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# The Arlington Connection

WELLBEING  
PAGE 13

Voters dodge raindrops at Madison Community Center for early morning voting which was judged to be heavy this year.

## It's Raining Voters

NEWS, PAGE 3

Home Sweet Home  
Only a Few Months Later

NEWS, PAGE 3

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## NEWS



### Changes to Clarendon Circle

Work began last month on the intersection of Wilson, Clarendon and Washington boulevards known as Clarendon Circle. Improvements to this intersection were identified in the Clarendon Sector Plan, which was adopted by the County Board in 2006. When this project is complete, residents, businesses and visitors can expect an intersection with shorter pedestrian crossings, wider sidewalks and improved alignment of Washington and Wilson boulevards. North Irving Street will be closed at the intersection, and green streets elements will be added. In addition, there will be upgraded traffic signals, new Carlyle streetlights, wider center medians at all crossings, curb extensions at the Liberty Tavern corner, new bike lanes and new street trees. Residents and visitors should expect travel lane and sidewalk closures throughout construction, but no full road closures are planned. The first phase of construction will involve concrete work along eastbound Washington Boulevard, west of Wilson Boulevard and Fairfax Drive. Construction is expected to be completed in fall 2019.

### Homicide Suspect Arrested

**A**rlington County Police arrested a Stafford, Va. man following a domestic-related homicide investigation in Crystal City. Rodolfo Rivera, 24, was arrested and charged with murder. He is being held without bond in the Arlington County Detention Facility.



into custody without incident.

The victim has been identified as Natasha Rivera, 20, of Stafford, Va. Cause of death will be determined by the Office of the Chief Medical Examiner.

At approximately 9:40 a.m. on Nov. 3, police were dispatched to the 1700 block of Jefferson Davis Highway for the report of a possible death. Upon arrival, officers located a female victim deceased inside a hotel room. The suspect was on scene when police arrived and taken

Anyone with information about this homicide is asked to contact Detective G. Skeens of the Arlington County Police Department's Homicide/Robbery Unit at 703-228-4166 or gskeen@arlingtonva.us. Information may also be provided anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).

### BULLETIN BOARD

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

#### DONATION DRIVES

**Pet Food Bank.** AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit [goo.gl/forms/s2FuFdaYWdZm4tPw2](http://goo.gl/forms/s2FuFdaYWdZm4tPw2)

**Scouting for Food.** Starting Nov. 3, Scouts will post reminder flyers to homes throughout area, then return to collect non-perishable food items that will nourish the area's hungry on

Nov. 10. Scouting for Food is held every fall prior to Thanksgiving. Local food banks rely on it to stock their shelves for the upcoming holiday months, when food demands are the greatest. Items in highest demand include: canned protein (tuna, salmon, chicken, peanut butter); soups and stews (beef stew, chili, meat-based soups); 100 percent fruit juices (all sizes); grains (pasta, whole grain pasta, rice, brown rice, boxed macaroni and cheese); cereals (multi-grain, low sugar cereals, oatmeal); canned vegetables; canned fruits; condiments; and hygiene products (diapers, toilet paper, tissues, soap, toothpaste). Visit [www.ncacbsa.org](http://www.ncacbsa.org) for more.

**Food Collection.** Through Friday, Nov. 16, PenFed is collecting boxed and canned foods at all of its DC area branch locations. PenFed, NBC4, Telemundo44 and The Boys and Girls Club of Greater Washington will collect the boxes and assemble over

SEE BULLETIN, PAGE 15

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**Pamela Fisher and Michael Lasky are headed for the gym at Madison Community Center. They had already voted at Tuckahoe Elementary School. “We always vote,” Fisher says. “I voted all blue, for the Democratic plate, not Vihstadt. It was a mistake to come in and not support the Columbia Pike streetcar. I felt like even though I’m from North Arlington that it was North Arlington people pulling all the dollars from South Arlington.” Lasky adds, “What she says.”**



**Betty Lorino is handing out literature at Madison Community Center for Independent John Vihstadt’s reelection to the Arlington County Board. “I believe in what he stands for, bringing balance to the board, fiscal responsibility. He is a bright guy with a wonderful wife.”**



**Mark Seikaly and Hillary Scofield have voted because it is their civic duty. “Kaine, mostly blue.” Scofield says, “You have to get out and do your part, vote for the representative in Congress that is aligned with your views.”**

## Weather Doesn’t Stop Arlington Voters

**T**he heavy drizzle didn’t dampen the spirits of early morning voters at Madison Community Center. Ten people waited in line in the dark for the doors to open at 6 a.m. By 7 a.m. it was difficult to find a place in the parking lot and cars waited to find a place. One of the long-time poll workers observed there was a lot more traffic than in previous years. But he added, “it’s hard to hand out brochures when you are holding an umbrella and even harder when they have an umbrella, too.”

*Due to Connection press deadlines, election results will be posted online at [www.connectionnewspapers.com](http://www.connectionnewspapers.com).*



**George Stutdman, a student at Washington-Lee High school, is working for the Republicans. “My government teacher requested volunteers. I wanted to do my part. I’m**



**Teresa Morin hands out Democratic campaign literature outside the Central Library. “I’ve been here since 5:30 a.m. The line was backed up so it was 16 minutes to vote and some people had to wait**



**Lizzy Neal, Girl Scout Troop 6880, stands under the tent her mother had just popped up to cover their donut stand outside of the Central Library polling spot. “It’s supposed to rain hard later so we had to be prepared.”**



**Dressed in her rain gear, Audrey Clements, Independent candidate for Arlington County School Board, hands out literature in front of the Central Library. Ron Boykin stops by to let her know he voted for her. “I’m 72 years old and I attended W&L and I’m against the name change.” Clements comments it was “political correction run amok.”**

## Home Sweet Home Only a Few Months Later

**Seniors ease back into newly renovated apartments.**

BY SHIRLEY RUHE  
THE CONNECTION

**C**ulpepper Garden broke ground April 11 on a major renovation of 204 low-income apartments built in 1975 for seniors. Mary MacCarthy, one of the first residents to move back into her newly-renovated efficiency apartment, sits at the table in her living room. She says she moved out June 18 and moved back in Oct. 19.

MacCarthy says, “The move was sweet. The moving company agreed to put everything in the exact position in my temporary apartment one floor up.

“They never asked us to box up anything. It was finished in a matter of hours, and nothing was broken.” She says she did pack up her knick knacks and her boxes of books. She was a long-term sub English teacher in Loudoun County and is very particular about her books — Scandinavian (“The Girl with the Dragon Tattoo” which is so much

better in the original language), her Shakespeare texts from high school, the Lake Wobegon series.

MacCarthy says, “I asked to be part of the first move to avoid the noise.” She continues, “It’s noisy. Sound travels. It starts at 7 a.m. on the dot.” As if on cue a hammering ricochets from down the hall. MacCarthy moves to the kitchen. “It’s much better in the kitchen. The cabinets were ugly, dark and the top shelf so high you couldn’t reach it.” Now the kitchen has bet-

ter lighting and ventilation with a stove fan as well as new cabinets and a new fridge.

The lights in the apartment suddenly blink off. “Sometimes that happens. They will go back on soon.” She picks up a flashlight and heads around the corner to show off the newly-modeled bathroom. “This was another big improvement. They took out the bathtub and put up the handrails. We hate the handrails,” but she points to the large mirror affixed to a generously-sized medicine cabinet,

SEE CULPEPPER, PAGE 6

## NEWS

# Competing in Teen Pageant

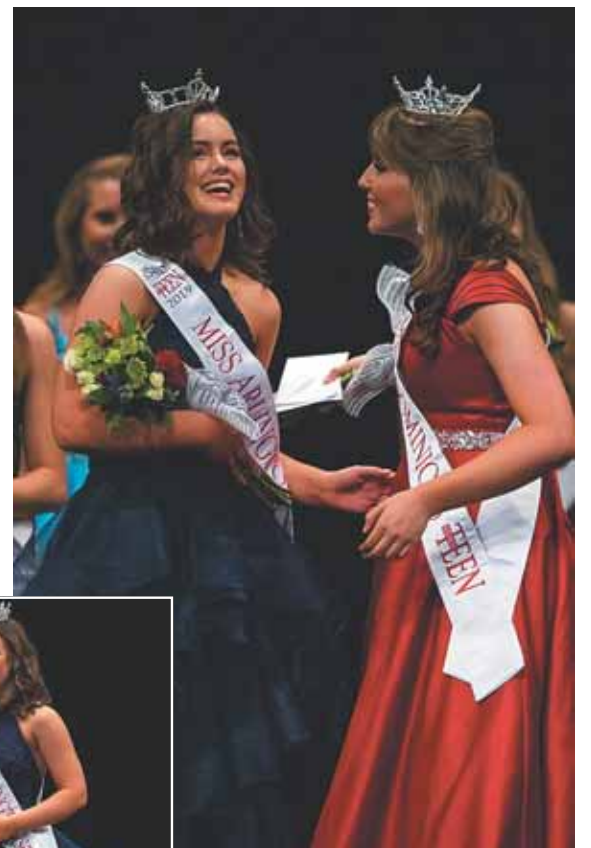
**T**he 2019 Miss Arlington's Outstanding Teen and Miss Dominion's Outstanding Teen Pageant was held on Oct. 6 at Wakefield High. Miss Virginia's Outstanding Teen was organized in conjunction with Miss America's Outstanding Teen to encourage positive achievement by helping to nurture and build the scholastic achievement, creative accomplishment, healthy living, and community involvement of Virginia's youth.



Emili McPhail (center), Miss Virginia, with Ella Strickland, Miss Arlington's Outstanding Teen 2019 and Morgan Rhudy, Miss Dominion's Outstanding Teen 2019.



Ella Strickland is crowned Miss Arlington's Outstanding Teen 2019 by Miss Virginia Emili McPhail.



Ella Strickland, Miss Arlington's Outstanding Teen 2019, and Morgan Rhudy, Miss Dominion's Outstanding Teen 2019, congratulate each other.



Ella Strickland stands before the audience after winning the Miss Arlington's Outstanding Teen 2019 title. Strickland's platform is Type 1 Diabetes Awareness and Support. She was diagnosed with the disease at age 12.

PHOTOS BY TOM MANNING/  
THE CONNECTION

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# Support Affordable Housing

BY SHIRLEY RUHE  
THE CONNECTION

**T**he Alliance for Housing Solutions (AHS) was created in 2003 by a group of citizens who were concerned that Arlington was rapidly becoming a community in which only affluent families could afford to live.

According to Michelle Winters, executive director of AHS, in 2016 the county added 219 units of committed affordable housing but lost 874 units of market rate affordable housing that had been affordable to renters at 60 percent of AMI. She says, "The challenges have persisted and intensified because the housing market has accelerated in the country."

Winters says while 7,000 committed affordable units have been created since 2000, 14,000 market-rate affordable units were lost in Arlington County in that same timeframe. The county's investment is not adding to the affordable housing stock — it's not even keeping up with the loss.

Winters says AHS has created an Arlington for Everyone campaign to continue to build widespread support to meet the need for affordable housing. "We are trying to get as many supporters as possible



PHOTO CONTRIBUTED

**Michelle Winters, executive director, Alliance for Housing Solutions**

to sign on."

Supporters believe in three principles including support for an Arlington for Everyone in which people from all walks of life are welcomed to live and fully participate in our community, that Arlington is a greater

## Arlington for Everyone website features stories from public housing residents to retirees to millennials.

place because of its openness to inclusivity and dedication to social and economic diversity and that creating and maintaining a variety of housing options and a commitment to long-term affordability in Arlington is essential to this diversity.

The Arlington for Everyone website features Arlington stories from public housing residents to retirees to millennials. Tania was born in Lebanon and loves the diversity in her current apartment. "The sense of community that you find in Arlington is one of my favorite things about living here. My hope for Arlington is that our community continues to grow and work toward maintaining diversity and affordability for all of its clients."

Alex moved here from a small town in Kansas as an AmeriCorps VISTA worker with A-SPAN. She says she was shocked when she saw apartments similar to her \$335 a month apartment in Wichita going for \$1,500 per month here. Because housing is so expensive here, she bounced around a lot but after she started

making more money was able to purchase in the Columbia Forest neighborhood through help from Virginia Housing Development Authority. "I absolutely love my neighborhood in Arlington. Columbia Forest is diverse both economically and racially."

Arlington for Everyone is hoping to add more stories of living in Arlington from residents willing to share their experiences about living in their communities. Contact the Arlington for Everyone website or Bethany Keener, communications director at Bethany@allianceforhousingolutions.org.

Winters looks ahead to next year's budget challenge. "We have to remind people to be pushing as hard as they can. There is a projected budget gap of \$25-30 million, bigger than last year's and that was very painful. Last year one of the big issues was that there was no tax cut. This year most people are saying they need to open the possibility of a tax increase." She adds that Arlington has a lower tax rate than other nearby jurisdictions.

AHS is a non-profit organization working to increase the supply of affordable housing in Arlington County and Northern Virginia through public education, policy development, advocacy and innovation.

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# Home Sweet Home at Culpepper

FROM PAGE 3

new flooring. It's fresh; it's new."

Another advantage to the redo is newly-installed individual thermostats in each apartment that allow each resident to control the temperature of the apartment. "There used to be an overlap of still hot outside and we didn't have access to air conditioning at the end of the summer."

She says they are going to try to put laundry rooms on each floor and bathrooms for visitors and aides. "Now you have to do laundry in the basement. We don't know yet what hours we will have access to the laundry room. I hope it's early and late." She says they have community meetings every month in which a representative from the builder tells them about the next stage. "We know so little."

She says she likes living at Culpepper Garden. It's like an unbelievably small town like where she grew up — and so smart with transportation. She can take the bus and walk anywhere she wants to go. Also she loves the small space— from four kids and five bedrooms to an efficiency apartment with just enough room to put out her books and her sewing machine where she makes some of her own clothes.

Next door Geraldine Quinn also sits in a living room lit only by the outside light coming through her large picture window. She said she moved out of her efficiency apartment on Aug. 10 to one floor below but was back in her newly-renovated space on Oct. 19. "I was surprised that I moved out and back in so quick. I had no idea that was going to happen."

"The only thing that bothered me was I couldn't see the new place before I moved in. I didn't know how big the space was. You can see I am loaded. That was my problem." She points to several trunks stacked with her genealogical albums. She characterizes her style as "early thrift shop and give away vintage."

But Quinn says, they didn't take the time to set up or put the furniture in the same location as her old apartment. She says she learned her lesson on the move back in, and "I asked could the men come back later and move this



**Geraldine Quinn sits in the living room of her newly renovated efficiency apartment in front of her bare walls. She says the walls have no pictures since the construction workers are still working on the apartment next door and "the pictures could jiggle right off the wall."**



**Lights suddenly go out due to construction so Mary MacCarthy points her flashlight to highlight the new shower in her bathroom. It replaced**

around. "They were very, very good to do it."

Her computer isn't set up yet but she is in no hurry. They have a computer space downstairs



**Mary MacCarthy points to the new kitchen cabinets in her renovated apartment at Culpepper Garden.**

with volunteers who can teach you anything you want. She points to the bare walls. "I can't put up pictures yet because they are working on the apartment next to me and the pictures might jiggle right off the walls." She says that

SEE CULPEPPER, PAGE 11



**Geraldine Quinn points to a page in her genealogy album with seven brothers in the military. She says they are all gone now. "That's the end of that generation."**

PHOTOS BY  
SHIRLEY RUHE/  
THE CONNECTION



PHOTO CONTRIBUTED



**Culpepper apartment kitchen and bathroom pre-renovation.**

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**NEWS DEPARTMENT:**  
[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

**Steven Mauren**  
Editor  
703-778-9415  
[smauren@connectionnewspapers.com](mailto:smauren@connectionnewspapers.com)

**Jean Card**  
Production Editor  
[jcard@connectionnewspapers.com](mailto:jcard@connectionnewspapers.com)

**Vernon Miles**  
Reporter  
757-472-3435  
[vmiles@connectionnewspapers.com](mailto:vmiles@connectionnewspapers.com)

**Eden Brown, Shirley Ruhe**  
Contributing Writers  
[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

**ADVERTISING:**  
*For advertising information*  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Debbie Funk**  
Display Advertising/National Sales  
703-778-9444  
[debfunc@connectionnewspapers.com](mailto:debfunc@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Classified & Employment  
Advertising**  
703-778-9431

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Art/Design:**  
Laurence Foong, John Heinly,  
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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday.

## ONGOING

**Día de los Muertos: Prints from Self-Help Graphics.** Through Dec. 5 at the Arlington Arts Center, 3550 Wilson Blvd., Arlington. In conjunction with its 15th annual Día de los Muertos celebration, AAC presents a selection of prints on loan from Self-Help Graphics & Art (SHG), a community-driven nonprofit based in Los Angeles that is devoted to fostering the creation and advancement of new work by Chicano/a and Latinx artists. For its annual Día de los Muertos celebration, begun in 1973, SHG commissions a Día de los Muertos-themed print from a new artist each year. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

**Fall SOLOS 2018 Art Exhibit.** Through Dec. 15 at the Arlington Arts Center, 3550 Wilson Blvd., Arlington. Dawn Whitmore: A house is like a mind that holds everything in a 5-channel immersive sound installation that delves into the relationship between the mind and the house as metaphorical dwellings. In a constructed room that reads as a simple domestic residence, the artist's voice, reading from various classical texts, emanates from multiple points in the room, becoming almost unintelligible at times as the recordings are layered on top of one another. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

**Adult Dance Technique.** Through Dec. 22, 9:30-11 a.m., Saturdays, at Arlington Cultural Affairs Bldg., 3700 S. Four Mile Run Drive, Arlington. Improve balance, range of motion, strength, coordination and interact with friendly people. Drop-in for a class or enroll for a series. Join at any time. The class instructors are Jane Franklin Dance company members, all experienced professional educators. Tuition: \$110 for six class card/\$60 for three class card/\$25 single class. Enroll at [www.janefranklin.com/adult-dance](http://www.janefranklin.com/adult-dance) or call 703-933-1111.

**“Billy Elliot The Musical.”** Through Jan. 6 at Signature Theatre, At 4200 Campbell Ave., Arlington. All 11-year-old Billy wants to do is dance. While the 1984 miners' strike squeezes his family and splits his town, Billy's passion for ballet first divides, then ultimately unites, the community – and changes his life in extraordinary ways. Tickets are \$40-\$102. Visit [www.sigtheatre.org](http://www.sigtheatre.org).

## THURSDAY/NOV. 8

**Conversations About Race.** 7:30-9 p.m. at Central Library, Wilson Room, 1015 N. Quincy Street, Arlington. Free. Join in an open conversation about race in a safe environment to ask questions, discuss, and learn together. Conversation led by two alumni of Challenging Racism. Contact Latonya Francis and Ami Foster at [continued@challengingracism.org](mailto:continued@challengingracism.org).

**Deep Dive: Built By Beavers.** 8-9 p.m. at Gulf Branch Nature Center, Arlington. Take a Deep Dive into natural history that scratches more than just the surface. You may know that beavers are dam-builders, but did you also know they were nation-builders? The natural history of beavers is an important pillar in the history of both Canada and the United States. Ages 18+. \$5 per person. Visit [parks.arlingtonva.us/events/deep-dive-built-by-beavers](http://parks.arlingtonva.us/events/deep-dive-built-by-beavers).

## FRIDAY/NOV. 9

**Parents Night Out.** 6-10 p.m. at Walter Reed Community Center,



## Jingle ARRGH the Way!

A mysterious message left in the crow's nest of their ship brings Captain Braid Beard and his pirate mates back to North Beach to seek out young Jeremy Jacob to help solve a riddle and find the Christmas treasure. Favorite characters, a rollicking story, great songs, and a trip to the North Pole to find “you know who,” this production is based on a story by Melinda Long, author of *How I Became a Pirate*. For ages 4 and older. Nov. 16-18, Nov. 30-Dec. 2, Dec. 7-9 – Fridays at 7:30 p.m.; Saturdays at 11 a.m. and 3 p.m.; Sundays at 3 p.m. Tickets \$15/adults, \$12/children, students, military, and seniors. Tickets at [www.encorestage.org](http://www.encorestage.org) or 703-548-1154.

Arlington. The Teens Making A Difference Club (T-MAD) is offering parents a night out while their children ages 4-11 enjoy an evening of games, art and fun Fridays through May. Cost is \$25. Visit [parks.arlingtonva.us/2018/09/parents-night-out-is-back/](http://parks.arlingtonva.us/2018/09/parents-night-out-is-back/).

**Virginia's Squirrels Campfire.** 6-7 p.m. at Long Branch Nature Center, Arlington. Find out about the five kinds of squirrels that live in Virginia and how they live through the seasons. Also learn a squirrel song and dance. All ages. \$5 per person. Visit [parks.arlingtonva.us/events/virginias-squirrels-campfire/](http://parks.arlingtonva.us/events/virginias-squirrels-campfire/).

## SATURDAY/NOV. 10

**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. Want to restore habitat and increase native species diversity right here in Arlington? 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.

**DC Walk for Carcinoid Cancer.** 10 a.m. at Quincy Park in Arlington. eGlobalTech has partnered with the Neuroendocrine Tumor Research Foundation to host the DC Walk for Carcinoid Cancer. Both organizations are raising money to fund neuroendocrine tumor research for cures and more effective treatments. All proceeds will be donated to NETRF. The route goes through

Arlington's Clarendon and Ballston communities and finishes back at Quincy Park for a celebration with music, a playground, moon bounce, food trucks, and arts and crafts. Visit [www.dwalk4carcinoidcancer.com/](http://www.dwalk4carcinoidcancer.com/).

**Tree ID Hike.** 11:15 a.m.-12:30 p.m. at Long Branch Nature Center, Arlington. For Adults. The leaves are just starting to fall. Learn to identify trees without using the leaf shape as a clue. Dress for the weather. Teens ages 14 and up welcome, but must be accompanied by a registered adult. Call 703-228-6535.

**Free Play Days.** 1:30-3 p.m. at Gulf Branch Nature Center, Arlington. Ages 5 to 9. Give children unstructured time they can call their own; they will love this chance to explore the 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.

**Backstage Tours of “Billy Elliot The Musical.”** 5 p.m. At Signature Theatre, 4200 Campbell Ave., Arlington. \$10/person. Step backstage into the exciting world of Billy Elliot and learn how they bring this high-energy musical to life with our backstage tours, led by an actor from the show. A cast member will take you through the dressing rooms, the green room, and more to talk about the design and production process. Visit [www.sigtheatre.org](http://www.sigtheatre.org).

**Sisters Called to Serve.** 6 p.m. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. Cost \$60/person. Hosted by the Northern Virginia Alumnae Chapter of Delta Sigma Theta Sorority, Inc., the fund-raising event will support scholarships to

high school graduates attending college during the 2019-2020 school year. Email [peach30@sbcglobal.net](mailto:peach30@sbcglobal.net) or visit [dstnovac.org/](http://dstnovac.org/).

**EyeSoar.** 7:30 p.m. at Arlington Cultural Affairs Building, 3700 S. Four Mile Run, Arlington. Cost is \$22. Presented by Jane Franklin Dance, the “EyeSoar” project highlights the landscapes near 3700 S Four Mile Run Drive, the rooftop and outdoors across Nelson Street, the footbridge and Jennie Dean Park, and engages people who occupy the neighborhood. This area is a heavy utilized, an under recognized public site drawing bike path and recreation users, footbridge traffic and individuals to the auto repair shops, the Shirlington Dog Park, AFAC, New District, Shirlington Education and Employment Center and other businesses. Visit [janefranklin.com/performances/tickets](http://janefranklin.com/performances/tickets).

## SATURDAY-SUNDAY/NOV. 10-11

**Annual Fine Crafts Show and Sale.** 10 a.m.-4 p.m. Saturday; 12-4 p.m. Sunday at Lee Arts Center, 5722 Lee Highway, Arlington. Looking for one-of-a-kind gifts this holiday season? The studio artists of Lee Arts Center will hold their Annual Fine Crafts Show and Sale. Featuring fine pottery, sculpture, prints and jewelry by regional artists. Call 703-228-0560 or visit [www.leeartscenter.org](http://www.leeartscenter.org).

## SUNDAY, NOV. 11

**Centennial Ceremony.** 10:30 a.m.-noon. At Clarendon Central Park, 3140 Wilson Blvd., Arlington. Join in the annual ceremony at the Arlington

War Memorial in Clarendon Central Park. This year will be a special recognition of the 100th anniversary of the end of World War I with remarks by County officials. A free reception will follow at American Legion Post 139. Visit [commissions.arlingtonva.us/events/100th-anniversary-of-armistice-day-veterans-day-commemoration/](http://commissions.arlingtonva.us/events/100th-anniversary-of-armistice-day-veterans-day-commemoration/).

**GoGo Symphony Concert.** 11 a.m.-5 p.m. At The Church at Clarendon, 1210 North Highland St., Arlington. Free. The GoGo Symphony, an apt multi-ethnic orchestra which fuses Washington DC's go-go music with classical, will provide interactive entertainment. The event, titled “Becoming Better Together,” is the church's unique way of celebrating the first pastoral anniversary of Rev. Danielle L. Bridgeforth, its first African American and woman pastor. Visit [www.1bc.org](http://www.1bc.org).

**Bells of Peace: A World War I Remembrance.** 11 a.m. Thousands of organizations, religious institutions, cities and individuals nationwide will take a moment from their daily activity to toll their bell 21 times in remembrance of the more than 100,000 American soldiers who paid the ultimate sacrifice in World War I. The Arlington Historical Society will join All U.S. Navy and U.S. Marine Corps ships and installations, as well as many historical sites around the country. They will all participate in the ceremonial toll while Philadelphia's Independence Liberty Bell serves as an honorary landmark for this special historic moment. For more information on how to get involved with “Bells of Peace: A World War I Remembrance,” visit: [www.ww1cc.org/bells](http://www.ww1cc.org/bells).

**Bowen McCauley Dance.** 4 p.m. At Kenmore Middle School Auditorium, 200 S. Carlin Springs Road, Arlington. Bowen McCauley Dance Company announces its 23rd Performance Season Schedule with the 100th Anniversary of Armistice Day (1918).

## MONDAY/NOV. 12

**Fort C.F. Smith Park Walking Tour.** 11 a.m.-12 p.m. at Fort CF Smith Park, 2411 N. 24th St., Arlington. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Fort C.F. Smith was one of the last Union forts built to protect Washington during the Civil War. Learn about 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. Call 703-228-4775.

**Fort Ethan Allen Park Walking Tour.** 1-1:45 p.m. at Fort Ethan Allen, 3829 N. Stafford St., Arlington. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Fort Ethan Allen was built by the Union Army in September 1861 to command the approach to Chain Bridge and has the most extensive remaining features of any Civil War fort in Arlington. Explore the earthworks and discuss how and why the fort was built. Dress for the weather as terrain will be uneven and possibly muddy. Call 703-228-4775.

## TUESDAY/NOV. 13

**Birding Mason Neck.** 9 a.m.-3 p.m. Meet at Barcroft Park Sports & Fitness Center, 4200 S. Four Mile Run Drive, Arlington. Adults. Join us to search woodlands, meadows and wetlands at some of the protected natural areas on Mason Neck for early waterfowl, Bald Eagles and other raptors, as well as winter and year-round resident songbirds. There

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# ENTERTAINMENT

will be approximately two to three miles of walking on gently rolling, unpaved surfaces. Participants should dress for the weather and bring binoculars, a bag lunch and a drink and snacks for the day. Call 703-228-6535.

**Antlers Storytime.** 10:30-11 a.m. Meet at Long Branch Nature Center, Arlington. Families ages 2 and up. Register children only. Join us to read stories about animals that carry branches on their heads. Call 703-228-6535.

**Jane Franklin Dance Classes.** 11:30-1:30 p.m. at Arlington Cultural Affairs Building, 3700 S. Four Mile Run, Arlington. Presents Jane Franklin Dance Presents Forty+ Project. This eight-class series explores movement technique and creative strategies in developing a work for concert performance. The session is led by choreographer Jane Franklin, artistic director and founder of Jane Franklin Dance. If you've never performed, but wanted to try; if you haven't danced since college, but would like to get back into it, this is the perfect project to step back into the joys of dance, performance, and participation. Cost is \$160 for the eight-session series. Visit [www.janefranklin.com/adult-dance/forty-plus](http://www.janefranklin.com/adult-dance/forty-plus).

## TUESDAY-WEDNESDAY/NOV. 13-14

**Dominion Guild Merry Market.** At Knights of Columbus, 5115 Little Falls Road, Arlington. Hours are 5:30-9:30 p.m. Tuesday; 9:30 a.m.-4 p.m. Wednesday at Knights of Columbus, 5115 Little Falls Road. Annual holiday boutique featuring 25-plus specialty vendors offering something for everyone. Cost \$25/\$15. Visit [www.thedominionguild.org](http://www.thedominionguild.org).

## WEDNESDAY/NOV. 14

**Coffee and Conversation.** 10-11 a.m. At The Springs Apartments, Multipurpose Room, 4318 North Carlin Springs Road, Arlington. Join Arlington Neighborhood Village's "Coffee and Conversation" series. Bring your own coffee, learn about aging in place, and hear from Dean Naujoks, Potomac Riverkeeper for the Potomac Riverkeeper Network, who will share the Network's activities over the past 3 years. No RSVP needed.

## NOV. 14-15

**Fur, Scales and Slime.** 1-2 p.m. At Long Branch Nature Center, Arlington. Fluffy mammals, scaly reptiles, slimy amphibians and fish. On Nov. 14, 15 and 28, 1-2 p.m., Nov. 30, 10:30-11:30 a.m. Come learn why different species have a variety of outer coverings and ouch



**Ft. Myer cavalry displaying a charge during a 1920s exhibition.**

## History of Fort Myer

Find out about the rich history of Fort Myer, just in time for Veteran's Day. Originally part of the Custis Estate at the beginning of the Civil War and now the home of the Old Guard. Former Ft. Myer Historian Kim Bernard Holien will provide you with little known facts and debunk myths including the Navy theft of the "Three Sisters," the Society Circus of Maj. George Patton, the female German spy who escaped from Quarters Two, the lost bunker from the Berlin Airlift of 1948, the remains of the White House under the tennis courts, the mystery rock walls underneath the parking lot of the Class Six Store, the Buffalo Soldiers of the West and more. Thursday, Nov. 8, 7 p.m. At Reinsch Library Auditorium, Marymount University, 2807 N. Glebe Road, Main Campus, Arlington. Free. Visit [arlingtonhistoricalsociety.org](http://arlingtonhistoricalsociety.org).



**The cast of Avant Bard's Illyria. (Top row:) Jenna Rossman, Frank Britton, Ezra Tozian, Emma Loughran Hébert, Adam Lemos. (Bottom row:) Miss Kitty LeLynx, Montana Monardes, Katie Gallagher, Christopher Henley, Matthew Sparacino, Dani Stoller.**

## 'Illyria, or What You Will'

Adapted from Twelfth Night by Jonelle Walker and Mitchell Hébert and directed by Mitchell Hébert, presented by Avant Bard Theatre. Illyria reimagines Shakespeare's comedy of mixed-signal love as a bohemian cabaret set in a Manhattan dive bar in the early 1980s, where identity, sex, and gender are what you will – and habitués find freedom to be who they truly are. Through Nov. 19 at Gunston Arts Center, Theatre Two, 2700 South Lang St., Arlington. Tickets are \$40. Visit [www.avantbard.org/tickets](http://www.avantbard.org/tickets) or call 703-418-4808.

some live animals too. Ages 3-5. \$5 per person. Visit [parks.arlingtonva.us/events/fur-scales-and-slime-4/](http://parks.arlingtonva.us/events/fur-scales-and-slime-4/).

## THURSDAY/NOV. 15

**Floral Arrangements.** 11 a.m. At Little Falls Presbyterian Church's Friendship Hall (lower level), 6025 Little Falls Road, Arlington. Ellen Seagraves of Bethesda's Chic Floral Designs will demonstrate the arrangements that have graced the White House and Blair House interiors among other addresses. Free and open to the public. Sponsored by Rock Spring Garden Club. Club meeting begins at 10 a.m. An optional light lunch follows the program at noon. Visit [rockspringgardenclub.com](http://rockspringgardenclub.com) or email [rockspringgardenclub@gmail.com](mailto:rockspringgardenclub@gmail.com).

## FRIDAY/NOV. 16

**First Thanksgiving Campfire.** 6-7 p.m. At Long Branch Nature Center Amphitheater, Arlington. See and hold Native American artifacts while we discuss how tribes survived off the land and helped the Pilgrims. And of course...there will be s'mores. \$5 per person. Visit [parks.arlingtonva.us/events](http://parks.arlingtonva.us/events).

## FRIDAY-SUNDAY/NOV. 16-18

**"Jingle ARRGH the Way!"** At Gunston Arts Center - Theatre One, 2700 S. Lang St., Arlington. Fridays at 7:30 p.m.; Saturdays at 11 a.m. and 3 p.m.; Sundays at 3 p.m. A mysterious message left in the crow's nest of their ship brings Captain Braid Beard and his pirate mates back to North Beach to seek out young Jeremy Jacob to help solve a riddle and find the Christmas treasure. For ages 4 and older. Tickets \$15/adults, \$12/children, students, military, and seniors. Tickets at [www.encorestage.org](http://www.encorestage.org) or 703-548-1154.

## FRIDAY/NOV. 16-JAN. 2019

**Arlington's Holiday Kitchens.** At Arlington Historical Museum, 1805 S. Arlington Ridge Road, Arlington. Nothing says holiday celebration more than food, so the Arlington Historical Museum is raiding the kitchen. In this new holiday exhibit, see all the tools grandma used and those used by her forebears long before electricity. Some artifacts will be like what today's kitchens have while others you may ponder what they would have been used for. Visit [arlingtonhistoricalsociety.org](http://arlingtonhistoricalsociety.org).

## SATURDAY/NOV. 17

**Recycling Event.** 8:30 a.m.-1 p.m. At 1425 N. Quincy Street (across from

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Washington-Lee High School), Arlington. Arlington County will hold its biannual Environmental Collection and Recycling Event (E-CARE). E-CARE is an event where residents can safely dispose of hazardous household materials, recycle bikes, small metal items and more. For a full list of acceptable items, go to [www.arlingtonva.us](http://www.arlingtonva.us) and search "E-CARE."

**Bikes for the World.** 8:30 a.m.-1 p.m. At 1425 North Quincy St. (across from Washington-Lee High School), Arlington. Arlington's Bikes for the World collects repairable bicycles in the U.S., and donates them to charities around the globe for productive use by those in need of affordable transport for access to work, school, and health care. A \$10-per-bike donation is suggested to defray a share of shipping and handling. Visit [www.bikesfortheworld.org](http://www.bikesfortheworld.org).

**Families Unplugged: Printed Cards and Calendars.** 10 a.m.-noon. At Arlington Mill Community Center. The experts from the Community Arts team will guide you and your family through a fun project for each upcoming holiday: a wooden turkey craft perfect for Thanksgiving decor, winter holiday cards, and a 2019 calendar. All ages. \$8 per person. Visit [parks.arlingtonva.us/events/families-unplugged-printed-cards-and-calendars/](http://parks.arlingtonva.us/events/families-unplugged-printed-cards-and-calendars/).

**Feathers, Fins and Fur.** 10:30-11:30 a.m. At Gulf Branch Nature Center, Arlington. Different animals have a variety of body coverings. From smooth, moist skin that helps amphibians breathe to the warmth of feathers and fur, explore all these body coverings. Also see and touch some live animals up close. Ages 6-10. \$5 per person. Visit [parks.arlingtonva.us/events/feathers-fins-and-fur-2/](http://parks.arlingtonva.us/events/feathers-fins-and-fur-2/).



PHOTO BY JIM TURNER

## Complete Dogness

Complete Dogness is a family friendly performance about a delightful little doggy with bad habits. She can eat a delicious wool sweater or steal a whole block of cheese. But there is hope as Barky learns new tricks and as the whole family adjusts. The performance incorporates spoken word, movement, music, kinetic imaging and animation by Hong Huo and interactive participatory activities for young children. Sunday, Nov. 11, 4 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. Cost \$15 adults; \$10 children under age 10; \$45 for a family of 4. Visit [www.janefranklin.com/performances/tickets](http://www.janefranklin.com/performances/tickets).

### Watercolor Workshop: Portraits.

1-4 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. For ages 14-18. In this intensive workshop, students will develop painting skills and build confidence in watercolor technique and portraiture. Students will learn to capture human expressions as they experiment with the fluid and transparent qualities of watercolor. Art historical references will be presented to serve as additional inspiration. All skill levels are

welcome, though drawing and/or painting experience is recommended. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

**Secrets of Squirrels.** 2-3:30 p.m. At Long Branch Nature Center, Arlington. Come learn about these furry rodents who are busy in the fall hiding nuts. How do they find them later? Where do they raise their babies? Why are some gray squirrels black? Learn the answers in a classroom and on a fun nature hike. Ages 5+. Free. Visit [parks.arlingtonva.us/events/secrets-of-squirrels-5](http://parks.arlingtonva.us/events/secrets-of-squirrels-5).

of-squirrels-5.

**Backstage Tours of "Billy Elliot The Musical."** 5 p.m. At Signature Theatre, 4200 Campbell Ave., Arlington. \$10/person. Step backstage into the exciting world of Billy Elliot and learn how they bring this high-energy musical to life with backstage tours, led by an actor from the show. A cast member will take visitors through the dressing rooms, the green room, and more to talk about the design and production process. Visit [www.sigtheatre.org](http://www.sigtheatre.org).

**Singles Dinner & Movie Night.** 5 p.m. At Samuel Beckett's Irish Gastro Pub in Shirlington, 4150 Campbell Ave., Shirlington. Followed by movie of your choice at AMC Shirlington 7. Cost of \$35 at door includes dinner, soda, tip and movie ticket. Advance RSVP required for reserved seats at movies: [NewBCarol@verizon.net](mailto:NewBCarol@verizon.net). Sponsored by New Beginnings, a support group for separated/divorced men and women. Visit [www.newbeginningsusa.org](http://www.newbeginningsusa.org).

**Oh Deer! Campfire.** 6-7 p.m. At Gulf Branch Nature Center, Arlington. 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! Ages 3+. \$5 per person. Visit [parks.arlingtonva.us/events/oh-deer-campfire/](http://parks.arlingtonva.us/events/oh-deer-campfire/).

**Bingo Night.** 7-9 p.m. At St. John's Episcopal Church, 415 S. Lexington St., Arlington. St. John's Episcopal Church and La Iglesia de Cristo Rey are hosting a bingo night. The cost is \$5 for two cards, a raffle ticket and a dessert. Prizes will be awarded, and refreshments will be available. Email [rector@stjohnsarlingtonva.org](mailto:rector@stjohnsarlingtonva.org) or call 703-671-6834. Visit [www.stjohnsarlingtonva.org](http://www.stjohnsarlingtonva.org).

## SATURDAY-SUNDAY/NOV. 17-18

**Pre-Holiday Artful Weekend.** At Fort C.F. Smith Park, 2411 24th St. N., Arlington. Reception: Friday, Nov. 16, 6-8 p.m.; show hours: Saturday, Nov. 17, 10 a.m.-5 p.m.; and Sunday, Nov. 18, noon-4 p.m. A popular pre-holiday event in Northern Virginia, the art on display is created by 40 top Arlington-based artists. Featured are paintings of many genres, ceramics, jewelry, sculpture, artist's cards, unframed works and more. Great for holiday shopping. Visit [www.arlingtonartistsalliance.org](http://www.arlingtonartistsalliance.org).

## SUNDAY/NOV. 18

**R.I.P. - Remove Invasive Plants.** 2-4 p.m. At Long Branch Nature Center, Arlington. Help restore habitat and increase native species diversity in Arlington. Work parties are held monthly and are making a difference with the return of ferns, wildflowers and the animals that depend on them. Help make it happen! Free. Visit [parks.arlingtonva.us/events/r-i-p-remove-invasive-plants-at-long-branch-15](http://parks.arlingtonva.us/events/r-i-p-remove-invasive-plants-at-long-branch-15).

**Washington Balalaika Concert.** 3 p.m. At Kenmore Performing Arts Center, Arlington. Come hear the largest Russian folk orchestra in the United States, with 55 members on stage, with a musical repertoire replicating a typical Russian winter. Visit [www.balalaika.org](http://www.balalaika.org).

**Notable Nature.** 3:30-4:30 p.m. At Long Branch Nature Center, Arlington. Lessons in nature journaling and sketching. Construct a nature journal, hone writing and drawing skills and talk about the season while hiking. Ages 5+. Free. Visit [parks.arlingtonva.us/events/notable-nature-41/](http://parks.arlingtonva.us/events/notable-nature-41/).

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# Home Sweet Home at Culpepper

FROM PAGE 6

resident is due to move in the next weekend “but the noise is not going to stop because there is another floor of apartments being worked.” Approximately 40 apartments have been completed to date.

Quinn walks into her new kitchen. “Somebody did a beautiful cosmetic job on the cabinets. The appliances are new, and the lighting is excellent which is important. You see, I added a cabinet of my own. I am so grateful for the extra wall space.” She stops a minute and listens. “At least the jackhammer has stopped. The noise was so horrendous.”

Her neighbor knocks on the door to hand her a notice about the scheduled power outage from 10 a.m.-2 p.m. today due to construction.

Quinn worked for the Army so has lived all over and is very used to moving, “but at 82 I intend this to be my last move.” She says she didn’t expect to end up in elderly housing but, “I think it is a wonderful situation. I am happy to be

here. They have such extensive schedules of things going on. It’s so alive and bustling.”

Quinn says, “You can go down and listen to music. They had karaoke night and it was a lot of fun. They had politicians come in,” and she adds, “the chef is just marvelous. He is a very unique person to be associated with an institution like this.” However, Quinn says that when they gave the residents the opportunity to opt out of the mandated one meal a day, she took it. “It was a real savings for me and a necessity.”

Her next task will be what to do with the trunks full of genealogy albums. “I have 40 albums this size with seven generations documented. This picture is of seven brothers in the military. That generation just died. She thought she would just start with cousins “but it’s so addictive” and she has been collecting for 35 years.

Culpepper Garden is an affordable nonprofit retirement community dedicated to serving low-income seniors aged 62 and older. They opened in 1975 with 204



PHOTO BY SHIRLEY RUHE/THE CONNECTION

**Banner in Culpepper hallway chronicles the renovation of 204 apartments.**

independent living apartments that were expanded in 1992 with the addition of 63 one-bedroom apartments. Assisted living was added in 2000 with 73 one-bedroom apartments. According to Linda Kelleher, executive director

of ARHC, the current renovation effort is expected to be completed in 2020. It is being funded by low-income housing tax credits, Arlington County Affordable Housing Investment Fund and Virginia Housing Development Authority.

## “FLOURISHING AFTER 55”

“Flourishing After 55” from Arlington Office of Senior Adult Programs for Nov. 18-24.

**Senior centers:** Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culpeper St.; Walter Reed, 2909 S. 16<sup>th</sup> St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18<sup>th</sup> St. Senior centers will be closed Thursday, Nov. 22 and Friday, Nov. 23

**Senior trips:** Front Royal Walking Tour, \$8 plus lunch at Main Street Mill, Tuesday, Nov. 20; Dutch’s Daughter Thanksgiving lunch, Frederick, Md., Thursday, Nov. 22, \$70. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

### NEW PROGRAMS:

**Classical music appreciation,** Monday, Nov. 19, 1 p.m., Langston-Brown. Details, 703-228-6300.

**Chinese brush painting,** Monday, Nov. 19, 10 a.m.- noon, Walter Reed. Register, 703-228-0955.

**Ballroom Dance instruction,** Mondays beginning Nov. 19, 6:30 p.m., \$42/6 sessions, Walter Reed. Partner not necessary. Register, 703-228-0955.

**Senior Boot Camp** begins Monday, Nov. 19, \$30/6 sessions. Register, 703-228-0955.

**Exercises to build strong ankles and feet** begin Monday, Nov. 19, 8:50 a.m., \$31.50/7 sessions, Arlington Mill. Register, 703-228-7369.

**Senior ice skating,** MedStar Capitals Iceplex, Ballston Mall, level 8, Mondays, 8:10-9:20., Wednesdays, 8:30-9 a.m. Details, 703-228-4771.

**Pickleball beginners,** Mondays, 9 a.m., Arlington Mill; 9:45 a.m., Walter Reed. Details, 703-228-4771.

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## WELLBEING

# A Good Night's Sleep

The impact of sleep deprivation and how to avoid it.

BY MARILYN CAMPBELL

For those with seemingly endless to-do lists, taking a nap or sleeping late might seem like a luxury they can't afford. Foregoing sleep in lieu of checking email, doing laundry or studying for an exam, could decrease the quality of those tasks.

"Two well-known effects of inadequate sleep are cognitive processing problems including attention, storing information and retrieving information from memory," said Dr. Linda Gulyn, professor of psychology at Marymount University. "That's why someone who is consistently sleepy has difficulty in classes, getting work done, and taking tests. This is problematic especially for high school and college students."

The Centers for Disease Control and Prevention recommends that school-aged children get nine to 12 hours of sleep each night, teenagers get eight to 10 hours, adults 18-65 get seven to eight and adults 65 and older get seven to eight hours. The CDC also reports that one in three people don't get enough sleep.

"This country is very achievement-oriented. It's go, go, go and we think that sleeping is for wimps," said Adam Winsler, Ph.D. professor of applied developmental psychology at George Mason University and lead



PHOTO BY MARILYN CAMPBELL

**Avoiding activities like playing video games before bed can improve the quality of one's sleep, says researchers.**

author of an article published in the Journal of Youth and Adolescence called "Sleepless in Fairfax ..."

But in addition to a decrease in productivity, a lack of adequate sleep can have a negative impact on one's overall wellbeing. Winsler's study looked at 39,000 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> graders in Fairfax County. The researchers recorded the average number of hour of sleep the teens get each night and found that sleep deprivation can have a profound impact on mental health and certain behaviors. "We found that getting eight to nine hours of sleep each night lowers the risk of underage drinking, smoking and se-

rious drug use in kids and adolescence. Each hour more of sleep a night adolescents get is associated with less depression, suicide, and drug use for teens," said Winsler. "But generally, the reality is that most kids and teens are considered deprived. A lack of sleep hurts them emotionally and can make them feel depressed and grumpy. Younger children who don't get adequate sleep can experience problems with self-control and behavior regulation."

"When we are tired, we are more likely to be agitated and this affects social relationships. [Someone who's sleep deprived] might have a tough time completing tasks," added Gulyn.

There are physical and mental health benefits to getting proper sleep, says Dr. Jerome Short, a clinical psychologist and associate professor of psychology at George Mason University who has also studied the effect of sleep patterns on overall health and wellness. "Sleep clears the brain of toxic proteins, repairs muscles, and restores the immune system. Adequate sleep is associated with less obesity, diabetes, heart disease, and cancer," he said. "In recent research with college students, I found that the combination of vigorous exercise and sleep satisfaction led to next day positive mood, he said. "The combination of moderate exercise and longer sleep led to re-

duced negative mood."

"During sleep, the body releases hormones that stimulate growth, increase muscle mass, and repair cells and tissues," said Julia Dorsey, RN, School Public Health Nurse – Fairfax County Health Department. "Hormones also help boost the immune system to better fight infection. Chronic sleep deficiency is linked to an increased risk of obesity and type II diabetes, as well as heart disease, high blood pressure, and stroke."

**ADEQUATE SLEEP** can be elusive in a social environment where social media and information on demand are prevalent. "It's critical to reduce screen time before bed and not allow video games and computers and phones use late at night," said Winsler. "Dimming the lights and doing calming activities also helps. One big ussue is that teens sleep with their phones next to them and the phones vibrate and wake them up."

"Daily exercise, reduced light, physical comfort, and a regular sleep routine of going to bed and getting up at the same time increase duration of, and satisfaction with, sleep," added Dr. Jerome Short.

To improve the quality of one's sleep, Gulyn advises that "if sleep problems are associated with excessive worry or depression, then it's important to seek professional advice."

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## NEWS



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### Getting Involved

**More than 70 young professionals participated in Volunteer Arlington's second annual Young Professionals Care event on Saturday, Oct. 13, which was held at the Holiday Inn Arlington at Ballston. A Volunteer Fair gave participants an opportunity to explore 27 local nonprofit and county organizations regarding their missions and specific volunteer opportunities.**

### State Honor for DHS Staffer

**S**haye Ferris has been named the 2018 Virginia CIT Peer of the Year by the Virginia CIT Coalition. The award honors a dedicated and active peer from a Virginia Crisis Intervention Team (CIT) program whose contributions have greatly enhanced the program's success.

Ferris is a certified peer recovery specialist working out of the DHS Behavioral Healthcare Division. She has made a number of contributions to the Crisis Intervention Team. She provides CIT trainees with instruction on peer recovery specialists, including their role in the Arlington County Department of Human Services and in the Crisis Intervention Center (CIC). After completing the 40-hour CIT training herself, she recognized the need to increase education around stigma in the program. To address this, she added material to the peer specialist block of CIT instruction to emphasize the effect of stigma on those with mental health and substance



**Arlington's Shaye Ferris accepts congratulations from Patrick Halpern, VACIT Coalition president.**

use issues and the need to destigmatize mental health in the workplace.

Ferris helps consumers in crisis in DHS's Crisis Intervention Center. Consumers often request her upon their arrival at the CIC; some often just check in to speak with her over the phone.

### Moore Serves on Prefect Board

**C**harles L. Moore is serving in one of the highest leadership positions at Woodberry Forest School in Woodberry Forest, Va. Charlie, a senior, is a member of the prefect board, which is responsible for administering the student-run honor system.

He is the son of Mr. and Mrs. Cary E. Moore of Arlington.



In addition to introducing new students to the honor system, through which all Woodberry students pledge not to lie, cheat or steal, Charlie serves as a mentor to younger students and assists with dormitory supervision. Now in its 130th year, Woodberry Forest School is a boarding community for boys in grades 9-12.

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FROM PAGE 2

4,000 turkey baskets to be distributed to local families, seniors, veterans and others in need. Visit [PenFed.org](http://PenFed.org). PenFed branch locations collecting donation items include:

- ❖ Fort Myer – 2nd St. & McNair, Building 450, Fort Myer
  - ❖ Pentagon City – 701 S. 12th St., Arlington
- Toy Drive.** Each year from October to December, OAR hosts a Toy Drive to collect new, donated toys and gifts for children of parents incarcerated, ages newborn to 18 years, as a part of OAR's Project Christmas Angel in December. OAR does this in an effort to bridge the gap between those involved in the criminal justice system and their children. Donation boxes set up at businesses and organizations throughout the D.C. metro area. To find the list of all donation sites and for more details about OAR's Annual Toy Drive and how to get involved, visit [www.oaronline.org/archives/6591](http://www.oaronline.org/archives/6591).

## SATURDAY/NOV. 10

**"The Eighth Annual Sisters Called to Serve: Celebrating Art, Culture, and Sisterhood Mix and Mingle."** 6 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. This fundraising event will support Northern Virginia Alumnae Chapter (NoVAC) of Delta Sigma Theta Sorority, Inc. efforts to provide scholarships to well deserving high school graduates attending college during the 2019-2020 school year, as well as community and youth programs. The event will also recognize NoVAC's 60 years of service in the community. Guests can enjoy art exhibits and live entertainment. \$60. Visit [www.dstnovac.org](http://www.dstnovac.org) for tickets.

## MONDAY/NOV. 12

**32nd Annual Caregivers Conference.** 8 a.m.-3:30 p.m. at First Baptist Church of Alexandria, 2932 King St., Alexandria. 32nd Annual Caregivers Conference: Finding Hope & Harmony in Caregiving is presented by the Northern Virginia Dementia Care Consortium. \$35. Register online at [www.eventbrite.com/e/32nd-annual-caregivers-conference-finding-hope-harmony-in-caregiving-registration-48699561700](http://www.eventbrite.com/e/32nd-annual-caregivers-conference-finding-hope-harmony-in-caregiving-registration-48699561700). View or download the conference brochure at [alz.org/media/nca/documents/NoVA\\_Dementia\\_Care\\_Consortium\\_Conference\\_2018.pdf](http://alz.org/media/nca/documents/NoVA_Dementia_Care_Consortium_Conference_2018.pdf).

## TUESDAY/NOV. 13

**Open House.** 9:30-11:30 a.m. at Saint Ann Catholic School. 980 North Frederick St. Saint Ann Catholic School is hosting its first open house of the 2018/2019 school year. Kindergarten Information Night takes place 7-8 p.m. Call 703-525-7599 or visit [www.stann.org](http://www.stann.org) for more.

**Public Input Sought.** 5 p.m. at 241 18th Street, Lobby Level Suite 103, Arlington. The U.S. Postal Service is seeking the relocation of the Crystal City Post Office, at 2180 Crystal Drive, to a yet-to-be-determined location as close as reasonably possible to the current site. Public input on this relocation is welcome. Written comments are also being accepted for 30 days following the public meeting. Send to: Richard Hancock, Real Estate Specialist, U.S. Postal Service, PO Box 27497, Greensboro, NC 27498-1103 or [Richard.a.hancock2@usps.gov](mailto:Richard.a.hancock2@usps.gov).

**American Friends of Neve Shalom.** 7 p.m. at Congregation Etz Hayim at 2920 Arlington Blvd., Arlington. Neve Shalom/Wahat al-Salam, founded 40 years ago, is Israel's only intentional Arab-Jewish village, committed to bilingual, multicultural equality and a genuine and durable peace. Samah Salaime and Vered Marom, members of Neve Shalom/Wahat al-Salam, Israel's Oasis of Peace will be speaking. This event is sponsored by Kol Ami, the Unitarian Universalist Church of Arlington, the Fabbrangen Tzedakah Collective and Congregation Etz Hayim. Visit [www.kolamivirginia.org](http://www.kolamivirginia.org) for more.

## WEDNESDAY/NOV. 14

**Arlington Committee of 100 Program.** 7 p.m. at Phelan Hall - Marymount University, 2807 N. Glebe Road. Despite seismic changes, the retail industry in Arlington seems to be doing well. Is it? How are the independent mom-and-pop stores faring? Hear two different perspectives on this important topic from Michael Stiefvater of Arlington Economic Development (AED) and Sasan & Nasrin Rashidi, owners of LA Moves, a women's clothing store in Crystal City. Open to the public, all are welcome. To purchase dinner, reservations must be made by Sunday, Nov. 11. Visit [www.arlingtoncommitteeof100.org/get-involved/make-a-reservation](http://www.arlingtoncommitteeof100.org/get-involved/make-a-reservation).

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## Sounds Not So Silent



By KENNETH B. LOURIE

With apologies to Simon and Garfunkel: burping, hiccupping, coughing, "expectorating," wheezing, sneezing, sniffing, nose running, nose bleeding, nose blowing, "gassing," gurgling and "nauseating."

If this were football, I'd likely receive a penalty for piling on: too much not of a good thing.

For me, it's just another day in cancer's side-effect paradise. For my wife, Dina, however, it's more difficult; caught in the crossfire, so to speak. Aside from how cancer makes you look and feel, there is also an element of how it makes you sound.

Not that I'm self-conscious or anything; I'm just more self-aware. But there's only so much one can do, or quite frankly, want to do to manage/control one's sights and sounds.

After all, side effects are sort of the cost of doing business in the medical/pharmaceutical world. And though every patient doesn't experience identical symptoms, we're all warned equally that there could be trouble in them "thar" pills. Part of that trouble is internal: what you feel, and part of that trouble is external: what you see and hear. And depending upon what medication you're receiving, you could be experiencing side effects that manifest more like main effects.

Generally speaking, unless I was really uncomfortable and/or insistent when speaking to my oncologist, he has refrained from treating side effects – too much. His thinking has been that too many pills treating too many side effects makes Kenny an extraordinarily dull and dependent boy, and likely makes matters worse. Granted, there have been exceptions.

But prescribing an ever-increasing number and variety of pills seems akin to chasing one's own tail. It may be amusing to look at (if you're a cat or dog owner), but it's a hell of a price to pay for a minimal amount of relief. You may not be any worse for the wear, but neither are you any better off than when you started.

Obviously, in the cancer-treatment world, there's going to be some discomfort, and I have been prescribed some side-effect medication accordingly: for a skin rash, for constipation, to boost my appetite, for pain and for neuropathy. But overall, to ease my worried brow, we've tried to stay away from letting side effects affect my primary care.

Unfortunately, the reality is, every medication, every treatment, every procedure produces side effects. Trying to keep your eye on the ball during multiple processes, can become challenging. And though it may not be rocket science, it is medicine/science which for a Humanities graduate like me is as unnatural as it can possibly be.

All I understand is trying not to make matters worse, but when you've been diagnosed as "terminal," which I was, things have already become worse. Ergo, knowing how to manage your situation so as not to exaggerate the challenge you already face itself becomes a side effect for which there's very little treatment.

Knowing when to add or subtract medications, knowing when to change one's infusion medicine, knowing when to schedule infusion intervals and knowing when to schedule diagnostic scans, are all wrenching emotional decisions which might have life-ending consequences so these decisions do carry the weight of the world. And though my father always told me that I had broad shoulders (meaning I could carry the weight), I have never been tested as I have these last nearly 10 years.

Having survived for as long as I have, presumably, I have made some correct decisions. Nevertheless, I still feel like I'm one wrong move from disaster. And it's never more clear to me then when I'm listening to what I'm hearing.

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

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