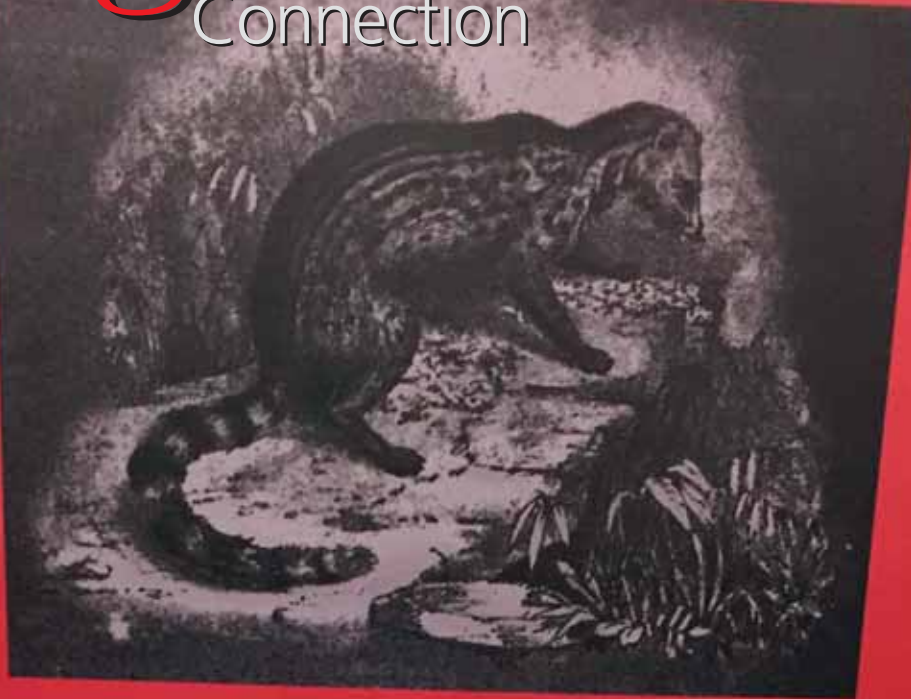




The Arlington Connection

Arlington Center for
Local History's Beast
of Barcroft story.



The Beast of Barcroft

Trick or treat? Myth or beast? Things that go bump in the night...

During the warm summer month of June in 1974, a strange and mysterious beast was said to prowl the Barcroft neighborhood near Four Mile Run. Various descriptions by witnesses as being like "a raccoon or possum, only bigger," "3 feet long with a tail, hairless" or a large "cross between a cat and a raccoon," this creature of unknown origin preyed on cats, chickens, rabbits and dogs and sent a wave of fear and panic through the community. Almost exactly a year earlier, strange reports of a Sasquatch-like creature in Sykesville, MD had caused a sensation...could Arlington have its very own anomalous animal?

As is often the case, the answer is more prosaic: On July 10, the culprit was captured by Arlington police and turned over to the National Zoo, where it was identified as a coon. Native to Southeast Asia and subspecies of a distinct animal, the coon, the collar was a gift to the local residents.

Things That Go Bump In the County

library.arlingtonva.us/localhistory

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ARLINGTON
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Things That Go Bump in the County

Center for Local History explores local folklore and hauntings.

BY VERNON MILES
THE CONNECTION

Deep in the Arlington Center for Local History are a set of files. The thick set of folders contain records about the inexplicable. With varying levels of credibility, they reference everything from UFOs over Fort Myer to spectral Civil War bands continuing to play for long dead armies.

Arlington Hall is possibly the most haunted spot in Arlington. The site, built in 1927, was originally a school for young women but converted into a headquarters for the Army's Signal Intelligence Service during World War II. Many of the reports collected by the center were from military officers on patrol late at night. Some wrote about reports of footsteps coming from empty rooms. In one letter written to the center, an army patrolman was walking through the corridors of Arlington Hall on a late night security check. The halls were lined with massive filing cabinets, too large for one person to move. He'd finished sweeping through the fourth floor and had moved down to the third floor when he heard a loud screeching noise coming from the floor above, as if someone were moving one of the cabinets. He called down to the front office to see if there was someone else in the building, but the office told him that he was alone. He went back up and checked on the fourth floor, but nothing was out of place.

One recorded haunting at Arlington Hall started with, as many others had, footsteps from the empty floor above. The military policeman called out to his supervisor, who a few moments later heard the footsteps again. The supervisor, joined by several patrol officers, started searching the building while more police were on the way. En route to the scene, one patrol outside observed a young woman in an old-style, floral print dress repeatedly walking in and out of a women's bathroom upstairs. According to the report, the officers saw her primping herself and checking the mirror. However, by the time the patrol reached the second floor, there was no sign of the woman.

According to the center's records, the building was originally a girls' finishing school open between 1927 and 1942. The legend is a young woman at the school had become pregnant by a nearby stable hand. The woman took her own life out of fear



PHOTO CONTRIBUTED BY THE ARLINGTON CENTER FOR LOCAL HISTORY
A sketch of the Beast of Barcroft, Arlington's most notorious cryptid.



John Stanton, archivist for the Center for Local History, with the files on Arlington's mysteries.

PHOTOS BY
VERNON MILES
THE CONNECTION

that her pregnancy would shame her family.

"The Arlington Hall stories are a favorite," said John Stanton, an archivist for the Center for Local History. "There's these universal themes of a tragic and a romance. It's very gothic. It's not something fantastical, it's something that happens in real life, something we can all relate to."

More hauntings are scattered throughout the county.

At 5713 S. 4th Street, the Glencarlyn Recreation Center was once the site of a local tavern. The center's records note stories of a fiddler who was killed in a drunken brawl and still haunts the site to play his tunes.

But development in Arlington might be driving some old spirits away. The center's archives include reports of a frequent haunting near the Overlee Community Pool. As a nearby Victorian home was being razed as part of the pool renovations, The Washington Examiner reported in 2012 that a construction worker saw a little girl dressed in Victorian garb peering out of one of the windows. When the man went inside, he saw

the girl sitting on the stairs to the basement. He turned around, and when he turned back the girl was gone. According to legend, the girl was Margaret Febrey, who died unexpectedly in the home at age 14 in 1913. The center's archives indicate the girl's presence at the site is a well established local phenomena.

One of Arlington's most macabre stories contains no known supernatural elements, but was also brought to life with a development revealing a home's dark secrets. While vacationing in Bavaria in the 1930s, local obstetrician and gynecologist Dr. J. Bay Jacobs saw a dark castle they admired so much that they decided to transform an Arlington property into a replica. Their Rosslyn home on a bluff overlooking the Potomac was built in the lavish style of a European castle. After Jacobs' death in 1988, the house changed hands a few times before ultimately being demolished 1994. But as the building was being demolished, construction workers at the site discovered the body of a stillborn baby tucked away into one of the walls. Jacobs' son explained that his father once had several deceased children stashed throughout the house as teaching tools. Jacobs had disposed of most of the bodies shortly before his death, but his son explained that he "must have overlooked one."

Haunted Arlington



The Ghost of Arlington Hall

Arlington Hall was a girls' finishing school that was open between 1927 and 1942. It was taken over by the military during World War II. While on patrol some years later, a policeman overheard chatter on his radio about a number of odd occurrences in a certain building. During the course of the evening, MPs assigned to the first floor desk in the building heard footsteps from the floor above. It sounded like a person walking on a hard, wooden floor, and then stepping onto a carpeted, softer surface. After a supervisor was summoned to the scene, this activity was heard again, causing the supervisor and additional personnel to investigate the second floor, to no avail. At the same time, a second patrol which was en route to the scene, noticed what appeared to be a female figure clad in a floral print dress who repeatedly entered and exited an upstairs ladies bathroom, pausing to regard her reflection in front of a mirror.

It was later learned that the building in which this incident occurred was rumored to have been haunted by the ghost of a young woman from the time when Arlington Hall was a girls' finishing school. It was said that after becoming pregnant by a stable hand, the young woman took her life out of fear of the shame that it would have brought to her family.

Arlington Center for Local History's Arlington Hall ghost story.

Arlington has more than ghosts haunting its dark streets. Trick or treaters wandering near Four Mile Run might want to keep an eye out for a three-foot long creature stalking local cats and dogs. The so called "Beast of Barcroft" was first spotted in 1974 near Four Mile Run, described as "a raccoon or possum, only bigger," or as a large hairless cat. Police were called to the scene and eventually a creature was captured, a civet cat native to Southeast Asia that appeared to have been an escaped pet. The creature was handed over to the National Zoo, ending the short-lived reign of the Beast of Barcroft.

Over the years, the number of mysterious sightings and stories has been on the decline. Stanton says the most recent craze of supernatural phenomena was UFO spotters in the 1950s and 1960s. Stanton said Fort Myer was particularly a hotbed of sightings, but the stories weren't the classic alien abductions or mutilated cows. Most were reports of lights in the sky, with booms or movements at impossible speeds.

"Arlington is so populated and built up, it's not the rural farmland it once was," said Stanton. "But these stories still help people cope with uncertainty. It's part escapism, sure, but if we can face imaginary horror, maybe we can confront something real in our lives."

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News



PHOTO BY EDEN BROWN

Mark Riley, director of the Arlington Turkey Trot, Andrew Schneider, executive director of Arlington Thrive, and Sam Kelly, executive director of Bridges to Independence, at the end of the kick off party.

Turkey Trot Kicks Off

Arlingtonians came out on the evening of Oct. 19 to register for the Arlington Turkey Trot. Several of the beneficiaries of the fundraising effort were at the event at the Crystal City Sports Pub on 23rd Street South, speaking about the work they do, as well as some residents who benefited from the efforts of local Arlington safety net organizations such as Bridges to Independence and Arlington Thrive. Bridges to Independence provides services for homeless women/families and those at risk. Bridges offers support for all family mem-

bers, helping them attain stability and move forward into self-sufficiency.

They also reach out to at-risk families and help them avoid homelessness. They were originally called the Arlington-Alexandria Coalition for the Homeless. Arlington Thrive is another non-profit that seeks to prevent homelessness by providing emergency aid to those who can't pay rent, often because they are physically unable to work temporarily. For more information see www.arlingtonthrive.org or www.bridges2.org.

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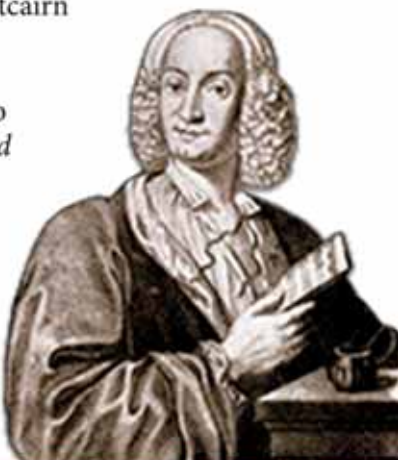
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Making STEM Fun

Event offered opportunity to learn about STEM subjects.

BY MARILYN CAMPBELL
THE CONNECTION

A local educator used carrots and broccoli to teach girls about science and technology as part of a Science, Technology, Engineering and Math (STEM) fair at Northern Virginia Community College (NOVA) earlier this month. Kandis Weiler of Cyberjutsu Girls Academy (CGA) in Arlington presented

an exhibit that included vegetables that, when hooked up to a computer, functioned like a mouse. The project, known as MaKey MaKey, encourages people to find creative ways to interact with their computers, by using every day objects as a replacement for keyboards and mice.

"[It's] just another way to make learning technology fun," said Weiler. "Our goal was to illustrate how grounding completes the circuit

through their body via the use of objects that are electrically conductive."

The goal of the fair was to give children, particularly girls, an opportunity to learn about STEM projects. Event organizers hoped to get them excited about studying STEM subjects through hands-on exhibits.

In addition to operating computers with vegetables, other exhibits gave students opportunity to learn about STEM subjects through hands-on exhibits.

SEE MAKING STEM, PAGE 11

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Join us for advice, information and reassurance from a housecall physician who specializes in working with homebound older adults and those with complex medical needs; an eldercare industry leader who specializes in helping seniors and their families make ideal

lifestyle decisions; and a colleague who experienced the process with her own family and has helped hundreds of others as they've done the same. You'll learn how to:


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- Identify and implement a "good" decision



Steve Simmons, MD,
DocTalker Family Medicine
Dr. Steve is a physician who makes housecalls to bring medical care to homebound adults.




Jodi Lyons
CEO, Senior Sherpa
Jodi is an eldercare consultant who helps older and special needs adults across the country find care.



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Inbound Traffic

Looming noise mitigation and traffic overflow concerns haunt I-395 project.

BY VERNON MILES
THE CONNECTION

The I-395 extension is here. As the Virginia Department of Transportation (VDOT) gets closer to the project's start in spring, 2017, outreach has started to the affected communities near the road and to the County Board.

The project will replace the two existing high occupancy vehicle (HOV) lanes with three express lanes. At a County Board meeting on Oct. 18, VDOT staff said that the project will work within the existing footprint but will add substantial transit to the street. As the project moves forward, VDOT will host a series of public meetings throughout the county to discuss the project and gather public input. The next meeting will be held on Wednesday, Nov. 30 at 6:30 p.m. in Bren Mar Park Elementary School.

The board's response to the project was tepid. Dennis Leach, director of Transportation, said the county staff has identified a few areas within the VDOT plan that will merit further review as the project goes along. Staff will monitor the plan's traffic impact on Arlington streets, mainly around Pentagon City and the Eads Street interchange, but also in Shirlington where staff is concerned about traffic overflow.

The second issue, and one the County Board spent the most time discussing, was the potential noise mitigation measures. With the additional traffic, local neighborhoods could be entitled to have noise barriers erected along the highway. But more noise barriers would mean more construction and destruction of local vegetation, and the effect of the barriers on local properties remains uncertain. According to VDOT staff, the decision of whether or not to erect sound barriers will be decided by a simple majority of votes from affected neighborhoods on ballots sent out by VDOT. "From a macro perspective, this clearly has the ability to ease congestion in the area but that's mostly to the benefit of people we don't represent," said County Board Member Christian Dorsey. "What would benefit us the most would be a more robust investment in transit. Twelve percent of the people move on a mode that's used for one percent of the trips. Though our influence here is limited, we need a more robust



Map of the extended stretch of I-395.



The existing HOV lanes on I-395

PHOTO CONTRIBUTED

"What would benefit us the most would be a more robust investment in transit."

— County Board Member
Christian Dorsey

and smart investment in transit."

Ultimately, the County Board has little say in how the project proceeds. "[The County Board] has no prescribed role, but [it] obviously represents a large proportion of the citizenry that is directly affected by this project," said Stephen MacIsaac, the county attorney. "There is no doubt that VDOT is going to proceed with this project whether the county wants it to or not, and so the most benefit is to become actively involved and look for the information that would be helpful to understand in terms of impacts on the community and try to get those impacts mitigated."

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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

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.

Printmaking Exhibit:

“Impressions.” Through Nov. 18, 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.

Art Exhibit: “After Hours: Social Rituals.” Nov. 29, gallery hours at 34zero9 Micro Gallery, 3409 Wilson Blvd. Christina Girardi explores the visual and social subjects of the bar through drawings made on-site and from photos of bars she has collected from her social encounters. Through these mixed media drawings, she makes an attempt to mimic and recollect setting, sound, color, and taste of the aesthetics surrounding these memories created through the social habits of today’s young urban and suburban populations. Free. Visit www.34zero9.wixsite.com for more.

Call for Submissions: Sigworks Musical Theater Lab. Deadline,

Dec. 1. Two musicals will be chosen for a two-week development workshop during the summer of 2017, and each project will receive public readings at the end of each week. The projects, under leadership of Signature’s Director of New Works Joe Calarco, will work with a director, music director, professional actors, a stage manager, and a dramaturge. The writers of the chosen musicals will receive housing, travel, and an honorarium. Visit www.sigtheatre.org for more.

Fall SOLOS 2016. Through Dec. 18, 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.” Through Dec. 18, 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 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.

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

Food Truck Thursdays. 5:30-8:30 p.m. at the corner of North Irving St. and Washington Blvd. Find a round-up of regional food trucks. Free to attend. Visit www.dmvfta.org.

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

Poetry Series. 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet

Halloween Happenings

THURSDAY/OCT. 27

Night of Horror. 7:30-9 p.m. at Arlington Central Library, 1015 N. Quincy St. This event is recommended for brave teens and adults. Featuring authors Paul Tremblay, Jonathan Janz and Bill Schweigart. Books will be available for sale and signing following the book reading. Creepy costumes are encouraged and light refreshments will be served. Free. Visit arlingtonva.libcal.com/event/2676745.

SATURDAY/OCT. 29

Pumpkin Decorating. 10 a.m.-12 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Each person will decorate a real pumpkin during the event. Projects include a Frankenstein pumpkin, a sparkle pumpkin, a spider web pumpkin, and more. Cost is \$8 per person. Call 703-228-7790.

Day of the Dead. 5:30-7 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Make Calaveras, the decorative sugar skull masks, enjoy holiday snacks, and see some night animals up close. Afterward, go on a fun night hike through the candlelit forest. \$5 fee due upon registration. Call 703-228-6535.

Annual Halloween Party. 5:30-8:30 p.m. at Potomac Overlook Regional Park, 2845 Marcey Road. Snacks, games, arts and crafts, storytelling, guided hikes through the woods, and the Haunted Nature Center makes up the yearly party. Cost is \$15 per participant for the party, \$20 per participant includes the Haunted Nature Center experience. Children 3 and under are free. Visit www.novaparks.com for more.

Free Cab Rides. Saturday, Oct. 29, 10 p.m. through Sunday, Oct. 30, 6 a.m. Area residents, 21 and older, celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) and receive a free (up to a \$30 fare) safe way home. AT&T wireless customers can dial #WRAP for the same service. Visit www.soberride.com.

SUNDAY/OCT. 30

Discovery Elementary PumpkinFest. 12-4 p.m. at 5241 36th St. N. PumpkinFest will offer games, moon bounces, food trucks, a bake sale, a pumpkin carving contest, a costume contest, and more. Free. Visit www.discoverypta.org/pumpkinfest.html.

Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit www.iotaclubandcafe.com or call 703-522-8340.

Open Mic Nite. 8 p.m.-12:30 a.m. every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Visit www.iotaclubandcafe.com or call 703-522-8340.

Karaoke. 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit www.galaxyhut.com or call 703-525-8646.

Pub Quiz. 8 p.m. every Sunday at Whitlow’s on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit www.whitlows.com or call 703-276-9693.

Storytime. Wednesdays and Fridays, 10:30-11 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

Lego Club. Monthly on the first Wednesday. 4-5 p.m. Glencarlyn Branch Library, 300 S. Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

Crystal City Sparket. 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC’s Eastern Market with arts, crafts, and handmade goods. Free to attend. Visit www.crystalcity.org.

Open Mic Night. Wednesdays, at 8 p.m., sign ups are at 7:30 p.m. and 10 p.m., at Iota Club & Café, 2832 Wilson Blvd. Free. Visit <http://www.iotaclubandcafe.com/>.

Art for Life. Third Thursday of each month. The Hyatt Regency Crystal City’s “Art for Life” Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit www.torpedofactory.org.

Brunch at Freddie’s. Third Saturday of every month, 11 a.m.-1 p.m. at Freddie’s Beach Bar, 555 23rd St. The Arlington Gay and Lesbian Alliance gathers for an all-you-can-eat breakfast buffet (\$9.99). All are welcome. No reservation is required. Visit www.facebook.com/events/700174390103305.

WEDNESDAY/OCT. 26

Poe Garden. 6-7:15 p.m. at Glencarlyn Branch Library, 300 S. Kensington St. Students from Kenmore Middle School’s drama club will present selections from Edgar Allen Poe as visitors walk along the lighted garden of Glencarlyn. Free. Visit arlingtonva.libcal.com/event/2651896.

White House Behind the Scenes. 6:30-8 p.m. at Aurora Hills Branch Library, Large Meeting Room, 735 S. 18th St. Celebrate the upcoming presidential election with behind-the-scenes stories of the White House. Garrett Peck will tell tales of the White House during Prohibition with stories discussed in his book “Prohibition in Washington, D.C.: How Dry We Weren’t.” Free. Visit arlingtonva.libcal.com/event/2650437.

THURSDAY/OCT. 27

Oktoberfest Beer Garden. 4-8 p.m. at Plaza on 19th. Grab a drink, sing along, and see a live performance by



PHOTO BY MICHAEL MCMORROW/THE CONNECTION

The Polka Brothers, the New York City musical sensation whose lively melodies are guaranteed to make you dance. Don’t leave before you get your free fall temporary tattoo done by a local artist. Free. Visit www.rosslynva.org for more.

Night of Horror. 7:30-9 p.m. at Arlington Central Library, 1015 N. Quincy St. This event is recommended for brave teens and adults. Featuring authors Paul Tremblay, Jonathan Janz and Bill Schweigart. Books will be available for sale and signing following the book reading. Creepy costumes are encouraged and light refreshments will be served. Free. Visit arlingtonva.libcal.com/event/2676745.

FRIDAY/OCT. 28

Three Owls 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.

Synetic Theater’s Vampire Ball. 8 p.m. at 1800 S. Bell St. This year, the Vampire’s Ball will follow Synetic’s hellish adaptation of “Dante’s Inferno.” After traveling the nine circles of hell with Dante, guests will dance the night away with music courtesy of Resident Composer and Halloween DJ, Konstantine Lortkipanidze. The event will include an open bar, light appetizers, and a costume contest with Synetic prizes. Tickets are \$50-70. Visit www.synetictheatre.org for more

ENTERTAINMENT

FRIDAY-SATURDAY/OCT. 28-29

Ryan Hamilton Live. 7:30 p.m. Friday, 7 p.m. and 10 p.m. Saturday at Arlington Cinema & Drafthouse, 2903 Columbia Pike. He's often lauded for being a clean comedian, although his audiences span a broad spectrum. Tickets are \$25. Visit www.ArlingtonDrafthouse.com.

SATURDAY/OCT. 29

Pumpkin Decorating. 10 a.m.-12 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Each person will decorate a real pumpkin during the event. Projects include a Frankenstein pumpkin, a sparkle pumpkin, a spider web pumpkin, and more. Cost is \$8 per person. Call 703-228-7790.

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 for more.

Day of the Dead. 5:30-7 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Make Calaveras, the decorative sugar skull masks, enjoy holiday snacks, and see some night animals up close. Afterward, go on a fun night hike through the candlelit forest. \$5 fee due upon registration. Call 703-228- 6535.

Annual Halloween Party. 5:30-8:30 p.m. at Potomac Overlook Regional

Park, 2845 Marcey Road. Snacks, games, arts and crafts, storytelling, guided hikes through the woods, and the Haunted Nature Center makes up the yearly party. Cost is \$15 per participant for the party, \$20 per participant includes the Haunted Nature Center experience. Children 3 and under are free. Visit www.novaparks.com for more.

SUNDAY/OCT. 30

Discovery Elementary

PumpkinFest. 12-4 p.m. at 5241 36th St. N. PumpkinFest will offer games, moon bounces, food trucks, a bake sale, a pumpkin carving contest, a costume contest, and more. Free. Visit www.discoverypta.org/pumpkinfest.html.

Opera Nova Music. 3 p.m. at Our Savior Lutheran Church, 825 S. Taylor St. Autumn Music Festival with singers Yulia Petrochuk, Jose Sacin, Jocelyn Hunt and Elise Jenkins. Opera arias, art songs and musicals. Tickets are \$5, \$3 for seniors. Visit www.operanova.org.

The King of Instruments & The Instrument of Kings. 4 p.m. at The Old Post Chapel, 204 Lee Ave., Fort Myer. A varied, entertaining, virtuoso, humorous and patriotic program with a special multi-media tribute to veterans and the military. Free. Call 703-517-0670 for more.

Arlington Philharmonic Season Launch. 4 p.m. at Kenmore Middle School, 200 S. Carlin Springs Road. David Ginder, early morning host of Classic WETA FM 90.9, will moderate a question and answer session with Lucy Bowen-McCauley, founder of the dance troupe, and Scott Wood, Maestro and Artistic Director of the Arlington Philharmonic, prior to the start of the inaugural concert. Ticket



PHOTO BY CHRISTOPHER MUELLER

Emma Hunton and Heidi Blickenstaff star in "Freaky Friday."

'Freaky Friday' Now Open

Heidi Blickenstaff and Emma Hunton star as mother and daughter in the world premiere production of the new musical "Freaky Friday" at Signature Theatre. The musical, based on the 1972 novel by Mary Rodgers and Disney films and developed by Disney Theatrical Productions. This production will be directed by Christopher Ashley with choreography by Sergio Trujillo. "Freaky Friday" will run through Nov. 13. Visit www.sigtheatre.org for more.

prices not yet announced. Visit www.arlingtonphilharmonic.org.

MONDAY/OCT. 31

Meet the Speaker: Jean S. Moore.

3-4:30 p.m. at Arlington Central Library, 1015 Quincy St. Jean S. Moore, artist and former lawyer, will tell the story of the greatest art

heist of all time at the Isabella Stewart Gardner Museum in Boston. Free. Call 703-228-2144.

Halloween Concert. 6:30-9 p.m. at 620 N. Jackson St. IBIS Chamber Music musicians, as The Dead String Quartet, with harp and soprano. Free. Visit www.ibischambermusic.org.

NOV. 1-26

Gallery Underground: "Horses of a Different Color." Gallery hours at Gallery Underground Crystal City Shops, 2100 Crystal City Drive. Free. Visit www.galleryunderground.org.

WEDNESDAY/NOV. 2

Northern Virginia Bird Club Walk. 8:30-11 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Join members of the Northern Virginia Bird Club for one or all of these informal walks through Long Branch and Glencarlyn Parks in search of resident and migratory birds. Free. Call 703-228- 4747 or visit registration.arlingtonva.us.

THURSDAY/NOV. 3

The Joshua Ball. 7-9 p.m. at Top of the Town, 1400 14th St N. Join us for The Joshua Ball, and enjoy food, drinks, silent auction items and a chance to learn more about the Josh Anderson Foundation's work spreading hope to stop teen suicide. Tickets \$100. Visit www.crowdrise.com/TheJoshuaBall for tickets. Email lauren@joshandersonfoundation.org or visit joshandersonfoundation.org.

THURSDAY-SATURDAY/NOV. 3-5

Ricky Velez. 9 p.m. Thursday; 8 p.m. and 10 p.m. Friday; 7 p.m. and 9 p.m. Saturday at Arlington Cinema & Drafthouse, 2903 Columbia Pike. He began his stand up career at the age of 19 at New York Comedy Club. Recently he was named "New York's Funniest" by the New York Comedy Festival and one of Comedy Central's "Comics to Watch." Tickets are \$25.



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ADDITIONS | BATHS | CONDOS | INTERIORS | KITCHENS

ENTERTAINMENT

Visit www.DrafthouseComedy.com.

FRIDAY-SUNDAY/NOV. 4-6

The Migration Project. 7:30 p.m. Friday-Saturday, 3 p.m. Sunday at Theatre on the Run, 3700 S. Four Mile Run Drive. The Migration Project explores human flight through stories of relocation. An immersive visual experience evolves as Jane Franklin Dance and voices from within the community share family histories and interact with the space and with the art. Rosemary Feit Covey's art installation, originally shown as The 0 Project, is a large-scale sculptural piece meant to give voice to the underrepresented and traditionally ignored. Dawn Whitmore adds brief video statements and sound installations drawn from words and phrases provided by individuals who have told their stories. Tickets are \$20-26.50. Visit www.janefranklin.com/performances/tickets.

NOV. 4-DEC. 18

Exhibit: "Día de los Muertos." Gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Artists living in the Mid-Atlantic states submit work that responds to the concepts, themes, and imagery of this beloved holiday. Free. Visit www.arlingtonartscenter.org.

SATURDAY/NOV. 5

Encore Stage & Studio Costume Caper 5K. 8:30 a.m. at Bluemont Park, 601 N. Manchester St. Enjoy a run on the scenic W&OD trail through Bluemont Park while supporting "theatre by kids, for kids" in your community. Tickets are \$25 through Oct. 15, \$30 after Oct. 15 and \$35 day of race. \$10 registration fee for children ages 10 and under for 1 mile fun run. Visit www.encorestage.org.

Holiday Bazaar. 9 a.m.-1 p.m. at St. Agnes Catholic Church Parish Center, 1910 N. Randolph St. Handmade gifts, knitted and crocheted accessories, doll outfits, bird houses, used books, white elephants, money doll, bake sale and more. Free to attend. Call 703-524-8527 for more.

Sixth Annual Arlington Puzzle Festival. 9 a.m.-4:30 p.m. at Arlington Central Library, 1015 N. Quincy St. Crosswords, Sudoku, and more. Participation is free for current members of the Friends of the Arlington Public Library, with a suggested donation of \$15 for non-members. Register at www.surveymonkey.com/r/ZY6N9CB.

Free Play Day. 2-3:30 p.m. at Gulf

Branch Nature Center, 3608 Military Road. Give kids unstructured time they can call their own. Your child will love this chance to explore our woods, make mud pies, throw rocks in the creek and just be free. Free. Call 703-228-4747 or visit registration.arlingtonva.us.

Blacksmithing Campfire. 6-7 p.m. at Gulf Branch Nature Center, 3608 Military Road. This engaging program will be filled with entertaining activities that may include stories, special animal guests, games, songs and of course, S'mores. Tickets are \$5 fee per person; \$20 maximum per family due at registration. Call 703-228-4747 or visit registration.arlingtonva.us.

Pawcasso Charity Art Auction. 6-11 p.m. at Reagan National Airport - Historic Terminal A. Live art auction, silent auction, live music, dance, food, and drinks. Dogs welcome. Tickets are \$100 plus a service fee. Visit www.pawcassoart.org for more.

SUNDAY/NOV. 6

Champion Tree Bike Ride. 3-5 p.m. at the Bon Air Memorial Rose Garden. The Virginia Native Plant Society and Arlington Regional Master Naturalists sponsor a four-mile ride through the Bon Air Memorial Rose Garden. Riders are advised to bring their own bike, water, and tire repair kit. Bikes share rentals are available for \$8. Email loribowes@gmail.com for more. There is an optional post-ride dinner at the Italian Store in Westover. Learn more about Arlington's champion trees at environment.arlingtonva.us/trees/support-trees/makes-tree-champion/.

SUNDAY-MONDAY/NOV. 6-7

Fairlington Community Center Landscape Walk. 1-2:30 p.m. at Fairlington Community Center, 3308 S. Stafford St. This program will provide a tour of the native plantings at the Fairlington Community Center and will highlight plants with winter interest. It will be conducted primarily outdoors, so be sure to dress for the weather. Free. Advance registration requested at mgnv.org. Questions, telephone 703-228-6414 or email mgarlalex@gmail.com.

THURSDAY/NOV. 10

Spirit of Community Luncheon. 11:30 a.m.-2 p.m. at Renaissance Arlington Capital View Hotel, 2800 S. Potomac Ave. The Arlington Community Foundation is honoring 2016 "William T. Newman, Jr. Spirit of Community Award" Recipient Mr.

Jonathan C. Kinney and "Community Impact Award" recipient Arlington Outdoor Education Association. Tickets are \$55. Visit www.arlcf.org.

Container Gardening. 1 p.m. at Culpepper Garden Senior Center, 4435 N. Pershing Drive. Learn about the basics of container gardening, and variety of plants that you can easily grow out of pots and other containers from one of our Master Gardeners. Free. Advance registration requested at mgnv.org, 703-228-6414 or email mgarlalex@gmail.com.

THURSDAY-SATURDAY/NOV. 10-12

Johnny Pemberton. 9 p.m. Thursday; 8 p.m. and 10 p.m. Friday; 7 p.m. and 9 p.m. Saturday at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Johnny Pemberton is a comedian, an actor, a writer, a mildly knowledgeable gardener, a reggae enthusiast, and a friend to both insects and mammals. Tickets are \$25. Visit www.DrafthouseComedy.com.

FRIDAY/NOV. 11

AGLA: "Yesterday, Today, and Tomorrow." 5:30-10 p.m. at The Hyatt Regency, 2799 Jefferson Davis Highway. In addition to entertaining, this event will be educational, providing an overview of AGLA's past, present, and future. Ticket prices not yet announced. Visit www.agla.org for more.

FRIDAY-SATURDAY/NOV. 11-12

Tom Cotter. 7:30 p.m. and 10 p.m. Friday; 7 p.m. and 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Comedian Tom Cotter has taken the comedy scene by storm since finishing as runner-up and becoming the Breakout Star from Season 7's "America's Got Talent." He lost to a dog act. Tickets are \$25. Visit www.DrafthouseComedy.com.

SATURDAY, NOV. 12

Jazz VA Fest. 11 a.m.-2 p.m. at the Hyatt Regency Crystal City Hotel, 12799 Jefferson Davis Highway. The Northern Virginia Alumnae Chapter of Delta Sigma Theta Sorority Inc. is holding the sixth annual Jazz VA fest to benefit the Scholarship & Community Service Programs of the S. Northern Virginia Alumnae Chapter, Delta Sigma Theta Sorority, Inc. Tickets \$65 at dstnovac.org by Nov. 4.

First Thanksgiving Campfire. 6-7 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. This engaging program will be filled with entertaining activities that may include stories, special animal guests, games, songs and of course, S'mores. Tickets are \$5 fee per person; \$20 maximum per family due at registration. Call 703-228-4747 or visit registration.arlingtonva.us.

Toast to Hope. 6:30-9:30 p.m. at UUCA Gallery, 4444 Arlington Blvd. Toast to Hope is SCAN's signature fall giving event and offers wine and beer tastings, food samplings, plus a Silent/Live Auction. Ticket prices yet to be announced. Visit www.scanva.org for more.

SATURDAY-SUNDAY/NOV. 12-13

The Migration Project. 7:30 p.m. Saturday, 3 p.m. Sunday at Theatre on the Run, 3700 S. Four Mile Run Drive. The Migration Project explores human flight through stories of relocation. An immersive visual experience evolves as Jane Franklin Dance and voices from within the community share family histories and interact with the space and with the art. Tickets are \$20-26.50. Visit www.janefranklin.com/performances/tickets.

WWW.CONNECTIONNEWSPAPERS.COM



Seasonal Scenery

No Halloween fright for Colleen Bett on George Mason Drive.

Making STEM Fun for Children

FROM PAGE 6

nities to drive “Star Wars” spheres using a mini tablet, operate robots, explore Mars and participate in virtual reality simulations.

“We wanted to expose youth to opportunities and careers in the STEM field,” said Laura Siko, director of enrollment management at Northern Virginia Community College. “There’s definitely a need for growth in these in-demand fields. Doing large-scale, free, open-to-the public events is a great way to expose a lot of students to this area.”

The event drew about 1,600 participants, primarily students in kindergarten through 12th grade. “It has been obvious for a long time that the STEM fields are of escalating value in the Northern Virginia region and in the global economy,” said Dr. Julie Leidig, provost of NOVA’s Loudoun Campus.

Cyberjutsu Girls Academy is a nonprofit



Anaya Thompson drives a virtual Lamborghini during NOVA’s STEM Day.

STEM-based program that aims to inspire exploration in the fields of technology, cyber security, and electronics. It holds monthly workshops at NVCC’s Alexandria campus. For more information visit <http://www.cyberjutsugirls.org/>.

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.

SOBER-RIDE FOR HALLOWEEN

Free Cab Rides. Saturday, Oct. 29, 10 p.m. through Sunday, Oct. 30, 6 a.m. Area residents, 21 and older, celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) and receive a free (up to a \$30

fare) safe way home. AT&T wireless customers can dial #WRAP for the same service. Visit www.soberride.com.

CRISIS WORKER 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

SEE BULLETIN BOARD. PAGE 15



Somebody really, really wants you to look into joint replacement.

If pain is holding you back in life, talk to the joint replacement specialists at OrthoVirginia. Our team performs more than 2,000 hip, knee and shoulder replacements a year – that makes us an area leader in joint replacement. Find out more by coming to a free joint replacement seminar. You – and your best friend – will be really glad you did.



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Daniel Thompson, MD & Daniel Weingold, MD
Tuesday, November 1, 6:30 – 7:30 p.m.
Hilton Springfield

“ConforMIS Customized Knee Replacement”

Mark Hartley, MD
Wednesday, November 9, 6:30 – 7:30 p.m.
Reston Hospital Center, Classroom C, West Wing

“The Latest Advancements in Total Shoulder Replacement”

Christopher Annunziata, MD & David Novak, MD
Tuesday, November 15, 6:30 – 7:30 p.m.
OrthoVirginia Tysons Office

orthovirginia.com/joints



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SCHOOLS



The marching band warms up before the game.



PHOTOS BY EDEN BROWN/THE CONNECTION

From left: Minh Smith, Naëlle Dubois, Linh Smith, Dina Liacopoulos, Solène Hurson, Anne Brandt, and Julie Choaim at half-time.

Football, Friends, French: Getting Immersed in Arlington

Sharing in each other's cultural perspectives.

BY EDEN BROWN
THE CONNECTION

There were three French girls at the Yorktown Homecoming game. The only problem was, they had no idea what was happening on the field. Maëlle Dubois, Julie Choaim, and Solène Hurson had never been to an American football game. They have seen playing fields as big as the one the Yorktown team was playing on, for European football (soccer), but the immensity of the “production” was really surprising: that there would be cheerleaders, two marching bands, a choir singing the national anthem, and parents and fans getting snacks and watching the game on a full set of bleachers — that was not something seen in France.

Arlington students of the French language and culture welcomed exchange students from Reims, France on Oct. 12 for a two-week stay. French students attended classes with their hosts at Wakefield, Washington-Lee, Yorktown, HB Woodlawn and the Career Center for the school day on Oct. 13. This cultural and linguistic exchange between Lycée Marc Chagall and Arlington Public Schools began with its first trip in 2001 in conjunction with the Arlington Sister City Association (ASCA) and focuses on inbound and outbound exchanges between the two cities.

Like many Europeans who come to the U.S., the three French girls were surprised by how big everything was — how “yuge,” Solène said with her French accent with a barely aspirated H.

The three girls speak very good English,



From left: Students Solène Hurson, Maëlle Dubois and Julie Choaim came to the Yorktown Homecoming game. Linh Smith and Anne Brandt, their host students, are on either side.

somewhat better than their Yorktown hosts speak French, said Mary Kate Cousins, one of the exchange host parents. But there is a reason for that: they have studied English for 5-10 years, whereas their American counterparts have studied French for 3-5 years. Both sets of students get roughly three hours a week of language instruction.

The French girls found Americans pretty easy to understand. They were supposed to be speaking only in English during this trip, and they were getting a full immersion, complete with pizza and American fast food, a homecoming dance, a picnic, and of course, football. But this was the week-end: during the week they had gone to class,

and they were almost more surprised by that difference than anything else. The French girls were astounded at the culture of the American classroom, where one can speak freely, and the less strict rule system. They weren't sure which system was more likely to get results, but the freedom made an impression on them.



The Yorktown Chamber Choir sings the national anthem before the game under the leadership of its new director, Emily McTavish.

SCHOOL NOTES

Email announcements to arlington@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Achbold Jugdersuren, of Arlington, is one of 107 Denison University (Granville, Ohio) students who spent their summer conducting in-depth research projects at Denison or off-campus. The faculty-led programs include undertakings in the sciences, humanities, social sciences and the arts. Jugdersuren is a graduate of Washington-Lee High School.

Annaliese Drechsler of Arlington has been named a captain of the Rensselaer Polytechnic Institute's women's swimming and diving team. Drechsler (Guam) swims freestyle and breaststroke for the Engineers.

Last season she set personal records in the 200 free at 2:05.35 — cutting nearly five minutes off her best freshman time — as well as the 500 free (5:27.97), 1000 free (11:35.57) and 1650 free (18:39.97). She earned 70 points as an individual. As a sophomore, the chemical engineering major set personal records in seven

events including the 200 free (2:07.31) and 1650 free (18:59.05), both at the New York State Championship Meet. During her collegiate career, Drechsler has also participated in backstroke events as well as the individual medley.

Carol Burka of Arlington served as a University Relations Credentialing Center volunteer during the first presidential debate between candidates Hillary Clinton and Donald Trump at Hofstra University on Sept. 26.

SCHOOLS



PHOTO BY CECILIA ALLEN

The group of students and teachers from Reims, with American friends, watched a sunset near the Iwo Jima Memorial.

Exchange with French Lycee Dispels Stereotypes

Broadening their education.

BY EDEN BROWN
THE CONNECTION

When they had a reception/picnic at the Iwo Jima Memorial, the parents, teachers, and youths taking part in the exchange between Lycée Marc Chagall in Reims, France and the four Arlington high schools were at ease with each other. One French teacher said she was surprised by some of the clichés she had heard from Americans: the French don't really work that hard, they finish work at noon, they have a lot of vacation time, and they are a Communist country, to name a few she had heard. Isabella Gant and her friends were shocked: "Anyone who said that must not be from one of our high schools," she said. "We are too well educated to think the French don't work hard and are Communists." Isabella, who has studied French for four years at Washington and Lee High School, and her friends at the picnic, said they were surprised at how much the French students knew about ... everything, and about U.S. teen culture in particular. They knew a lot of U.S. music and they knew the dances. They knew about fashion trends here.

Rebecca Manissier, from the



Isabella Gant, a student of French at Washington-Lee HS, has studied French for four years.

French side, said "People are really welcoming here; it's so much more relaxed at school, it's like the teachers and the students have a relationship." As for working hard, the French students pointed out they go to school on Saturdays, and often finish their day at 5 or 6 p.m., unlike their American counterparts. Everyone agreed the purpose of these exchanges, to increase understanding between the two countries, was important to them as global citizens.

The Arlington exchange, first organized by Libby Schollaert, a former Yorktown French teacher, in 2001, takes place under the auspices of the Arlington Sister City organization and its tie with Reims. Virtually every year, French



Rebecca Manissier enjoyed the homecoming dance. In their high school, there are no dances like the prom.

students who are studying English come here for a week, and Arlington students of French go to Reims for a week. Three chaperones, and 30 French students, came to get firsthand exposure to the language and the culture they have studied. The students compared notes: who works harder? Who has more homework? "The French think we don't work very hard at school, but my students in general have as much homework or more than the French do," said Katy Wheelock, a Wakefield French teacher. "A small percentage of mine are doing four-plus hours per night. The French were shocked. Also, when they come to school for only one day, they see a lot of Q&A, rather than a "normal" day of school so I



Libby Schollaert set up the exchange between students in Reims and Arlington back in 2001, when she was teaching French at Yorktown.

think they leave with a different idea of what our classes and school is like based on that."

Schollaert, as well as parent volunteer Lori Brown and Wakefield teacher Katy Wheelock, coordinated this current inbound trip. Each of the four local high schools hosted students. The three women will now plan an outbound trip, for late June to early July through the Sister City. Arlington students will get to try out their French in similar situations. Parents, like Susan Bell of Arlington, liked the exposure her daughters were getting to another culture. This was her first year hosting a student. She and her husband believe foreign travel is important to round out an education.

4 Must-Dos Before Beginning a Remodeling Project



Thinking about remodeling your home and not sure where to begin? To help ensure success, keep these things in mind as you begin this very exciting process.

1. Have a clear vision of the end result. Visual references are so important to the process. In addition to drawings of the project, pictures from magazines and the Internet will give you great ideas to share with your designer.

2. Make a five-year plan. Even if you are embarking on a small renovation project, it should be approached as part of the big picture, a step in the direction of the end goal. This ensures that efforts are not duplicated, and that the sequence of projects makes sense. Prioritizing a list like this gives you something to work, budget, and plan for.

3. Get recommendations for a design build company. You'll be working together in your home, possibly for months, so a good, respectful relationship is key. Recommendations from friends, work you've seen and admired, and neighbors' similar projects are a great way to find a remodeling company.

4. Create a realistic schedule. Your remodeler is like an orchestra conductor, bringing all the players in a logical sequence to make things run as smoothly, efficiently, and economically as possible. Have a genuine understanding of how long your project will take, so that you can make arrangements to move out, eat out, or be present for critical decision-making along the way.



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-Thomas Fuller

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21 Announcements

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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.

Results! Why, man, I have gotten a lot of results. I know several thousand things that won't work.
-Thomas A. Edison

21 Announcements

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Notice is hereby given that TD Bank, N.A., 2035 Limestone Road, Wilmington, DE 19808, has applied to the Office of Comptroller of the Currency on or about October 21, 2016, as specified in 12 C.F.R. §5 for permission to establish a new branch to be located at 9901 Georgetown Pike, Great Falls, County of Fairfax, Commonwealth of Virginia, 22066. Any person wishing to comment on this application may file comments in writing to Ms. Marva Cummings, Director OCC Northeastern District, 340 Madison Avenue, 5th Floor, New York, NY 10173 within 30 days of this publication.

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Two Much

By KENNETH B. LOURIE



Having just been there and done that, I have to tell you, it was a gruesome week. Although I'm fine now (I know, it's a relative description), this past week, I was not. And what specifically I am referring to is, the odd confluence of two recurring elements of my cancer existence: a CT Scan and a chemotherapy infusion. Not at the same time, of course, but at the same place and for the same reason: being an active cancer patient.

The CT Scan (scheduled quarterly), though not a difficult, invasive or time-consuming procedure doesn't generally result in an immediate interpretation/assessment from my oncologist/radiologist. Quite the contrary. Typically, I wait up to a week for results (as I've occasionally written about in the past). Certainly not ideal, but over time (seven-plus years) and hill and dale, I've been able to assimilate the wait into my life and go on about my business, semi-normally; it's been more difficult for my wife, Dina, however, to do so. Nevertheless, with respect to the CT then, the waiting is the hardest part. Its all psychological/emotional. There are no physical side effects, the side effects are all mental: fear, loathing, anxiety, stress, among many similarly impactful affects. It's not all bad, but it is all-consuming. I'm really only ever sure how I'm doing cancer-wise, when I receive my results, since rarely have I been symptomatic.

On the other hand, the chemotherapy infusion, which presently alternates/occurs every four/five weeks, does not — for me — generally, have any psychological/emotional side effects. It is what it is, and whatever it was or will be, I'm way past having any anxiety or stress about the process or the reasons for it. However, there are/I do experience physical side effects (which unfortunately do weaken my emotional resolve): fatigue, lethargy and most significantly, eating challenges which keep me from eating "normally" for up to a week. This lack of food/comfort, results in a lack of energy, lack of interest/motivation, messed up sleeping pattern and a fragile emotional state. I derive no pleasure from eating and my overall mood reflects that very necessary element — for me. As a result, I'm miserable.

In and of themselves, this post-CT-Scan-waiting and post-chemotherapy-infusion-not-eating are difficult, but manageable. However, having them occur during the same week — which had never happened before, was not exactly like being between a rock and a hard place but rather like being under a rock and in a hard place. Not only was there a wait and a weight, there was the inescapability of it to consider. I had no place to go emotionally/psychologically. Aside from there being no rest for this weary stage IV lung cancer patient, there was no respite or reprieve, either. I couldn't stop myself from going down, so down I went.

And there was nothing I could do to stop it, although there was everything still needing to be started. But all I could do was sit tight (literally), and sure enough, as is the pattern, about six or so days later on the Thursday afternoon following the preceding Friday infusion and the Wednesday CT Scan, I received an email from oncologist with the news "CT looked good. Brain MRI clear." "Great news," as I replied, "with which I can live." Coinciding as well as it usually does, with the eating fog beginning to lift and the transitioning from not eating to eating a bit to eating normally beginning to occur. It was a bad week to be sure. Not only was I whipsawed, I was undercut, too. I had nothing to hang onto, not even my hat. I just had to endure and try to remind myself what my Auntie Irene so often said: "This too shall pass." And as of Saturday night at 1:53 a.m., as I sit and write this column, it mostly has. Thank God!

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

BULLETIN BOARD

FROM PAGE 11

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

HISTORIC GUIDE AVAILABLE

"A Guide to the African American Heritage of Arlington County, Virginia" is now in print and available online from the County's Historic Preservation Program. The new booklet was made possible in part by a \$3,000 matching grant from the Virginia Department of Historic Resources. Free print and digital copies available. The illustrated, full-color, 64-page work is a much-expanded version of the original guide published in 2001 as part of the County's bicentennial celebration. The guide can be downloaded as a free pdf at projects.arlingtonva.us/wp-content/uploads/sites/31/2016/09/A-Guide-to-the-African-American-Heritage-of-Arlington-County-Virginia.pdf. Free print copies are available while supplies last at: Arlington Historic Preservation Program Office, 2100 Clarendon Blvd., Suite 700 or Arlington Convention and Visitor's Bureau, 1100 N. Glebe Blvd., Suite 1500. Reference copies may be viewed at all Arlington Public Library locations.

BORROW A SNOWBLOWER

The Department of Parks and Recreation lends a limited number of snow blowers to civic associations and community groups, increasing the number of passable sidewalks during snow events. Their goal is to ensure snow blowers are geographically distributed throughout the county. Snow blowers are loaned to groups who agree to plow for the public good and who meet specific criteria. Learn more at emergency.arlingtonva.us/weather/snow-ice/snow%20blower/

THURSDAY/OCT. 27

Harvest For Hope. 8-9 a.m. at Sheraton Pentagon City, 900 S Orme St. Join Volunteers of America Chesapeake at their 7th Annual Harvest for Hope breakfast. Volunteers of America Chesapeake is a health and human services nonprofit serving Virginia, Maryland and the District of Columbia. Free. Visit www.voachesapeake.org for more.

SATURDAY/OCT. 29

Job Fair. 9 a.m.-5 p.m. at Hilton Garden Inn, 2nd Floor Meeting Room, 706 West Broad St, Falls Church. The Kensington, opening in early 2017, is now hiring qualified applicants for full- and part-time positions. For immediate consideration or more details, email FallsChurchCareers@KensingtonSL.com or call 703-992-9868. Visit www.TheKensingtonFallsChurch.com.

MONDAY/OCT. 31

Placement Exams for ESL Classes. 5 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the Nov. 14-Feb. 16 session. Classes to be held at Arlington Mill Community Center/Thomas Jefferson School. Afternoon and evening classes available. Tuition is \$200 for people who live or work in Arlington; \$350 for people who do not. Exams are free. Call 703-228-4200 or visit www.apsva.us/leep.

WEDNESDAY/NOV. 2

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

SUNDAY/NOV. 6

Open House. 3:30-4:45 p.m. in the Activity Room at the Unitarian Universalist Church of Arlington, 4444 Arlington Boulevard. Kol Ami is holding an open house for newcomers and people who are interested in joining to meet members and Rabbi Gilah Langner. Light refreshments will be served. RSVP at KolAmiVirginia.org.

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