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The
Arlington
Connection

Eleven-month-old Quinn Richmond and her mother Stephanie, stop to make a decision by the pan of barbecue in the food line at the family picnic sponsored by Thrive on Saturday.

BBQ, Boots & Bingo

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

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Two Arrested In Shooting

The Arlington County Police Department has arrested two suspects wanted for their role in a shooting that occurred last week in the Nauck neighborhood. Ahmed Ali Mahmoud, 24, and Osman Mohamed, 25, were arrested in the 3400 block of Fairfax Drive and charged with malicious wounding by mob, discharging a firearm in a public place (within 1000 feet of a school zone), malicious wounding and use of a firearm during the commission of a felony. Both men are being held in the Arlington County Detention Facility on no bond.

At approximately 2:03 p.m. on Sept. 20, police were dispatched to the 2000 block of S. Kenmore Street for the report of trouble unknown. Upon arrival, it was

SEE TWO ARRESTED, PAGE 24



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Daniel Valentini (left) and Kenny Goss, Knights of Columbus volunteers, barbecue hamburgers and hot dogs for the Thrive fundraising event on Saturday, Sept. 29.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

A family concentrates on their Bingo cards while the numbers are announced at the BBQ, Boots & Bingo fundraiser Sept. 29. Prizes include gift cards and pizza.

BBQ, Boots & Bingo A little Texas in Arlington.

The Knights of Columbus buzzed with activity at the 3rd Thrive fall fundraiser on Saturday, Sept. 29. Hungry folks traveled along the barbecue line choosing hot dogs, ham burgers or chicken with all the trimmings. An ice cream stand at the entrance had a long line of children waiting for a miniature brownie sundae or strawberry swirl while others played cornhole in the yard or jumped in the moon bounce. Tables of Bingo players concentrated on the numbers called out from the spinning ball on a table nearby while 12-year-old DJ TJ Schultz played his queue of country and pop.

Thrive provides same-day, emergency financial assistance to county residents who experience sudden financial crisis such as temporary unemployment or illness. Most clients are the working poor, elderly and disabled people on a fixed income, and the homeless and formerly homeless. Thrive serves over 5,000 clients a year.

— SHIRLEY RUHE



Andrew Schneider, executive director of Thrive, and Denise Hlavaty, chair of the event. The fall fundraiser name “BBQ, Boots and Bingo” was inspired by a former board member from Texas who is the anonymous underwriter of the event.



Hanna Friedrich spins the ball while Matt Rogers calls out the numbers. B6. G60. N37. Someone yells out “Bingo” from a table nearby.



One-year-old Malia Acuna makes a game of running between the signs at the Thrive fundraiser. Each sign translates a monetary contribution into the benefits it would provide for a needy recipient.



Twelve-year-old Swanson Middle School student TJ Schultz offers his DJ services at the Thrive fundraiser on Saturday.



An attendee sports her boots during the hot fall day on Sept. 29 at the BBQ, Boots & Bingo fundraiser.

OPINION

Demand Increasing, But Not Resources

Suicide prevention efforts need more funds, volunteers.

September was Suicide Prevention Month, and the Connection sponsored outreach efforts of PRS, the local nonprofit that provides CrisisLink service and trained staff to answer the “hotline” in Northern Virginia.

It’s clear that demand is increasing for crisis call services, but resources are not.

When Kate Spade died of suicide on June 5 this year, and Anthony Bourdain died of suicide June 8, crisis calls spiked around the country. High profile deaths locally and of celebrities will always trigger more calls and more people seeking help.

PRS CrisisLink program handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year, said CEO Wendy Gradison, and those numbers will con-

tinue to increase with successful outreach.

PRS provides a variety of mental health services. Crisis calls and texts are answered mostly by volunteers who can respond with the empathy and understanding that someone in crisis needs right then. Answering local calls means these volunteers can connect those in need of crisis help to local resources for care. “Most of these voices are volunteers

from our community — neighbors and friends — who share the gift of listening to those who hope to be heard,” Gradison said.

Call or text to the crisis hotline or textline: (800) 273-TALK [8255] or text “CONNECT” to 85511.

PRS is the northern Virginia call center to respond to the National Suicide Prevention line when calls come in to 1-800-273-TALK from local area codes.

Centers like PRS CrisisLink are provided an annual stipend to provide the Lifeline and rely heavily on local government, donations and a volunteer workforce to offset the financial challenges centers face to participate in the Lifeline. If centers like PRS CrisisLink are unable to answer the calls distributed to the center from the Lifeline, a caller will wait longer and longer each time the call is queued or sent to another center, usually outside the state. When sent out of state, callers are not necessarily connected with local resources.

And the efforts to provide help in a crisis save lives. For every death, more than 275 people who attempt suicide or have thoughts of suicide survive and recover.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Serving as a ‘Medical Home’

BY STEVE HUNT
NEIGHBORHOOD HEALTH

Neighborhood Health, the local community health center, offers health services to the entire family, but it is their pediatric services that particularly shine for the more than 7,900 children and adolescents it serves. Neighborhood Health is unlike a private practice, and it takes pride in being adept at treating the whole child and family.

Just walking through the halls on any given day is an education on what it means to serve as a “Medical Home.” Does your pediatrician ask about your daughter’s dental care? Does he or she apply fluoride during her well-child check-up? If your son had an anomaly in his mouth, would your pediatrician be able to walk down the hall and ask the dentist to come take a look? If your toddler were having trouble sleeping, would your pediatrician be able to introduce you and your child to the on-site behavioral health therapist who is trained in dealing with childhood sleep concerns? What if your income was stretched thin and you didn’t have enough money for a winter coat for your child — would your pediatrician’s office help you with that?

Well, at Neighborhood Health, parents can just sign up with the Family Support Worker to receive a winter coat from a local charity. What if your baby needed a referral to a cardiologist, but you couldn’t find one who accepts your insurance? Neighborhood Health has Referral Coordinators who help parents navigate the tricky world of specialty care.

These are just some of the wrap-around supports that Neighborhood Health offers to its pediatric patients, with more served every year due to the growth in demand.

Pediatric care begins before a newborn child even leaves the hospital. Neighborhood Health’s Medical Director and pediatrician Dr. Martha Welman notes that while a new mother is still in the hospital recovering after giving

birth, an appointment is made for her baby with a Neighborhood Health pediatrician for a thorough evaluation within one or two days after discharge. From there, regular check-ups give the child an excellent early start — as well as same day visits when a child is sick or gets injured. Parents receive extensive education about appropriate nutrition and best parenting practices. Nurses are on-call after hours to answer questions from worried parents — and can call the pediatrician for more complex cases.

Neighborhood Health’s seven Board Certified pediatricians and three nurse practitioners have many years of experience offering a full range of services following the American Academy of Pediatrics’ recommendations. That includes a strong focus on preventive care — and Neighborhood Health is a leader in Virginia in making sure that its pediatric patients receive all their vaccines. In fact, Neighborhood Health vaccinates 96 percent of its patients by age three years — substantially better than the average of 49 percent for Virginia. Neighborhood Health uses a “no-missed” opportunity approach to vaccinating children, which means fewer illnesses are roaming the halls of local day care facilities and preschools. That’s a benefit to the entire community.

On a recent visit to their health center, Dr. Welman explained that in addition to preventive care, Neighborhood Health pediatricians also perform screenings on children for possible developmental delays — such as autism spectrum or problems with motor skills — at every well child visit. When problems are detected, children are referred to early intervention services that provide the best possible outcomes.

Dr. Welman has been treating children at Neighborhood Health since 2000 when she became first pediatrician at the Arlandria Health Center as the exponential demand for services was just getting started. She has initiated programs to address the needs of their patient population: an asthma treatment initiative, an early literacy program, an insurance

enrollment project, and an obesity prevention program, to name a few.

Neighborhood Health’s team of pediatricians take pride in the trusting relationships they develop with parents — and how they are able to encourage them to be active participants in their child’s development. Pediatricians give advice that is helpful to any new parent: “Your baby needs to look at your face, to listen to you, to learn to build trust in this first and most important relationship,” says Dr. Welman. She strongly recommends talking and listening to babies at an early age and maintaining strong eye contact. Mothers are also supported in breast feeding for the child’s first year of life, and are also provided with nutrition information to help their children get off to the best start.

Catching seemingly “little” things can make a big difference in the long-term health of a child. Such was the case for “Samuel” who shortly after his birth was diagnosed with a heart murmur at a routine screening.

Following a referral to a cardiologist, Samuel was identified as having a ventricular septal defect, commonly known as a hole in the heart, a relatively common heart defect that’s present at birth and occurs when the wall that separates the heart’s chambers allows blood to pass from the left to the right side of the heart. Of course, this was disturbing news for his young parents who initially were reluctant to authorize open heart surgery on their son who showed no symptoms of experiencing a heart problem.

Throughout the next couple of years, Dr. Welman would gently remind the parents when they brought Samuel in for his regularly scheduled visits that it would be in his long-term best interest for him to undergo the fairly routine surgery to repair his heart, recognizing that no surgery is routine for any parent placed in such a difficult position.

“We built up a trusting relationship with them and we didn’t push,” she said. Dr. Welman just continued to give Samuel high-quality care

SEE NEIGHBORHOOD, PAGE 23

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NEWS

Take a Stand

Addressing domestic violence in Arlington.

To discuss domestic violence and how to support community members, Project PEACE is hosting Kate Ranta, a local domestic and gun violence survivor, and community leaders Theo Stamos, Commonwealth's Attorney for Arlington County and City of Falls Church, and Christa Carlton, Director of Domestic and Sexual Violence Programs at Doorways for Women and Families, for a community conversation about sex, violence and the Arlington community.

The event, "Taking a Stand: Addressing Domestic Violence in Arlington," is Thursday, Oct. 4 at 6:30 p.m., at the Walter Reed Community Center, 16th Street S., Arlington.

Ranta is the mother of two boys, a marketing professional and a survivor of domestic and gun violence. She and her father survived two bullets each when her ex-husband shot them; the couple's young son witnessed the shooting. She has been an activist for nearly six years and has appeared in documentary films and on national media.

Stamos, who was elected Commonwealth's Attorney in November 2011 and took office January 2012, said: "My office has always held the belief that

"All of us need to take a stand against all forms of domestic violence, wherever it occurs."

— **Theo Stamos, Commonwealth's Attorney for Arlington County**

victims must be championed and offenders must be held accountable. However, domestic violence occurs every day in Arlington County that never touches the criminal justice system. All of us need to take a stand against all forms of domestic violence, wherever it occurs. We must continue to strive to be a community where neighbors can rely on one another for support and to make Arlington County a safer place for everyone."

Arlington County Project PEACE is a coordinated community response dedicated to advancing an array of education, prevention, protection, and support services to end domestic and sexual violence in the community.

This event includes descriptions of violence and may not be appropriate for young children.



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Students reach new heights in leadership scholarship, citizenship, and friendship through Eco-Futuro's Emerging Leaders Program.

Eco-Futuro Celebrates 20 Years

Fundraiser planned for Oct. 19.

BY SHIRLEY RUHE
THE CONNECTION

Eco-Futuro is holding its 20th year celebration, "Moving Forward," on Friday, Oct. 19 from 6 p.m.-12 a.m. at the Key Bridge Marriott. Swing to the Latin music of Zeniza All Stars and enjoy dinner as you celebrate the 20 years of Eco-Futuro and "renew their commitment to support the children of the most vulnerable Hispanic immigrant families Eco-Futuro is serving in Arlington and Fairfax public schools and county."

Tannia Talento, vice chair, Arlington County School Board, will be the keynote speaker.

Tickets are \$150. To purchase tickets, contact benefit@edu-futuro.org.

Edu-Futuro is a no-profit organization founded in 1998 to empower low-income Latino and other immigrant youth through education, leadership development and engagement of the immigrant families to become the next generation of successful professionals who transform their community.

The organization began as a group of Bolivian par-

ents and the Bolivian ambassador who met with the Arlington superintendent of schools 1998 to establish an enrichment program for the growing Latino immigrant population. Now Edu-Futuro sponsors language enrichment, youth programs and parent empowerment programs with a central office, a staff of 15 and dozens of volunteers.

Executive Director Jorge E. Figueredo said the organization has surpassed \$1 million in revenue providing over 1,600 services to 1,491 youth and parents, almost three times more than three years ago. For youth programs, Edu-Futuro served 795 students in FY2017-18, and 41 high school students who participated in their ELPII program were accepted into college. For the parents, they empowered 696 parents to become advocates for their children's education.

The event will recognize Dr. Marjorie Myers, former principal of Key Elementary School and their PTA, and Deirdre Lavery, principal of Robert E. Lee High School as their Community Partners of the Year for Arlington and Fairfax, and Deloitte as the Corporate Partner of the Year.

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PEOPLE

Talking about Writing

Authors to speak at One More Page.

BY TERESA CARANDANG
THE CONNECTION

One More Page will host a discussion on Friday, Oct. 19, at 7 p.m. between Arlington resident and writer Madelyn Rosenberg and Richmond-based author Meg Medina, who has written several award-winning books for children.

According to Rosenberg, she plans to ask Medina about “her ability to go from picture book to middle grade to young adult,” Medina’s recent middle school book, “Merci Suárez Changes Gears” and her strong female characters, “because they are at the heart of everything Meg writes.”

Both Rosenberg and Medina have written books for children of all ages with diverse cultural backgrounds. Together with Wendy Wan-Long Shang, Rosenberg wrote “This is Not a Test,” whose protagonist, David Da-Wei Horowitz, who has a Jewish father and a Chinese mother, navigates the



PHOTO BY K. LAZORCHAK

Madelyn Rosenberg.

challenges of middle school friendships while preparing for his bar mitzvah. Medina’s stories highlight Latin culture, usually, through the eyes of a female protagonist.

Aside from writing children’s books, Rosenberg’s work has been published by the Washington Post, Roanoke Times, Arlington Magazine, and Parenting Magazine. Her first two children’s books “The Schmutzy Family” and “Happy Birthday, Tree” both came out in August 2012. For her, the best part of being an author is the “writing part,” when she gets to “brainstorm and put the story on the page.” Rosenberg answered questions about what it’s like to co-write a book, and how Washington, D.C. appears in her “Nanny X” books, among other ques-

tions about reading and writing.

What was it like to co-write a book with Wendy Wan-Long in “This is Just a Test?”

Wendy, who lives in Falls Church, Va., is one of my best friends, and working on this story with her made me a better writer. She says that I’m turning it into a fish story, where every time I talk about it, I say the story was easier and easier to write. “It took a week!” It didn’t of course, but it was a two-brains-is-better-than-one situation, and we got to spend a lot of time together, blending our backgrounds (Jewish and Chinese-American) for our story.

Did you collaborate with the illustrator when you wrote your illustrated books? What was the process?

The editors chose the illustrators and kept us pretty separate. I think that’s so the illustrators could have a chance to add their own layers and artistic voice to the stories.

What do you want your readers to take away from your books?

I want them to laugh. And I’d love them to take away some new perspective, which differs a bit for each book: that the earth needs our care, or that people, especially

brothers and sisters, may have different ideas about how to do things but that doesn’t mean the other person’s idea is wrong. Also, part of “This Is Just a Test” shows David preparing for his bar mitzvah, and I’d like people to see what that’s like.

You are a very versatile writer having written books for kids of all ages. You are also a journalist who has written for Roanoke Times and Arlington Magazine to name a few. What kind of writing do you find the most fulfilling?

I’ve wanted to write for kids as long as I can remember. I especially love middle-grade stories, because those are the books kids are reading independently, in bed, with a flashlight.

Does Arlington (or Northern Virginia/D.C.) show up in any of your stories?

It does! D.C. museums and sculpture gardens are pretty prominent in Nanny X Returns. And descriptions come from what’s around me. I often pop in names of streets and friends. I’ve mashed together names of my kids’ former elementary school arts teachers and their bus drive makes an appearance, too.

SEE TALKING ABOUT. PAGE 8

Event Details

Children’s author Meg Medina: “Merci Suárez Changes Gears” in conversation with Madelyn Rosenberg

Oct. 19, Friday 7-8 p.m.
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The Eyes Have It

Young artist exhibits “Kiss the Dream and Smile.”

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

Eight-year-old artist Noura Barka loves to draw people’s faces, and she particularly enjoys drawing eyes. “I like all kinds of art; I don’t really have a favorite medium,” Barka, whose first art exhibit is currently on display at Arlington’s Connection: Crystal City Satellite Library, said. “Right now, I draw a lot of faces, and my goal is to get really good at painting eyes.”

All you need is a pair of eyes to enjoy Barka’s ongoing exhibit, which includes 10 pieces of varying mediums, available to the public for free through the end of November. All of Barka’s works on display are in keeping with the theme, “Kiss the Dream and Smile.”

“That’s what I named the show because I found some beads in a box and rearranged the words to say ‘Kiss the Dream and Smile,’” the young artist said. “Then I gave each painting a title related to it, like, ‘Fantasy,’ ‘Hope,’ ‘Imagination,’ ‘Moonlight,’ and ‘Rainbow Pollock.’”

Although Barka is only in the third grade, she can’t remember life without art.

“I always saw my mom painting when I was little,” Barka said. “Then, when I was three, I wanted to start painting, so my mom taught me. “My mom started me with crayons, and then I started doing acrylics and tempera and, then this year I started watercolors. I kept practicing and practicing. The thing that I used to draw most was actually my mom, wearing a bun in her hair. Then, I branched out and I started drawing designs like my mom did — patterns and other more abstract things. I always wanted to paint just like my mom.”

The apple doesn’t fall far from the tree with Noura Barka and her mother, Sonia Campos.

“Her work actually does look a lot like mine,” Campos said. “I used to paint a lot, when I lived in Japan, before I met my husband or had kids — Noura and her brother, my son, Sami. I would have art exhibits and shows, where I sold a lot of my art. It’s hard to pursue art like that with kids, though.”

Despite not being able to paint to the degree she did in a previous life, Campos was determined to introduce creative endeavors to her children.

“I always wanted to expose my kids to art,” Campos said. “As soon as they were capable, we started doing little things together: making holiday greeting cards to send to friends and family, we’d make



shadow boxes, and more. We’ve always been an artistically inclined family. My son and daughter would both paint with me, but, Noura was always the more curious and enthusiastic one with wanting to do arts and crafts.”

One day last summer, Campos saw an amateur artist’s work on display at her local library, and she immediately thought of her ambitious, artistic daughter.

“I just so happened to walk in the library, and I asked if the artist’s age mattered when it came to the displays,” Campos said. “They said ‘no,’ and Noura was of course interested. Throughout the summer, I had her paint on different canvases. She was so enthusiastic about doing it — it wasn’t a chore to her. People think it’s this amazing thing because of her age, but it was really so simple to put together. She had big ideas for each of the pieces and the title to give the collection as a whole.”

So, they submitted Barka’s exhibit for consideration, and she soon became the

youngest artist, at least in recent memory, to have her work showcased at the Connection Crystal City Satellite Library.

The opening reception for “Kiss the Dream and Smile,” took place on Sept. 8 and Barka kicked off this exhibit with a few words of her own.

“I was a little bit nervous,” Barka said, “but it was worth it. I want to do more art shows, too. We go back to the library to look at my exhibit several times a week.”

The exhibit launch was also an event that Campos will never forget.

“It was the first time there had been an opening reception,” Campos said. “Twenty-five people were there — teachers, family,



Noura Barka is a third grader at Stratford Landing Elementary School in Fairfax County.

Noura Barka’s exhibit “Kiss the Dream and Smile” is at the Connection Crystal City Satellite Library at 2117 Crystal Plaza Arcade, Arlington.

friends. Noura talked a lot about her art, and it may have been more exciting for me and my husband than it was for her. We are really proud of her.”

Already a renaissance woman, Barka is also a ballet dancer and a Girl Scout. As life gets busier for her the way it inevitably will, she said she’ll always make time for art.

“I take a clipboard with me to recess a lot because my friends always want me to paint pictures of their faces,” Barka said. “I use my watercolor pencils, and I give them the option for having winking eyes, both eyes closed, or both eyes opened in the pictures. Once I can paint people’s faces realistically, I want to publish a book. I’m auditioning for the Nutcracker ballet soon, but, I’ll still be doing lots of art projects all the time.”

Fundraiser To Benefit SEEC

The Shirlington Employment and Education Center (SEEC) is holding a fundraiser on Oct. 18 from 6-8 p.m. at the Barcroft Community House.

The Emily DiCicco Humanitarian Award will be presented to Andrew Schneider, executive director of Thrive, and Our Lady Queen of Peace Catholic Church for its efforts to help immigrants. Hors d’oeuvres and refreshments will be served and Latin music provided by DJ Milton Aguilar.

SEEC is a non-profit organization

funded by Arlington County. It was established 18 years ago to connect immigrant day laborers with employers seeking temporary employment. The proceeds of the event will go to support the new SEEC Immigrant Women Empowerment Program which relies on donations for its funding.

RSVPs may be sent to andrestobar@gmail.com. A donation of \$25 is suggested with sponsorships for the event of \$100-\$2,000.

— SHIRLEY RUHE

Talking about Writing

FROM PAGE 7

Who is your favorite children’s writer and why?

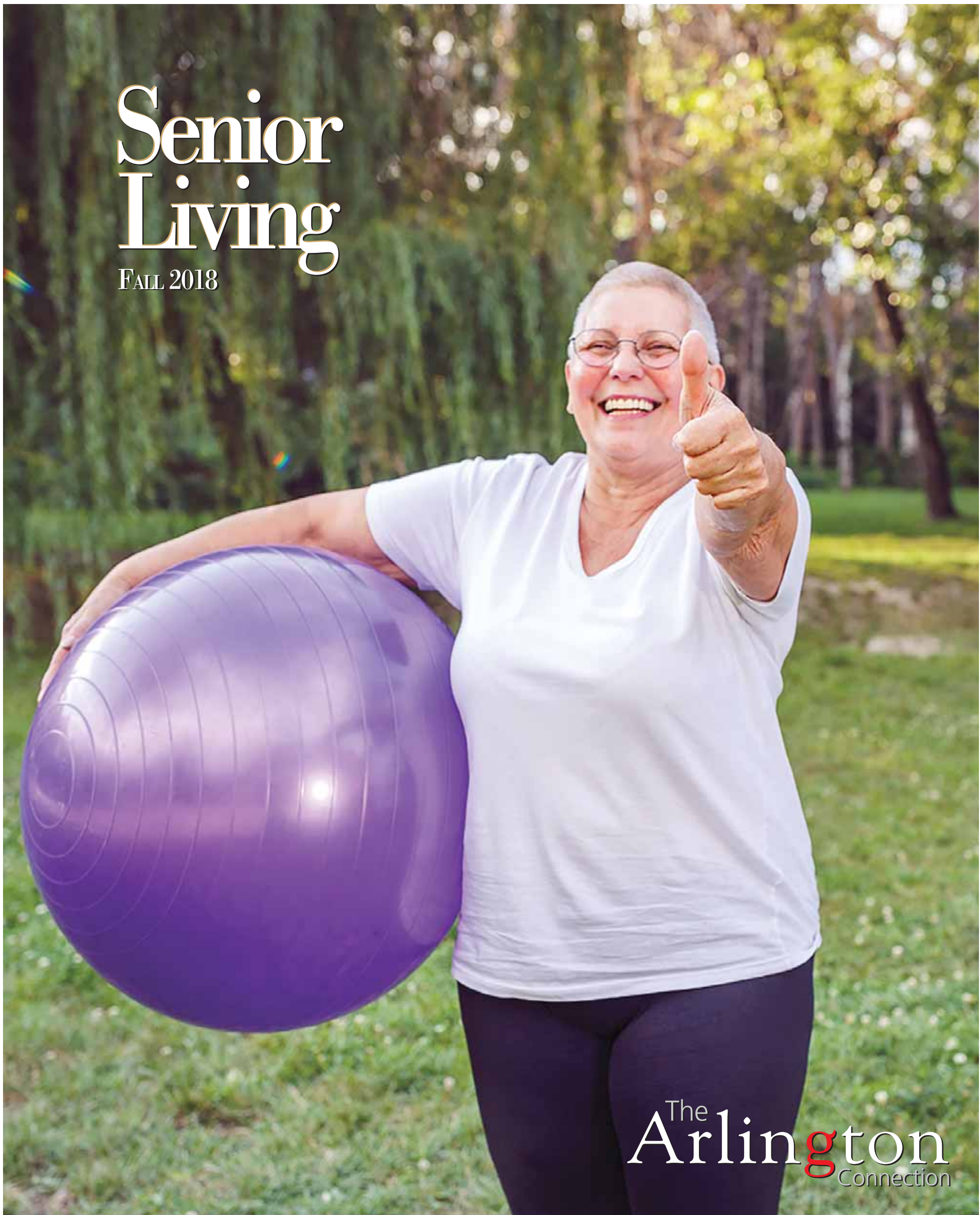
Norton Juster, who wrote “The Phantom Tollbooth,” because I credit him with showing me how fun it could be to play with words. I also admire Virginia’s many, award-

winning kidlit writers.

There isn’t room to list them all here, but I will mention Pura Belpré winner Meg Medina, whom I’ll be talking to in October. Speaking of names: Wendy and I even managed to slip Meg’s name into “This Is Just a Test.”

Senior Living

FALL 2018



The
Arlington
Connection

SENIOR LIVING

Still Having a Ball on Last Day of NVSO

BY SHIRLEY RUHE
THE CONNECTION

Northern Virginia Senior Olympics (NVSO) wound down on Wednesday, Sept. 26 as eight participants, three from Arlington and five from Goodwin House, surveyed the grass croquet court at Walter Reed Community Center.

Wayne Southart, NVSO volunteer, explained the rules: One swing unless you go through a wicket but then two swings. “Why don’t you demonstrate?” someone asked. That brings up a question, “Can you use the side of the mallet?” One of the players volunteered that Southart is the best croquet player of all.

Wil Danielson from Arlington took the first swing, knocking his blue ball through the first two of the 14 wickets. Danielson was the first to finish the course, thus ensuring he moved on to the next round. Danielson remembered having a croquet set when he was 7-8 years old, “but after that I didn’t play until last year when I entered the Senior Olympics.”

George Hobart, also from Arlington, has played various events in the Senior Olympics off and on for a number of years. “In 1981 I won gold in tennis and then went on to state and won gold there, too.” Then back in the ‘70s he played pickleball for the first time.

“They should have mowed,” he said as his red ball bumped over a mound of grass and landed beside, but didn’t travel completely through, the wicket. He came in second in the first round of croquet and advanced on.

Jennifer Frum positioned her hat and stepped up to begin the second round. She said that croquet is her only Senior Olympics event this year. NVSO games concluded on Sept. 26 after 10 days of 895 participants batting, running, splashing and thinking. Some will take a rest for a while and others will be back out on the court or in the pool the next day working toward next year’s gold.



Wil Danielson



George Hobart



Jennifer Frum



Croquet contenders sit in the shade at Walter Reed Community Center, catching a light breeze from the blistering sun, as they wait their turn to compete in the Northern Virginia Senior Olympics (NVSO).

“FLOURISHING AFTER 55”

“Flourishing After 55” from Arlington Office of Senior Adult Programs for Oct. 14-20.

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: Academy of St. Martin, Fields Chamber Ensemble, Hylton Performing Arts Center, Manassas, Sunday, Oct. 14, \$50; American Recycling Center, Manassas, Tuesday, Oct. 16, \$7; Virginia Museum of the Civil War, Rt. 11 Chips Tour, New Market, Wednesday, Oct. 17, \$47; The Franklin Institute’s Viking exhibit, Saturday, Oct. 20, \$64. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:
Current events discussion of local and world news, Monday, Oct. 15, 10 a.m., Walter Reed. Details, 703-228-0955.

Travel writer Jess Moss to share stories and tips, Tuesday, Oct. 16, 6:30 p.m., Walter Reed. Details, 703-228-0955.

Living with Parkinson’s Disease, Tuesday, Oct. 16, 11:30 a.m., Lee. Register, 703-228-0555.

Overview of home automation devices, Wednesday, Oct. 17, 7 p.m., Arlington Mill. Register, 703-228-7369.

Basics of social media, hands-on workshop, Wednesday, Oct. 17, 11:30 a.m., Aurora Hills Library. Register, 703-228-5722.

Partner dance lessons, Wednesdays, beginner, 2 p.m., intermediate, 2:45 p.m., Lee. Details, 703-228-0555.

Management of chronic diseases, Thursday, Oct. 18, 11 a.m., Langston-Brown. Register, 703-228-6300.

55+ Foodies discussion group, Thursday, Oct. 18, 6 p.m., Central Library. Details, 703-228-4878.

Repurpose old costume jewelry, Thursday, Oct. 18, 1 p.m., Lee. Details, 703-228-0555.

Converting records, cassettes and CD’s to digital audio files, Thursday, Oct. 18, 2 p.m., Arlington Mill. Register, 703-228-7369.

“Inheritance,” documentary film discussion and impact, Friday, Oct. 19, 12:30 p.m., Aurora Hills. Details, 703-228-5722.

Ballroom Dance, Friday, Oct. 19, 1 p.m., Lee. Details, 703-228-0555.



PHOTO BY TOM MANNING/THE CONNECTION

Swimmers dive into the pool in the first event of the day — the 100 yard breaststroke.

The 2018 Northern Virginia Senior Olympics held seven swimming events at the newly opened Dulles South Multipurpose Center in South Riding on Sept. 21. Competition started with the 100 yard breaststroke and ended with the 900 yard freestyle.



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SENIOR LIVING



Dixon Hemphill with Laurie Strickland, fitness director at South Run Rec Center in Springfield.

Run, Dixon, Run

BY MARY JANE DYE
GOLDEN GAZETTE

“He leaned and I didn’t,” says 93-year-old Dixon Hemphill, appraising last year’s upset loss in the 60-meter dash.

The race took place at the 2017 USA National Masters Indoor Track and Field Championship in New Mexico. Hemphill was facing just one competitor, Orville Rogers. Hemphill had already beaten Orville in four other events. A YouTube video, which went viral, continues to tell the story of the 60-meter dash. At the shotgun start, Hemphill blazes ahead, confident and steady. Suddenly, 99-year-old Rogers kicks it up a bit, and ... they are neck and neck. As they near the finish line, Hemphill clearly remembers thinking he’d still win.

But then, Orville stretches his upper body forward, just a bit, and edges him out by a fraction of a second. The winning time for Orville was 18.00 seconds to Dixon’s 18.05.

Runner’s World wrote about the race and rivalry, posting the video under the headline, “99-Year-Old Upsets 92-Year-Old in Thrilling Sprint.”

HEMPHILL SAYS THAT, despite the loss, he was impressed that a man seven years his senior could beat him. Nevertheless, losing by a mere fraction of a second immediately nagged at him. Dixon wanted a rematch. “I was not going to let Orville beat me ever again.”

So, he began to strategize for the next race. “It’s just the way I am. I knew that I could improve.” Hence, the sport’s newest and oldest rivalry would continue in Landover, Md. at the 2018 National Masters Indoor Track and Field Championships.

According to Hemphill, the two World War II Navy veterans genuinely like each other. When possible, they go out to dinner. They discuss future races via email. “He bought my dinner after I lost the race in Albuquerque. He’s a good guy. We care

about each other.”

Originally from Connecticut, Dixon is practically a native to Fairfax arriving in 1965. He spent many years owning and operating two running centers—one in Fairfax and one in Alexandria, while also raising four children with his wife. After selling his businesses, he went into race management.

Since age 50, he has competed in more than 60 triathlons and won many championships. Before that, he played a little golf and tennis, however in his youth, he was a college athlete.

At 74, he was hit by a car while training on his bike for a triathlon. He spent more than a month in the hospital, but that did not deflate his enthusiasm for running.

“I was seriously injured, but knew I’d compete again.

“You know, you can get a lot done from age 50 to 90,” he laughs.

Laurie Strickland, fitness director at South Run Rec Center, says Dixon has a shuffle when he runs; common for older runners. To address this, she said, “I helped him to increase the length of his stride by improving flexibility.”

Obviously he did something right. Because when the rematch took place last March he beat Rogers handily.

“I knew he had slowed down,” he said. “After all, he is 100 now.”

With no longevity in his genes, Dixon attributes his full and long life to always having a goal along with a positive attitude. “I really see the glass as half full.” Hemphill likes to talk with groups about exercise, diet, hobbies and the importance of attitude.

“You are never too old to start something new.” In fact, at 94, he turned his hobby of converting wind-up clocks into electric ones has turned into a business.

“Why not?” he says.

For information on services, recreational activities and volunteer opportunities, go to www.fairfaxcounty.gov/OlderAdults. You will also find a subscription link to the free monthly *Golden Gazette*.

SENIOR LIVING

Pickleball Winners

Northern Virginia Senior Olympics wound down Wednesday, Sept. 26 after 10 days of events ranging from horseshoes, swimming, track events, canasta and bunto to pickleball. Winners of the singles pickleball match include JJ Smith of Alexandria with gold, and Arlingtonians Horace Reyes (right) with silver and Chuck Toftoy (left) with bronze.



PHOTO CONTRIBUTED



PHOTO COURTESY OF TRUE WHOLE HUMAN

Getting in shape before travel can reduce the risk of injury, particularly for seniors says Christian Elliot of TRUE Whole Human.

Traveling in the Golden Years

Getting in shape before a trip can help prevent travel-related injuries.

BY MARILYN CAMPBELL

Last summer Jim and Debbie Patera of Bethesda traveled to Greece with their adult children and two grandchildren. While sharing the splendor of the Acropolis with their offspring was one of the most rewarding experiences of their lives, the couple, both 75, had considered canceling their long-planned trip because they felt the stair-climbing and suitcase lugging that goes with international travel would be overwhelming.

"We started working with a personal trainer about four months before our trip," said Debbie Patera. "We worked on improving our balance and stamina, and that made a huge difference for us. We still got tired at times, but not to a point where it ruined the trip for

our grandchildren."

From walking down cobblestone streets to lifting luggage into an overhead bin, the physical demands of international travel can come with a risk of injury for those who are not in shape. While those travelers over the age of 65 might run a higher risk, fitness preparation before a trip is a key to prevention, says personal trainer Christian Elliot of TRUE Whole Human.

Building stamina can make travel more enjoyable and running out of energy can put a damper on a trip, particularly for those who, like the Pateras, take multi-generational trips.

"The more lead time they have the better, but even a period of two weeks is enough to see some positive changes in ability," said Elliot.

SEE TRAVELING, PAGE 15

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SENIOR LIVING

Life After Retirement Staying engaged, connected and active.

BY MARILYN CAMPBELL

Oliver Moore couldn't decide between code breaking during the Civil War, the music of 20th century French composers or instruction on transforming his own ideas into poetry. He weighed his options while perusing the class listings at centers at two local colleges and finally decided in favor of pursuing his literary predilections and chose a poetry class at The Osher Lifelong Learning Institute (OLLI) at George Mason University.

"I spent 40 years practicing law and when I stopped working, suddenly there was this void that my work and my colleagues used to fill," said Moore, a 72-year old who lives in Fairfax. "My daughter reminded me that I'd always had all these ideas of things I thought were interesting and wanted to learn about but never had time. I enjoy the cultural and social activities and meeting people whose backgrounds and interests are similar to mine."

A recent study by the American Academy of Neurology confirms Moore's observations. Researchers found that staying socially active and engaged reduced the risk of dementia, depression and other mental and physical illnesses among seniors. Moore's quest to fill his days with engagements that mirrored the energy and mental rigor of those offered by his law career could actually boost his brain health, according to a report by the National Institute of Mental Health, which found cognitive decline was 70 percent lower in seniors who maintained social connections.

However, due to factors like retirement, physical limitations, and the death of a spouse or close friends,

"For working adults, the place of employment provides an outlet for social interaction. Those in retirement have to be intentional in building and maintaining social networks"

— Natasha Sacks, Lifelong Learning Institute, Montgomery College.



PHOTO COURTESY OF MONTGOMERY COLLEGE

Centers like the Lifelong Learning Institute, Montgomery College offers seniors opportunities for invaluable social connections, says program director Natasha Sacks.

staying connected is fraught with complications.

"For working adults, the place of employment provides an outlet for social interaction. Those in retirement have to be intentional in building and maintaining social networks," said Natasha Sacks, a mental health therapist and, Program Director for Lifelong Learning Institute, at Montgomery College. "The research shows that social interac-

tions are invaluable for emotional well-being, brain plasticity, and support in cri-

sis or everyday living."

"Opportunities for social interactions are especially important to seniors, who are at risk of becoming isolated as they age," said Sue Fitzgerald, Ph.D, a geriatrics counselor in Arlington. "It takes extra effort to stay connected, but doing so is so very critical. It's easy to get depressed and fall into a downward spiral of loneliness and isolation. Sometimes you have to be creative in finding opportunities to engage with others, and it might even feel contrived at first, but the benefits are well worth the effort."

Like Moore, one of the ways that seniors stay active and socially connected is through educational institutes established for older adult like OLLI and the Lifelong Learning Institute, Montgomery College.

"I enjoy learning just for the sake of learning and exploring something new," said Alma White, a retired nurse who lives in Bethesda and has taken classes with the

Lifelong Learning Institute, Montgomery College.

VOLUNTEER WORK offers a chance for social engagement that also offers one a sense of purpose, says Carmen LaGrange, LCSW, a therapist who works almost exclusively with older patients. "Having a feeling that you're contributing to something greater than yourself can help people feel like their life has meaning and that they're here for a reason," she said. "Helping other people is a great way to create a sense of purpose and develop gratitude and fend off self-pity and depression."

LaGrange recommends Senior Corps, a government organization that matches seniors with organizations in need of volunteers.

"Many of our students serve on committees and volunteer to give back to the community and in the process build meaningful social connections," added Saks.

Spirituality can also offer a source of companionship while simultaneously boosting one's well being, advises Fitzgerald. "A sense of community is a central to most faith groups," she said. "Relationships are found, made and strengthened through activities like a choir, religious study or prayer groups, where people can spend time with others who are like minded and share some of their beliefs."

For those who had a strong identity attached to work and enjoyed the resulting social connections that it brought, they might consider part-time work.

"Some people have a hard time dealing with a lack of structure and a place to go everyday where others are depending on them," said LaGrange. "In those cases seniors might consider a part-time job that doesn't have the commitment of full-time, high-pressure employment, but does come with mental stimulation, a social benefit of colleagues and other counting on you to be at a certain place at a certain time."

"For those still in the workforce, I would say be methodical about maintaining and growing social connections so that it will come more naturally when you retire," Fitzgerald said.

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SENIOR LIVING

Herb Levitan from Arlington competes in the 100 yard breaststroke.

PHOTO BY
TOM MANNING/
THE CONNECTION



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Into the Pool

The 2018 Northern Virginia Senior Olympics held seven swimming events at the newly opened Dulles South Multipurpose Center in South Riding on Sept. 21. Competition started with the 100 yard breaststroke and ended with the 900 yard freestyle.

Traveling

FROM PAGE 13

"The simplest activity anyone can engage in with the most far-reaching benefits is walking everyday. Depending on ability level, increase the time spent walking by 5-15 minutes each week until walking for an hour without a break is no problem."

Paying attention to your feet and ankles can help prevent unpleasant injuries that can ruin a trip, advises Margaret Hennessy, who leads international Christian missions trips. "Make sure that you have good, supportive shoes if your trip will include a significant amount of walking," she said. "Don't skimp on shoes, buy the best that you can afford and wear them to break them in before your trip so that you don't get blisters. Also make sure that your ankles are in good shape."

Take time to improve balance, advises Elliot. "Do some one-legged exercises," he said. "Hold on to something for balance until you don't need to use it. For an extra challenge, try doing it on an unstable surface. As your confidence grows, so will the enjoyment of your vacation. Especially if your vacation involves being on a boat."

Planning each part of a vacation and familiarizing oneself with the activities that each will entail can avoid unpleasant surprises.

"Don't assume that because you're active in your everyday life, that you'll be fine when you travel," said Joan Foley, a personal trainer in Fairfax, Va. "Walking around your neighborhood for exercise is different from climbing narrow stairs or walking on rocky terrain at a high altitude. Take the time to do research to determine the physical elements of the trip and train for those conditions."

Practice getting up and down off

the floor 10 times from a seated or lying position, advises Elliot. "As we age we tend to neglect this simple motion and its use it or lose it," he said. "Even better, try the classic cross-legged, stand test. If you can't do that from the floor, and most people can't, sit on a surface where you can do it, and as it gets easier with time, slowly use a lower and lower starting surface until doing it from the floor is possible."



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PHOTOS BY EDEN BROWN/THE CONNECTION

Ines Bousabaa of Arlington shopped for peaches and tomatoes at the Westover Farmers market using her own produce bags instead of plastic.



Ozfeka Catering, a Turkish food caterer, agreed to provide his food in a glass container next week if customers did not want to use plastic.

Plastic-Free Challenge: Shopping

**What to do if everything is wrapped in plastic?
Talk to the vendor.**

BY EDEN BROWN
THE CONNECTION

EcoAction Arlington is challenging Arlingtonians to use less plastic. Each week, a challenge is issued from EcoAction Arlington. This week: show how you can shop without using plastic. It's not as easy as it sounds. EcoAction Arlington offers helpful suggestions on how to eschew plastic and asks residents to offer their own work-arounds. They suggest making one's own nut butter and using grocery stores that allow customers to make it right there in store, instead of buying plastic jars of peanut butter. They ask Arlingtonians to purchase soap, shampoo, and conditioner in bars instead of plastic bottles. The challenge has been in place since Aug. 21 and will run through Oct. 19, but awareness of plastic as a serious problem, such

as the National Geographic magazine's issue on plastic pollution, and the plastic straw free movement, has taken off recently. Taking the plastic free challenge is an education in and of itself: If you try to live life without plastic bags, plastic bottles, and plastic wrap, you start to realize how everything that used to come wrapped in cloth, waxed paper, or burlap, now comes in plastic. It will be up to consumers to lean on the industries that package their avocados, oranges, and bananas in plastic to change the way they market. Individuals can affect the decision-making when they stop purchasing anything in plastic.

EcoAction Arlington provides environmental education and volunteer opportunities to Arlington residents. Supported primarily by the Arlington County government under a grant from the Department of Environmental Services Solid Waste Division, the organization is also funded through government and foundation grants, as well as donations from individuals and organizations. For more information, see: www.ecoactionarlington.org

EcoAction Arlington is asking Arlingtonians to share pictures and ideas of plastic-free shopping on Facebook, Twitter, or Instagram and include the hashtag #PlasticFreeDMV, or if avoiding social media, send to plasticfree@ecoactionarlington.org.



Anita Clagg, a lifetime Arlington resident, takes her own string bags, which she made during a period of recuperation, with her wherever she goes. She is a plastic-free shopper and frequents the Westover Farmer's Market because she can avoid plastic.



Spring Valley Farms agreed to put its cider into a glass container if shoppers brought a container to be filled the following week.

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www.ConnectionNewspapers.com/contact/letter

NOTICE OF PUBLIC HEARINGS

The Virginia Railway Express (VRE) will hold a series of public hearings to solicit comments on a proposed fare increase that will average approximately 3% over current fares. The VRE Operations Board will act on the FY2020 Budget, which includes the proposed fare increase, on December 21, 2018. If adopted, the fare increase would take effect the first week of July 2019.

See locations below to attend a public hearing near you.

Date and Time	Location
Tuesday, October 30, 2018 12:00 to 1:00 p.m.	Crystal City Marriott Jefferson Room 1999 Jefferson Davis Hwy. Arlington, VA 22202
Tuesday, October 30, 2018 7:00 to 8:00 p.m.	Burke Centre Conservancy The Commons CC 5701 Roberts Parkway Burke, VA 22015
Thursday, November 1, 2018 12:00 to 1:00 p.m.	Holiday Inn Capitol The House Room 550 C Street SW Washington, DC 20024
Thursday, November 1, 2018 7:00 to 8:00 p.m.	Stafford County Government Center Board Chambers 1300 Courthouse Road Stafford, VA 22554
Wednesday, November 7, 2018 7:00 to 8:00 p.m.	Germanna Community College Fredericksburg Campus—Room 105A 10000 Germanna Point Drive Fredericksburg, VA 22408
Thursday, November 8, 2018 12:00 to 1:00 p.m.	Union Station Starlight Room – Near Gate D 50 Massachusetts Ave NE Washington, DC 20002
Thursday, November 8, 2018 7:00 to 8:00 p.m.	Manassas City Hall City Council Chambers 9027 Center Street Manassas, VA 20110
Tuesday, November 13, 2018 12:00 to 1:00 p.m.	VRE Headquarters Suite 202 1500 King Street Alexandria, VA 22314
Tuesday, November 13, 2018 7:00 to 8:00 p.m.	PRTC Second Floor Board Room 14700 Potomac Mills Rd Woodbridge, VA 22192
Thursday, November 15, 2018 7:00 to 8:00 p.m.	Rappahannock Regional Library Room 2 1201 Caroline Street Fredericksburg, VA 22401

Visit vre.org/publiccomment for more information. Written comments will be accepted through **Friday, November 23, 2018**. Written comments can be mailed to: Public Comment, 1500 King Street, Suite 202, Alexandria, Virginia 22314. Comments may also be submitted via email to publiccomment@vre.org or via fax at (703) 684-1313. The public hearings are conducted in locations accessible to persons with disabilities. Individuals with disabilities who require special assistance or need to request a sign language interpreter, please contact Lucy Gaddis by e-mail at lgaddis@vre.org or call at (703) 838-5433 or TTY (703) 684-0551 at least ten business days prior to the public hearing you're planning to attend. For information about the VRE Operations Board visit vre.org/about/board.

ENTERTAINMENT

TAP Presents 'Hunchback of Notre Dame'

Musical combines Victor Hugo's novel with Stephen Schwartz's lyrics and Alan Menken's music.

BY STEVE HIBBARD
THE CONNECTION

Travel to 15th century Paris and experience the bells of Notre Dame as The Arlington Players (TAP) presents "The Hunchback of Notre Dame" from Oct. 5 to 20. This musical combines the Victor Hugo novel with the lyrics of Stephen Schwartz and the music of Alan Menken to produce a tale of morality and love.

Director Richard Farella said his goal was to bring this age-old story to the stage in a new way. "We want to share the beautiful songs we know and love from the Disney movie with the Arlington community, and also tell the story of a misunderstood boy seeking acceptance in the world," he said. "Further, we are bringing Quasimodo to the stage in a new way. In the stage version, similar to the original book, Quasimodo has been driven partially deaf by the bells, so we have chosen to cast a deaf actor as the physical Quasimodo while a hearing actor voices and sings Quasimodo."

Alex Bryce, who is deaf, is playing the role of Quasimodo, the hunchback of Notre Dame. "Because of his physical deformity, Quasimodo has been forced to live in isolation in Notre Dame's bell tower. He works as a bell-ringer and living in such close proximity to the bells has caused him to become deaf. He longs to experience the world beyond the walls of Notre Dame, so when the opportunity presents itself, he jumps on it," he said.

As far as challenges, he said: "Since English and American Sign Language (ASL) are two distinct languages, each with their own vocabulary, grammar, and syntax, translating the script from English into ASL was a challenge as I had to figure out how to best convey the meaning behind each line, while making it work within the rhythm of the dialogue or song. Since I cannot hear very well, I work closely with my voice actor, Alden Michels, my director Richard Farella, and the rest of the cast to develop my body memory and external cues to help me figure out when to sign or speak my lines and how to best fit the emotion and the musicality of a scene," he said.

Alden Michels is playing Quasimodo's voice, he said. "I'm playing Quasimodo, but

in conjunction with Alex Bryce. Quasimodo is a deaf character, so Alex is the physical reality of Quasimodo, but there are several aspects to his character and actions that would not be apparent to a hearing audience. So, lines that he says to himself or to other characters who would understand his language, and anything sung are expressed by me. I am also physically on stage, and, in that way, I take the form of a sort of internal confidant, experiencing life with Quasimodo, and interacting with him to show moments of contemplation or internal conflict. It is a highly collaborative process and unlike anything I've done before," he said.

Matt Calvert is playing the role of Phoebus, a highly skilled French soldier who had been fighting in the war for four years until he came back to Notre Dame to serve the Archdeacon Frollo as captain of the Cathedral Guard. "Since he's come back from the front, he's tired of fighting and wants to indulge in civilian life and put the fighting behind him. He is a sleazy womanizer, but his morals and values are always in the right place ... for the most part anyway," he said.

He said that learning the music for the show was a challenge. "There are so many beautiful complex harmonies, and it takes a great amount of patience and hard work to produce the beautiful sounds this cast can produce. It's been a process, but an absolute joy putting it all together musically. We have a great music director and a great amount of stellar vocalists as well as a choir of singers who put their heart and soul into every song. It's really something to behold," he said.

Shakil Azizi is playing the role of Clopin, the king of the gypsies and leader of the Roma in Paris. "Clopin is skilled in crowd play, an expert at misdirection, and an opportunist when causing general mischief. He's not your average Robin Hood, but he probably would say he was if you asked. Clopin is neither rich nor poor, rather he thrives off the survival of his people and those deemed undesirable. At the end of the day, Clopin prioritizes his Romani kin above everyone else," he said.

He added: "One of the things to really take away from this play is that hypocrisy can and will live in all aspects of life re-



Alex Bryce rehearses the role of Quasimodo with Adelina Mitchell's Esmeralda in TAP's production of "The Hunchback of Notre Dame."



Ensemble members rehearse a dancing scene from TAP's production of "The Hunchback of Notre Dame."

gardless of class or status. Clopin's hypocrisy when denying truth is just as apparent when the archdeacon refuses to accept accountability. We see many examples of groups being demonized merely for who they are or where they come from, though it's hard to watch, it's a sad reality that I think many people need to see, and there's no better way to see it in my opinion than a show like this."

Adam Strube is playing the role of Claude Frollo, a lonely man in a position of power who isolates himself to hide and protect from further pain his damaged heart.

"My first challenge was the birth of my son during rehearsals, so to perform while sleep deprived I have had to dig deeper. My second challenge requires a foreword: it bothers me when stories' heroes and villains are black and white and easily defined, while human nature is every shade of gray.

Finding the humanity of my character's choices, good or evil, is my greatest challenge each time I take the stage," he said.

He added: "My greatest hope is for people to witness how the characters in this play can parallel current events, and that human nature is more cyclical and less progressive than we hope or wish to believe. We all have instinctive and animalistic prejudices and fears, great capacity to love and despise, and what sets humans apart and allows us to evolve and progress is how we develop and exercise our conscience."

The Arlington Players is presenting "The Hunchback of Notre Dame" Oct. 5-20. Show times are Fridays and Saturdays at 8 p.m.; Sundays at 2:30 p.m. Tickets are \$15 to \$25. The venue is located at the Thomas Jefferson Community Theater, 125 S. Old Glebe Road, Arlington. Visit thearlingtonplayers.org.

ENTERTAINMENT



Nekisha Durrett, Out of the Blue Black (detail), 2018

Fall SOLOS 2018

Featuring Dawn Whitmore: A house is like a mind that holds everything together. Exhibiting artists Nekisha Durrett, Zoe Friedman, Aimee Gilmore, Artemis Herber, Cindy Stockton Moore, Tristan Roland, and Julia Staples will install solo-style exhibitions in AAC's seven main gallery spaces. Working in various media, including sculpture, drawing, painting, animation, and installation, these artists represent the wide-ranging practices and interests of contemporary artists working in the Mid-Atlantic. The exhibit runs Oct. 13-Dec. 15. Opening reception, Saturday, Oct. 13, 6-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Visit arlingtonartscenter.org.

CALENDAR

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

ONGOING

"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/OCT. 3

Northern Virginia Bird Club Walk.

8:30-11 a.m. at Long Branch Nature Center, Arlington. Free. Join members of the Northern Virginia Bird Club for one or all of these informal walks through Long Branch and Glencarlyn Park in search of resident and migratory birds. Experienced and beginning birders welcomed. Bring binoculars and field guides if available. Call 703-228-6535.

Dawson-Bailey House Discussion.

1:30 p.m. at Aurora Hills Senior Center, 735 18th St. S., Arlington. A discussion of the Dawson-Bailey House (2133 N. Taft St.), believed to be the second oldest house in Arlington. Sponsored by the Arlington Historical Society and Marymount University's Department of History and Politics. Email: info@arlingtonhistoricalsociety.org or call 703-892-4204.

THURSDAY/OCT. 4

Social Walk and Happy Hour.

5:30-8 p.m. at Thirsty Bernie, 2163 N. Glebe Road, Arlington. Explore Arlington neighborhoods and what makes them unique. This month, WalkArlington and Lee Highway Alliance are hosting a stroll along Lee Highway. The walk will conclude with a social and happy hour at Thirsty Bernie. Happy hour specials will be available for purchase. The event is free for people of all ages and abilities and registration for the

event is required. Register at bit.ly/LeeHwySocialWalk.

Family Films: Moana. Thursdays from 6:30-8:30 p.m. at Market Common Clarendon, 2800 Clarendon Blvd., Arlington. Free family-friendly movies Thursdays in October. Face painting and balloons 4:30-6:30 p.m. Free popcorn and candy from 6-8 p.m. Free. Contact HilaryShure@RegencyCenters.com or call 703-442-4341.

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, soil health, agriculture business development, private and public community garden management, food waste recycling, season extension, edible landscaping, and building horticulture literacy. Registration is \$30 plus \$2 credit card fee. Program schedule and advance registration are online at tinyurl.com/aauas2018. Registration on the day of the event starts at 8 a.m. Call 703-228-6414.

Latino American Festival.

5-9 p.m. at the Mill, 909 S. Dinwiddie St., Arlington. An evening of live music and dance, delicious Latino food, art projects, kids' activities, lots of vendors and more to celebrate Hispanic Heritage Month. This year, the Latino American Festival is partnering with Family Night at the Mill to provide even more fun for the whole family. The event is free and open to the public. Free garage parking up to four hours. Visit parks.arlingtonva.us/hispanic-heritage-festival.

Owl Hike.

6-7 p.m. at Long Branch Nature Center Arlington. Cost \$5. Ever heard an owl hoot in the forest? Join a sunset hike to learn all about owls, their adaptations, how to use binoculars and to practice calls. Whooh knows, maybe an owl will hoot back. Call 703-228-6535.

SATURDAY/OCT. 6

Coin Collection Extended.

The sculpture titled "The Pike," by artist Donald Lipski, is planned for installation at the western entrance to Arlington, at Columbia Pike and South Jefferson Street. The artist's

plan is for the base of the sculpture to be studded with thousands of coins collected from Arlington residents. A Coin Collection Station will be available at the Columbia Pike Fall Fest on Oct. 6 in the Arlington Art Truck. After the coins are collected, Arlington Arts will be seeking volunteers to help organize the coins. Interested in volunteering? Email Dehlen@arlingtonva.us.

Native Shrubs for the Home

Garden. 10 a.m.-noon at Ellen Coolidge Burke Branch Library, 4701 Seminary Rd., Alexandria. A variety of native shrubs thrive in our area that can provide beautiful structure and ecological function to your yard. Extension Master Gardeners will teach you how to identify which shrubs will do best in your site, how to select shrubs for your landscape goals — whether you want to create wildlife habitat and attract birds and pollinators, provide screening or a focal point, or just find the right shrub for a problem area — and how to maintain your shrubs to keep them healthy. Free. Advance registration requested at mgnv.org/category/public-education-events. Call 703-228-6414 or email mgarlalex@gmail.com.

2018 DC-Metro Modern Home

Tour. 11 a.m.-5 p.m. The 9 homes on this year's tour are located in the following towns and neighborhoods: Takoma Park, Bethesda, Chevy Chase, Pinehurst Parkway Park, Arlington, and McLean. Modern Home Tours give people a chance to explore and view examples of modern architecture via a self-guided tour. 12 and older. \$40. Visit www.dcmetromodernhometour.com.

Columbia Pike Fall Fest.

1-6 p.m. at South Adams Street at Columbia Pike. Sample the Pike's wines and craft beers at this family-friendly, ticketed event. It's a CPRO fundraiser sponsored by Arlington Animal Hospital, BM Smith, Centro Arlington and Penrose Square. Tickets are \$20 per person and includes 2 beers or 2 wines. Craft beers will be curated by William Jeffrey's Tavern. Fine wines will be curated by Twisted Vines Bistro and Bottle Shop. Pike restaurant fare will be available for purchase from El Encanto Latino, Sugar Shack and William Jeffrey's Tavern. Visit columbia-pike.org/the-4th-annual-columbia-pike-fall-fest/.

Roly-Polies Round-Up.

4-5 p.m. at Long Branch Nature Center, Arlington. Free. Ages 5 to 11. Head on down to hunt for pill bugs, potato

THE CONNECTION NEWSPAPERS

Alexandria
Gazette Packet

Mount Vernon Gazette

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bugs and sow bugs (also known as roly-polies). Learn about these little guys and their other log-loving neighbors. Call 703-228-6535.

Vienna Gold: Inspired by Klimt Reception. 5-8 p.m. at Gallery Underground, 2100 Crystal Drive, Suite 2120-A, Arlington. Show features the art of Jackie Afram, Elizabeth Hudgins, Kat Jamieson, Linda Maldonado, Elise Ritter, Anna Schalk, and Deborah Taylor. Runs Oct. 1-26. Visit www.galleryunderground.org.

Bats & Bloodsuckers Campfire. 6-7 p.m. at Long Branch Nature Center, Arlington. Cost: \$5. This engaging program will be filled with entertaining activities that may include stories, special animal guests, games, songs and of course, S'mores. Families. Register children and adults; children must be accompanied by a registered adult. Call 703-228-6535.

SUNDAY/OCT. 7

34th Army Ten-Miler. 8 a.m. at the Pentagon. This year's modified course will reduce congestion within the first two miles and mark the first time since ATM started in 1985 that runners will not cross the Memorial Bridge. The 10-mile road race is a USA Track and Field certified course. Metrorail will open at 7 a.m. on race day and runners will stage on Rte. 110 again for the start. Wheelchair athletes and Wounded Warriors will start at 7:50 a.m. Wave 1 runners will start at 8 a.m. followed by the remaining nine starts. All runners must maintain a 15-minute-per-mile pace or better, complete the entire course, and finish the race within two hours and 30 minutes to receive an official race time and results. For the latest news and information, follow the ATM and post using #RunArmyRunStrong at [Facebook.com/armytenmiler](https://www.facebook.com/armytenmiler), @ArmyTenMilerATM on Twitter and @armytenmiler on Instagram. Visit www.armytenmiler.com.

Boundary Stone Bike Tour. 9:15 a.m. Meet at the entrance to East Falls Church Metro under I-66 on Sycamore St., Arlington. Cost: \$2. Bike for up to 35 miles visiting boundary stones and parks. See 10 historic D.C. boundary stones in Arlington, Fairfax County, Montgomery County and N.W. Washington, D.C. Cycle on Beach Drive, Bluemont Junction Trail, Rock Creek Park Trail, W&OD Trail, C&O Canal Towpath and more. Email bhberne@yahoo.com.

A Walk in the Woods. 1-2 p.m. Meets at Long Branch Nature Center, Arlington. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Join a naturalist for a walk in the fall woods at Glencarlyn Park. The sights, sounds and smells of the season will lead participants on a leisurely-paced exploration of nature as the last signs of summer give way to autumn. Call 703-228-6535.

OCT. 7 TO DEC. 9

Young Flyers Youth Track and Field Training. 3-5 p.m. Meets at Thomas Jefferson Community Center, 3501 2nd St. South, Arlington. Part of the Potomac Valley Track Club Young Flyers youth track & field training program. Meets every Sunday afternoon from 3-5 p.m. Experienced coaches teach students to run faster and farther, to race walk, to throw shot-put and turbo-javelin, and to practice on relay teams. The program prepares students and their parents for indoor track meets in December, January, and February at TJ, at Prince George's Sportsplex, and at Episcopal High School in Alexandria. Visit

'Sleepy Hollow' Offers Gothic Horror

Synetic Theater presents play based on Washington Irving's story.

By STEVE HIBBARD
THE CONNECTION

Synetic's adaptation of "Sleepy Hollow" pulls together all the elements that made the later famous: Gothic horror, iconic characters and imagery, an emphasis on surreal, wordless storytelling that transcends spoken language and makes their productions something akin to live-action dreams (or nightmares, depending on the story). It is an adaptation of the horror story by American

author Washington Irving that was published in 1820 — an early example of popular American fiction, especially at Halloween because of the Headless Horseman.

The production runs from Oct. 3 to Nov. 4.

Director Paata Tsikurishvili said it's America's first real horror story. "And while we've done over 60 productions of world classics, this is the first truly American story we've produced, written and based on events that happened in this country," he said. "I wanted to expand our repertoire into that genre, and this story, with its surreal elements of magic, mystery, and myth, seemed perfectly fitted to our style and a great way to start," he said.

What they were trying to accomplish was, first of all, to retell the story in a unique way, he said, "to take the iconic characters and images that everyone knows so well and do something unusual and surprising with them, taking the characters in directions that audiences might not expect, but that nevertheless maintain the flavor and feel of the original story."

As far as challenges, he said: "Telling any story without words is always a challenge, particularly when dealing with a central mystery and a 'big reveal' at the end, as we are here. We've never tried this before, at least not in a wordless format, so we've had to have to keep the story as clear as possible to make sure that reveal has all the impact it needs to. Doing that without the benefit of dialog or exposition was probably our biggest challenge."

He said what audiences should take away from the play are: "That things are not always what they seem; that legends and myths can have a completely different, 180-degree reality from what we think we know about them; that the 'good guys' aren't always good and that 'monsters' aren't necessarily what they seem either," he said.

Scott Turner is playing the role of the Headless Horseman, or Hessian, a character that is so iconic that everyone has an idea about him, and sadly, that idea can be focused on the character as a horrible villain, he said. "However, do we stop and think about who he was before the war? What about his family? Does he have a wife or children back home?" he asked.

"In my research, I have learned that there is a complicated history of how the Hessians soldiers came to fight alongside the British in the American Revolution, and some of the stories that I have examined from that history are shockingly tragic," he said. "The Headless Horseman in our production represents many of those stories. He isn't simply a violent supernatural interloper (much in the same way the Hessians were presented to the American colonists); he's a young man who found himself mixed up in a

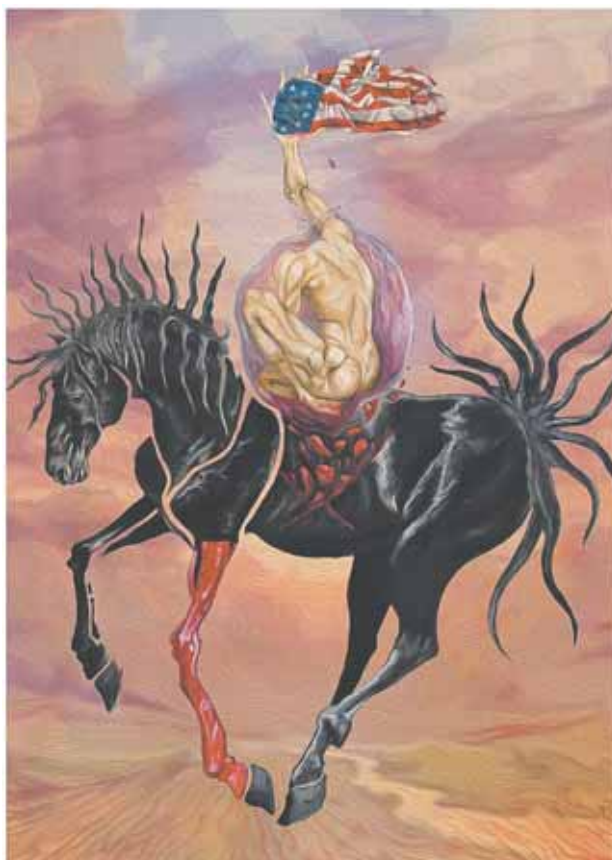
conflict that was far larger than he ever knew."

He added: "With any wordless production at Synetic, the trick is telling a clear and consistent story without dialogue. With this being my largest role with Synetic to date, I have had the privilege of working closely with Paata and the rest of the cast to shape the story of my character and the show at large. I've learned a great deal from Paata about the vision it takes to recognize what moments serve a story and what do not. It is sometimes a painful process to cut out a moment that, as an actor, I may really love, but Paata has been a wonderful coach in helping me recognize that ultimately everything on

stage must work to serve the story. It becomes larger than the actor, the moment, or the movement; it's about the audience's experience," he said.

As far as audience takeaways, he added: "I think I want people to walk away from this show with the knowledge that there are always two sides to every story. While this take away might sound cliché, I think our production takes a story that is so familiar as a piece of American folklore and pushes its tropes to their breaking point. In doing so, it sheds new light on characters and archetypes that pop up (in some form) in almost every American story. It asks people to reconsider things and discover their deeper layers. If that kind of perspective finds its way into other aspects of people's lives, we'll all be a bit richer for it."

Synetic Theater is presenting "Sleepy Hollow" from Oct. 3 to Nov. 4. Show times are Wednesdays through Saturdays at 8 p.m.; Sundays at 2 p.m. Tickets are \$20-\$60. The venue is located at 1800 S. Bell Street, Arlington. Visit www.synetictheater.org.



"Sleepy Hollow" will be presented from Oct. 3 to Nov. 4 at Synetic Theater in Arlington.

www.pvtc.org/youth or call 703-927-4833.

MONDAY/OCT. 8

Galaxy Hut Comedy Show. 8:30-11 p.m. at Galaxy Hut, 2711 Wilson Blvd., Arlington. Join Host Reid Clark as he guides you through a night of comedy the likes of which the world has never seen. Second Monday of every month is \$5 at the door. Featuring Allan Sidley, Ryan Neser, Jon Yeager, and Jamie Benedi. Visit www.reidclarkcomedy.com.

TUESDAY/OCT. 9

Autumn Storytime. 10:30-11 a.m. at Long Branch Nature Center, 625 S. Carlin Springs, Arlington. Free. Families ages 2 and up. Register children only. Leaves, leaves everywhere. Enjoy stories and walk to see the colorful leaves. Call 703-228-6535.

WEDNESDAY/OCT. 10

Feeding Time. 4-5 p.m. at Gulf Branch Nature Center, 3608 Military Road, Arlington. Children ages 6 to 10 can find out what's on the menu for the animals and what they would eat in the wild. Learn about the adaptations that help them find, capture and swallow their meals. Then they'll feed the snakes, turtles and frogs. \$5. Call 703-228-3403, email gulfbranch@arlingtonva.us or visit parks.arlingtonva.us/locations/gulf-branch-nature-center/.

THURSDAY/OCT. 11

Family Films: Wonder. Thursdays from 6:30-8:30 p.m. at Market Common Clarendon, 2800 Clarendon Blvd., Arlington. Free family-friendly movies Thursdays in October. Face painting and balloons 4:30-6:30 p.m. Free popcorn and candy from 6-8 p.m. Free. Contact HilaryShure@RegencyCenters.com or call 703-442-4341.

Desegregating Arlington School Sports. 7-9 p.m. at Marymount University, Reinsch Library Auditorium, 2807 N. Glebe Road, Arlington. This conversation about the desegregation of Arlington County interscholastic sports will feature a panel of men and women who represent Hoffman-Boston, Wakefield, and Washington-Lee High School athletics. The panel discussion will be moderated by former Pittsburgh Steeler and two-time Super Bowl Champion Reggie Harrison, a Washington-Lee graduate. Email info@arlingtonhistoricalsociety.org or call 703-892-4204.

The Tundra Tour. 7-10 p.m. at The Arlington Cinema and Drafthouse. Each event will showcase a selection of never-before-seen YETI films and raffles with exclusive YETI prizes to win. Plus, all event proceeds will go straight to supporting our friends at Teddy Roosevelt Conservation Partnership. Quadruple win. Cost is general admission \$20 VIP-\$40. Visit the website: www.yeti.com/the-tundra-tour.

Deep Dive: Copperheads. 8-9 p.m. at Gulf Branch Nature Center, Arlington. Adults. Cost is \$5. Take a Deep Dive into natural history that scratches more than just the surface. Explore the world of venomous snakes through the life of Arlington's only venomous snake, the Northern Copperhead. For information, call 703-228-3403.

FRIDAY, OCT. 12

Animal Masks. 4-5 p.m. at Long Branch Nature Center, Arlington. Ages 6 to 10. Cost is \$5. Make wearable masks from paper plates and decorate them to look like

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ENTERTAINMENT

favorite animals or create a new creature, with some face painting too. There will also be some live animals visiting for inspiration. For information, call 703-228-6535.

Dialogue of the Graces. 8-10 p.m. at St. George's Episcopal Church, 915 N. Oakland St., Arlington. Cost: \$30 and \$10/students. An evening of Couperin, Dornel, and Hotteterre performed by members of Kleine Kammermusik. Visit capitolearlymusic.org.

Doorways' Anniversary Breakfast. 8:30-9:30 a.m. at Hyatt Regency Crystal City at Reagan National Airport, 2799 Jefferson Davis Highway, Arlington. Doorways' 40th Anniversary Celebration and Brighter Futures Breakfast. Hear firsthand accounts from individuals who have benefited from Doorways' programs and services, as well as Doorways' leadership. Free fundraising event. Continental breakfast included. Visit www.DoorwaysVA.org/breakfast.

SATURDAY/OCT. 13

Arlington Fun Ride. This scenic, family-friendly bike ride will give the anticipated 250-plus participants a chance to experience the paved, multi-use trails that make up the "Arlington Loop" while enjoying support from rest stops in Crystal City, Columbia Pike, Ballston and Rosslyn. Cost is \$15/person; \$40/family of four. Ride start locations, distances to the finish line, and the respective check-in and start times for each are available at www.phoenixbikes.org/afr2018.

Fort C.F. Smith Park Walking Tour. 9-10 a.m. at Fort C.F. Smith, Arlington. Learn about one of the last Union forts built to protect Washington during the Civil War, the park's history, including the role of the fort and the soldiers stationed there in the Civil War. Dress for the weather, and terrain will be uneven and possibly muddy. Free but register.

R.I.P. - Remove Invasive Plants. 9:30-11:30 a.m. at Gulf Branch Nature Center, Arlington. Adults, teens, and families ages 8 and up. Work parties are held every month and are making a difference with the return of ferns, wildflowers and the animals that depend on them to areas once covered in destructive invasive plants. Help make it happen. Call 703-228-3403.

Oktoberfest 2018. 9:30 a.m.-12:30 p.m. at the Marymount Farmers Market, 2807 N. Glebe Road. The Lee Highway Alliance, in conjunction with Marymount University and Field to Table, will host its second Oktoberfest event with traditional German music, grilled German sausages, Viennese bakers in traditional dress, raffles of German and other products, and face painting. For young and old alike. Visit www.leehighwayalliance.com.

Live-In Arlington Info-Fair. 10 a.m.-3 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St., Arlington. Special event for tenants and homeowners. Talk to housing experts: Realtors, mortgage companies, banks, nonprofits and Arlington County housing representatives. Workshops for tenant's rights to first-time home buyers to starting your business. Call the Housing Division at 703-228-3765 or the LAIF team at 202-599-0665. Visit www.arlingtonlife.org.

Young Professionals Care Event. 10:30 a.m.-12:30 p.m. at Holiday Inn Arlington at Ballston. Young Professionals Care provides a setting for young professionals to make new connections with peers while learning about ways to get involved in the community. This is a free event, but registration is requested. Visit volunteer.leadercenter.org.

Wandering the West Pike. 11 a.m.-

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Slobodon Mitrovic, left, and David Carlson.

Closing Soon: 'Ingredients'

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

12:30 p.m. Meet at Arlington Mill Plaza, South Dinwiddie Street and Columbia Pike, Arlington. Walking tour with artist Graham Coreil-Allen to explore and reimagine the public spaces of Columbia Pike's West End. Experience the history, urban design and current uses of Columbia Pike. The walk is free, but space is limited, and participants must register to secure a space on the tour at www.eventbrite.com/e/wandering-the-west-pike-tickets-49446917060.

St. Michael's Block Party. 11 a.m.-3 p.m. at 1132 North Ivanhoe St., Arlington, on the church lawn (or inside if it rains). Fun for all ages: BBQ, craft beer, bounce house, live music, face painting, pumpkin painting, and more. They will also be hosting a blood drive that will benefit the community. Details at stmichaelsarlington.org, 703-241-2474.

Civil War Discoveries: Artillery Drills. 11 a.m.-noon, meet at Fort C.F. Smith Park, 2411 N. 24th St., Arlington. Cost is \$5. Ages 7 to 11. Learn to work as a team while practicing the steps to load and aim a replica Civil War cannon. Talk about different types of artillery and put our skills to the test. For information, call 703-228-4775.

Civil War Discoveries: Infantry Drills. 1 - 2 p.m. Meet at Fort C.F. Smith Park, 2411 N 24th St., Arlington. Cost is \$5. Ages 7 to 11. We'll drill like Union soldiers by practicing our marches and turns, as well as how to "load in nine times" with replica wood rifles. Call 703-228-4775.

Art W/A Heart. 1-4 p.m. at Market Common Clarendon, 2800 Clarendon Blvd., Arlington. Fundraising event for Touching Heart to benefit children in the Arlington Foster Care Program. Donations accepted. Email: HilaryShure@RegencyCenters.com or call 703-442-4341.

Free Play Days. 1:30 - 3 p.m. at Gulf Branch Nature Center, Arlington. Free. Ages 5-9. 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. Dress to get wet and dirty, and wear closed-toe shoes. Call 703-228-3403.

Three Owls Campfire. 6-7 p.m. at

Gulf Branch Nature Center, Arlington. Cost is \$5. The whole family is invited to join us at the Gulf Branch fire ring for lots of old-fashioned fun. This engaging program will be filled with entertaining activities that may include stories, special animal guests, games, songs and of course, S'mores. Call 703-228-3403.

Fall SOLOS 2018 Reception. 6-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Featuring Dawn Whitmore: A house is like a mind that holds everything together. Exhibiting artists Nekisha Durrett, Zoe Friedman, Aimee Gilmore, Artemis Herber, Cindy Stockton Moore, Tristan Roland, and Julia Staples will install solo-style exhibitions in AAC's seven main gallery spaces. The exhibit runs Oct. 13-Dec. 15. Visit arlingtonartscenter.org.

SUNDAY, OCT. 14

Open House. 1-3 p.m. Bon Air Park, 850 N. Lexington St., Arlington at the Sunny and Quarry Shade Gardens. Fall is a great time to see the demonstration gardens in Bon Air Park. Extension Master Gardeners will show children leaf-rubbing, give tours, answer questions, give away seeds, and raffle off a few plants. No matter your growing conditions, this is the place to get ideas for your garden. Call 703-228-6414 or email mgaralex@gmail.com.

Soil for Roses. 2-4 p.m. at Merrifield Garden Center, 12101 Lee Highway, Fairfax. Arlington Rose Foundation hosts soil management expert Daniel Schwartz. Learn about soil needs for growing roses. Dig near roots and bring 1 /2 gallon bag of rose soil for evaluation. Questions are welcomed. Door prizes. Light refreshments. Free. Sponsored by Arlington Rose Foundation. Call 703-371-9351.

Notable Nature. 3:30-4:30 p.m. at Long Branch Nature Center, Arlington. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. Join for lessons in nature journaling and sketching. Construct nature journals, hone writing and drawing skills and talk about the season while hiking. Call 703-228-6535.



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Legals

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FRC Balance LLC trading as True Food Kitchen, 4238 Wilson Blvd., Suite 1110, Arlington County, Virginia 22203-1832. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage license to sell or manufacture alcoholic beverages. Allison Schuler, CFO authorizing advertisement. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Regal Cinemas Inc. trading as Ballston Common Stadium 12, 671 N. Glebe Road, Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage license to sell or manufacture alcoholic beverages. John A. Curry, Vice President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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News



Shandra Niswander with awardees and Chief Jay Farr.



Court honoree Rick Strobach with Judge George D. Varoutsos.



Sheriff Beth Arthur at podium

Optimist Club Honors Officers

Part of Respect for Law Week.

The Respect for Law awards ceremony was held at the Washington Golf and Country Club by the Arlington Optimist Club (AOC) honoring three local law enforcement officers. A County Board Proclamation by Board Chair Katie Cristol declared the week of Sept. 3, 2018 as Respect for Law Week in Arlington County.

AOC's Respect for Law Program was established in 1981 and chaired, for 30 years, by Judge James F. "Jim" Almand. Respect for Law's current chairperson is AOC's board member Shandra Niswander.

Deputy Daniel Hilsdorf was nominated by Sheriff Beth Arthur who was in attendance. Hilsdorf was accompanied by Kristine Bieniek, his supervisor; Lt. Robert Morrill; and Chief Deputy Kidwell. Hilsdorf began his career as a Deputy Sheriff with the Arlington County Sheriff's Office in 2014 until his reassignment to the Warrant Section in March 2017. In 2018 Hilsdorf was able to de-escalate a volatile situation in Clarendon Central Park. He was honored for demonstrating the qualities expected from public safety employees, displaying empathy, restraint and a high level of professionalism.

Corporal Kevin Treacle was nominated by Chief Jay Farr who was in attendance. Also witnessing Treacle's award presentation were Lt. Susan Noack, and Capt. Wayne Vincent. Treacle has been a mem-

ber of the Arlington County Police Department for approximately 21 years, and has been assigned to the School Resource Office Unit serving as the Field Training Officer. He is passionate about working with youth of all ages from kindergarten through high school and was instrumental in developing a summer camp for at-risk youth.

Rick Strobach, deputy director of the Juvenile and Domestic Relations District Court Services Unit, was nominated by Earl Conklin, director of Court Services.

His award was presented by the Hon. George D. Varoutsos who described how "countless youth have benefited from Strobach's leadership in developing and managing community-based programs for court-involved youth, most recently with the addition of the Young Achievers after-school program for boys, and the Safe Havens Supervised Visitation Program, due to open soon." Strobach's guest was Chris Edmonds, a former Respect for Law Program awardee and is the current Group Home Manager at Argus House.

Arthur's closing remarks emphasized the close cooperation between Arlington's Police Department and its Sheriff's Department.

Arthur also described their recent initiative in developing a re-entry program to assist inmates in their transition from jail to leading successful lives in the "real world."

To learn more about the AOC, visit www.optimistclubofarlingtonva.org/.

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OPINION

Neighborhood Health

FROM PAGE 4

until the parents eventually came to the same conclusion and agreed to have the surgery performed. Samuel had the surgery about a year ago, and now is a happy, healthy 4-year-old with an excellent prognosis for a long, full life. And his parents who no longer have the worry if they were doing what was best for their young son. They remain thankful for Dr. Welman's advice and guidance on such a momentous decision. "He's doing great," commented Dr. Welman, who continues to see Samuel at regular intervals.

There are many reasons Dr. Welman has spent most of her career at Neighborhood Health. In addition to treating children and the gratification in seeing them thrive, is the sense of mission that she and all her colleagues share in providing high-quality wrap-around care for thousands of children who might otherwise fall through the cracks. "It's a wonderful team," she says. "We're all mission driven, and we're very proud of that."

Neighborhood Health is hosting its annual fundraising gala and charity auction on Friday, Nov. 9 at the Ritz Carlton in Pentagon City. Festivities begin at 6:30 p.m., and they are delighted that Honorary Chairs U.S. Rep. Don Beyer and Megan Beyer will be on-hand to celebrate and to help hand out a special Health Equity Award to 26 Virginia delegates and state senators who represent Alexandria, Arlington County and Fairfax County. This award recognizes their hard work towards Medicaid expansion this past General Assembly session.

Pediatric services are available at four Neighborhood Health clinics, all located with convenient access to public transit: 2 E. Glebe Road and 1200 N. Howard St. in the City of Alexandria, 6677 Richmond Highway and at 2616 Sherwood Hall Lane in the Mount Vernon section of Fairfax County. Appointments may be scheduled by phoning 703-535-5568.

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.

SOBER-RIDE FOR HALLOWEEN

Free Sober Rides. Saturday, Oct. 27, 10 p.m. through Sunday, Oct. 28, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Halloween SoberRide promo code will be posted at 5 p.m. on Oct. 27 on www.SoberRide.com. The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

VOLUNTEERS WANTED

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide, now in its 51st year, offers free in-person preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. To learn about volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277).

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No News is No News



By KENNETH B. LOURIE

Having checked my email inbox fairly regularly (that's an understatement if there ever was one) since my Wednesday morning CT scan with no word yet as to its finding; and given the fact that it's Saturday morning and my column is requested to be in-house on Friday mornings, I am compelled nonetheless to submit one despite its incompleteness.

I would expect that by the time the newspapers go to press (Tuesday) and you regulars read this column (sometime after), to invoke Mark Twain – the results of my scan will not have been exaggerated. They will have been made known via email, with the radiologist's report likely attached, for my review (at least that's what happened the last time, in July).

Not that this method of communication and/or these daze of waiting is atypical of the process. It's not. It is the process.

And not that I'm unable to function/maintain my focus/keep my sense of humor, I am.

It's more that when the stakes are higher than they've been in a few years, this one's ability to embrace life with unbridled joy is difficult. It's almost as if there's an emotional-governor embedded in my brain to control my speed, so to speak. I just can't break out in uncontrollable laughter. Somehow, I'm refrained/disinclined from doing so.

I imagine my subconscious is involved but I'd need Dr. Freud to confirm it. Unfortunately, I don't believe he's seeing patients any more.

Still, in the midst of this information void, I feel duty bound to put pen to paper – literally – and try to write some "thoughtful commentary and insightful humor" as my columns have been characterized by great friend and fellow writer, E.A. Faine rather than writing "Everything in general about nothing in particular," as I once described them.

Considering the slew of cancer-specific columns I've published since June 2009, they've rarely been about "nothing in particular." Nor have they been about "everything in general." They've been about one thing in particular: cancer, and very specifically at that.

And while I've re-mentioned cancer, I've just taken another moment to check my inbox again to see if there's any Saturday-morning news, but unfortunately there's not. I'm still in the dark, sort of, even though the lights are on in the room where I'm writing.

However, all is not lost. "Chino," the brother of "Biscuit," the other of the buff-colored brothers we rescued back in May 2007, is cuddled up against my left forearm as I block his desire to roll on top of my writing tablet. And in his desire to be with me at this stressful time, I am able to draw some comfort as her purrs himself to sleep.

Now let me ask you all a few questions:

How many times/how often should I check my inbox for results? Do I presume my oncologist appreciates the significance of this moment for me? Is he even aware, given how many patients he cares for, of the time-sensitivity of me wanting to know my results before the weekend? Not knowing the answer to any of these questions, is it possible for me to stop wondering about the answers and get on with my life and let the chips fall where they inevitably will?

If you can't answer any of these questions either then you know how I feel.

I've been down this road before though. It's sort of like mental gymnastics. Trying to contort myself emotionally into positions/moods from which there's no rational escape. Occasionally I will get blue and feel the weight of the worry, but mostly, I'm able to put one foot in front of the other and try not to take two steps forward while taking one step backward.

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

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

THURSDAY/OCT. 4

Community Leaders Workshop

Series. 6:30-8:30 p.m. The Arlington County Civic Federation and Arlington County are teaming up to offer a free, four-part workshop series called Energize Arlington. Visit projects.arlingtonva.us/energize-arlington/ for more.

FRIDAY/OCT. 5

2018 Arlington Alexandria Urban Agriculture Symposium. Doors

open at 8 a.m.; 9 a.m.-3:30 p.m. at the St Andrews Episcopal Church, 4000 Lorcom Lane, Arlington. 20 speakers and 10 vendor sponsors will be on hand to provide a day of visionary and replicable ideas to promote sustainable urban land use for agricultural purposes. Register at tinyurl.com/aauas2018.

SUNDAY/OCT. 7

Blessing of the Animals. 1:30 p.m. at the Shirlington Dog Park (by the mural at the Oxford St. entrance off of Four Mile Run Drive) and 5 p.m. in the side yard of the church at 415 S. Lexington St. Email rector@stjohnsarlingtonva.com with questions.

TUESDAY/OCT. 9

Public Meeting. 6 p.m. at National Capital Regional Headquarters, 1100 Ohio Drive SW, Washington, D.C. For those who drive, bike or walk across Arlington Memorial Bridge – learn how to plan travel around bridge construction activities. Learn more at go.nps.gov/MemorialBridge.

WEDNESDAY/OCT. 10

Community Forum. 7-8:30 p.m. at the John T. Hazel, MD Conference Center, Virginia Hospital Center, 1701 N. George Mason Drive, Arlington. Virginia Hospital Center Foundation hosts this community forum which will examine the

necessary public health concerns focusing on medical interventions, and the importance of combatting the opioid epidemic. This is a free event. Attendees can pre-register at virginiahospitalcenter.com/CommunityForums.

County Board Candidate Debate. 7 p.m. at Phelan Hall - Marymount University, 2807 N. Glebe Road. The Arlington Committee of 100 hosts a debate between the candidates in November's County Board Member election. The program is open to the public - all are welcome. To purchase dinner, reservations must be made by Sunday Oct. 7 at www.arlingtoncommitteeof100.org/get-involved/make-a-reservation/.

Nominate For W-L Hall Of Fame

The Washington-Lee Athletic Hall of Fame will recognize those individuals who through their accomplishments have brought distinction and pride to the school and community as either an athlete, coach, administrator or as a contributor to the development and success of the Washington-Lee athletic program.

The Hall of Fame recognizes outstanding coaches, athletes, teams, athletic directors or significant contributors to the Washington-Lee High School athletic program (i.e. booster club presidents, members, teachers, team doctors, etc.).

Athletes and teams become eligible five years after graduation or two years after retirement from other contributing positions. All other individuals are eligible two years post their contributions to W-L.

A nominee must have made an outstanding contribution to his/her sport or through his/her administrative position.

Typically, this may include all-county, all-region, all-state honors, all-time leading scorer, State Championship or organizational skills which have enhanced the overall athletic program. The nominee must exemplify a personal character worthy of emulation by current and future students.

Nomination Forms will be made available through the Student Activities Office at 703-228-6207.

Two Arrested

FROM PAGE 2

determined that a minor verbal dispute occurred between one victim and suspects inside a convenience store. The victim then exited the store and entered a vehicle with two additional victims. According to police, the two suspects approached the vehicle on foot where the dispute escalated and shots were fired by the suspects in the direction of the vehicle. The suspects then fled the scene on foot. One victim was treated for a minor injury. This remains an ongoing criminal investigation and anyone with information related to this investigation is asked to contact Detective R. Ortiz of the Arlington County Police Department's Homicide/Robbery Unit at 703-228-7402 or Rortiz@arlingtonva.us. Information may also be provided anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).



Neighborhood Health

Health Equity Award

Presented to twenty-six members of the Virginia General Assembly representing Alexandria, Arlington and Fairfax County in gratitude for helping pass Medicaid Expansion which will provide health care coverage to thousands of low-income people in Northern Virginia and the Commonwealth

Virginia Senate

Honorable George L. Barker	Honorable Richard L. Saslaw
Honorable Adam P. Ebbin	Honorable Scott A. Surovell
Honorable Barbara A. Favola	Honorable David W. Marsden
Honorable Janet D. Howell	Honorable Jennifer T. Wexton
Honorable J. Chapman Petersen	

Virginia House of Delegates

Honorable Jennifer B. Boysko	Honorable Mark H. Levine
Honorable David L. Bulova	Honorable Alfonso H. Lopez
Honorable Karrie K. Delaney	Honorable Kathleen J. Murphy
Honorable Eileen Filler-Corn	Honorable Kenneth R. Plum
Honorable Charniele L. Herring	Honorable Mark D. Sickles
Honorable Patrick A. Hope	Honorable Richard C. Sullivan, Jr.
Honorable Mark L. Keam	Honorable Kathy Tran
Honorable Kaye Kory	Honorable Vivian E. Watts
Honorable Paul E. Krizek	

to be presented at the



JOIN HONORARY CHAIRS

The Honorable & Mrs. Don Beyer

Friday, November 9, 2018 at 6:30pm

Ritz-Carlton Pentagon City

PURCHASE TICKETS 501Auctions.com/NeighborhoodHealthGala

FOR MORE INFO, CONTACT gala@neighborhoodhealthva.org

Nyrra Hernandez • Development Director • 571-457-9146

Jane Knops • Communications Director • 571-438-7715



FREE Remodeling Seminar

From this....



To this!!



Saturday, October 13th 2018 - 10:00am - 12:00pm

KITCHEN AND BATH REMODELING Overcoming the Challenges

Have you been dreaming about a remodeling project? If so, please join us for a seminar where we'll discuss concepts, inspiration, and industry insight! Our talented design consultants will provide you with fun and educational information to help you understand the trends, terminology, and materials to get you started. We'll also discuss the common kitchen and bath challenges that we, as designers, have encountered. See how we have overcome them using our design expertise and industry resources.

Presenters



Kayla Shoff
Design Consultant



Rachel Mignogna
Design Consultant



Foster Remodeling Solutions, Inc. | 7211-H Telegraph Square Drive | Lorton, VA 22079
703-672-2249 | FosterRemodeling.com



OPEN HOUSE

SATURDAY, October 13th, 2018

12:00pm - 4:00pm



Come Join us in West Springfield!!

Come and See the Transformation!

This dazzling first floor remodel includes the kitchen, dining room, hall bath and living room with fireplace! This remodel touches every room on the first floor and the results are simply gorgeous! Meet the Foster design team, the homeowners and see our work firsthand. Whether you are in the preliminary stages or simply looking to stay in the loop of the latest trends, we guarantee you will walk away with a wealth of knowledge, sure to ease you into your next remodeling project. Refreshments will be served. Please RSVP to (703) 550.1371 for address.

Meet the Designer!



Chris Arnold
Design Consultant

- Get a tour of the newly remodeled first floor
 - Meet the Foster Design Team
 - Meet our client and learn about their experience
 - Food and Drinks will be served
- and much more!

