still below the poverty level: they are the house cleaners, office cleaners, babysitters, day laborers, and cashiers we see every day."

AFC takes some patients in by lottery: 60-100 people show up at the door, and they take in 20-40 of those; the others come back in six months and try again. Other patients, about half of the total, come in from referrals from Virginia Hospital Center and the Department of Human Resources. Patients must be at or below the 200 percent of poverty level. The median annual income for Arlingtonians is \$100,000: for those who come to the AFC it is \$15,000 a year. Those under 18 can go to the Arlington Pediatric Center. Those over 65 have Medicare. But



"The numbers of people who approach us for care every month, despite the improvement in the economy, remains steady," said Nancy White, executive director. "The Affordable Care Act has not really changed anything for this sector of the population in Virginia."

low income people between the ages of 18 and 65 have nowhere to go.

McManus says it's the nature of the work at the clinic that makes working there so great: they have to be very hands on, very vigilant. "One gentleman had gone to the ER with a problem in his throat; he had no insurance. They found this big lymph node, then cancer of the throat and neck. They treated it. But if they had just gone on the basis of the tests he had at the ER, they would have found nothing: nothing showed up on the X-ray or the blood test. He had been discharged from the ER with no follow up. If we hadn't been so vigilant, that man would not be living today," he said.

There is a team approach for patients. A case manager keeps the whole picture in mind; physical therapists and nurses follow up with the patients. They aren't just treating symptoms. Mental health is a major aspect of the treatment at AFC: between 600 and 800 visits a year take place to help manage depression and anxiety, PTSD, and other issues. AFC has a volunteer psychiatrist, social worker, licensed family therapist, marriage and family therapists. Although they use a language line phone link up to help translate many of the patients' issues, in the case of mental health, they also appreciate bilingual volunteers with language ability who can be in the room with them.

Masquerade Ball

The annual benefit gala to benefit the Arlington Free Clinic will be held on Oct. 29, at the Ritz-Carlton, Tysons Corner.

Sponsorships and tickets are available at: gala.arlingtonfreeclinic.org.

For more information about the AFC, see www.arlingtonfreeclinic.org.

Five hundred and fifty volunteers provide the health care at the clinic.

What motivates these volunteers? "It's partially the mood of the place," said White. "Physicians can come in, make recommendations, then engage in follow up care and use a network of other providers who can really treat the patient. It's also the fact that they can take the time, that no money changes hands, that they are giving back."

McManus says it's also the adventure of treating people who have lived somewhere else most of their lives. "It's almost like being a doctor in "Doctors Without Borders," he said. There are diseases that affect immigrants that the rest of Arlington doesn't worry about: like Chagas Disease, says McManus. "Northern Virginia is ground zero for that.

It's known as the Kissing Bug disease, and many of the Bolivians immigrants have it."

McManus says between 60 and 70 percent of the clients at the AFC are Latino. Ethiopians and Eritreans are coming in a lot. Others are Nepalis, Vietnamese, Iraqis — many are English illiterate and unable to navigate the system. "I saw a family today," said McManus. "All three generations were there: the patriarch who is chronically ill, two older daughters who are caregivers, and on whom the care-giving is taking a toll, and their daughter. They had a patient conference to care for the whole family, in a holistic way."

Dental care is a new addition to the clinic, since last July. The need was much greater than anticipated, and the severity of the cases was great. More than 65 percent of the patients needed deep cleaning below the gum line. Thirty percent needed root canals and crowns. Three hundred patients received dental care in one year alone. The clinic is proud of its dental care, especially with the current medical news showing tooth care is a primary element of good overall health, says White. Dental care involves a \$50 charge.)

The clinic's cancer care is equally impressive according to several of the nurse prac

SEE GALA TO BENEFIT, PAGE 7

WWW.CONNECTIONNEWSPAPERS.COM



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Back from left: Alfonso Lopez, Walter Tejada, Andres Tobar (executive director). Front: Charles Meng, Leni Gonzalez (chair of the SEEC Board) and Bill Murphy.

Day Laborer Program Praised

The Shirlington Employment and Education Center (SEEC) celebrated its 16th anniversary on Sept. 29 at the home of Eisenberg-Davis on S. Irving Street. Del. Alfonso Lopez (D-49) presented House Joint Resolution No. 432 commending SEEC for 15 years helping day

workers find employment. The resolution had been passed by both the Virginia House and Senate.

The Emily DiCicco Humanitarian Award was presented to Charles Meng, executive director of the Arlington Food Assistance

SEE DAY LABORER, PAGE 12

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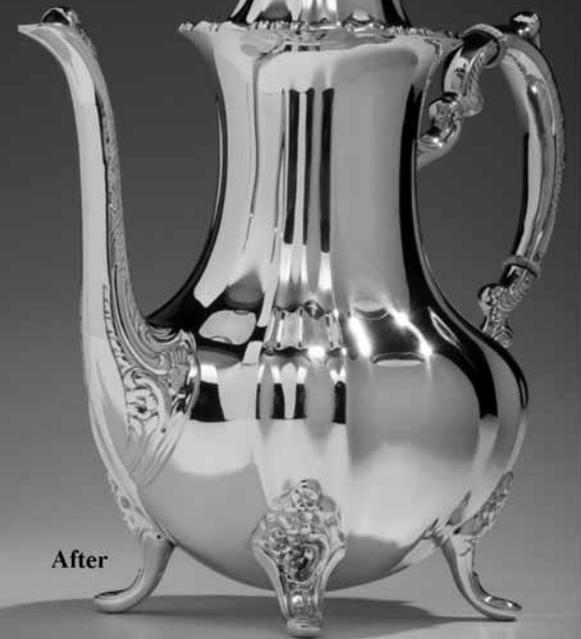
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Voting Never Mattered More

Examine four local bond questions.

While the Presidential election will take top billing, in Arlington four important bond questions plus one County Board seat and two School Board seats are on the ballot. Every seat in the U.S. Congress is on the ballot, meaning the 8th district in Arlington.

EDITORIAL Arlington voters will be asked to vote yes or no on four bond questions, details below: \$58 million in transportation bonds, \$19 million in park bonds, close to \$100 million for county “infrastructure,” and \$138 million for schools bonds. More information at <https://budget.arlingtonva.us/bond-referenda/>

Proposed Arlington County Bond Referenda Metro and Transportation

QUESTION: Shall Arlington County contract a debt and issue its general obligation bonds in the maximum principal amount of \$58,785,000 to finance, together with other available funds, the cost of various capital projects for the Washington Metropolitan Area Transit Authority and other transit, pedestrian, road or transportation projects?

This proposal would fund a variety of transportation, road, pedestrian enhancement and transit projects across the county. The largest components of this proposal are \$30 million for Arlington County’s share of WMATA/Metro’s capital improvement program, and \$24 million to fund a portion of the costs for paving local streets and roadways. Proceeds of this proposal would also fund bridge renovation, street lights, transportation systems and traf-

fic signals, as well as the WALKArlington, BikeArlington, Safe Routes to Schools, and Curb and Gutter Missing Links programs. The County Board may reallocate bond funds among the various projects to the extent necessary or desirable.

Local Parks and Recreation

QUESTION: Shall Arlington County contract a debt and issue its general obligation bonds in the maximum principal amount of \$19,310,000 to finance, together with other available funds, the cost of various capital projects for local parks & recreation, and land acquisition for parks and open space?

The proposed Local Parks and Recreation program would fund parks improvements and enhancements, as well as \$3 million for the Land Acquisition and Open Space program for strategic park acquisitions and land acquisition for parks and open space. This proposal would also fund the Trail Modernization program, design and planning at Jennie Dean Park and construction at Tyrol Hills Park, and maintenance capital improvements such as playground, courts and other parks infrastructure improvements. The County Board may reallocate bond funds among the various projects to the extent necessary or desirable.

Community Infrastructure

QUESTION: Shall Arlington County contract a debt and issue its general obligation bonds in the maximum principal amount of \$98,850,000 to finance, together with other available funds, the cost of various capital projects for county facilities, joint county – schools projects, information technology, and other county infrastructure?

This proposal will fund a variety of county infrastructure projects.

The largest component of this proposal is \$46.46 million for the Lubber Run Community Center project.

Also included is \$12 million of funding for Neighborhood Conservation projects, as well as funding for the Nauck Town Square, planning and design of the Fire Station 8 replacement, renovations and improvements to government facilities in the Court House Complex, renovation of the Barcroft Sports and Fitness Center for additional gymnastics, and a county childcare facility.

The Neighborhood Conservation Program provides funding for a variety of neighborhood-identified capital improvement projects including street improvements (sidewalk, curb and gutter, drainage, paving), traffic management and pedestrian enhancements, park improvements, street lighting, recreational facilities, landscaping, and beautification.

It also includes funding of a joint county and schools parking deck and other improvements at the Thomas Jefferson middle school site due to the construction of a new elementary school, critical systems infrastructure upgrades to 24x7 hour facilities; and facilities maintenance capital improvements, including design and construction of projects including but not limited to roofs, electrical and heating / cooling systems and other facilities infrastructure. The County Board may reallocate bond funds among the various projects to the extent necessary or desirable.

Arlington Public Schools

QUESTION: Shall Arlington County contract a debt and issue its general obligation bonds in the maximum principal amount of \$138,830,000 to finance, together with other available funds, the costs of various capital projects for Arlington Public Schools?

This proposal will make funds available for the Arlington Public Schools’ capital improvement program. The proposed bonds will fund the following projects:

- ❖ the new middle school at the Stratford site (\$26,030,000)
- ❖ the new school at the Wilson site (\$78,400,000)
- ❖ addition and renovation at the Career Center/Arlington Tech (\$12,000,000)
- ❖ planning for secondary seats at location(s) to be determined (\$10,000,000), and
- ❖ infrastructure capital projects such as HVAC, roofing, etc. (\$12,400,000)

The School Board may reallocate bond funds among the various projects to the extent necessary or desirable.

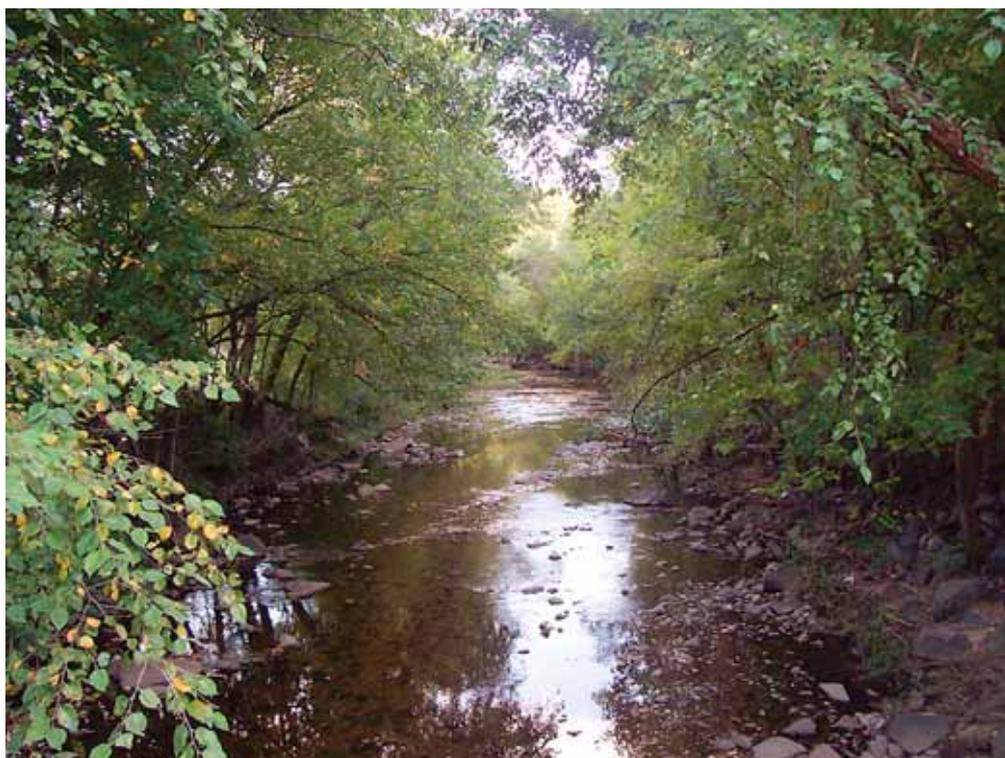


PHOTO BY RICHARD MUMFORD/THE CONNECTION

Early Fall

Four Mile Run on late Monday afternoon, Oct. 3, as it meanders between George Mason Drive and Walter Reed Drive in south Arlington.

Write

The Connection welcomes views on any public issue.
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A view from above as teams arrive for the 12th Annual Down Syndrome Association of Northern Virginia Buddy Walk.

Buddy Walk for Awareness

The 12th Annual Down Syndrome Association of Northern Virginia Buddy Walk took place Sunday, Oct. 2, around the Mason Pond at George Mason University. The Buddy Walk was established in 1995 by the National Down Syndrome Society to celebrate Down Syndrome Awareness Month in October and to promote acceptance and inclusion of people with Down syndrome.



Natalie Dunn, 3, from Arlington, is excited to meet Elmo. The Dunn family formed Team Natitude to raise awareness and money for Down syndrome in Natalie's honor.



PHOTOS BY TOM MANNING/THE CONNECTION

Co-Grand Marshal Meredith Cope addresses the crowd prior to the start of the Buddy Walk. Cope is a student at George Mason University.

Gala To Benefit Arlington Free Clinic

FROM PAGE 4

tioners at the clinic. "With the support of Komen and Avon, the clinic can reach out to spread the word to women who need testing for cancer but who are not necessarily our patients," said White.

Still, running a clinic of this scope doesn't come cheaply. AFC distributes 17,000 prescriptions a year to the working poor of Arlington. Some are donated, some are bought as bulk generic drugs, and some go from the Prescription Assistance Program to generic and then can't be obtained for free. The annual gala dinner is one of the ways the AFC continues to pay

for these drugs: 30 percent of the funds needed by the AFC come from the proceeds. This year, the Arlington Free Clinic Annual Gala will recognize the 550 volunteers who make the clinic operate so seamlessly. There is only one paid person at the clinic: everyone else donates their time.

This year's theme for the annual benefit gala is the Masquerade Ball, and it will be held on Oct. 29, at the Ritz-Carlton, Tysons Corner.

Sponsorships and tickets are available at: gala.arlingtonfreeclinic.org. For more information about the AFC, see www.arlingtonfreeclinic.org.



Announcement

The brethren of Cherrydale Lodge #42, members of the oldest and largest fraternal organization in the world, invite members of the community to join them for a Community Open Lodge event on October 15th to learn more about Freemasonry, its history, and its charitable work in local communities.

The open house will take place at 3805 Lee Highway, Arlington VA on October 15th from 10:00 a.m. to 2:00 p.m.

Members of Cherrydale Lodge will be on hand to greet visitors and answer any questions. Refreshments and snacks will be served.

Please email any questions you have at cherrydaleopenhouse@gmail.com, or visit <http://cherrydalelodge.org/> for additional information.

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HOME SALES

In August 2016, 277 Arlington homes sold between \$2,410,000-\$85,000. This week's list represents those homes sold in the \$2,410,000-\$690,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode	Subdivision
1881 NASH ST #2408	2	2	1	ARLINGTON	ARLINGTON	\$2,410,000	Hi-Rise 9+ Floors	0.38	22209	TURNBERRY
4019 LORCOM LN	7	6	1	ARLINGTON	ARLINGTON	\$2,365,000	Detached	0.21	22207	LEE HEIGHTS
3115 7TH ST N	5	6	1	ARLINGTON	ARLINGTON	\$1,800,000	Detached	0.13	22201	LYON PARK
3820 18TH ST N	5	4	2	ARLINGTON	ARLINGTON	\$1,800,000	Detached	0.13	22207	CHERRYDALE
4024 RIVER ST	6	4	1	ARLINGTON	ARLINGTON	\$1,695,000	Detached	0.59	22207	CHAIN BRIDGE HEIGHTS
3013 UNDERWOOD ST	6	5	1	ARLINGTON	ARLINGTON	\$1,679,000	Detached	0.23	22213	WILLIAMSBURG
3020 DICKERSON ST N	4	3	1	ARLINGTON	ARLINGTON	\$1,650,000	Detached	0.65	22207	ROCK SPRING PARK
5131 YORKTOWN BLVD	5	4	1	ARLINGTON	ARLINGTON	\$1,632,500	Detached	0.34	22207	YORKTOWN
4105 18TH ST N	5	4	1	ARLINGTON	ARLINGTON	\$1,615,000	Detached	0.21	22207	CHERRYDALE VILLAGE
4650 DITTMAR RD N	5	4	2	ARLINGTON	ARLINGTON	\$1,610,552	Detached	0.29	22207	COUNTRY CLUB HILLS
1600 GARFIELD ST N	4	2	2	ARLINGTON	ARLINGTON	\$1,570,000	Detached	0.13	22201	LYON VILLAGE
2012 GREENBRIER ST N	5	4	1	ARLINGTON	ARLINGTON	\$1,530,000	Detached	0.15	22205	BROYHILL HEIGHTS
5120 25TH ST N	5	4	1	ARLINGTON	ARLINGTON	\$1,495,000	Detached	0.19	22207	ARLINGTON
3141 THOMAS ST N	6	4	1	ARLINGTON	ARLINGTON	\$1,485,000	Detached	0.35	22207	BROYHILL FOREST
16th. Ct N	2	2	0	ARLINGTON	ARLINGTON	\$1,479,364	Townhouse	0.03	22209	ROSSLYN KEY
1619 16TH CT N	3	3	1	ARLINGTON	ARLINGTON	\$1,447,577	Townhouse	0.03	22209	ROSSLYN KEY
5723 26TH ST N	5	5	0	ARLINGTON	ARLINGTON	\$1,445,500	Detached	0.18	22207	LEXINGTON HEIGHTS
4228 OLD GLEBE RD N	4	3	1	ARLINGTON	ARLINGTON	\$1,375,000	Detached	0.31	22207	THE GLEBE
1600 HARRISON ST	5	4	1	ARLINGTON	ARLINGTON	\$1,325,000	Detached	0.18	22205	TARA
1525 16TH CT N	3	3	1	ROSSLYN	ROSSLYN	\$1,308,148	Townhouse	0.02	22209	ROSSLYN KEY
3219 GLEBE RD	4	3	2	ARLINGTON	ARLINGTON	\$1,299,000	Detached	0.35	22207	COUNTRY CLUB HILLS
509 KENMORE ST	5	4	0	ARLINGTON	ARLINGTON	\$1,295,000	Detached	0.22	22201	ASHTON HEIGHTS
1615 QUEEN ST N #M202	2	2	1	ARLINGTON	ARLINGTON	\$1,269,000	Mid-Rise 5-8 Floors	0.02	22209	WOOSTER MERCER LOFTS
1881 NASH ST N #703	2	2	1	ARLINGTON	ARLINGTON	\$1,250,000	Hi-Rise 9+ Floors	0.22	22209	TURNBERRY TOWER
1125 HARRISON ST N	4	3	1	ARLINGTON	ARLINGTON	\$1,220,000	Detached	0.14	22205	LACEY FOREST
5154 14TH ST N	5	4	1	ARLINGTON	ARLINGTON	\$1,210,230	Detached	0.14	22205	LACEY LANE
5614 8TH RD N	5	4	1	ARLINGTON	ARLINGTON	\$1,185,000	Detached	0.14	22205	BLUEMONT
859 LIBERTY ST	5	3	1	ARLINGTON	ARLINGTON	\$1,180,000	Detached	0.12	22205	DOMINION HILLS
901 FREDERICK ST	4	3	1	ARLINGTON	ARLINGTON	\$1,175,000	Detached	0.14	22205	BLUEMONT
4839 23RD ST N	5	3	1	ARLINGTON	ARLINGTON	\$1,175,000	Detached	0.15	22207	LEE HEIGHTS
2385 QUINCY ST N	4	3	1	ARLINGTON	ARLINGTON	\$1,175,000	Detached	0.21	22207	CRYSTAL SPRING KNOLLS
1401 OAK ST N #601	2	2	1	ARLINGTON	ARLINGTON	\$1,170,000	Hi-Rise 9+ Floors	0.21	22209	THE WESLIE
5526 18TH ST N	5	4	0	ARLINGTON	ARLINGTON	\$1,135,000	Detached	0.21	22205	TARA
1138 JOHNSON ST N	4	3	1	ARLINGTON	ARLINGTON	\$1,110,000	Townhouse	0.02	22201	BROMPTONS AT CLARENDON
4823 27TH PL N	5	3	0	ARLINGTON	ARLINGTON	\$1,095,000	Detached	0.27	22207	SHIRLEY WOODS
4298 VACATION LN	4	3	0	ARLINGTON	ARLINGTON	\$1,089,000	Detached	0.23	22207	LEE HEIGHTS
1118 JOHNSON ST N	4	3	1	ARLINGTON	ARLINGTON	\$1,064,000	Townhouse	0.02	22201	THE BROMPTONS AT CLARENDON
2424 FORT SCOTT DR	4	2	1	ARLINGTON	ARLINGTON	\$1,049,957	Detached	0.17	22202	AURORA HILLS
2411 FAIRFAX DR	3	3	1	ARLINGTON	ARLINGTON	\$1,000,000	Townhouse	0.02	22201	COURTHOUSE HILL
5053 37TH ST N	4	4	0	ARLINGTON	ARLINGTON	\$985,000	Detached	0.67	22207	STRAITFORD HILLS
3519 OHIO ST	5	3	0	ARLINGTON	ARLINGTON	\$965,000	Detached	0.26	22207	WILLIAMSBURG VILLAGE
4012 TAYLOR ST N	4	3	0	ARLINGTON	ARLINGTON	\$940,000	Detached	0.21	22207	GOLF CLUB MANOR REYNOLDS
3647 VACATION LN	4	4	0	ARLINGTON	ARLINGTON	\$940,000	Detached	0.33	22207	LORCOM GROVE
1919 QUINTANA ST N	4	3	1	ARLINGTON	ARLINGTON	\$933,000	Detached	0.21	22205	MADISON MANOR
2154 POLLARD ST	4	3	0	ARLINGTON	ARLINGTON	\$930,000	Detached	0.15	22207	CHERRYDALE
1313 FREDERICK ST	5	3	1	ARLINGTON	ARLINGTON	\$918,000	Detached	0.16	22205	LARCHMONT
1881 NASH ST #212	2	2	0	ARLINGTON	ARLINGTON	\$910,000	Hi-Rise 9+ Floors	0.22	22209	TURNBERRY TOWER
4908 16TH RD N	3	2	1	ARLINGTON	ARLINGTON	\$906,100	Detached	0.13	22207	WAYCROFT WOODLAWN
1211 HARRISON ST	4	3	0	ARLINGTON	ARLINGTON	\$890,000	Detached	0.13	22205	LACEY FOREST
6573 WASHINGTON BLVD	3	3	1	ARLINGTON	ARLINGTON	\$882,500	Townhouse	0.04	22205	00000000
6333 11TH RD N	4	3	0	ARLINGTON	ARLINGTON	\$874,900	Detached	0.22	22205	MADISON MANOR
2905 9TH ST N	3	3	1	ARLINGTON	ARLINGTON	\$872,000	Townhouse	0.04	22201	THE TOWNES OF LYON PARK
2337 VAN BUREN CT N	3	3	1	ARLINGTON	ARLINGTON	\$870,000	Townhouse	0.04	22205	FENWICK COURT
2231 WAKEFIELD ST	4	3	1	ARLINGTON	ARLINGTON	\$870,000	Detached	0.18	22207	LEE HEIGHTS
5317 YORKTOWN BLVD	3	2	1	ARLINGTON	ARLINGTON	\$870,000	Detached	0.28	22207	CRESCENT HILLS
5630 7TH ST N	4	3	1	ARLINGTON	ARLINGTON	\$865,000	Detached	0.14	22205	BLUEMONT
4045 21ST ST N	4	2	0	ARLINGTON	ARLINGTON	\$860,000	Detached	0.15	22207	CHERRYDALE
1600 STAFFORD ST N	4	3	0	ARLINGTON	ARLINGTON	\$860,000	Detached	0.18	22207	CHERRYDALE (JAMES WILLET)
2335 VAN BUREN CT N	3	3	1	ARLINGTON	ARLINGTON	\$855,000	Townhouse	0.04	22205	FENWICK COURT
1418 RHODES ST #B415	2	2	1	ARLINGTON	ARLINGTON	\$855,000	Garden 1-4 Floors	0.19	22209	RHODES HILL SQUARE
1407 LINCOLN ST N	3	2	1	ARLINGTON	ARLINGTON	\$850,000	Detached	0.11	22201	BALLSTON - VIRGINIA SQUARE
3131 9TH ST N	3	2	1	ARLINGTON	ARLINGTON	\$850,000	Townhouse	0.11	22201	CLARENDON
5400 21ST ST N	4	2	1	ARLINGTON	ARLINGTON	\$850,000	Detached	0.20	22205	TARA-LEEVAU HEIGHTS
2315 UTAH ST	3	2	0	ARLINGTON	ARLINGTON	\$850,000	Detached	0.18	22207	LEE HEIGHTS
2121 POLLARD ST N	4	2	1	ARLINGTON	ARLINGTON	\$850,000	Detached	0.11	22207	CHERRYDALE
2004 KENILWORTH ST N	4	2	2	ARLINGTON	ARLINGTON	\$849,900	Detached	0.16	22205	LEEVAU HEIGHTS
5716 7TH ST N	3	3	1	ARLINGTON	ARLINGTON	\$848,050	Detached	0.14	22205	BONAIR
6110 WASHINGTON BLVD	4	2	1	ARLINGTON	ARLINGTON	\$845,000	Detached	0.13	22205	OVER LEE KNOLLS
1111 19TH ST N #1507	2	2	0	ARLINGTON	ARLINGTON	\$842,500	Hi-Rise 9+ Floors	0.22	22209	THE WATERVIEW
5512 WILLIAMSBURG BLVD	4	2	0	ARLINGTON	ARLINGTON	\$840,000	Detached	0.23	22207	CRESCENT HILLS
6304 26TH ST N	3	2	1	ARLINGTON	ARLINGTON	\$839,900	Detached	0.14	22207	BERKSHIRE OAKWOOD
4311 40TH ST N	4	3	0	ARLINGTON	ARLINGTON	\$839,000	Detached	0.27	22207	GOLF CLUB MANOR
712 24TH ST S	3	2	0	ARLINGTON	ARLINGTON	\$832,000	Detached	0.18	22202	AURORA HILLS
1418 RHODES ST #B109	2	2	1	ARLINGTON	ARLINGTON	\$821,000	Garden 1-4 Floors	0.19	22209	COURTHOUSE
139 ABINGDON ST S	3	3	1	ARLINGTON	ARLINGTON	\$805,000	Detached	0.19	22204	BARCROFT
1220 FILLMORE ST N #PH11	2	2	0	ARLINGTON	ARLINGTON	\$800,000	Hi-Rise 9+ Floors	0.22	22201	STATION SQUARE
1130 JEFFERSON ST	4	2	1	ARLINGTON	ARLINGTON	\$799,000	Detached	0.13	22205	LACEY FOREST
4121 25TH ST N	3	2	1	ARLINGTON	ARLINGTON	\$791,000	Detached	0.16	22207	LEE HEIGHTS
1039 MCKINLEY RD N	4	2	0	ARLINGTON	ARLINGTON	\$790,000	Detached	0.16	22205	DOMINION HILLS
1232 UTAH ST N	5	4	1	ARLINGTON	ARLINGTON	\$785,000	Detached	0.13	22201	CLARENFORD
727 HIGHLAND ST	4	2	0	ARLINGTON	ARLINGTON	\$785,000	Detached	0.14	22201	LYON PARK
1519 KIRKWOOD RD	3	2	0	ARLINGTON	ARLINGTON	\$785,000	Detached	0.13	22201	LYON VILLAGE
623 EDISON ST N	4	3	0	ARLINGTON	ARLINGTON	\$778,000	Detached	0.17	22203	BRANDON VILLAGE
2113 N KENTUCKY ST	3	2	0	ARLINGTON	ARLINGTON	\$778,000	Detached	0.19	22205	LEEVAU HEIGHTS
643 25TH ST S	4	3	0	ARLINGTON	ARLINGTON	\$775,000	Detached	0.15	22202	AURORA HILLS
6237 27TH ST N	5	3	0	ARLINGTON	ARLINGTON	\$775,000	Detached	0.11	22207	BERKSHIRE
1814 OAKLAND ST	5	5	1	ARLINGTON	ARLINGTON	\$775,000	Detached	0.24	22207	CHERRYDALE
6219 28TH ST N	4	2	1	ARLINGTON	ARLINGTON	\$770,000	Detached	0.14	22207	SMITHS ADD BERKSHIRE
2702 LEE HWY #1A	2	2	0	ARLINGTON	ARLINGTON	\$764,000	Garden 1-4 Floors	0.22	22201	LYON POINTE
2214 KENSINGTON ST N	4	2	1	ARLINGTON	ARLINGTON	\$760,000	Detached	0.15	22205	TUCKAHOE VILLAGE
3080 POLLARD ST	3	2	1	ARLINGTON	ARLINGTON	\$751,790	Detached	0.24	22207	BELLEVUE FOREST
5924 5TH RD N	3	2	1	ARLINGTON	ARLINGTON	\$750,000	Detached	0.22	22203	SPY HILL BLVD MANOR
1915 WOODROW ST	4	2	0	ARLINGTON	ARLINGTON	\$750,000	Detached	0.18	22207	WAVERLY HILLS
4416 PERSHING CT	3	2	2	ARLINGTON	ARLINGTON	\$742,500	Townhouse	0.06	22204	BARCROFT
2547 KENMORE CT	3	3	1	ARLINGTON	ARLINGTON	\$728,500	Townhouse	0.02	22206	SHIRLINGTON CREST
2503 KENMORE CT	3	3	1	ARLINGTON	ARLINGTON	\$727,000	Townhouse	0.02	22206	SHIRLINGTON CREST
4074 35TH ST N	3	3	0	ARLINGTON	ARLINGTON	\$725,000	Detached	0.24	22207	BROYHILL FOREST
5218 26TH RD N	3	2	0	ARLINGTON	ARLINGTON	\$724,900	Detached	0.12	22207	COUNTRY CLUB ESTATES
2520 FAIRFAX DR #4DIII	3	3	1	ARLINGTON	ARLINGTON	\$723,450	Townhouse	0.14	22201	BARTON PLACE
2304 HARRISON ST	3	2	0	ARLINGTON	ARLINGTON	\$714,900	Detached	0.14	22205	GARDEN COMMONS
817 ADAMS ST	3	3	1	ARLINGTON	ARLINGTON	\$710,000	Townhouse	0.04	22204	PENROSE/WALNUT MEWS
831 23RD ST S	5	3	0	ARLINGTON	ARLINGTON	\$700,000	Detached	0.14	22202	ADDISON HEIGHTS
3409 WILSON BLVD #809	2	2	0	ARLINGTON	ARLINGTON	\$699,900	Mid-Rise 5-8 Floors	0.17	22201	ARC 3409
5111 19TH ST N	4	2	0	ARLINGTON	ARLINGTON	\$699,000	Detached	0.17	22207	HIGHVIEW PARK
5927 4TH ST N	3	2	0	ARLINGTON	ARLINGTON	\$691,000	Detached	0.19	22203	BOULEVARD MANOR
1050 TAYLOR ST #214	3	2	0	ARLINGTON	ARLINGTON	\$690,000	Mid-Rise 5-8 Floors	0.22	22201	WINDSOR PLAZA

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ENTERTAINMENT

Signature Theatre Stages 'The Gulf'

Comedy features two women fishing on the Alabama Delta and tumultuous relationship.

BY STEVE HIBBARD
THE CONNECTION

Signature Theatre's ARK theater in Arlington is staging "The Gulf" by Audrey Cefaly from now through Nov. 6. The world premiere comedy is about Betty and Kendra who waste away a summer day fishing on the Alabama Delta. Suddenly, their lazy afternoon turns to chaos when the motor breaks, stranding the two, and their tumultuous relationship, in the Gulf.

Director of New Works Joe Calarco ("The Flick") helms this funny and fierce comedy, starring Rachel Zampelli and Maria Rizzo, by D.C. playwright Audrey Cefaly ("Maytag Virgin"). Cefaly is a Southern writer whose work draws its inspiration from the Gulf Coast and her home state of Alabama.

Rachel Zampelli plays the role of Kendra, who is "brave as hell but doesn't talk about it."

"She just is. She enjoys the simple things; she's a badass," she said.

She said some of the challenges in working on the piece were the mechanics of the boat and her interaction with it. "I have to act like I'm pushing the boat along and act like I'm stopping the boat as well. So to make it look realistic I had to work on it a lot," she said.

She said she hopes the audiences take

away something personal. "No matter what that means for each individual, I just hope it truly resonates in some special way in each audience member's heart."

Maria Rizzo plays the role of Betty, a bartender with big dreams to get her degree in social work and break out into the world. "She takes up space, in all ways; she is restless and eager and loves hard," she said.

As far as challenges, she said: "I've never been in a production where the cast was made up of two people. It takes so much more focus and listening. I've learned so much from this challenge," she said.

She added: "The Gulf (for me) is about two women who love deeply and drain themselves in the process of the gulf that's between them. I hope audiences never have to identify with heartbreak like this but the truth in this text is so beautifully relatable and exciting to witness."

Signature Theatre in Arlington is staging "The Gulf" through Nov. 6. Tickets are \$40 and \$89. Show times are Tuesdays-Saturdays at 7:30 p.m. or 8 p.m.; and weekend matinees at 2 p.m.; and Sundays at 7 p.m. Speciality Nights include Discussion Night on Oct. 5; Pride Night on Oct. 21; and Open Captioned Performances on Oct. 23 at 2 p.m.; and Oct. 25 at 7:30 p.m. The venue is located in the Village at Shirlington, 4200 Campbell Ave. Visit www.sigtheatre.org.



Rachel Zampelli and Maria Rizzo star in Signature Theatre's production of "The Gulf" now through Nov. 6, 2016.

PHOTOS
CONTRIBUTED

CALENDAR

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

The Arlington Players: "Man of La Mancha." Through Oct. 8, 8 p.m. Friday-Saturday, 2:30 p.m. Sunday at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. A bold new vision of a beloved classic musical, featuring a diverse, non-traditional cast of all ages, races, and backgrounds. Tickets are \$25 for adults, \$22 for seniors and military, \$15 for children and students. Visit www.theArlingtonPlayers.org for more.

Exhibit: "Remnants." Through Oct. 8, on view 24 hours a day, seven days a week at 34zero9 Art Studios and Micro Gallery, 3409 Wilson Blvd. "Remnants" will feature new experimental work of J.T. Kirkland. Free. Visit www.34zero9.wix.com/34zero9artstudios.

Art Exhibit: "B+W." Through Oct. 14, 10 a.m.-8 p.m. Monday-Thursday, 10 a.m.-6 p.m. Friday-Saturday at The Barry Gallery - Marymount University Reinsch

Library, 3807 N. Glebe Road. This exhibit features the works of Karen Coleman, Dana Jeri Maier, Matthew McLaughlin and Wayne Paige, all in black and white. Free. Visit www.marymount.edu/barrygallery.

Synetic Theatre: "Dante's Inferno." Through Oct. 30, Various times at 1800 S. Bell St. Synetic Theater will open their entirely wordless 2016/17 Season with a revitalized production of "Dante's Inferno," produced by Paata Tsikurishvili and directed by Irina Tsikurishvili. Tickets start at \$35, \$15 for students, seniors and military receive \$5 discounts. Visit www.synetictheatre.org for more.

Signature Theatre: "The Gulf." Through Nov. 6, various times at Signature Theatre, 4200 Campbell Ave. Signature Theatre presents the world premiere of "The Gulf" by D.C. playwright Audrey Cefaly; Betty and Kendra waste away a languid summer day fishing on the Alabama Delta. Suddenly, their lazy afternoon turns to chaos when the motor breaks, stranding the two, and their tumultuous relationship, in the Gulf. Tickets start at \$40. Visit www.sigtheatre.org for more.

"Freaky Friday." Through Nov. 13, various time at Signature Theatre, 4200 Campbell Ave. Heidi Blickenstaff and Emma Hunton will

star as mother and daughter in the world premiere production of the new musical "Freaky Friday" at Signature Theatre. Tickets start at \$35. Visit www.sigtheatre.org for more.

Post-Graduate Residency Studio. Through Nov. 17, gallery hours at The Torpedo Factory Art Center, 105 N. Union St. The Torpedo Factory Art Center welcomes four emerging artists to participate in the Post-Graduate Residency Program. Jihee Kang, Paulette Palacios, Anne Smith, and Danielle Smith, were juried by Paul Shortt, new media curator for Arlington Cultural Affairs. Artists can create and sell work, interact with the public, and network with other artists. The program will culminate in a group exhibition in the Torpedo Factory's contemporary exhibition space, the Target Gallery. Free. Visit www.torpedofactory.org for more.

Friday Night Live. 8 p.m. at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit 1bc.org for more.

Arlington's Historical Museum Open on First Wednesdays. The Arlington Historical Museum is open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's

history from Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at garrett.peck@arlingtonhistoricalsociety.org.

LGBT & Straight Friends Social. Tuesdays. Happy Hour, 3 p.m.-7 p.m.; Mikey's "Bar A" Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. For 21 years and older. Free. Visit www.iotaclubandcafe.com for more information.

FRIDAY-SATURDAY/OCT. 7-8

Flula Borg. 8 p.m. and 10 p.m. Friday, 7 p.m. and 9 p.m. Saturday at Arlington Cinema & Draffthouse, 2903 Columbia Pike. Flula boasts a diverse spectrum of talent as a musician, actor, comedian, host, DJ, and hype-man. Tickets are \$25. Visit www.arlingtondraffthouse.com.

FRIDAY-SATURDAY/OCT. 7-8

Ronny Chieng. 10 p.m. Friday and Saturday, additional 7 p.m. performance on Saturday at Arlington Cinema & Draffthouse,

2903 Columbia Pike. Ronny Chieng is Chinese stand-up comedian and actor born in Johor Bahru, Malaysia, raised in Manchester, NH, USA and Singapore, who graduated from the University of Melbourne in Australia in 2009 with a Bachelor of Laws and a Bachelor of Commerce. In 2015 Ronny moved to New York City after being hired as a correspondent on the Daily Show with Trevor Noah on Comedy Central. Tickets are \$20. Visit www.arlingtondraffthouse.com for more.

SATURDAY/OCT. 8

Synetic's Family Series: "The Music Box." 11 a.m. at Synetic Theater, 2155 Crystal Plaza Arcade, Suite 103. A collection of comedic vignettes set to music: an average day becomes extraordinary when a surly janitor and an uptight businessman discover a magical mask and chaos ensues. Students are introduced to the art of storytelling without words through imagination, illusions, and physical comedy. Tickets are \$10-15. Visit www.synetictheater.org for more.

Animal Showtime. 1-2 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. There will be snakes, insects, amphibians and our "celebrity," Stumpy the box turtle.

ENTERTAINMENT

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Admission Information Sessions
Friday, October 21, 9:00 a.m.
Wednesday, December 7, 9:00 a.m.

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Saturday, October 15, 11 a.m. to 3 p.m.



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Moon Bounce • Barnyard Visits
Zombie Run • Cake Walk • Food Tent
Craft & Artisan Mart • Live Music
Used Book & Kids' Closet Sale
Alumni Reconnection ... *and more!*

Activity tickets, merchandise, and food available for purchase. Tickets available in advance at www.burgundyfarm.org.

Fair proceeds benefit student financial aid, so spread the word—we'll see you there!



Burgundy Farm Country Day School
3700 Burgundy Road, Alexandria, VA
703.960.3431 www.burgundyfarm.org

Also play some trivia games for prizes. \$5 fee due upon registration. Call 703-228-6535.

Fall Wine & Craft Beer Festival. 3-8 p.m. at Adams Street and Columbia Pike. Taste food paired with wine and craft beer. Ticket prices not yet announced. Visit www.columbiapike.org for more.

Eel Quest: Hike and Campfire. 7-8:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Learn about American eels. Then hike along the creek, to look for these nocturnal critters. Bring a flashlight. Tickets are \$7. Call 703-228-6535.

SUNDAY/OCT. 9

Festival Latino Americano. 1-5 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Live music, authentic Latino food, artistic presentations, games for children and more. Free. Visit www.columbiapike.org for more.

TUESDAY/OCT. 11

Community Cup Golf Classic. 11:30 a.m. at Washington Golf & Country Club, 3017 N. Glebe Road. The Annual Community Cup Golf Classic, celebrating the Arlington Community Foundation's 25th Anniversary, raises funds to help support the administration of grants and scholarship programs as well as community initiatives undertaken by the Foundation. Tickets are \$500. Visit bit.ly/acfgolf2016.

LGBTQIA+ Teens at the Library. 5-6 p.m. at Arlington Central Library, 1015 N. Quincy St. Come share pizza, stories and books. All middle and high school students welcome. Free. Visit arlingtonva.libcal.com/event/2673549 or call 703-228-5990.

Author Talk: "Digital Destiny." 7-8:30 p.m. at Shirlington Branch Library, Campbell Room, 4200 Campbell Ave. Shawn DuBravac, author of "Digital Destiny: How the New Age of Data Will Transform the Way We Work, Live, and Communicate" will be interviewed by Arlington County Chief Information Officer Jack Belcher and Director of Public Libraries Diane Kresh. The discussion will center on the impact the digital revolution could have on how we live, work, and play. Free. Visit arlingtonva.libcal.com/event/2780518.

WEDNESDAY/OCT. 12

Teen Read Week Author Panel. 7-8:30 p.m. at Arlington Central Library, 1015 N. Quincy St. Celebrate Teen Read Week at Arlington Central Library with this eclectic group of Young Adult authors (Kathy MacMillan, Rahul Kanakia, Tobie Easton, Karen Fortunati) who will share their inspirations and the secrets behind their books in an interactive panel. Free. Visit arlingtonva.libcal.com/event/2620474.

FRIDAY/OCT. 14

Air Force Memorial 10th Anniversary Celebration. 10-11:30 a.m. at Air Force Memorial, 1 Air Force Memorial Drive. Celebrate the 10th Anniversary of the Air Force Memorial with a heritage flyover, music by The Air Force Band and more. Free. Visit www.airforcememorial.org.

Jack-O-Lantern Campfire with Costume Contest. 6-7 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. \$5 fee per person; \$20 maximum per family, due at registration. Call 703-228-6535 for more.

FRIDAY-SUNDAY/OCT. 14-16



The Discovery Elementary Pumpkin Fest is on Sunday, Oct. 30, 12-4 p.m. Visit www.discoverypta.org for more. Illustration by Alisha Foster, a 9th grade student at Yorktown High School.

U.S. FreedomWalk Festival. 12-6 p.m. on Friday, 7 a.m.-5 p.m. on Saturday, 7 a.m.-4 p.m. on Sunday at Holiday Inn – Rosslyn at Key Bridge, 1900 N. Fort Myer Drive. A three-day long social walking challenge meant to bring together people of different backgrounds. Different trails are offered each day at a variety of distances from 3-27 miles starting at the Holiday Inn. Costs vary. Visit www.usfreedomwalk.org for more.

"In This Convex Hull: A Full Dome Projection." Various times at David M. Brown Planetarium, 1426 N. Quincy St. Our perception of space and distance are informed by both art and science. In a convergence of these two prisms, Arlington Arts, in partnership with the Friends of the David M. Brown Planetarium present In "This Convex Hull: A Full Dome Projection" by artist Brandon Morse. Free. Visit www.arlingtonarts.org.

SATURDAY/OCT. 15

Halloween Screen Print Teaser. 10 a.m. at Lee Art Center, 5722 Lee Highway. Resident printmaker, Jun Lee will give a brief overview of the screen printing process starting from selecting a design, setting up a screen to finishing a print. Participants will try their hand at screen printing their own treat bags with a selection of Halloween inspired designs (created by Jun). No experience is required, all materials are included in the fee. Class is open to adults and teenagers (from age 16). Tickets are \$15. Visit www.leeartcenter.org for more.

Linda Hesh Public Art Display. 10 a.m.-1 p.m. at Courthouse Plaza, 2100 Clarendon Blvd. Arlington Public Art presents artist Linda Hesh's public artwork. Put the "i" in Civic as part of Courthouse 2.0: Reimagining the Civic. Free. Visit www.arlingtonva.us for more.

Synetic's Family Series: "The

Miraculous Magical Balloon." 11 a.m. at Synetic Theater, 2155 Crystal Plaza Arcade, Suite 103. A story of a traveling actor and his magical trunk of tricks and toys expressed through body and facial masks, pantomime illusions, and unique choreography. Students will discover the art of acting without words, opening the door to their imaginations. Tickets are \$10-15. Visit www.synetictheater.org.

Fall Heritage Festival. 1-5 p.m. at Gulf Branch Nature Center, 3608 Military Road. Gather around the Walker Log House to celebrate our nation's heritage. Step back into history and try your hand at some old-time games and crafts, make a corn husk doll, try on a coonskin cap, or work the cider press! Write with a quill pen or churn butter and enjoy old-time music. \$5 fee due at the program. Call 703-228-3403.

Moonlight Tango. 7 p.m. at Rosslyn Spectrum Theatre, N. Kent St. Tango and Minlona music. Tickets are \$30-35. Visit www.teatrodela luna.org for more.

OCT. 15-DEC. 18

Fall SOLOS 2016. Gallery hours at Arlington Arts Center, 3550 Wilson Blvd. More than 100 artists living in the Mid-Atlantic Region submitted proposals for this semi-annual exhibition. Jurors Sarah Newman, Independent Curator, and José Ruiz, Co-Director of Present Co. (NY), Director of Furthermore (DC), and Professor in the Curatorial Practice Program at MICA, recommended 14 applicants for inclusion in the SOLOS 2016-17 edition. Fall artists: Michael Booker, Amanda Burnham, Lewis Colburn, Marion Colomer, Liz Guzman, Andrew Hladky, and Michele Montalbano. Free. Visit www.arlingtonartscenter.org for more.

Alice Whealin: "Third Patterns." www.connectionnewspapers.com

ENTERTAINMENT

Gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Alice Whealin's artworks reflect personal concerns and experiences through alternative landscapes and imagery of internal bodies. Free. Visit www.arlingtonartscenter.org.

SUNDAY/OCT. 16

Pints 4 Paws Beer Festival. 1-5 p.m. at Courthouse Plaza Parking Lot, 2250 Clarendon Blvd. Attendees will enjoy unlimited craft beer tastings from New District Brewing Company, Old Ox Brewing Company, Parkway Brewing Company, Ballast Point Brewing Company, Firestone Walker Brewing Company, Green Flash Brewing Company and Crispin Cider Company, as well as delicious food from Rockland's BBQ, The Big Cheese, Union Dog and Mac's Donuts. Tickets start at \$35 for advance purchase (\$40 day-of), and include unlimited tastings and a tasting glass. VIP tickets are \$50 and include unlimited tastings, a tasting glass, an event T-shirt and VIP 'express' entrance. Tickets for non-drinkers and designated drivers are available for \$10 and kids under age 12 are free. Visit www.awla.org for more.

WEDNESDAY/OCT. 19

Arlington Reads Book Talk: Colum McCann. 7 p.m. at Arlington Central Library, 1015 N. Quincy St. Arlington Public Library will present an author talk with internationally acclaimed writer Colum McCann, author of the international best-seller "TransAtlantic." McCann's topics have ranged from homeless people in the subway tunnels of New York, the Northern Ireland conflict, the effects of 9/11, to the poetic examination of the life and culture of the Roma in Europe. Free. Visit library.arlingtonva.us/authorcalendar.

WEDNESDAY-SUNDAY/OCT. 19-23

Fall Book Sale. 4-8:30 p.m. member preview on Wednesday, 10 a.m.-5:30 p.m. Thursday-Friday, 10 a.m.-4:30 p.m. Saturday, 1-4:30 p.m. Sunday at Charles E. Beatley Central Library, 5005 Duke

St. Everything \$3 or less, unless specifically marked: hardbacks, paperbacks, children's books and audio-visual items. All genres. \$1 Day on Sunday. Visit www.beatleyfriends.org.

FRIDAY/OCT. 21

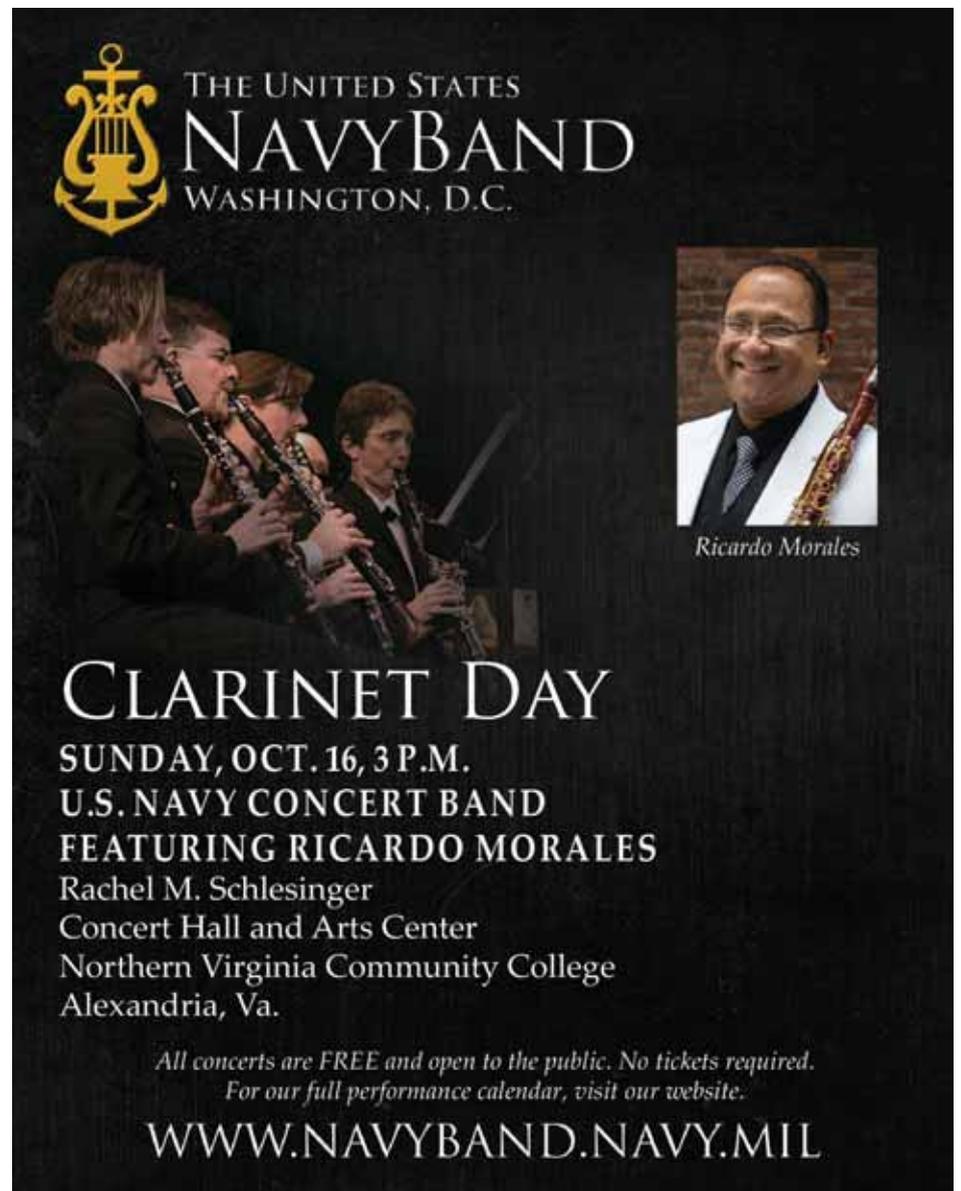
Popcorn Campfire. 6-7 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. This program will be filled with entertaining activities that may include stories, special animal guests, games, songs and S'mores. \$5 fee per person; \$20 maximum per family, due at registration. Use program #612956-B. Call 703-228-6535 for more.

OCT. 21-NOV. 18

Printmaking Exhibit: "Impressions." Gallery hours at The Barry Gallery – Reinsch Library, Marymount University, 2807 N. Glebe Road. The exhibit features the work of Bridget Murphy, Marymount's associate provost for academic affairs. Murphy, who has also served as a professor in MU's School of Arts and Sciences and the chair of the Graphic Design and Fine Arts Department, uses both traditional and contemporary printmaking techniques. The inspiration for her current work focuses on multiple topics: typographic design, her travels and her garden. Free. Visit www.marymount.edu/barrygallery.

SATURDAY/OCT. 22

CROP Hunger Walk. 8 a.m. at First Presbyterian Church, 601 N. Vermont St. Arlington joins more than 2,000 other communities across the U.S. that host CROP Hunger Walks each year. Sponsored by Church World Service, CROP Hunger Walks raise funds to provide sustainable self-help and development, disaster relief and refugee assistance around the world. Over its 39-year history, the Arlington CROP Hunger Walk has raised more than \$1 million to help people struggling to feed their families. Registration is free. Visit www.arlingtoncropwalk.org for more.

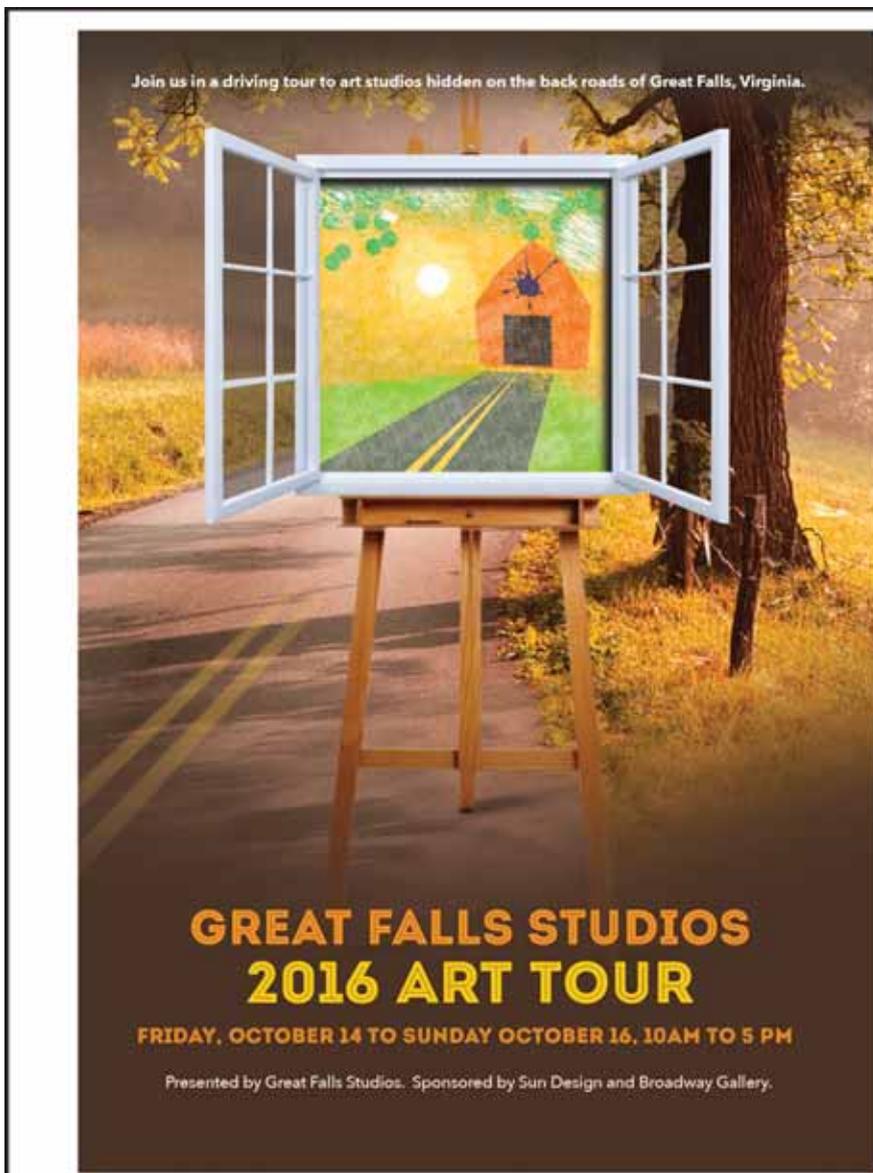


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Clement Challenges Garvey

FROM PAGE 3

Shafroth, director of the Center for State and Local Government Leadership at George Mason University, in an email. “Having run six times for County Board either as an independent (as this year) or under the banner of the Green Party, she has exhausted credibility as a serious candidate. Unlike most communities, serious candidates, irrespective of party affiliation, have always been able to have a shot in Arlington, but that is different than candidates who have failed to gain a reputation as serious.”

WHILE SOME THIRD PARTY candidates make a name for themselves advocating for change regarding a specific issue, Clement says she has a broader range of reforms she’d like to see implemented at a county level.

“I’m interested in good government,” said Clement. “Unlike your typical candidate, who is an issue advocate, I’m a career politician. You don’t lose a professional or career interest in politics just because you lost the election. I believe that one-party government has truly not benefited Arlington County and so it ought to be challenged on its own merit.”

While the County Board does have one independent, John Vihstadt, the other four members of the County Board are Democrats. Clement said she wants to challenge the notion that one party should be in charge of the county. Despite the series of losses, Clement says she isn’t disheartened.

“I think the alternative to not running is worse,” said Clement. “By getting out there on the campaign trail and externalizing a lot of frustration that is otherwise internal, that’s more healthy in the long run. We have to do as aggressive an outreach as we can with the funds at hand. I drop literature and talk to people on the street. When you do reach people, they are generally pretty receptive.”

Clement says she believes many major developments in the county are “rubber stamped” without serious consideration of the long-term impacts of those projects.

Clement pointed to Rosslyn Plaza development and the Wilson School Site as two examples of what she sees as poor decision making by the county. At Rosslyn Plaza, Clement says the County Board ignored some of the impacts of higher developments. At the Wilson School Site, Clement says she believes the staff didn’t do enough consideration of buying sites not currently owned by the county.

Garvey played a key role in stopping some of the bigger projects that drew controversy over the last few years. Garvey publicly went against the Columbia Pike streetcar project, and supported Vihstadt, an Independent, against Democrat Alan Howze. Garvey also went against her fellow Democratic County Board members on projects like the Long Bridge Park Aquatic Center, where project costs began to exceed the original financing plans. The Long

Bridge Park Aquatic Center project was put on hold after construction bids exceeded the \$79.2 million budget.

In April, the County Board voted to reduce the size of the facility by 37 percent.

“The county has become more responsible,” said Garvey. “The board has more of a focus on responsible spending. That’s not shying away from big projects, it’s shying away from bad projects. There’s a lot more reasonable looks at what is actually going to work. We backed away from [the Aquatic Center], but then set a reasonable price tag on that and asked staff and citizens to come up with a reasonable project. That’s happening and I think that’s a good thing.”

The streetcar project was ultimately killed in 2014, but Garvey said now the County Board has to put in the work to add some form of practical public transportation along Columbia Pike.

“I think we should run [Bus Rapid Transit] along the Pike and into Crystal City,” said Garvey. “There’s a transitway in Crystal City that runs down into Alexandria. I think we need to look at [transportation] connections we can start to make. The route for the streetcar makes sense, just not the mode.”

ON TRANSPORTATION ISSUES, Clement says she mostly agrees with work the County Board has done over the past few years.

“The transportation plan the county put forth is really a good one,” said Clement. “I love our bus. I don’t love the fact that so many people who are not of-color do not patronize it, and I don’t blame the county for that. People are addicted to their cars.”

There is one major change Clement says she would like to see for the transportation plan along Columbia Pike.

“I would support double decker buses,” said Clement. “They’re popular in urban areas with narrow streets and lots and lots of people. That pretty much defines Columbia Pike.”

Garvey said the county needs to look more at broader transit between north and south ends of the county. Garvey says the lack of density in North Arlington has kept the county from extending bus services into that area.

“With Uber and Lyft, even driverless cars arriving someday, the whole transit area is changing quite a bit,” said Garvey. “We need to serve North Arlington as well, somehow.”

But Garvey also noted that the transportation needs for most Arlingtonians don’t end at the county line.

“This is going to require us to work together regionally,” said Garvey. “With the changes to I-66 and I-95, we need to keep an eye out and make sure there aren’t negative impacts to Arlington residents. We need to keep looking at more East-West Bus Rapid Transit options. A lot of these activities require experience, networking, and knowing people. I want to continue on those relationships that I’ve built over time.”

Day Laborer Program Praised

FROM PAGE 5

Center (AFAC) as well as to Bill Murphy on behalf of the Arlington First Church of the Nazarene, The Church of the Covenant, PCUSA and the Thai Church of Washington, D.C.

The SEEC day laborer program is supported by funding from Arlington County but proceeds from this event will go to support the SEEC Green House-

cleaning Training Program for immigrant women and for the Paralegal Project to help day laborers collect unpaid wages from unscrupulous employers. These programs rely on donations for their funding. SEEC was established in 2000 to match day laborers with employers who are in need of temporary labor. Walter Tejada, a co-founder of the program, was recognized for his efforts.

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SPECIAL CONNECTIONS CALENDAR 2016
 Advertising Deadlines are the previous Thursday unless noted.

OCTOBER

10/12/2016.....HomeLifeStyle
 10/19/2016.....A+ Camps & Schools
 10/26/2016.....Connection Families
 10/26/2016 Election Preview
 Halloween is October 31

NOVEMBER

11/2/2016.....Wellbeing
 11/9/2016.....HomeLifeStyle
 11/16/2016.....A+ Camps & Schools
 11/16/2016.....Holiday Entertainment & Gift Guide I
 11/23/2016.....Connection Families: Celebrations & Gratitude
 Thanksgiving is November 24
 11/30/2016.....Holiday Gift Ideas

DECEMBER

12/7/2016.....Wellbeing; Holiday Entertainment & Gift Guide II
 12/14/2016.....HomeLifeStyle; Home for the Holidays
 12/21/2016.....A+ Camps & Schools; Holiday Entertainment & Gift Guide III
 12/21/2016.....Connection Families: Safe for the Holidays

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- Centre View
- McLean Connection
- Springfield Connection
- Chantilly Connection
- Mount Vernon Gazette
- Vienna/Dalton Connection

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs, for Oct. 9-15.

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

Senior trips: Blue Angels Practice Day Cruise, Baltimore, Thursday, Oct. 13, \$67; Camden Yards tour, Baltimore, Friday, Oct. 14, \$14; Blue Angels demonstration, cruise, lunch, Saturday, Oct. 15, \$83. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Classical music appreciation, Monday, Oct. 10, 1 p.m., Langston-Brown. Free. Register, 703-228-6300.

Art historian examines works of Edvard Munch, Monday, Oct. 10, 1 p.m., \$6, Aurora Hills. Register, 703-228-5722.

Decisive land battles, Tuesday, Oct. 11, 11:15 a.m., Lee. Free. Register, 703-228-0555.

Healthy snacks and beverages, Tuesday, Oct. 11, 11 a.m., Langston-Brown. Free. Register, 703-228-6300.

Sharing grandparent stories, Tuesday, Oct. 11, 10 a.m., Walter Reed. Free. Register, 703-228-0955.

Presidential horoscope by astrology expert, Wednesday, Oct. 12, 6:30 p.m., Arlington Mill. Free. Register, 703-228-7369.

Hand dance lessons begin Wednesday, Oct. 12, 6:30 p.m., \$35/5 sessions, Arlington Mill. Register, 703-228-7369.

How estate sales work, Thursday, Oct. 13, 1 p.m., Langston-Brown. Free. Register, 703-228-6300.

Basic electricity how to's and never do's, Thursday, Oct. 13, 10 a.m., Walter Reed. Free. Register, 703-228-0955.

Ballroom dance, Friday, Oct. 14, 1 - 3 p.m., Arlington Mill. Free. Register, 703-228-7369.

Pickleball morning mixer, random partners doubles, Friday, Oct. 14, 10:45 a.m., Arlington Mill. Free. Register, 703-228-7369.

REGULARLY SCHEDULED PROGRAMS:

Pickleball games and instruction, Mondays, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

Madison Chess Club, Mondays, 9:30 a.m. Games and strategies. Free. Details, 703-534-6232.

Table tennis, Monday through Friday, 9 a.m. - 3 p.m., Arlington Mill. Free. Register, 703-228-7369.

Volleyball, Tuesdays, 1:30 p.m., Langston-Brown. Free. Register, 703-228-6300.

Belly dance class, Tuesdays and Fridays, 10 a.m., Lee. Free. Register, 703-228-0555.

Beginners full fitness exercise, Tuesdays, 10 a.m., Lee. \$60/15 sessions or \$4 per class. Details, 703-228-0555.

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

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

Poker games, Tuesdays and Thursdays, 10 a.m.-12:30 p.m., Lee. Register, 703-228-0555.

Lee Woodcarvers share woodcarving tips, Thursdays, 1 p.m. Free. Details, 703-228-0555.

Scrabble games, Thursdays, 1 p.m., Culpepper Garden. Free. Details, 703-228-4403.

BULLETIN BOARD

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

CRISIS VOLUNTEERS NEEDED

PRS CrisisLink is looking for empathetic, non-judgmental and caring volunteers to answer suicide prevention and crisis intervention hotline calls and text messages. Commitment is one shift a week for one year. Located in Arlington. Ages 21 and older. Intensive training

provided. Apply: prsinc.org/crisislink. Questions? Email lpadgett@prsinc.org.

DISPLACED ITT TECH STUDENTS

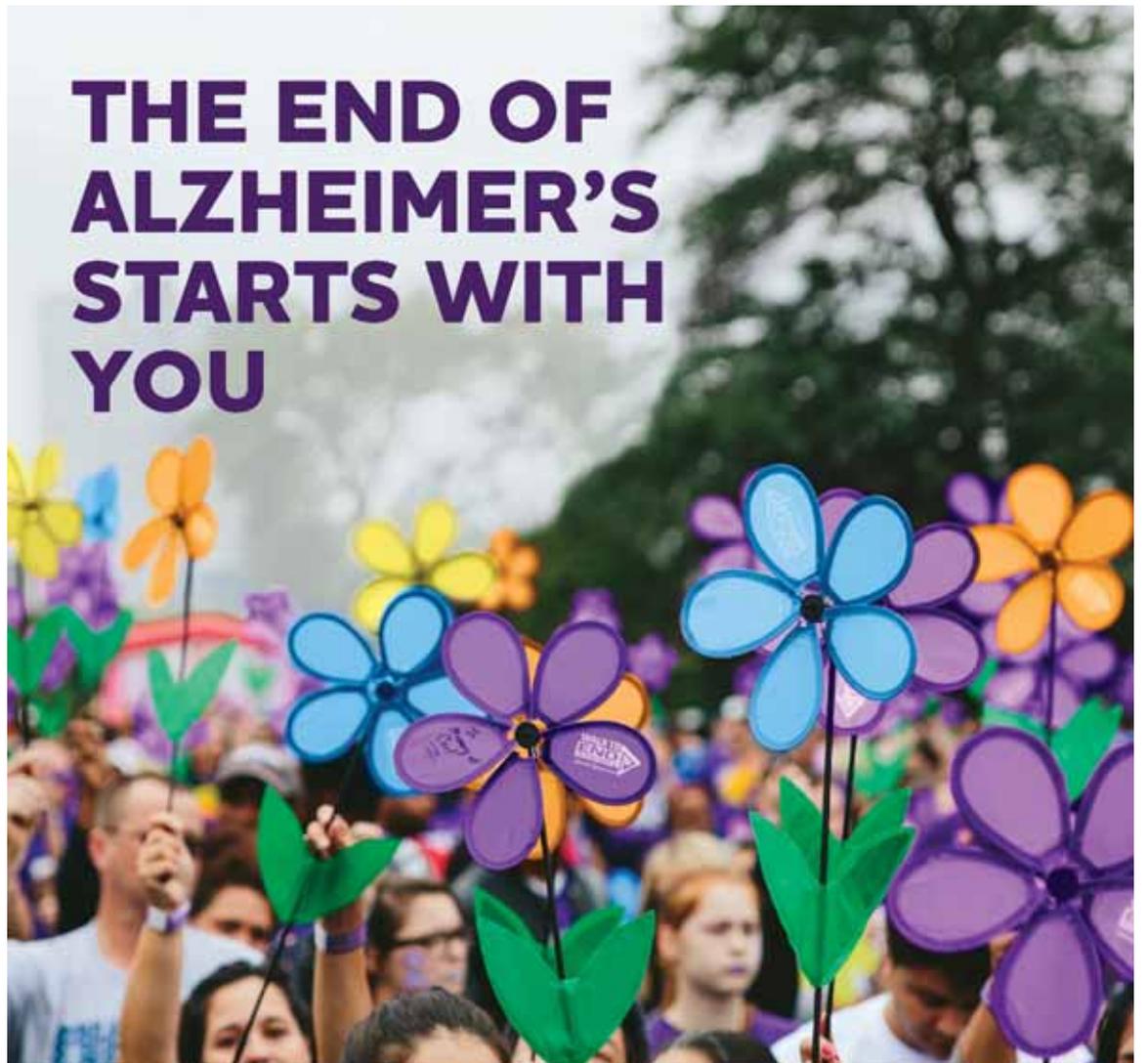
Northern Virginia Community College has been working to create a pathway for ITT Technical College students who were displaced when their college suddenly closed earlier this month. NOVA offers staggered course start dates, which may help ITT Tech students get back on track quickly. The next eight-week session begins Oct. 19, 2016 and the spring semester begins Jan. 9, 2017. For

details on where to start, ITT Tech students should visit www.nvcc.edu/itttech/ where there are links and contact information available. Just follow the steps to transfer. Once students have researched the website, they can contact the NOVA campus nearest them by calling 703-323-3000.

WEDNESDAY/OCT. 5

Caregiver Connect. 6:30-8 p.m. at Kensington Falls Church Info Center, 1212 West Broad Street, Falls

SEE BULLETIN BOARD. PAGE 15



Alzheimer's is an epidemic devastating our families, our finances and our future. The disease is all around us — but the power to stop it is within us. Join us for the Alzheimer's Association Walk to End Alzheimer's and be inspired by all the footsteps that fall into place behind yours. Together, we can end Alzheimer's.



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A Site To Be Told



By KENNETH B. LOURIE

I have a web site: www.kennywithcancer.com. Original, I know. But now what do I do with it? I mean, other than feeding my ego (a little bit) and providing a more central/accessible location for my nearly 350 cancer columns (published every week since June '09) — and the occasional non-cancer and/or sports-themed column, what is the point of it, really?

I can't really say it's to bring awareness to the cause of this non-celeb because I know very little, even now, nearly eight years post diagnosis. And reading what I write is hardly news or noteworthy. Oh sure, the columns are mildly amusing and moderately informative, but compared to what exactly? Nor do I provide resources for other cancer patients, families or interested parties to educate themselves about this dreaded disease. I offer few facts, few figures, few recommendations, but lots of feelings. I only know what I don't know which, given its rather ample supply, has enabled me to maintain this seven-plus years output of weekly columns, having never missed a deadline during the entirety of my treatment, even during the early days of heavy-duty chemotherapy when occasionally I was down, but not quite out.

I suppose my columns do chronicle a cancer-patient's journey, so to speak, in real time; hopefully not in a boring, self-indulgent tone that turned some of you readers off. Perhaps there was still some meat left on the bone that offered some observations and emotions that drew you in and better acquainted you with the trials, travails and tribulations of a characterized-as-"terminal" stage IV, non-small cell lung cancer "diagnossee."

Writing about that diagnosis and my life as a cancer patient has come naturally to me. It has enabled me to share, which in a way, has lessened the burden on me, almost as if we were all in this together (strength in numbers and all of that). And I suppose that's sort of true since I've involved you regular readers in so many intimate details. I've held nothing back: the good, the bad and the ugly; no, not the movie. As a result, I imagine, I have received correspondence encouraging and commending. I assure you, none of it has fallen on deaf ears. And to be honest, I've not written about my having cancer for the greater good; I've not written about it to make friends and influence people, nor have I written about it to affect any policy change. I've simply written about because it has made me happy to do so.

And what little anecdotal agreement exists in the cancer-patient/treatment world, it is that happiness, laughter, positivity, etc., helps patients in ways that medicine in and of itself seems not always capable of doing. Unfortunately it appears not to be something which can be prescribed — in pill or liquid form, but something nonetheless that needs to be discussed and behavior-modified to attain, especially if it seems not to be happening by itself. I'm living proof of that. Rather, I hope my columns are living proof of that. In my posted-columns-to-be, if there is a joke or funny popular culture reference in my column, we will link it to the original, if available in the public domain so visitors can see exactly what I'm saying. I want my site to be more than just for sore eyes, but a sight to see as well; living and breathing, just like me.

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

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FROM PAGE 13

Church. A monthly gathering for caregivers with aging and dementia expert Anya Parpura, MD, PHD. Connect with other caregivers and discuss challenges. Light refreshment served. RSVP by calling 703-992-9868.

FRIDAY/OCT. 7

Become a Master Food Volunteer. 9 a.m.-3 p.m. at Fairlington Community Center, 3308 S Stafford St. Get trained to conduct nutrition and cooking education programs throughout Arlington. The next training will be held Fridays Oct. 7, 14, 21, and 28. To apply, visit offices.ext.vt.edu/fairfax/programs/fcs/MFV_training_2015_arl_ffx_pwc.html or contact Jennifer Abel at jabel@vt.edu or 703-228-6417.

Negotiating Conflict. 11:30 a.m.-1:30 p.m. at Arlington Chamber of Commerce, 2009 14th Street North, #100. Conflict is something we'd all rather avoid; the key is learning how to use it to create business success. Learn individual preferences for processing cognitive and emotional data and steps for using that style to improve relationships with prospects, customers, team members, and board/community members. \$47. Contact Beth Offenbacher at beth@waterfordinc.com or 703-261-4276. Visit www.waterfordinc.com/registration to register.

WEDNESDAY/OCT. 12

Chorale Performance. 4 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd at George Mason Drive. The Arlington Chorale, formerly The Metropolitan Chorus of Arlington, opens its 51st season with a concert called "Fall Colors." Free and open to the public. Visit www.arlingtonchorale.org for more.

MISSING MIDDLE HOUSING

The Alliance for Housing Solutions is holding a series of events in October to help spark a community conversation on the topic of "missing middle" housing. This term refers to two different but related issues: housing types that fall between single-family homes and mid-rise apartments, and the need for greater housing options for middle-income households. These housing types are rare and typically not allowed in Arlington and similar communities. Events, which are free and open to the public, include a forum on Thursday, Oct. 13 at the Clarendon Ballroom (9 a.m.-12:15 p.m.), and design galleries on Saturday, Oct. 15 and Tuesday, Oct. 25. These events are being held as part of Arlington County's Affordable Housing Month in October. Visit housing.arlingtonva.us/affordable-housing/month/ for more.

SATURDAY/OCT. 15

SALT Fall Conference. 9-11:30 a.m. at Virginia International University (VIU), Conference Room (VD-102), 4401 Village Drive, Fairfax. Social Action Linking Together (SALT) will sponsor the SALT Fall Advocacy Training Conference. Mark Shriver, President of Save the Children Action Network, will be the keynote speaker. There will be additional presentations by Virginia Del. Alfonso Lopez; Michelle Krockner, Executive Director, Northern Virginia Affordable Housing Alliance; state Sen. Barbara Favola, 31st Senate District; and Debbie Weinstein, Executive Director, Coalition for Human Needs. Free. All are welcome. Contact John Horejsi at jhorejsi@cox.net or 703-819-0479 or visit www.s-a-l-t.org/upcoming-events.html for more.

Live In Arlington. 10 a.m.-4 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Family friendly fun. Free seminars and workshops, one-stop-shop for housing and health information. See arlingtonlife.org/classes-3/ for the list of classes. Registration is needed for "The Condo Seminar," call 703-228-3765. Visit www.arlingtonlife.org for more.

SUNDAY/OCT. 16

Estate Planning Presentation. 2-4 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. In a presentation called "Who Gets the Beach House?" Attorney Paul M. Melnick will speak and answer questions about estate planning. In over 25 years of experience practicing law in Northern Virginia, he has developed extensive knowledge about estate and trust administration. Free. Email brandtron@verizon.net, call 703-765-4779 or visit memorialsocietyva.org for more.

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3 RE for Rent

21 Announcements

OBITUARY



Patrick Anthony DeStefani, 51, of Harrisonburg, lost his battle with Pancreatic Cancer on Sunday, September 25, 2016, at his home.

Mr. DeStefani was born in Arlington, Va., on September 13, 1965, and was the son of James and Evaline DeStefani.

The family moved to Vienna where Patrick attended public school, and graduated from Oakton High School in 1983. Pat was a very intelligent, charismatic, and athletic young man participating in football, basketball and baseball. As he carried his love for sports into adulthood, and was a huge fan of his favorite teams, the Baltimore Ravens and the Baltimore Orioles. Continuing his education, he attended Northern Virginia Community College and Radford. He served for over 13 years United States Army and the Air Force reserves. He excelled as a marksman, communicator, and driver for the base commander. After the service, he found employment with Bell Atlantic, Shoppers Food Warehouse, United States Post Office and most recently, Securitas at Microsoft.

On October 3, 1992, he married Sabrina Smith, who he met in 1990 at Camp Letts in Annapolis. On March 21, 1994, their son Dante Vincent DeStefani was born, and he was his daddy's pride and joy.

In addition to his parents, wife and son, he is also survived by a brother, Gary DeStefani and wife, Shannon; nieces, Erin, Lauren, and Kaitlyn DeStefani; father-in-law, John Smith; mother-in-law, Elaine Pierce; uncles, Bruno and wife, Sue DeStefani, Roger Dewitt, and Donald Keck; aunt, Theilma Dewitt, Dorothy Knotts, Audrey Dewitt; and a host of cousins, friends, and co-workers.

A memorial service will be held on Friday, October 7, 2016, at 5:30 pm, at Blessed Sacrament 154 N. Main Street, Harrisonburg, Va. 22801.

21 Announcements

21 Announcements

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21 Announcements

ABC LICENSE

A Deli, Inc. trading as A Deli Italian Food & Wine, 1301 S Joyce St, Unit D 25, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On & Off Premises license to sell or manufacture alcoholic beverages, Kawal Kapoor President
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE

Gong & Yuan LLC trading as Human Gate, 4233 N. Fairfax Dr., Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage On Premises license to sell or manufacture alcoholic beverages, Gong & Yuan, LLC
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Senior Living

FALL 2016

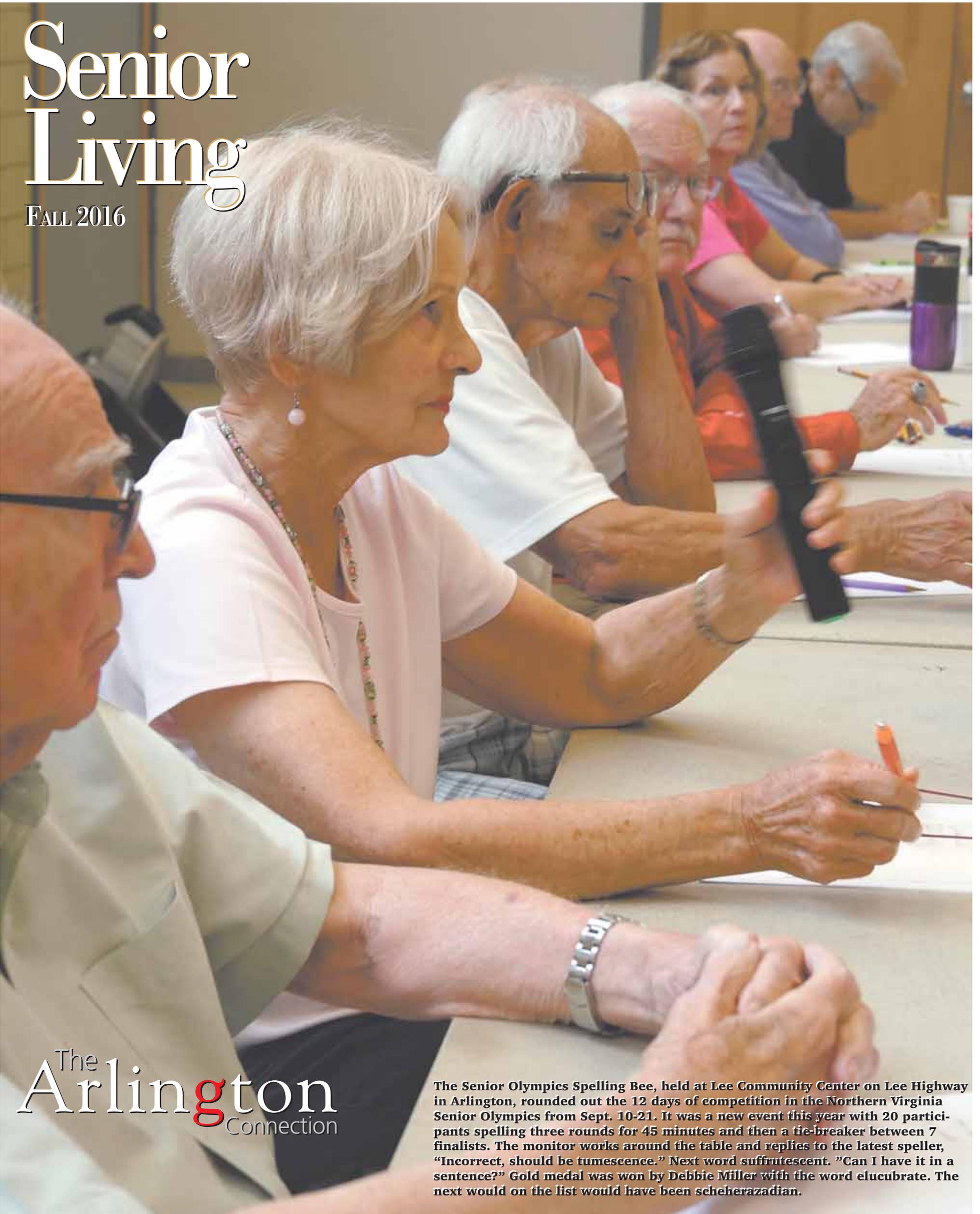


PHOTO BY SHIRLEY RUHE/THE CONNECTION

The
Arlington
Connection

The Senior Olympics Spelling Bee, held at Lee Community Center on Lee Highway in Arlington, rounded out the 12 days of competition in the Northern Virginia Senior Olympics from Sept. 10-21. It was a new event this year with 20 participants spelling three rounds for 45 minutes and then a tie-breaker between 7 finalists. The monitor works around the table and replies to the latest speller, "Incorrect, should be tumescence." Next word suffrutescens. "Can I have it in a sentence?" Gold medal was won by Debbie Miller with the word elucubrate. The next word on the list would have been scheherazadian.



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The Kensington Falls Church Presents the Parkinson's Communications Club

Announcing an Introductory Orientation with
Codrin Lungu, MD and Susan Wranik, MS, MA, CCC-SLP
Saturday, October 22, 2016 • 1:30-3:30pm

Hilton McLean Tyson's Corner, 7920 Jones Branch Drive, McLean VA 22102

Light refreshments served • RSVP to Karen Akers at 703-570-8671 or to kakers@kensingtonsl.com

The Kensington Falls Church is pleased to announce its collaboration with the Parkinson Foundation of The National Capital Area (PFNCA) to offer the Parkinson's Communications Club. The Club establishes a wellness and prevention program for individuals with Parkinson's disease and their care partners, with a focus on maintenance of communication skills. It stresses the importance of speaking louder to be heard in social settings.

The Parkinson's Communications Club is led by a licensed speech-language therapist, Susan Wranik, who has been trained in LSVT LOUD therapy (Lee Silverman Voice Treatment,

which improves vocal loudness by stimulating muscles of the voice box and speech mechanism through systematic exercises). The Club, however, is not therapy. Rather, it is a group approach to applying the exercises and skills of LOUD and/or other therapies. The first of weekly sessions begins in November 2016 in Falls Church. The program is available at no cost.*

Please join us for an orientation with Dr. Codrin Lungu, Chief of the Parkinson's Disease Clinic at the National Institutes of Health, and Susan Wranik, MS, MA, CCC-SLP, Speech-Language Pathologist and President of Susan I. Wranik Associates, LLC. RSVP requested.



Codrin Lungu, MD is a board-certified neurologist who specializes in movement disorders. He is a member of the Parkinson Foundation of The National Capital Area Medical Advisory Board. He is currently involved in collaborative research at the National Institutes of Health (NIH) in several areas related to movement disorders.



Susan Wranik, MS, MA, CCC-SLP is a Speech-Language Pathologist and President of Susan I. Wranik Associates, LLC. She provides comprehensive assessment and treatment of speech, swallowing, memory and cognitive issues related to stroke, traumatic brain injury, Parkinson's, dementia and other neurogenic diseases. Home visits. Licensed in DC, MD, VA.



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*Annual PFNCA program registration required. There is a \$15 annual administrative fee, which can be waived for financial hardship.



Senior Living

Beginning to End

982 participants signed up for 2016 Northern Virginia Senior Olympics.

The Northern Virginia Senior Olympics (NVSO) opened Sept. 10 and ran through Sept. 21 with another record registration of 918 participants. Saturday opening day ceremonies were followed by track and rowing events at Thomas Jefferson Community Center in Arlington and diving competition at Yorktown High School Aquatic Center.

Fifty events were held at 25 different venues across Northern Virginia including horseshoes and bocce at Fairfax Senior Center-

Green Acres, field events at Stone Bridge High School Stadium, swimming at Claude Moore Recreation Center, tennis mixed doubles at Wakefield District Park and Wii Bowling at Greenspring Retirement Community Center in Springfield. There were two 100+ age group entries this year, Vera Punke from Arlington and Hilda Gross from Burke entered in the duplicate bridge competition held at St. Andrew's Episcopal Church in Arlington.

— SHIRLEY RUHE



Lori Grimm from Arlington hits her way into a gold medal in the Softball Hit event on Sept. 14 at Wakefield District Park in Annandale. Grimm's distance of 106' 8" beat out her competition in the 55-59 age group. This was her first year competing in the event.

PHOTO BY TOM MANNING/
THE CONNECTION



PHOTO BY TOM MANNING/THE CONNECTION

Herb Levitan from Arlington gets ready to compete in the 100 yard backstroke for the 75-79 age group on Sept. 16 at the Claude Moore Recreation Center in Sterling. He came in first place.

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Senior Living



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

"Now we're going to do a tango." Joan Silverman, line dancing teacher at Langston-Brown Senior Center, turns on "Hernando's Hideaway." She says, "Now this is the hard part. Back, back, back, cross point, shuffle shuffle cross side back." Silverman teaches the Line Dancing class on Thursday at 10 a.m. in the dance studio.

Where Learning and Camraderie Doesn't End

Inside Langston-Brown Senior Center.

The Langston-Brown Senior Center at 2121 N. Culpepper St., one of six senior centers in Arlington, offers field trips, classes focusing on health, consumer education, cooking and languages as well as dancing lessons, sports and yoga. Most classes are free with a Senior 55+ pass at a cost of \$20.

"The cooking demo is one of the most popular classes. Katie Strong has a following and she has interesting topics. Yesterday was appetizing appetizers," said Elizabeth Poole, director of the senior center.

Poole, who has been director for almost five years, says the events can change seasonally. For instance, there will be an Octoberfest this month. "On Saturday we had a rock concert here with music from the Woodstock era. It was lots of fun."

Today seniors sit at a table inside the senior center waiting for the bus for a field trip to the Northern Virginia Resource Center. Poole said it specializes in hearing impairment: "They are going to look at the technology."

— SHIRLEY RUHE



Elizabeth Poole, director of the Senior Center at Langston-Brown Community Center, is writing the day's activities on the board outside the center. She says every day includes a hot lunch, as well as activities, sometimes special speakers and field trips. She says the seniors sometimes suggest new classes such as "yarn creation" that began with 3-4 people and has grown to 6-9 attendees. Another popular activity is the choral group of 50-60 who meets weekly and performs winter and spring concerts.

Another Reason To Fall In Love With Westminster At Lake Ridge

Our recent CARF-CCAC accreditation is a prestigious industry recognition and the newest reason to fall in love with Westminster at Lake Ridge. CARF-CCAC accreditation, the highest recognition a Continuing Care Retirement Community can receive, indicates that Westminster at Lake Ridge meets internationally recognized standards and principles. Earning this honor by way of a rigorous peer review process, demonstrates our commitment to resident satisfaction and excellent service. Visit our community to see for yourself!

Within a 62 acre campus, spacious residences and inviting common areas, you'll discover a fulfilling and engaged life—plus the peace of mind that comes with maintenance-free living and a full continuum of extraordinary health services.

Now accepting wait list deposits.
Call 703.791.1100 or visit us today!

Westminster at Lake Ridge is a CARF accredited, not-for-profit, continuing care retirement community.



We are extremely proud to share that Westminster at Lake Ridge is accredited by CARF-CCAC (Commission on Accreditation of Rehabilitation Facilities and Continuing Care Accreditation Commission)

WESTMINSTER
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www.wlrva.org



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