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The Arlington Connection

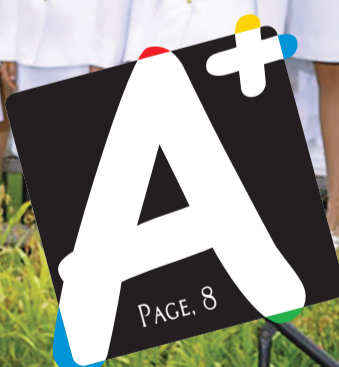
Windy Run Project's Success
NEWS, PAGE 3

Dive into Senior Olympics
NEWS, PAGE 4

Marking 17th Anniversary Of 9/11 Attacks

NEWS, PAGE 3

Vice President Mike Pence addresses survivors, family members and Department of Defense employees following the sunrise unfurling of a U.S. flag over the point of impact at the Sept. 11 ceremony marking the 17th anniversary of the 2001 terrorist attack at the Pentagon.



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PHOTO BY MARK MOGLE/THE CONNECTION ENTERTAINMENT, PAGE 6 ♦ CLASSIFIEDS, PAGE 10

Program Targeted to Empower Immigrant Women

SEEC workers are served lunch by local church youth while waiting for potential temporary employment.

PHOTO BY SHIRLEY RUHE/
THE CONNECTION



BY SHIRLEY RUHE
THE CONNECTION

Enhancing job skills.

The Shirlington Employment and Education Center (SEEC) has initiated an Immigrant Women Empowerment Project to begin Saturday, Oct. 13 at the Arlington Free Clinic. The purpose is to assist immigrant women to successfully meet the challenges of

living in America by providing information on job development and enhancing their skills.

SEEC was established in 2000 to link immigrants who are looking for work with employers seeking temporary day laborers. This program is sponsored by Arlington County and operates from a pavilion on S.

Nelson Street. But these same services offered by SEEC have not been available to immigrant women who often face the challenges of transportation, a language barrier and day care for children.

The SEEC Immigrant Women Empowerment Program has been set up to address these challenges. It will offer nine months of free monthly training sessions at the Arlington Free Clinic. The sessions will be offered by experts on topics such as personal finance, legal rights, promoting wellness and how to start a business. The day-long curricula includes a free lunch followed by individualized afternoon sessions for the women on marketing their own business or service.

This new program is an outgrowth of a Green Housecleaning Program, also sponsored by SEEC, to teach immigrant women the skills necessary to use green products in their housecleaning jobs. Andres Tobar, executive director of SEEC, says this will give the women a leg up on the competition while benefitting their own health as well as the homes they serve. This is a five-week course taught by Sandra Short who runs a local housecleaning business. It began in May 2012 and has trained approximately 240 women in 14 classes. The program has been supported by donations from local churches and civic groups.

Tobar explains that although the basic SEEC program is funded by a county grant, the new Immigrant Empowerment Program, like the Green Housecleaning program, will be entirely funded through donations. He says, "SEEC is holding a fundraiser Oct. 16 at the Barcroft Community House, and funds raised will all go to support this program."

BULLETIN BOARD

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

THURSDAY/SEPT. 20

Working Group Meeting. 7-8:45 p.m. at Signature Theatre, 4200 Campbell Ave., Shirlington. The Draft Area Plan and Area Plan Comment Matrix are posted to projects.arlingtonva.us/plans-studies/four-mile-run-valley/4mrv-meeting-documents/ (under the Sept. 20 meeting heading). View the draft agenda at arlingtonva.s3.amazonaws.com/wp-content/uploads/sites/31/2018/09/4MRV-Meeting-9.20.18-

SEE BULLETIN, PAGE 11

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FOR MORE INFORMATION, CONTACT: Nyrma Hernandez, Development Director, 571-457-9146
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Another **Community Partner**



Vice President Mike Pence addresses the crowd of building survivors and family members gathered at the National 9/11 Pentagon Memorial to mark the 17th anniversary of the 2001 terror attacks.



Attendees stand for the National Anthem prior to the start of the Sept. 11 ceremony at the National 9/11/ Pentagon Memorial marking the anniversary of the 2001 terror attacks.



Britain's Prince Edward, right, places a wreath during a ceremony Sept. 11 at the National 9/11 Pentagon Memorial to mark the 17th anniversary of the terror attacks of 2001.

PHOTOS BY MARK MOGLE/THE CONNECTION

'The Pentagon's Finest Hour'

Pence, Mattis mark 17th anniversary of 9/11 attacks.

Vice President Mike Pence and Secretary of Defense James Mattis were joined by Britain's Prince Edward Sept. 11 in paying tribute to those lost in the 2001 9/11 attack on the Pentagon.

"It was the Pentagon's finest Hour," Pence told the crowd of building survivors and family members in describing the heroism of those who rushed into the building to rescue others trapped inside.

An American flag was unfurled at dawn at the building's point of impact from American Airlines Flight 11, which left 184 people dead.

— JEANNE THEISMANN



A flower is left on the memorial bench of SGM Lacey B. Ivory at the National 9/11 Pentagon Memorial prior to the ceremony marking the 17th anniversary of the 2001 attacks.



Vice President Mike Pence, second from right, is joined by Second Lady Karen Pence and Secretary of Defense James Mattis, right, at the National 9/11 Pentagon Memorial ceremony marking the 17th anniversary of the 2001 terror attacks. At left is Vice Chairman of the Joint Chiefs of Staff Gen. Paul Selva.

Where Rain and Snow Go

Arlington's precipitation is in hand.

BY MICHAEL MCMORROW
THE CONNECTION

PHOTOS BY MICHAEL MCMORROW/THE CONNECTION



The Windy Run project

Arlington's face is a web of natural waterways, usually named a run or a branch. The governing force of these courses is gravity as they seek the low point at the Potomac River. Humans, being what they are, cannot resist changing the face of the land and then declaring the need to improve on what Mother Nature has arranged.

So it is with rain and melted snow. It must go somewhere. Once-upon-a-time, days of soaking into the soil are long gone since humans have paved and built on so much of the area. Now runoff has become the

SEE WINDY RUN, PAGE 11



Aileen Winquist (far right) explains the Windy Run project to a host of attendees.

OPINION

Serving 20,000 Low-Income Residents

BY BASIM KHAN, MD, MPA
EXECUTIVE DIRECTOR
NEIGHBORHOOD HEALTH

At any of Neighborhood Health's 12 clinics in the City of Alexandria and Fairfax and Arlington counties, patients are served regardless of whether or not they have health insurance and regardless of their ability to pay.

It's been that way for 20 years since its founding by nurses from the Alexandria Health Department as a small clinic serving women and children in the Arlandria section of the city.

From that humble beginning, what has become Neighborhood Health today now serves 20,000 low-income children, men and women every year carrying out its mission: "To improve health and advance health equity in Alexandria, Arlington and Fairfax by providing access to high quality care regardless of ability to pay."

Neighborhood Health not only provides family practice, internal medicine, and pediatrics services including acute illness care, routine physical exams, and preventive care but also women's health, behavioral health, dental care, medication assistance, lab services, and case management.

We provide a "medical home" for our patients, working as partners with their patients to help them improve their health and navigate a complicated health care system.

To achieve that goal, Neighborhood Health works to integrate care between different service lines such as primary medical care and mental health or pharmacy assistance. For example, if a patient screens positive for depression, the primary care provider introduces him or her to a counselor within the clinic. Or if a patient does not pick up a medication, the pharmacy assistance worker let's our primary care provider know. The patient's primary care provider, behavioral health counselor, medical

assistant, pharmacy assistance worker, referral coordinator, family services worker, and others are all part of a team working together for our patients. We also coordinate our patients' care with outside organization whether specialists or one of our multiple community partners such as the local community services boards, school system, or hospitals. We take responsibility for our patients.

There's great need for such services in the area for low-income residents, especially for those without insurance but also for those with insurance such as Medicaid and Medicare.

In 2016, Neighborhood Health provided healthcare services to 14,000 patients; by 2018, that number has increased to 20,000. This is a reflection of the need and our goal to make sure that it is met.

Neighborhood Health has also set a goal to increase the number of people it treats by more than 10 percent, or 2,500 new patients, next year which also represents a 60 percent growth from 2016.

To accomplish that goal, Neighborhood Health will need to hire more clinicians to meet the growing demand.

On Friday, Nov. 9, Neighborhood Health will be holding its "Neighbors for Health" gala at 6:30 p.m. at the Ritz-Carlton Pentagon City, 1250 South Hayes St., Arlington, with the proceeds to support its goal to serve 22,500 patients in 2019.

U.S. Rep. Don Beyer (D-8), a longtime supporter of Neighborhood Health, and his wife, Megan, are the gala's honorary chairs.

Congressman Beyer has a long history of supporting Neighborhood Health's mission. Back in 2001 he helped introduce our small clinic to community leaders and hosted several receptions at his dealerships.

As a U.S. representative, he continues to advocate for improving access to health care in Northern Virginia.

At the gala, Neighborhood Health will present its inaugural Health Equity Award to

26 members of the Virginia General Assembly representing Alexandria, Arlington and Fairfax County in gratitude for helping to pass medical expansion in the Commonwealth.

Medicaid expansion will benefit many patients without health insurance across Northern Virginia. Yet there will still be many patients without health insurance. And there are people with insurance who still face barriers to care, whether because doctors don't accept their insurance or they have high copays and deductibles or because of drug costs. There is still so much work ahead of us in order to ensure that everyone in our community has access to high quality and affordable health care.

The event will include a reception, silent and live auctions, seated dinner and music.

Sponsorships are available now. Neighborhood Health is also seeking donations to its auction such as sports or theater tickets, professional services, weekend getaways, restaurant meals, and more.

To purchase tickets, or for more information on sponsorships and donations, please visit www.501auctions.com/neighborhoodhealthgala or email gala@neighborhoodhealthva.org.

Over the years, Neighborhood Health has been recognized for its service to the communities it serves, including being named a recipient of the federal government's Health Resources & Services Administration (HRSA) Quality Award for the fourth year in a row.

Neighborhood Health administrators realize that all they have been able to accomplish could not have been done without the support of numerous community partners including local health departments, human services departments, community services boards, school systems, hospitals, and many others.

Strong partnerships are critical to Neighborhood Health's ability to meet the multiple and complex needs of our patients. We are thankful for the creativity, support and collaboration of all of our partners.



Kim Alderman

Dive into Senior Olympics

Annual sporting event returns.



Carol Alderman

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Northern Virginia Senior Olympics (NVSO) opened its 11 days of competitive events on Saturday, Sept. 15 with opening ceremonies at 9 a.m. followed by track, rowing and diving events. Six diving competitors faced off at Washington and Lee Aquatics Center in Arlington.

Three Arlington residents participated in the diving events including Kim and Carol Alderman and Madeline Fleckenstein. Carol Alderman will perform six dives including a front somersault pike but Kim Alderman says in his age group they only allow you to do four dives. Still his dives include a front dive straight with a full twist

SEE DIVE, PAGE 5

The
Arlington
Connection

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Diving competitors display their medals at the opening day of the Northern Virginia Senior Olympics on Sept. 15

PHOTO BY SHIRLEY RUHE/
THE CONNECTION



Dive into Senior Olympics

FROM PAGE 4
and a front dive pike with a one and a half somersault.

Kim Alderman took the blue medal in the men's 75-79-year-old category with a total score of 166.15. Carol Alderman took second in a hotly contested women's 65-69 category with a score of 190.40. Fleckenstein crushed the record in "the youth category" of 55-59-years old with a score of 206.5.

This year 857 participants signed up for NVSO with Doris Woodring the oldest competitor at 108 in Mexican train dominoes.

The events are being held at 29 community and senior centers, parks and schools around Northern Virginia from Fairfax Se-

nior Center, Walter Reed Community Center in Arlington, Occoquan Regional Park in Lorton, Lake Braddock Secondary School in Burke and Lincolnia Senior Center in Alexandria.

Participants are required to be 50 years of age or older as of Dec. 31, 2018 and reside in the Cities of Fairfax, Alexandria or Falls Church or the counties of Arlington, Fairfax, Fauquier, Loudoun or Prince William.

Events range from football and frisbee throw, swimming and track, shot put, bowling, golf, orienteering, and cornhole as well as bridge and cribbage. New events this year are beach ball wallyball, canasta and croquet.

— SHIRLEY RUHE

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Sept. 30-Oct. 6.

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

Senior trips: Biggs Museum of American Art, Dover, Del., Wednesday, Oct. 3, \$93; National Symphony Orchestra Coffee Concert, Mozart music, Friday, Oct. 5, \$41; Waterford Fair, Waterford, Va., annual homes tour, Saturday, Oct. 6, \$23. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Local artists to meet for an art swap, Sunday, Sept. 30, 1:30 – 3:30 p.m., Arlington Mill. Details, 703-228-7369.

50+ Expo, Sunday, Sept. 30, 12-4 p.m., Springfield Town Center, exhibitors, health screenings, giveaways, details, 301-949-9766.

Spellbinders Storyfest, Sunday, Sept. 30, 3-4 p.m., intergenerational, Long Branch Nature Center. Register early; limited space, 703-228-6535.

Panel of experts to discuss continuum of care options, Tuesday, Oct. 2, 11:30 a.m., Arlington Mill. Register, 703-228-7369.

The Blues Kats, funky new band, open rehearsal, Tuesday, Oct. 2, 11 a.m., Lee. Details, 703-228-0555.

Rock Spring Garden Club members to demonstrate fall arrangements, Wednesday, Oct. 3, 11 a.m., Langston-Brown. Register, 703-228-6300.

Medicare updates, Thursday, Oct. 4, 10 a.m., Arlington Mill. Register, 703-228-7369.

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

“Passion.” Through Sept. 23 at Signature Theater, 4200 Campbell Ave., Arlington. Musical by Stephen Sondheim and James Lapine starring Natascia Diaz, Claybourne Elder and Steffanie Leigh. Call 703-820-9771 or visit www.sigtheatre.org.

Art Exhibit: “Open World” and “Within/Between.” Through Sept. 29, gallery hours at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Open World features eight contemporary artists and artist teams who engage in world-building through installation, video, digital media, sculpture, and collage. Features work by Rachel Frank, Jodie Mim Goodnough, Rachel Guardiola, Azikiwe Mohammed, Nicholas O’Brien, Plakooke, Alissa D. Polan, and Stephanie J. Williams. In Within/Between, AAC Resident Artists Olivia Tripp Morrow and Jen Noone explore materiality and form. Visit arlingtonartscenter.org.

Exhibit: ‘Ingredients.’ Through Oct. 7, at The Barry Gallery in the Reinsch Library at Marymount, 2807 North Glebe Road, Arlington. Featuring five paintings by David Carlson along with 10 photographs by Slobodan Mitrovic that explore details of Carlson’s work. Open 10 a.m.-8 p.m., Monday through Thursday, and 10 a.m.-6 p.m. on Friday and Saturday. Admission is free. Visit www.marymount.edu/barrygallery.

Gardening Lecture. Wednesdays, through Oct. 10, 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master Gardeners of Northern Virginia will sponsor a free series of talks and demonstrations about gardening. In addition to basic gardening techniques, topics will include foraging for wild edibles, pollinators, food preparation and preservation, and more. All are welcome. Visit www.afac.org/plot-against-hunger/pah-events/.

“Strangely Familiar” Art Exhibit. Through Oct. 20, at Cody Gallery at Marymount University, located at Ballston Center, 1000 North Glebe Road, second floor, Arlington. Features work by New York-based artists Maureen Cavanaugh, Carolyn Salas, Gabriela Salazar and Lumin Wakoa. The exhibition of individual works range from the representational to the abstract through painting, sculpture and collage. Each artist offers elements of re-vision — and re-examination — of an already known. Visit www.marymount.edu.

WEDNESDAY/SEPT. 19

Garden Talk. 7 p.m. at Arlington Central Library, 1015 N. Quincy St., Arlington. Hear from local experts on how to get the best out of a garden. See the full schedule of topics at afac.org/gardentalks.

THURSDAY/SEPT. 20

Make an Autumn Wreath. 11 a.m. at Little Falls Presbyterian Church, Friendship Hall, 6025 Little Falls Road, Arlington. With Rock Spring Garden Club and Company Flowers florists. Free and open to the public. Sponsored by Rock Spring Garden Club. Register by emailing rockspringgardenclub@gmail.com. Visit www.rockspringgardenclub.com.
Start Your Farm. 7-8 p.m. at One More Page Books, 2200 N. Westmoreland St., Arlington. Free.



St. Ann Annual Fall Festival returns Saturday, Oct. 6.

St. Ann Fall Festival ‘Better Every Year’

BY SHIRLEY RUHE
THE CONNECTION

It’s the fifth year celebration for St. Ann Fall Festival on Saturday, Oct. 6. “It’s getting better every year,” according to Kelley Vlahos, external communications director for the festival. “We have Woodford’s Reserve coming back again this year playing classic rock, everything from ‘Back Horse and a Cherry Tree’ to ‘Brown-Eyed Girl.’ It’s a fun time. Last year we had parents dancing to the band and yelling out songs. It made all the difference.”

Supplement the Latino chicken or Lebanese shawarma with a plastic cup of beer from the courtyard beer garden. And the children can top it off with a hot dog and a swirl of cotton candy.

You can participate in the classic cake walk as you travel the course and stop with the music in front of your cake. Or maybe you prefer the alternative wine walk for the adults.

While the children are exploring the bungee ride or one of the two different moon bounces, you can enter the raffle or sign up for the silent auction items including local sports tickets, tickets for the Carole King musical, certificates for family or fine dining, weekend getaways. The school gym will also offer a variety of games and activities complete with prizes sponsored by each class at the school.

St. Ann Catholic Church and School is located at 980 N Frederick St. The hours for the fair rain or shine are 10 a.m.-4 p.m. Proceeds from the fair are used for school operations.

Forrest Pritchard of Smith Meadows Farm and Ellen Polishuk, formerly of Potomac Vegetable Farms, will share from their new book: “Start Your Farm: The Authoritative Guide to Becoming a Sustainable 21st Century Farmer.” Contact Rebecca Speas at info@onemorepagebooks.com.

FRIDAY/SEPT. 21

Movie Screening. 7 p.m. at AFAC, Arlington Food Assistance Center, 2708 S. Nelson St., Arlington. Free screening of the documentary “A Place at the Table,” followed by a discussion. RSVP at afac.org/movies.

SEPT. 21-22

Spoons, Toons and Booze. At Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Cost is \$16. Miss those childhood Saturday mornings of waking up early to gorge on cereal and cartoons? If so, SecretFormula has the ultimate brunch for the kid inside...Spoons, Toons & Booze. They’ve got favorite Saturday morning cartoons, cocktails and an

all-you-can eat sugary cereal bar included. Hosted by SecretFormula’s Michael Austin and Nell Casey. Visit ArlingtonDrafthouse.com.

SATURDAY/SEPT. 22

Tree ID Hike. 11:15 a.m.-12:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Adults. Learn to identify the trees of Arlington parks by their bark and shape. Dress for the weather. Teens ages 14 and up welcome, but must be accompanied by a registered adult. \$5. #612948-D. Call 703-228-4747 or visit registration.arlingtonva.us to register.

Prio Bangla Multi-Cultural Street Festival. Noon at 880 South Walter Reed Drive. Celebrate diversity at the 7th annual Prio Bangla Multi-Cultural Street Festival with food, performances, handcrafted goods, henna mehedi art and vendors ranging from Peruvian and Nepalese to Turkish, Vietnamese and many more. Free. Register at www.eventbrite.com/e/prio-bangla-multicultural-street-festival-tickets-46850793986.

Fall Native Plant Sale. 1-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Offering a great selection of plants accustomed to local climate and wildlife. Gorgeous natives for sun to shade, and even deer resistant plants. This fall they are offering trees and shrubs as well as perennials in the pre-order sale. Order online at: registration.arlingtonva.us. Pick up at Long Branch only. Payment can be made by cash, check or credit card. Call 703-228-6535.

September Moon Night Hike. 7-8 p.m. at Fort C.F. Smith, 2411 24th St. N, Arlington. Come out for a hike under the stars. Ever wondered what animals are in local parks at night? Experience trails under the moon, learn a new constellation and meet nocturnal critters. Call 703-228-3403. Cost is \$5. Register at registration.arlingtonva.us with #612858-H.

MONDAY/SEPT. 24

Meet the Author. 3-4:30 p.m. at Arlington County Central Library, 1015 N. Quincy St., Arlington.

Roshna Kapadia will give a lecture on French art from the Baroque to the Impressionists. Her presentation will include slides of French paintings from the 17th to the 19th centuries. The program is sponsored jointly by Encore Learning and the Arlington Public Library. Call Encore Learning at 703-228-2144.

TUESDAY/SEPT. 25

Start Your Farm. 7-8 p.m. at Arlington Central Library, 1015 N. Quincy St., Arlington. Free. Forrest Pritchard of Smith Meadows Farm and Ellen Polishuk, formerly of Potomac Vegetable Farms, will share from their new book: “Start Your Farm: The Authoritative Guide to Becoming a Sustainable 21st Century Farmer.” Contact Rebecca Speas at info@onemorepagebooks.com.

WEDNESDAY/SEPT. 26

EcoAction Arlington Movie-Night. 6:30-9 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. EcoAction Arlington will present a screening of “The Clean Bin Project,” a film that follows two friends in a competition to determine their ability to live a zero-waste lifestyle for one-year. At the conclusion of the film, Erik Grabowsky, of the Arlington County Solid Waste Bureau will lead a discussion on waste issues. Tickets: \$10 / \$5 for students. A parent must accompany students under 21 years of age. Tickets are available at acdh.arlingtondrafthouse.com/event.cfm?cart&id=515552. Visit www.ecoactionarlington.org.

Garden Talk. 7 p.m. at Arlington Central Library, 1015 N. Quincy St., Arlington. Hear from local experts on how to get the best out of a garden. See the full schedule of topics at afac.org/gardentalks.

THURSDAY/SEPT. 27

Spirit of Community. 11:30 a.m.-2 p.m. at Renaissance Arlington Capital View Hotel, 2800 S. Potomac Ave. The Arlington Community Foundation presents the Spirit of Community Award, established to recognize individuals and/or organizations who have demonstrated a tireless and unselfish commitment to improving the quality of life in Arlington. \$65. Visit www.arlcf.org or call 703-243-4785.

Romance Roundtable. 6:30 p.m. at One More Page, 2200 N. Westmoreland St., #101 Arlington. Panel featuring regional authors. Author Angelina Lopez will moderate the panel, leading a discussion with authors Lori Ann Bailey (the Highland Pride series), Mia Sosa (Pretending He’s Mine), and Sharon Wray (the Deadly Force series). They’ll share their thoughts on writing romance across genres – from historical Highlands to contemporary romance to suspense. It’s an evening of wine, swords and kilts, and swoon-worthy books. Visit www.onemorepagebooks.com.

SATURDAY/SEPT. 29

Disaster Relief Trials Arlington. 8 a.m.-1 p.m. at Thomas Jefferson Middle School Upper Field, 125 South Old Glebe Road, Arlington. Arlington’s Office of Emergency Management will simulate a disaster and you can be part of the response. Beginning and ending at Thomas Jefferson Community Center, participants will ride to checkpoints throughout the County to pick up and deliver food, water, medication (simulated), and relay critical messages while traversing obstacles, including a water crossing, rough

ENTERTAINMENT

terrain, and a physical barrier. At each checkpoint, participants will be presented with an emergency preparedness challenge. Points will be rewarded for the total weight of supplies transported back to the finish, as well as completing the emergency preparedness challenges successfully. Visit drtarlington.com.

Champion Trees Bike Ride. 9 a.m.-noon. Meet at Barcroft Sports and Fitness Center Parking Lot, 4200 S. Four Mile Run Drive, Arlington. Marvel at some of Arlington's most spectacular trees on this leisurely ride over mostly level, paved pathways, while stopping at points of natural and environmental interest along the way. Bring your own bike, water, snacks and repair kit for a wonderful ride. Teens 12 and up are welcome, but must be accompanied by a registered adult. Free. Register at registration.arlingtonva.us with #612948-G.

Final West End Food Truck Party of the Season. 11 a.m.-2 p.m. Columbia Pike at Four Mile Run, Arlington. The final food truck party of the season features The Crab Fry Guy, Peruvian Brothers, PhoWheels and Little Miss Whoopie. Musical guests Emma G and Jahnel Daliya, along with special guest Arlington Art Truck. Visit www.columbia-pike.org.

Colonial Harvest: Living History. 1-4:30 p.m. at Ball-Sellers House, 5620 3rd St. S, Arlington. The ultimate foodie event – find out how people who lived in the oldest house in the county harvested, cooked, and prepared food for the winter. Colonial reenactors will show how the original family in the house would have done it. Taste what they would have eaten including desserts and beverages. Visit www.arlingtonhistoricalsociety.org.

Gallery Talk: "Open World" and "Within/Between." 1-3 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. A walking tour and discussion of Open World and Within/Between with the artists in the exhibitions. Visit arlingtonartscenter.org.

Crystal City Oktoberfest. Noon-6 p.m. in the parking lot and plazas next to 220 20th St. South, Arlington. Featuring 50 breweries, beer tastings, live music and food vendors. VIPs will have an hour early access beginning at 11 a.m. General admission tickets are \$30 in advance, and include 10 - 4 oz. beer sampling tickets (additional drink tickets may be purchased on site), entry into the festival and live entertainment. VIP tickets are \$50 in advance and include 15 - 4 oz. beer sampling tickets, 1-hour early access, private tent, a Crystal City beer sampling glass and private bathrooms, as well as everything included in the General Admission. Sponsored by the Crystal City Business Improvement District and TasteUSA. Buy tickets at eventbrite.com, search Crystal City Oktoberfest.

Nature Photography Hike. 3:30-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Join us as we photograph nature, get some tips on photography, learn about local wildlife and get a chance to take pictures of some live nature center animals. Bring the camera of your choice. Great for kids 8-12. \$5. Register at registration.arlingtonva.us

SATURDAY-SUNDAY/SEPT. 29-30

Arlington Visual Art Studio Tour. 11 a.m.-5 p.m. Over 50 Arlington artists open their workspaces to the public for the first annual Arlington Visual Art Studio Tour. This free event allows local artists to feature their work, processes and studio spaces, while showcasing the richness



FILE PHOTO BY SHIRLEY RUHE

Tasting, Dancing and Bands Every Hour

Clarendon Day street festival combines an arts and crafts section and a Kids Zone with an afternoon program featuring dancing from ballet to flamenco to Irish. On the main stage the first sounds open at 11 a.m. with Ruepratt followed by bands every hour until Bushmaster featuring Gary Brown rounds out the day at 5 p.m. Hungry? Tastes of ethnic food from local restaurants line the street along with offerings of craft beers and Virginia wines. The festival will take place Sept. 22 rain or shine from 11 a.m.-6 p.m. along Wilson Boulevard in Clarendon.

and diversity of visual arts to be found in Arlington County. Visitors will find paintings, ceramics, jewelry, paper art, photography, and more. Information about the tour, including a directory of artists, is available at arlingtonartstudiotour.org.

SUNDAY/SEPT. 30

Civil War Book Sale. 11 a.m.-6 p.m. at Arlington-Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Geared towards individuals with an interest in the Civil War. Additional vendors are welcome. Individuals requesting vendor and event information should email mayo5304@cox.net, or call 703-389-1505.

2018 Valley Fest Street Festival. 12-5 p.m. at New District Brewing Company, 2709 South Oakland St., Arlington. New District Brewing Company presents the second annual Valley Fest Street Festival. Valley Fest is a collaboration and celebration of the Four Mile Run Valley Arts and local businesses. Visit arlingtonvalleyfest.com/.

Opera NOVA Brunch. noon at Washington Golf & Country Club, 3017 N. Glebe Road, Arlington. Meet and greet others of similar interests and listen to five Opera NOVA vocalists. Among singers will be renowned baritone Jose Sacin, soprano Jocelyn Hunt, soprano Annie Gill, mezzo-soprano Elise Jenkins and soprano Sofia Parfomak. They will be accompanied by pianist Zsolt Balogh. Guests will also hear from speaker Chandra Choum, who will talk about his rise from a refugee in Cambodia to becoming a tech executive in Virginia. Also, music educator Patricia Miller of George Mason University will be honored. Admission is \$75. Reservations are required at www.operanova.org, mcdm1@verizon.net or 703-536-7557.

Spellbinders Story Fest. 3-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 4 and up. Register children and adults; children must be accompanied by a registered adult. The Arlington Spellbinders will unleash the power of oral storytelling with favorite tales from around the world. Since ancient times in all cultures, this tradition has passed on wisdom, connected elders to youth, and engaged the imagination. Call 703-228-6535. Free. #612958-F. Call 703-228-4747 or visit registration.arlingtonva.us to register.

The Rose Ensemble. 4-5:30 p.m. at St. George's Episcopal Church, 915 N. Oakland St., Arlington. "Land of Three Faiths: Voices of Ancient Mediterranean Jews, Christians and Muslims." Music reflecting the multicultural community of the 13th-14th century Spanish court, performed by a renowned early music ensemble. General admission \$30/students \$10. Visit capitolarearlymusic.org

WEDNESDAY/OCT. 3

Coffee with a Cop Day. 10 a.m.-noon at Penrose Square, 2413 Columbia Pike, Arlington and 3-5 p.m. at Starbucks Courthouse Plaza, 2200 Clarendon Blvd., Arlington. Arlington County Police Department is hosting two events with the Community Outreach Teams to celebrate. Community members are invited to join police at this informal event to ask questions, voice concerns, get to know their neighbors, interact with the Community Outreach Teams and meet officers from other sections of the department.

OCT. 3-NOV. 4

"Sleepy Hollow." At Synetic Theater, 1800 S. Bell St., Arlington. Synetic Theater's adaptation of "Sleepy Hollow" pulls together all the elements that made Synetic famous: gothic horror, iconic characters and imagery, an emphasis on surreal, wordless storytelling that transcends spoken language and makes its productions something akin to live-action dreams (or nightmares, depending on the story). Regular Run: Wednesday-Saturday, 8 p.m.; Sunday matinee, 2 p.m. Tickets: \$35 and up. Student tickets start at \$15. Senior citizens and military receive \$5 off. Group discounts are available. Call 866-811-4111 or visit www.synetictheater.org.

FRIDAY/OCT. 5

Urban Agriculture Symposium. 8:30 a.m.-3:30 p.m. at St. Andrew's Episcopal Church, 4000 Lorcom Lane, Arlington. A day of fun, food, and learning on topics ranging from urban agriculture policy and innovation to vertical gardening, indoor and rooftop farming, food waste recycling, season extension, edible landscaping, and building horticulture literacy. Registration is \$30 plus \$2 credit card fee. Program schedule and advance registration at tinyurl.com/aauas2018.

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Navigating the Tween Years

Child development experts offer suggestions for a difficult period of development.

BY MARILYN CAMPBELL

One of the most unsettling times in a parent-child relationship can be the period of adolescence when children are growing into adulthood. During this period say mental health professionals, teens may exhibit defiance and disrespect while parent might experience hurt and question the quality of their parenting abilities.

This period of time in the lives of both parents and adolescents can be fraught with confusion, pain and disappointment. Understanding the reasons behind the sudden shift is one of the keys to navigating this life change. "One of the most important developmental tasks during adolescence is for the child to discover who they are apart from their parents in preparation for eventually living as an adult," said Melissa K. McCeney, Ph.D., professor of psychology at Montgomery College. "They are working to define their own values and goals, and part of that process involves questioning authority."

"It's a natural part of separation from parents," added Linda Gulyn, Ph.D., professor of psychology at Marymount University. "In fact most behaviors described as rude or disrespectful are the teen's way of expressing her desire to be her own person; not an extension of the parent."

Understanding what a child of this age might be feeling and experiencing can make parents more empathetic prepare them to help guide their children through this developmental period. "Adolescents also tend to be very idealistic and absolute in their thinking, which may lead them to become critical of parents who can't possibly live up to unrealistic standards," said McCeney. "Brain development during adolescence can make teens less sensitive to how other people are feeling and more sensitive to their own feelings. Consequently, they may behave in self-centered and inconsiderate ways without even realizing it."

During this period, some parents may question their parenting skills or style. "These things will happen regardless of parenting style because they're a normal part of the developmental process," said McCeney "Parenting style could affect how difficult this transitional period is, though. Children whose parents are overly permissive or demand immediate compliance with no discussion under threat of punishment are more likely to become teens who are very rude and disrespectful. Parents who have consistently had high expectations for their children within the context of a warm and nurturing relationship have already laid the groundwork for more constructive conflict resolution."

Gulyn suggests that parents exhibit authority, but avoid extremes. "Always set limits and boundaries,

but do it in a way that you maintain a warm relationship with your child," she said. "Research shows that authoritarian, that is strict and punitive, and permissive, having no rules or boundaries, result in the most disrespectful and difficult rebellious behaviors."

When adolescents rebel, the way a parent responds can set the tone for the eventual outcome. "In my opinion, the parent needs to diffuse that moment with empathy or at least an expression of understanding how it must be for the teen," said Gulyn. "[For example,] 'I know it's frustrating trying to keep all those homework assignments straight ...'"

"I also believe the teen needs feedback that his rudeness hurts," continued Gulyn. "[For example,] 'Wow, that really made me feel bad when you talked to me that way.' You are the parent. You need to help your teen develop empathy and understand the consequences of their behaviors."

Encourage children to think about the effect their behavior might have on others, suggests Jerome Short, Ph.D, associate professor of psychology at Marymount University. "Parents should ask their children, 'How would you feel if someone did that to you?' or 'How do you think that person feels after you did that?'," suggests Short. "These questions increase a focus on empathy and compassion. Parents should make it clear that they value kindness and respect and want their children to value those principles too."

Reinforcement is more effective than punishment, advises McCeney, but she underscores the reality that actions have consequences, and sometimes they're unpleasant. "When punishment seems appropriate, try to stick with natural consequences as much as you can," she said. "For example, a teen who is being hateful at the dinner table

might need to eat alone. If your child is insulting to you while you drive him to a party, perhaps you should turn around and go back home instead."

McCeney advises against consequences without warning. "If you go the punishment route, though, it's important to make sure your teen knows in advance exactly what the consequence will be and how they need to change their behavior in order to avoid it," she said. "For example, instead of making an unexpected screeching U-turn, say, 'What you just said to me was really rude, and I don't see why I should do you a favor if you're not going to be nice. If you speak disrespectfully to me again, we'll turn around and go home.' Then follow through as necessary. If you know your kid is likely to act up in a particular situation, lay out the rules ahead of time," continued McCeney. "If they tend to be rude to you to show off to their friends, let them know that if it happens at tomorrow's movie night at your house, they won't be able to have company over next weekend. Then they can make their own informed choices."

Addressing Rude Teen And Tween Behavior

- ❖ Model appropriate behavior. If your child yells at you and you respond by raising your own voice, they will seethe at your hypocrisy. Don't allow them to tempt you to stoop to their level.
- ❖ Choose your battles. If they actually do their chores, it won't hurt "not to notice" that they rolled their eyes and grumbled under their breath while they did them.
- ❖ Enforce appropriate boundaries. If your child is being rude and disrespectful, refuse to engage no matter how hard they push. Say something like, "I'll be happy to discuss this with you when you can speak to me respectfully," and then calmly walk away.
- ❖ Say yes when you can. Grant more independence as your child demonstrates that they can be trusted with it. Help them to understand that handling conflict respectfully is a sign of maturity and that you'll respond to it as such.
- ❖ Show them that you still care. Continue to be affectionate toward them and connect with them however you can despite the fact that they're not always behaving in the most lovable ways at this time. Often, teens feel lonely and vulnerable under their prickly exterior. Be generous with hugs, and remember that this is only a season. It will pass.

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NEWS

10-Year Prison Sentence For Oxycodone Conspiracy

A Maryland woman was sentenced Friday, Sept. 7 to 10 years in prison for her role in leading a conspiracy to distribute oxycodone.

According to court documents, Louise S. Edwards, 38, was previously employed as a medical assistant at doctor's offices in Arlington and Alexandria.

From 2011 through December 2017, Edwards stole blank prescription pads and electronically-generated fraudulent prescriptions using a medical recordkeeping system to which she had access by virtue of her position as an employee.

Edwards had others write or fill the fraudulent prescriptions and return the full bottles to her. Edwards then sold the full bottles for further distribution.

During the conspiracy, Edwards facilitated the fraudulent filling of at least 353 prescriptions, totaling 42,360 pills of 30 milligram oxycodone.

"Today's sentence serves as a reminder of the responsibility those in the medical profession have in serving the community and a deterrent for anyone thinking about trying to make a buck while fueling the opioid epidemic," said Matthew J. DeSarno, Special Agent in Charge, Criminal Division, FBI Washington Field Office. "The FBI remains dedicated to working with our partners to stop the flow of illegal opioids into our communities."

Ride ART Bus for Free

In celebration of Arlington Transit's (ART) 20th anniversary, the public is invited to ride ART for free on Thursday, Sept. 20. It's ART's way of saying thank you to its loyal customers and also an invitation for those who have never been on ART to give it a try.

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NEWS



Rained In But Not Rained Out

It's a tough choice: grilled hot dogs, snow cones or popcorn or maybe all three at the Nauck Community Pride Day.



Bands entertained all afternoon at the Nauck Community Pride Day held at Drew Model Elementary School on Saturday, Sept. 15.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



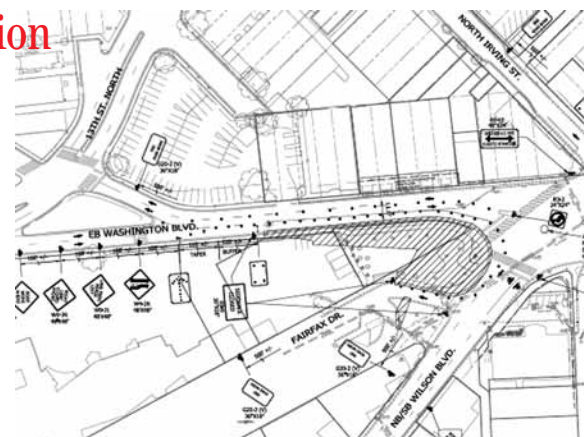
The Nauck Civic and Community Pride Day was moved indoors Saturday but festivities continued despite the weather. Julez Davidson attended the yearly event with his grandmother.



Ginger and John Andelin man the Virginia Cooperative Extension table at the Nauck Civic Pride Day. Ginger Andelin hands out free packages of pea and turnip green seeds telling those who stop by that they can still plant seeds in their gardens and have tendrils for salad in October. The Andelins were handing out flyers explaining nutrition labels and where to go with gardening questions. This was one of the many local information booths and vendors lining the gym at Drew Model Elementary Day Saturday.

Clarendon Circle Construction

The project to reconstruct the intersection of Wilson, Clarendon and Washington Boulevards — known as Clarendon Circle — is scheduled to start on Monday, Sept. 24. The first phase of the project will involve concrete work along eastbound Washington Boulevard, west of Wilson Boulevard and Fairfax Drive. First, the contractor will install erosion and sediment controls and tree protection. Once these items are inspected and approved, construction will begin. Project work hours will be 9 a.m. to 4 p.m., Monday through Friday, during activities that require a temporary lane closure. Other activities may occur outside these hours, but this work will adhere to the requirements of Arlington's Noise Ordinance. No weekend work is expected. The expected duration for the first phase of construction is about 10 weeks — weather permitting. Detour signage will direct vehicles and pedestrians around construction zones.sm



News

Windy Run

FROM PAGE 3

problem. It must be guided into acceptable channels leading the the many runs and branches, and eventually to the river. Such concentrated flows inevitably cause erosion to the adjacent banks and denude hillsides of trees and other plant growth.

Unlike the well-publicized problem in neighboring City of Alexandria, Arlington County approaches its runoff situation with one vital advantage: The sanitary sewer system is totally separate from and has no connection to the drainage system that captures rain and melted snow.

Arlington County's engineers and naturalists have designed multiple corrective measures for the runoff problem. One is called "stream restoration." The most recent example is Windy Run off Lorcom Lane at the foot of North Kenmore Street.

Last week, Aileen Winkist, Arlington's watershed outreach program manager, hosted a ribbon cutting to celebrate completion of the Windy Run project. She pointed to the elements of the work, including restored stream banks, removal of invasive plant species, creation of midstream channels for the water and use of native plants. Another benefit was the rebuilding of a nature trail for anyone needing to step away, however briefly, from urbanized Arlington. With pride, Winkist declared the project "exciting" and "successful."

Something apart from rocks and soil and plantings also was highlighted: The stream monitoring program. Regularly, and for more than a decade, a corps of volunteers collect water samples from Arlington's waterways for testing. In addition, small water creatures are netted and counted since many serve as markers of purity, or impurity. Kelly Brown, monitor team leader for Windy Run, was pleased to report its condition as "healthy."

BULLETIN BOARD

FROM PAGE 2

Draft-Agenda.pdf. The County Board will consider the 4MRV Park Master Plan at its Sept. 22 meeting, item #61. Find the Park Master Plan staff report here: arlington.granicus.com/ViewPublisher.php?view_id=2.

FRIDAY/SEPT. 21

Fall Risk Reduction & Balance. 11 a.m.-noon at Carlin Springs Campus, 601 S. Carlin Springs Road, Arlington. Presented by Carson Scott, Physical Therapist, DPT. Virginia Hospital Center/PT Solutions. The official "Fall Prevention Week" will be celebrated at VHC with a special lecture on how to reduce your risk of falls, what physical therapy can do to help, and techniques to improve balance. Free, but register for each event. Call Senior Health 703-558-6859, or email lifeline@virginiahospitalcenter.com.

FRIDAY-SATURDAY/SEPT. 21-22

Car Free Days 2018. Telework, bicycle, walk, take transit or carpool/vanpool (car-lite). Everyone who takes the free pledge for one or both days will be entered into a raffle. Registrants will also have the opportunity to participate in several local area events including: PARK(ing) Day, Clarendon Day, The Great Frederick Fair, Try Transit Week, and more. Take the free pledge to go car free or car-lite for a day at www.CarFreeMetroDC.org.

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A Tail Not of Woe



By KENNETH B. LOURIE

You know what's impossible – or next to impossible? Trying to write a funny non-cancer column while on hold with the Oncology Department waiting for calculations to be made by their pharmacist which will determine if my creatinine levels (kidney function) are low enough to allow me to get my infusion today.

No big deal, really. It's only a matter of life and hopefully my avoiding death.

And to complicate this waiting/holding "interminableness," one of our five cats, "Twinkle," is walking back and forth across my desk, rubbing my writing hand with her head – while I'm trying to write no less, as she steps repeatedly on my writing pad.

Oh. One more thing, she keeps knocking down the wireless land-line phone that I've placed on my desk – which I have on speaker, close enough to hear but far enough, I thought, to keep her at bay. It never ceases to amaze me how cats seem to know where you don't want them go and invariably that's almost always where they seem to end up.

Now back to my original situation: Waiting for the pharmacist to calculate my results.

After nearly 30 minutes on hold, with "Twinkle" having been occupied elsewhere during the last 10 minutes or so. (After I implored her to "Give me some space, please?" she jumped off the desk.) Finally, I have received word that I'm approved for my infusion. And now that I'm no longer on telephone-hold, I doubt I'll be seeing any more of her.

Oh. I was wrong. Here she is again.

This time however, she's brought along "Biscuit," one of the two oldest "buff-colored" brothers we rescued in September '06. But I'm more tolerant of their interference now as I've been given the infusion OKAY. (Not a thrill really, but, as mentioned in previous columns – and confirmed by my oncologist in a reply-email to me, this third dose of chemotherapy in the last seven weeks might have a bearing on the results of my upcoming Sept. 26 CT scan. That sound you heard was me exhaling.)

Another peculiar feline behavior: they seem to know when their behavior is not as bothersome/interfering as it might otherwise be so they refrain a bit. (A bit.)

So now I have nothing to wait for except Godot (who never shows). My results will show up though, on or about Sept. 28, more than likely via email from my oncologist. Important to consider that the 28th is a Friday and given that lines of communication don't flow as often on the weekends, we'd really rather know before the weekend so that we can get on with our lives.

And, as I'm sure you can appreciate, this is no laughing matter and receiving results – good or bad – in a timely fashion does enable us to get on with our lives.

For the moment, however, it's still about waiting and hoping, but no planning – yet. Discussing scenarios before the actual facts are known has never been my oncologist's way. When we know definitively, then we'll act definitively. We've had some preliminary discussions about alternatives going forward, but until further details are known, it's all premature.

For the moment then, my existence is about managing expectations, trying to remain positive and letting go.

I mean, when the scan is finished, the results will be what they will be. I don't imagine there's much I can do about it now. When those results are known, then we'll go to plan "B," or revert to current plan "A."

My life is not likely to change significantly either way in the short term so all I can do is maintain my status quo. There's no panic.

Anxiety? Of course. Anticipation? Yes, in a weird way. I would like to know what treatment/potential side effects and all are in store for me living forward but it's still "early days." Maybe the cats do know something. We've heard it rumored that cats have a sixth sense about sickness and death.

Oh, oh. Here's comes "Biscuit," he's been hanging around me an awful lot lately, very uncharacteristic. Should I be concerned or just appreciative of the attention?

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

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