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Arlington
Connection

Frozen
Comes to Local
Theater with 36
Young Actors

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Throwing
For Gold,
Silver and Fun

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Bill Brennan won a silver
medal for his football throw
in the 85-89 age group.

Amazon Effect

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Raise the Region Gala

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OCTOBER 9-15, 2019

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News

Fake Lawyer Sentenced for Defrauding Members of Immigrant Communities in Northern Virginia

A California man was sentenced to day to two years in prison and ordered to pay \$332,000 in restitution to 35 victims for posing as a lawyer in order to defraud numerous car accident victims who were members of immigrant communities in Northern Virginia and elsewhere. According to court documents, Tuan Duc Nguyen, 55, of Garden Grove, falsely held himself out to car accident victims and insurance companies alike as a lawyer for over four years.

In the course of his scheme, Nguyen told victims he would represent their interests and they would receive settlement proceeds from insurance companies. But instead of disbursing funds to the victims, Nguyen kept the money for himself. Nguyen carried out the scheme by providing false address information to settling insurance companies so that the victims would not learn of the settlement and by signing documents with false signatures. When victims contacted Nguyen to inquire about the status of their claims, Nguyen often deceived them by stating that negotiations were ongoing when, in fact, the claims had already been settled and Nguyen had stolen the money. G. Zachary Terwilliger, U.S. Attorney for the

Eastern District of Virginia, and Timothy M. Dunham, Special Agent in Charge, Criminal Division, FBI Washington Field Office, made the announcement after sentencing by U.S. District Judge Liam O'Grady. Special Assistant U.S. Attorney Andrew Dober and Assistant U.S. Attorney Kellen S. Dwyer prosecuted the case.

SEEC Fundraiser for Immigrant Community

Shirlington Employment and Education Center (SEEC) will hold its 19th annual fundraiser October 23 from 6-8:00 p.m. at Our Lady Queen of Peace Catholic Church. The Unitarian Universalist Church of Arlington and Dr. Emma Violand-Sanchez, Founder and Chair of the Board of the Dream Project, will be presented the Emily DiCicco Humanitarian Award for their outstanding commitment to the immigrant community. The event will be held in the Founder's Room at OLQP located at 2700 S. 19th Street in Arlington. For fur-

SEE NEWS BRIEFS, PAGE 7



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Corporate Power

Alexandria and Arlington are often in competition with each other. Like antagonistic siblings, they fight for dominance. Now Amazon may have changed that, at least a bit.

During a rare joint session this week, members of the Alexandria City Council and the Arlington County Board came together to brainstorm about how they plan to handle soaring property values and the crush of new people. One potential solution now under discussion on both sides of Four Mile Run: a community development corporation.

"It's an independent organization, so it's not a government body," noted Arlington County Board Chairman Christian Dorsey during the joint meeting. "It can also set up financial institutions that support its efforts."

A memorandum from the two neighboring jurisdictions noted that a new community development corporation could be set up as a 501(c). Arlington and Alexandria could also work together to set up a community development finance institution that could complement the corporation. The memo points out a key goal would be to address "the concerns of the most vulnerable."

Sleepless Nights

How will Alexandria and Arlington change over the next 18 months? Arlington County Board member Katie Cristol says that's what keeps her up at night, the nagging concern that the Amazon Effect might displace longtime community members who can no longer afford monthly rent or annual property taxes as price listings skyrocket.

"We really lack the policy tools to prevent speculation and gouging," she said. "This is an area I don't think anybody is thinking about: How do we help our folks across jurisdictions in this incredibly urgent period?"

Cristol called for temporary measures and information sharing to help people threatened with displacement stay close to Arlington and Alexandria while policy efforts are ramping up. That effort would come at a time when Alexandria has already lost 88 percent of its affordable housing since 2000, according to city officials — a thorny issue before Amazon complicated the real-estate market.

"Most of the loss can be attributed to rents escalating out of the affordable range," explained Housing Director Helen McIlvaine.

Friendly Rivalry

Elected officials from Arlington and Alexandria love to one-up each other. They're always in search of a clever anecdote to illustrate superiority or a killer stat to demonstrate dominance.

Take, for example, the cultural significance of "Arlington: The Rap." That was the 2009 viral video that celebrated Arlington's bourgeois ways and brown flipflops. For a while it seemed like Arlington was on top, and then Alexandria stole the National Science Foundation.

Now Amazon has forced the truce of Four Mile Run. It's a detente of sorts, although some of that old-time tribal politics remains. Arlington County Manager Mark Schwartz made a point of noting the Arlington Fire Department's new chief is from Alexandria.

"Your old fire chief lives in Alexandria," Alexandria Mayor Justin Wilson responded.

"That's why he's the old fire chief," Schwartz shot back.

— MICHAEL LEE POPE

NEWS

Police Identify Suspect, Officer, In Crystal City Shooting

The Arlington County Police Department has sought charges in relation to the shooting that occurred in the 1500 block of Crystal Drive on Aug. 28, 2019. Warrants for Aggravated Malicious Wounding, Felon in Possession of a Firearm and Use of a Firearm in the Commission of a Felony were issued for Mumeet Muhammad, 47, of Washington, D.C.

At approximately 12 p.m., police were dispatched to the report of a possible domestic situation involving a firearm. The preliminary investigation indicates that the armed male suspect forced entry into the occupied commercial suite and assaulted the female victim.



Mumeet Muhammad

Arriving officers made contact with the parties, and during the course of the incident, the suspect and an officer discharged their weapons.

The suspect and victim sustained gunshot wounds during the incident. They were transported by medics to an area hospital with critical injuries. Both the suspect and victim are expected to survive.

The Arlington County Police Department continues to investigate this non-fatal officer-involved shooting. As a matter of transparency, the officer involved in the August shooting is Officer J. Clark.

This remains an active and ongoing investigation. Anyone with information about this investigation is asked to contact Detective M. Henretty of the Arlington County Police Department's Homicide/Robbery Unit at 703-228-4237 or mhenretty@arlingtonva.us. Information may also be provided anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).



PHOTO BY STEVE HIBBARD/THE CONNECTION

The cast of Encore Stage & Studio's "Disney's Frozen Jr." in rehearsal.

Encore Stages 'Disney's Frozen Jr.'

Story of true love and acceptance between sisters Anna and Elsa.

BY STEVE HIBBARD
THE CONNECTION

With a cast of 36 people ages 9 to 17, Encore Stage & Studio of Arlington is staging "Disney's Frozen Jr." from Oct. 11-20, 2019. In this story of true love and acceptance between sisters, "Frozen Jr." takes viewers on a journey with Princesses Anna and Elsa. When faced with obstacles, the two discover their hidden potential and the powerful bond of sisterhood. The show is produced by Rebecca Pfeil, with Sarah Markowitz as the music director.

According to director and choreographer Sarah Conrad, 29, of Falls Church: "Frozen is about two sisters, Anna and Elsa, who discover their friendship growing through

trials and difficulties. Elsa's magical powers tear the sisters apart when they are young but bring them back together when they are older."

She added: "I would say the biggest challenge is the size of the cast — coordinating where everyone moves on the stage throughout the different numbers that have the whole cast in them. We have a very wide age range so we have a variety of experience levels. The older kids have taken the younger cast members under their wings to learn the basics."

She said a special "Princess Ball" will take place on Saturday, Oct. 19, in between the two performances where audience members can purchase tickets (\$20) to interact with cast members in a Frozen Party setting. Participants will be learning a dance from the show, making crafts, having a photo op with some lead characters and enjoying 'Frozen-themed' snacks.

Xander Tillock, 15, of Falls Church is playing the role of Hans. "He is cunning with a charming personality; however, he holds some secrets within. His motive is to be-

SEE DISNEY'S FROZEN JR., PAGE 5

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COMMUNITY

Lori Grimm from Arlington Wins Gold

Frisbee, Football Throwing Events Held at Senior Olympics.

The 2019 Northern Virginia Senior Olympics (NVSO) featured the frisbee and football throwing events, including the softball hit and throw events, at Wakefield Park in Annandale on Sept. 18. The 37th annual NVSO provides senior adults with an opportunity for competition, self-improvement, and fellowship through various athletic and recreational events.

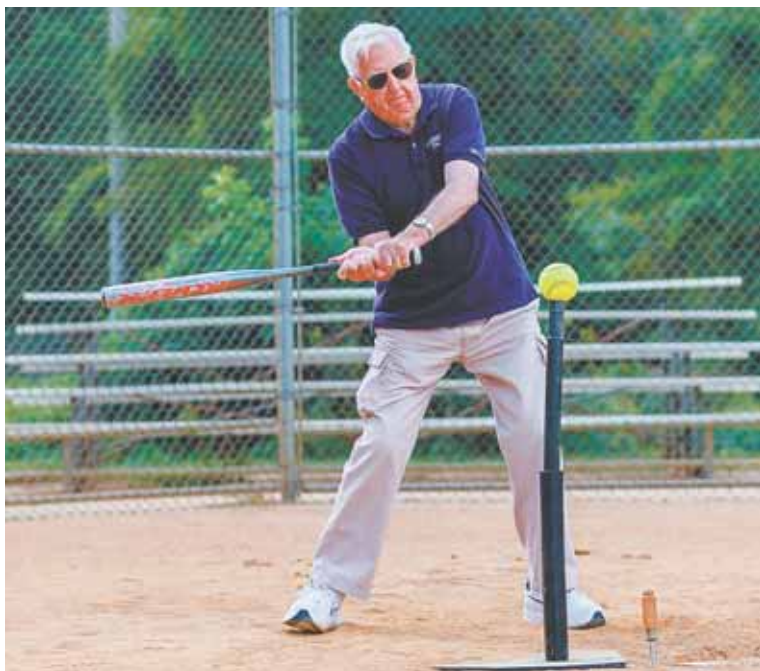
Lori Grimm from Arlington is focused on the softball in the softball hit event. Grimm's distance of 140' 5" earned her a gold medal.



PHOTOS BY TOM MANNING/THE CONNECTION



Nancy Joyner competes in the football throw. Joyner earned a silver medal with a throw of 33' 4" in her division.



Leonard Kalkwarf, 91, from Springfield won a silver medal in the softball hit competition. Kalkwarf stays very active by walking 2-3 miles a day, and plays in horseshoe and bowling leagues.



Mary Lou D'Alessandris makes contact with the softball to win a gold medal in the 80-84 age group.



Gharemon Suleymon from McLean throws the softball 100 feet to come in fourth place in his division.

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Disney's Frozen Jr.

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come King of Arendelle. As a kid he was mistreated by his 13 older brothers and knows that he must marry into the throne," said the Justice High School 10th-grader.

As far as challenges, he said: "Definitely the character shift from a hero to a villain. At first, he is seen as the perfect man for Princess Anna, but later he reveals his motives and he truly has a frozen heart."

Sydney Payne, 13, of Alexandria is playing the role of Sven. "He's a reindeer that walks on two feet. He's very energetic and he's curious about everything going on. He always has a lot of emotions and cares about all the people in the show," said the George Washington Middle School eighth-grader.

As far as challenges, he said: "It's a different role than I've ever played before so I've had to explore someone who's not human and turn him into someone with facial expressions and feelings, but he still isn't human."

Molly Payne, 9, of Alexandria plays the Young Anna. "She's really energetic and she loves to make people feel good about themselves. She always wants to be around people and just have fun," said the Charles Barrett Elementary School fourth-grader.

She added: "I think it was diffi-

cult for me because this is my first-ever show I've ever done in my life. It was difficult from doing no experience with theatre to having a big role with Anna."

Carly Ratcliffe, 15, of Ashburn plays the Older Anna. "She's very enthusiastic. She's naïve and optimistic. She doesn't really understand why her sister shuts her out. She goes on an adventure to try to figure out her relationship with her sister," said the Briar Woods High School 10th-grader.

As far as audience takeaways, she added: "I hope the audience sees how family can bring everyone together."

Encore Stage & Studio is staging "Disney's Frozen Jr." from Oct. 11-20, 2019. Show times are Friday, Oct. 11, 2019 at 7:30 p.m.; Saturday, Oct. 12 and 19, 2019 at 11 a.m. and 3 p.m.; Sunday, Oct. 13 and 20, 2019 at 3 p.m.; and Thursday, Oct. 17, 2019 at 7:30 p.m. Tickets are \$15 Adults, \$12 Children, Students, Military, and Seniors. Tickets are available online at www.encorestage.org or by calling the box office at 703-548-1154.

Princess Ball tickets are \$20, available as an add-on for the 11 a.m. performance. The venue is the Thomas Jefferson Community Theatre, 125 S. Glebe Road, Arlington.



PHOTO BY STEVE HIBBARD/THE CONNECTION

Carly Ratcliffe and Lucy Rocchio rehearse a scene from "Disney's Frozen Jr."

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PHOTOS BY STACY ZARIN GOLDBERG

Alexandria based designer Quintece Hill-Mattauszek designed this “Boys Club” space using vintage finds.

Local Designers Create Dream Home for Charity

Proceeds will help preserve historic sites such as an Underground Railroad stop and one of the first public schools for African Americans.

BY MARILYN CAMPBELL
THE CONNECTION

A few of the area’s top interior designers were tapped to transform a grand home into a showcase house to raise money for charity. Designers Quintece Hill-Mattauszek of Studio Q Designs, Rhonald Angelo of Rhonald Angelo Interiors and Sheryl McLean of McLean and Tircuit Designs will unleash their collective creative talent to create a library, a teenage girl’s bedroom and a lounge space for a family of six.

“I envision this to be a sophisticated ... entertaining space, but not necessarily a man-cave,” said Alexandria-based Hill-Mattauszek, who used vintage finds to bring-to life “The Boys’ Club,” the space she was tasked with transforming. “I envision poker nights [and] Oscar parties.”

“I designed the library for how a family of six will actually function within it,” said Angelo. “New walnut flooring and paint changed the look. The room felt unbalanced beforehand, which I corrected in the final design.”

Sheryl McLean of Bethesda, Md. added bold artwork and vibrant colors to the home’s sitting room.

Interior design aficionados who are up for a short road trip can see the creations of the three local designers and others during the Historic Ellicott City, Inc.’s 33rd Annual Decorator Show House. Proceeds go toward preserving historic sites including a stop along the Underground Railroad and one of the first public schools for African Americans.

Twenty-one designers decorated 24 rooms and spaces in the stately French Provincial private home that is the future home to a couple with four young children.

The house will be open to visitors through Oct.




Bethesda-based designer Sheryl McLean, of McLean and Tircuit Designs, created this sitting room.

20, 2019 with hours Wednesday through Saturday from 10:00 a.m. to 4:00 p.m. and Sundays from 12:00 noon to 5:00 p.m.

Tickets are \$35 at the door or online are available online at <http://historicec.com/show-houses/>

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Paralympic Swimmer Competes on World Stage

Arlingtonian Alyssa Gialamas most recently competed at Parapan American Games.

BY ASHLEY SIMPSON
THE CONNECTION

Alyssa Gialamas first started swimming when she was just three years old. At the time, it was a form of physical therapy for the now 24-year-old Arlington resident, who was born with arthrogryposis – multiple contracted joints – in her legs and hands. Still, it wouldn't be until years after her first dip in a pool that she'd even have a glimpse of her future as a world-class athlete and a member of Team USA.

Gialamas is a gold medal winning member of Team USA, for that matter. She is fresh off winning gold and silver medals – in 50-meter backstroke and 200-meter freestyle swimming events, respectively – at the 2019 Parapan American Games, a multi-summer sport competition among athletes from the countries throughout North and South America. This year's Games took place in Lima, Peru, between Aug. 23 and Sept. 1.

"My body works better in the water than it does outside the water," Gialamas said. "I've always kind of taken to the pool. I grew up swimming able-bodied, and it just never occurred to me that I was that good. Then, when I was 13, I went to an adaptive sports organization, and they were the ones who told me I was good, and that kickstarted the training to get me where I am today. I kept going to bigger and bigger meets, and then I started at national level and international level 2011."

While the Pan American Games is for able-bodied sportsmen and women, the Parapan American Games is for athletes with disabilities. These Games happen every four years in tandem with the Pan American Games. They occur every year before the Paralympic



Alyssa Gialamas

"My body works better in the water than it does outside the water."

and Olympic games.

Paraswimming is extremely competitive. "Arthrogryposis definitely impacts my daily life," Gialamas said. "I walk with long leg braces, which I've had since I was a baby. But you adapt and learn to overcome. You just find ways to do certain things, and maybe I view my disability differently because I've had it since I was a baby. I can do anything I want to do; I just have to learn a little differently."

Her disability hasn't stopped Gialamas

from competing time and time again on a world stage. She's been a member of Team USA for nearly a decade, having competed in the Paralympic Games in London in 2012, and then in Rio de Janeiro in 2016. There have also been World Championships in between.

"There are tryouts every year for the Paralympics and Olympics, which run parallel to each other" Gialamas explained. "You have to hit certain times for the national team. You have to qualify every three months and meet this national standard, keeping a certain world rank."

It takes far more than raw talent to earn (and to keep on earning) a position on Team USA. "I train six days a week," Gialamas, who moved from her native Chicago to Bal-

timore, Maryland in 2014 to attend Loyola University, said. "Prior to starting my full-time job with Cigna this year, I was doing two-a-days. I was a Division I swimmer for Loyola, where we'd swim every day from six to eight in the morning, and then come back Mondays and Wednesdays for afternoon swims. The other three afternoons were for dryland strength training."

She graduated from Loyola in 2018 with her bachelor's degree in Communications.

"I am a very stubborn and determined individual, and I like proving people wrong," she said. "When people underestimate me, I love breaking down that barrier. Finishing school has been one of my greatest accomplishments, and it was a big barrier. It was also a balance with competitive swimming, and now I'm so fortunate to work for such a great company who supports me for all of that. I was able to work out of their Baltimore office twice a week to train for the Parapan Am Games with my college team. It has been really great, and it's always about doing what you need to do to make something work."

Even though she's added more responsibilities and a whole host of other goals to her plate since she first earned a spot on Team USA, she's not slowing down. In fact, her Parapan Am times were some of the fastest she's had in her career.

"I'm really proud of how I did at the Parapan Am games this year," she said. "To go into this big life change, with a full-time job and no longer having swimming as my priority, and to still be able to swim as fast as I did – that's a lot for anyone. Then at the Games... I haven't swam those times in ten years. To be able to handle it all and juggle it all, I'm really happy. I take a lot of pride in being an elite athlete with a physical disability."

CREDIT: PARAPAN AMERICAN GAMES LIMA 2019

BRIEFS NEWS

FROM PAGE 2

ther information contact andrestobar45@gmail.com or mail your contribution to SEEC, P.O. Box 6435, Arlington, VA 22206.

The Arlingtones 2019 Holiday Chorus

Rehearsals for Arlingtones Holiday Chorus in December will begin on Oct. 29, and continue on Tuesdays in November, Nov. 5, 12, 19 and 26.

Everyone is welcome. Free open rehearsals will be held at Gunston Middle School, Room 145, 2700 S. Lang St., Arlington, VA. Sing and bring cheer in December at: Civic Associations, Metro Stations, Retirement Communities and Special Events. Please contact Cecilia Kennedy at Cecilia.Kennedy@arlingtones.com

Short Term Studio Available

Arlington Arts Center has a One or Two Person Studio (Available November 2019), approximately 600 square feet. Total rent is \$600 per month (plus \$34 utilities per month). If two artists are sharing the space, they will split this amount. Artists must pay security deposit of one month's rent.

Arlington Arts Center is currently seeking short-term residents for a studio space that will be available from November 2019 through May of 2020. The studio is approximately 600 square feet. AAC will consider applicants who wish to use the whole space and those who are open to sharing with one other artist. Applicants will be asked to indicate their preference in their application.

Arlington Arts Center's resident artist program provides subsidized studio space in a supportive environment that encourages interaction, dialogue, and exploration. The program gives artists the opportunity to

develop their practice in a community with other artists and alongside AAC's critically acclaimed exhibitions and extensive educational programs. All studios have excellent sunlight, work sinks, and high ceilings with 24-hour access, 365 days a year. Facilities include a shared lounge area, kitchen, and bathroom.

Selection Process: Contemporary visual artists working in all media are welcome to apply. The program is not designed for commercial artists. Selection criteria will include artistic merit, potential for community engagement, and diversity of media and artistic representation.

Applicants who have recently (within a year) applied to AAC's existing long-term residency call will be considered for the short-term studio as well.

Completed applications with all required attachments must be submitted online. No mailed or emailed applications will be accepted.

DEADLINE TO SUBMIT: Oct. 21, 2019, 11:59pm

Notification Date: By Nov. 1, 2019
Application Fee: \$35
Residency Term: November 2019 through May 2020

35th Annual Army Ten-Miler Race

The 35th annual Army Ten-Miler race will occur on Sunday, Oct. 13, 2019. The race begins at 7:50 a.m. on Route 110, crosses the Key Bridge into the District of Columbia, returns to Virginia via I-395 HOV, and ends in the Pentagon North Parking lot. The Arlington County Police Department, Virginia State Police, United States Park Police and the Pentagon Force Protection Agency will conduct numerous road closures in the area of the Pentagon in order to accommodate this event.

Runners, spectators, and support personnel are encouraged to use Metro and ridesharing services, as parking in the area is limited.

CALENDAR

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

ONGOING

Art Exhibit: Frictional Harmony. Through Oct. 12, Monday-Thursday, 10 a.m.-8 p.m.; Friday-Saturday, 10 a.m.-6 p.m. at The Barry Gallery, in the Reinsch Library at Marymount, 2807 North Glebe Road. Marymount University's Barry Gallery presents "Frictional Harmony," a solo exhibition of Stephanie Lane's paintings, drawings, and mixed media work. Admission is free. Visit www.marymount.edu/barrygallery or email bgallery@marymount.edu.

Art Exhibit : Neuro Blooms. Through Oct. 19, gallery hours at Universalist Church of Arlington, 4444 Arlington Blvd. Neuro Blooms is a project by Leslie Holt that includes mixed media art and community events intended to spark curiosity and conversations about the causes and stigmatizing myths of mental illness. Images are based on brain PET scans of people experiencing different mental health conditions. Visit www.uucava.org or call 703-892-2565. Visit www.uucava.org or call 703-892-2565.

Fridays at the Fountain. Fridays, through Oct. 25, 5-9 p.m. at The Stand at the Crystal City Water Park, 1601 Crystal Drive. Fridays at the Fountain is a seasonal pop-up beer garden set within the Crystal City Water Park, featuring food, drink and a rotating lineup of live music from local bands and musicians. Free to attend; selection of food available for purchase. Call 703-412-9430 or visit www.crystalcity.org/do/fridays-at-the-fountain for more.

Art Exhibit: Lumistory. Through Oct. 26, Wednesday-Sunday, noon-5 p.m. at Fred Schnider Gallery of Art, 888 N Quincy St. #102. Melanie Kehoss' cut paper light boxes explore the origins of cultural phenomena, from cuisine, to mourning, to social media. This solo show will include the public debut of five works, an installation about the history of sugar. www.fredschnidergalleryofart.com or call 703-841-9404.

All That Jazz. Saturdays through Oct. 26, 11 a.m.-noon at the Arlington County Cultural Affairs Building, 3700 S. Four Mile Run Drive. All That Jazz is a kid's dance class open to ages 6-11. This energetic and varied class includes warm-ups and combinations to discover ways to bring character and imagination to theatrical performance. \$105. Visit www.janefranklin.com/classes or call 703-933-1111.

On Stage: Escaped Alone. Through Nov. 3, at Signature Theatre 4200 Campbell Ave. Four charming women sit in an English garden enjoying afternoon tea – with a side of terrors, large and small. Escaped Alone is a play many will want to talk about after they have seen it, and a lovely cup of tea is just the ticket to warm up a good conversation outside the ARK Theatre after each performance. See performance dates, specialty shows and extras at www.sigtheatre.org.

Basketball Shooting Clinics. Sundays through Nov. 3, 2-3 p.m. at Trinity Presbyterian Church, 5547 Lee Highway, Arlington. Register now for Sunday basketball shooting clinics using the state-of-the-art Dr. Dish CT basketball shooting machine. Cost \$20 per half hour, Register at Bulldawgbasketball.com.

Arlington Mill Farmer's Market. Saturdays, through Nov. 23, 9 a.m.-1 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. The market features produce, meats, and dairy products from our region's top local vendors. Support local farmers and entrepreneurs. Visit columbia-pike.org/fm-arlington-mill.

Art Exhibit: Borrowed from Dust. Through Dec. 22, Wednesday-Sunday, noon-5 p.m. (or by appointment) at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center presents Borrowed from Dust, a solo exhibition of new work by AAC resident artist Marissa Long. This exhibition is Long's first solo show in AAC's Wyatt Resident Artists Gallery. Borrowed from Dust is a meditation on memory, loss, and impermanence. Visit www.arlingtonartscenter.org or call 703-248-6800.

Regional Biennial: Assembly 2019. Through Dec. 22, Wednesday-Sunday, noon-5 p.m. (or by appointment) at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center is pleased to announce Assembly 2019, AAC's inaugural regional biennial. This new exhibition program will explore current material and conceptual trends among artists in the region, and will



5K/One-Mile Fundraiser

Book It For Books 5K/One-Mile Run, sponsored by Reading is Fundamental of Northern Virginia, will raise funds to provide books for deserving NOVA children. Open to serious and fun runners and walkers, families, school teams, children in strollers, etc. Wear a literary character costume to add to the fun. Race takes place Saturday, Oct. 12, 9-10 a.m. at Bluemont Park, 329 N. Manchester St. Register by Sept. 26 to guarantee shirt. \$35/5K runners; \$30/5K under 17; \$20 walkers; kids/teams/family rates available. Email bookitforbooks@gmail.com or visit www.rifnova.org.

feature work by young and emerging artists alongside new work by artists with longstanding connections to the Mid-Atlantic region and its art scenes. Visit www.arlingtonartscenter.org or call 703-248-6800.

OCT. 9-14

Macy's Coat Drive. Macy's announces the seventh annual "Buy a Coat and We'll Donate One" campaign in partnership with non-profit Clothes4Souls. From Wednesday, Oct. 9 to Monday, Oct. 14, Macy's invites its customers to help those in need by purchasing a coat in the men's, women's, junior's and children's outerwear departments in-store and on macys.com. For every coat purchased, Macy's will donate a brand new coat, up to 35,000 with an average retail value of \$40-\$100 each, to Clothes4Souls to provide warmth, hope and dignity to those in need this winter. For more information on "The Big Give Back: Buy a Coat and We'll Donate One," visit macys.com/macysgives.

THURSDAY, OCT. 10

Deep Dive: Hawks. 8 - 9 p.m. at Gulf Branch Nature Center, Arlington. Adults. Take a Deep Dive into natural history that scratches more than just the surface. Arlington is home to several species of hawks, from the large red-tailed hawk to smaller, bird-hunting accipiters. Explore the strategies and anatomy that makes them successful airborne hunters. Call 703-228-3403. Cost is \$5. #612849-B

FRIDAY, OCT. 11

October Full Moon Night Hike. 7 - 8 p.m. at Fort C.F. Smith, 2411 24th St., N, Arlington. Families ages 6 and up. Register children and adults; children must be accompanied by a registered adult. Come out for a hike under the stars. Have you ever wondered what animals are in our local parks at night? Experience our trails under the moon, learn a constellation, and meet nocturnal critters. Call 703-228-3403. Cost is \$5. #612859-I

OCT. 11-20

Encore Presents "Disney's Frozen Jr." At Thomas Jefferson Community Theatre, 125 S. Glebe Rd Arlington. Frozen Jr. takes us on a journey with Princesses Anna and Elsa. When faced with obstacles, the two discover their hidden potential and the powerful bond of sisterhood. With a cast of beloved characters and loaded with magic, adventure, and plenty of humor, Frozen Jr. is sure to thaw even the coldest heart. Recommended for ages 4 and older. Friday, Oct. 11 at 7:30 p.m.; Saturday, Oct. 12 and 19 at 11 a.m. and 3 p.m.; Sunday, Oct. 13 and 20 at 3 p.m. and Thursday, Oct. 17, 2019 at 7:30 p.m. Cost is \$15 Adults, \$12 Children, Students, Military, and Seniors. Tickets www.encorestage.org or by calling the box office at 703-548-1154. Princess Ball tickets are \$20, an add-on for the 11 a.m. performance.

SATURDAY/OCT. 12

Boundary Stone Bike Tour. 9:15 a.m. Meet at entrance to East Falls Church Metro Station (under I-66 on Sycamore Street). Bike for 35 miles visiting boundary stones and parks. See 12 historic D.C. boundary stones in Arlington, Alexandria, and Fairfax County. Bring lunch, water and any type of bike. Leisurely pace. Sponsored by Center Hiking Club. Visit www.centerhikingclub.org. Contact Bernie Berne at 703-243-0179.

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 species diversity right here in Arlington? Work parties are held every month. We are making a real difference, with the return of ferns and wildflowers, and the animals that depend on them, in areas once covered in destructive invasive plants. Help make it happen. Call 703-228-3403.

5K/One-Mile Fundraiser. Book It For Books 5K/One-Mile Run, sponsored by Reading is Fundamental of Northern Virginia, will raise funds to provide books for NOVA children. Open to serious and fun runners and walkers, families, school teams, children in strollers, etc. Wear a literary character costume to add to the fun. 9-10 a.m. at Bluemont Park, 329 N. Manchester St., Arlington. Cost is \$35/5K runners; \$30/5K under 17; \$20 walkers; kids/teams/family rates available. Email bookitforbooks@gmail.com or visit www.rifnova.org.

Civil War Discoveries: Infantry Drills. 11 a.m. - 12 p.m. At Fort C.F. Smith Park, 2411 24th Street N, Arlington. They will drill like Union soldiers by practicing marches and turns, as well as how to "load in nine times" with replica wood rifles. #612729-A

Civil War Discoveries: Artillery Drills. 1 - 2 p.m. At Fort C.F. Smith Park, 2411 24th Street N, Arlington. Work as a team practicing the steps to load and aim a replica Civil War cannon. They'll talk about different types of artillery and put their skills to the test. #612729-B

Squirrels & Chipmunks. 2 - 3:30 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. Come learn about these furry rodents we see in our neighborhoods. How are they adapted to survive in an urban environment? Where do they raise their babies? We'll learn the answers in our classroom and on a fun nature hike. Call 703-228-6535. Free. #612959-P

Three Owls Campfire Evening. 6-7 p.m. At Gulf Branch Nature Center, Arlington. Families. Register children and adults; children must be accompanied by a registered adult. Stories, special animal guests, games, songs and of course, S'mores. Call 703-228-3403. Cost is \$5. Code #612859-D

SUNDAY, OCT. 13

Adapted Nature Hike. 1:30 - 3 p.m. At Barcroft Park, 4200 S. Four Mile Run Drive, Arlington. Families. Register children and adults; children must be accompanied by a registered adult. All are welcome to join us on a leisurely paced hike through a park. The forested trails will be accessible, smooth and shaded for a fun hike to explore and examine whatever we discover. Restrooms & water fountains inside Barcroft Sports & Fitness Center, paved trails open in sun until forested area, trails are flat, benches at the picnic area for rest. Call 703-228-6535. Cost is Free. #612959-H

MONDAY/OCT. 14

Free Play Days. 1:30 - 3 p.m. At Gulf Branch Nature Center, Arlington. Ages 5 to 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. Free. #612829-

TUESDAY/OCT. 15

Migration Storytime. 10:30 - 11 a.m. At Long Branch Nature Center, Arlington. Ages 2 and up. Register child only, but caregivers must attend. We'll read stories all about animals who are on the move. Call 703-228-6535. Free. #612919-W

Spirit of Community Luncheon. 11:30 a.m.-1:30 p.m. at the Renaissance Arlington Capital View Hotel, 2800 S. Potomac Ave. Honoree Dr. Taylor was raised in the Green Valley community (formerly Nauck) and was active in the civic life of the community. Taylor retired from University of the District of Columbia after 31 years of service and is a former president of the Arlington Branch of NAACP and the Nauck (now Green Valley) Civic Association. \$90 at www.arlcf.org.

WEDNESDAY/OCT. 16

Camouflage Critters. 3:30 - 4:30 p.m. At Gulf Branch Nature Center, Arlington. Ages 5 to 12. Discover the many different ways animals use camouflage to hide from predators or sneak up on their food. Play a game to sharpen your powers of observation, and then we'll explore the woods, gardens and ponds for creatures trying to fool us. Call 703-228-3403. Cost is \$5. #612829-D

SATURDAY/OCT. 19

Fall Family Celebration. 12-3 p.m. At Columbia Gardens Cemetery, 3411 Arlington Blvd., Arlington. Special activities for adults and children. Explore the Agents of Discovery App, visit the beehives, paint a pumpkin, meet rose expert Pam Powers, and enjoy delicious refreshments. Free. Visit the website: columbiagardenscemetery.org

Fall Heritage Festival. 1 - 5 p.m. At Gulf Branch Nature Center, Arlington. Families. Gather around the Walker Log House to celebrate our nation's heritage. Try your hand at some old-time games and crafts, make a corn husk doll, try on a coonskin cap, or work the cider press. Write with a quill pen, churn butter, and enjoy old-time music. Drop in anytime between 1-5pm. Children must be accompanied by an adult. Call 703-228-3403. No registration required. Cost is \$5.

National Chamber Ensemble. 7:30 p.m. At Gunston Arts Center (Theater One), 2700 South Lang St., Arlington. 2019-2020 Season opens with A Mozart Celebration. Piano virtuoso Carlos Cesar Rodriguez performs one of Mozart's greatest piano concerti in a quintet setting to experience Mozart's masterpiece in a new way. This is the same work Mr. Rodriguez made his debut with at the tender age of 10! The Overture to the Marriage of Figaro and Symphony No. 40, some of Mozart's other most famous and popular works complete the program.

SUNDAY/OCT. 20

Winterize Your Roses. 2-4 p.m. At Columbia Gardens Cemetery, 3411 Arlington Blvd., Arlington. The Arlington Rose Foundation will conduct a garden-side instruction on winterizing your roses. Wear garden shoes, hat, and gloves. No bathroom facilities. Bring a spade collected composite moist soil sample from several rose garden places. Free. Visit the website: <http://arlingtonrose.org/>

Purple Runway. 5 p.m. VIP Cocktail Party; 7:30 p.m. Fashion Show begins. At Mercedes-Benz of Arlington, 585 N. Glebe Road, Arlington. Purple Runway is an annual runway event designed to raise awareness and funding to help support those who have endured domestic violence and want to overcome the resulting trauma, depression, and emotional distress. Call Gigi McMillan at 571-932-3306.

COMMUNITY

Building Community that Works for Everyone

Maj. Gen. Carl H. McNair Jr. receives community leadership award.

BY MERCIA HOBSON
THE CONNECTION

The Community Foundation for Northern Virginia held its 2019 Raise the Region Gala at the Hilton McLean Tysons Corner on Friday evening, Oct. 4. Organizers described the gala as a homecoming, an elegant, uplifting event that brought together business, community and philanthropic leaders to celebrate the Community Foundation and raise critical funds to support its work in the region.

Under the theme, Building a Community that Works for Everyone, 650 guests celebrated the charitable work of The Community Foundation and supported the organization's mission to respond to need; seed innovation, and lead and convene the community.

"This gala is so important to The Community Foundation. It is a mission-critical event," said Tara Nadel, of The Community Foundation for Northern Virginia.

"The gala is also an opportunity to celebrate this community in particular, the 650 plus guests who attend are only a small sample of the number of people it takes to build a community that works for everyone."

The Foundation gala honored Major General Carl H. McNair Jr. (RET) with the 2019 Community Leadership Award for his lifetime of community leadership and public service.

According to The Community Foundation, the award is the longest standing community-based recognition award in Northern Virginia and is presented annually to an individual for outstanding commitment and dedication to improving the quality of life for all Northern Virginians.

ON STAGE, Honorary Chair, Ki Ho Kang, CEO of KIHOMAC, asked the crowd if they ever wondered if they made a difference.

Turning to Major General McNair, who Eileen Ellsworth, President and CEO of the Community Foundation of Northern Virginia described as "one of the most generous local philanthropists Northern Virginia has ever seen," Kang said, "Sir, be assured you have made a lifetime of difference to your family, to your friends, to the United States Army, to your community, to your country and all of us."

McNair, who was awarded two Distinguished Service Medals,



Major General Carl H. McNair Jr. (RET) joins his tablemates, Saffiatu Janneh and Kadiatu Kamara, before the start of 2019 Raise the Region Gala produced by The Community Foundation for Northern Virginia held at the Hilton McLean Tysons Corner on Friday evening, Oct. 4.

three awards of the Legion of Merit, four awards of the Distinguished Flying Cross, the Bronze Star with "V" devices (denotes bravery), among commendations. When he retired from the Army, McNair joined DynCorp.

Surrounded by family and friends seated at his banquet table, McNair sat ramrod straight, eyes focused forward. When he walked on stage, Kang presented him with the award, which McNair graciously accepted. However, in his remarks, McNair, the first Chief of the Army Aviation Branch, turned the spotlight off himself and onto others.

McNair spoke highly of the guests present, their unceasing generosity qualified once again as seen during the evening's Live Auction and Stand Up and Pledge, led by Matt Quinn of Quinn's Galleries.

Guests flashed their bidding cards with flurries of multiple cards in the air, bidding against one another, raising bid after bid. In thirty minutes, Quinn broke last year's record by nearly \$10,000, raising \$57,500 to support the critical needs of the Northern Virginia community.

MCNAIR praised The Community Foundation of Northern Virginia. "The Northern Virginia Community Foundation is our good friend... It's been a tremendous asset to northern Virginia and also an example for all of Virginia...The Community Foundation raised \$400,000 worth of grants and pro-

vided critical service to the residents of Northern Virginia," he said.



Megan Niewold of Arlington, Director of Development, The Community Foundation for Northern Virginia:

"I think that working for The Community Foundation for Northern Virginia has shown me the great need that is in Northern Virginia that is often hidden by the great wealth that also exists here. It has also shown me how much of an impact The Community Foundation can make, and one donor can make to assist the most vulnerable in our community. My personal goal this year as the development officer is \$10 million, and I believe wholeheartedly that our community can come together to help our organization build a community that works for everyone."

Not forgetting who did the work, McNair praised staff. "None of this would've been possible without

the great and significant staff of The Foundation... What they do here is well beyond our imagination... I give a special thanks obviously to Eileen, Tara and all the staff for their work."

Jokingly McNair added, "And I'm so grateful for somebody out there who had the gumption to at least nominate me to be this year's awardee... Eileen told me now I have to work for them every Saturday."

Mission

"The Community Foundation for Northern Virginia helps grow local philanthropy to respond to critical needs and seed innovation in the region. Comprised of donor advised funds, permanent funds, giving circles, and other charitable endowments, the Community Foundation connects donors to community and promotes a more equitable and inclusive prosperity that marries our economic strength with the full breadth of our diverse community. In 2018, the Community Foundation awarded more than \$7.1 million in grants and scholarships and now reports \$71 million in managed philanthropic assets."



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Employment

SENIOR MANAGER STORE SYSTEMS

(Arlington, VA): dsgr, dvlpmt & implementation of critical Lidl specific IT S/W systems in the US; determine key aspects of Lidl's retail technology platform, including H/W & S/W selection; as well as has the authority to choose the necessary business partners for all Lidl stores in the US; define Lidl's business needs from a technological viewpoint, together w/ operations & purchasing & administration, to ensure Lidl's success. Resume to: Lidl US, LLC Attn: Henar Marron, Director - Talent, 3500 S Clark St. Arlington, VA 22202. job #SB826917.

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

Legals

ABC LICENSE

SLOPPY MAMA'S, LLC trading as Sloppy Mama's Barbeque, 5731 Lee Highway, Arlington, VA 22207-1424. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On & Off Premises license to sell or manufacture alcoholic beverages. Mandy Neuman, owner. 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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Legals

ABC LICENSE

Q.L.L.B. LLC trading as Takeshi Sushi, 2424A Wilson Blvd, Arlington, Arlington County, Virginia, 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine & Beer On Premises license to sell or manufacture alcoholic beverages. Lin Wu, Member. 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.

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.

SATURDAY/OCT. 19

E-CARE Recycling Event. 8:30 a.m. to 3 p.m. At 1425 N. Quincy Street (across from Washington-Liberty High School), Arlington. The Arlington Environmental Collection and Recycling Event (E-CARE) is a biannual event at which residents can safely dispose of household hazardous materials, bikes, small metal items and other recyclable items. Small metal items can also be dropped off at the Inert Materials and Scrap Metal Drop-Off Facility. Call 703-228-5000 for an appointment. Visit recycling.arlingtonva.us/household-hazmat/e-care/.

SATURDAY/OCT. 26

Free Native Tree Pickup. 8 a.m.-3 p.m. at Tucker Field - Barcroft Park Parking Lot, 4200 S. Four Mile Run Drive. The Arlington County Department of Parks and Recreation is providing 400 young native trees to Arlington residents as part of the mission to expand and enhance Arlington's urban tree canopy. Tree Stewards who work to protect, preserve and enhance the urban tree canopy will be on site to help select a tree, answer questions and share tips about caring for the tree. Free. One tree per household. Visit environment.arlingtonva.us/register-for-your-free-tree/ to register.

TUESDAY/OCT. 29

Free Native Tree Pickup. 5-7 p.m. at Reed-Westover Parking Lot, 1644 N McKinley Road. The Arlington County Department of Parks and Recreation is providing 400 young native trees to Arlington residents as part of the mission to expand and enhance Arlington's urban tree canopy. Tree Stewards who work to protect, preserve and enhance the urban tree canopy will be on site to help select a tree, answer questions and share tips about caring for the tree. Free. One tree per household. Visit environment.arlingtonva.us/register-for-your-free-tree/ to register.

WEDNESDAY/DEC. 4

Narcan Training Sessions. 6-7 p.m. at Phoenix House, 46 S. Glebe Road, 3rd Floor, Arlington. Naloxone (Narcan) can save the life of someone who is overdosing, if given

in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqueland at 703-228-0913 or esiqueland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness for available training sessions. Registration is not required but it is recommended. Visit www.chrisatwoodfoundation.org/naloxone to register.

DONATIONS

The **Arlington Food Assistance Center** seeks local gardeners and farmers willing to grow and donate fresh produce to the AFAC food pantry for local families in need as part of the Plot Against Hunger program. Each week, approximately 2,400 client families visit AFAC to pick up supplemental groceries and fresh fruits and vegetables are in high demand. AFAC will provide free vegetable seeds to those who pledge to donate produce from community or personal gardens. Visit <https://afac.org/plot-against-hunger> or contact puwen.lee@afac.org or 703-845-8486. Seeds are available now at AFAC, 2708 S. Nelson St., during regular business hours: Monday-Friday 8:30 a.m.-4:30 p.m. and Saturdays 8:30 a.m.-1 p.m. Produce can also be donated at AFAC at the hours listed above or at: Arlington Courthouse Farmer's Market, Saturdays 8 a.m.-noon (look for the AFAC cooler near the Master Gardener information table). Rock Springs UCC Church, 5010 Little Falls Road, Sundays 9 a.m.-noon only. (Look for the donation bin on the Rock Spring Drive side of the church).

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.

GET MORE WITH SNAP

Arlington and Alexandria Farmers' Markets accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT customers can

purchase farm fresh produce at local area farmers' markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers' markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers' Market, N. 14th and Courthouse Road (second Saturday of the month) and Columbia Pike Farmers' Market, 2820 Columbia Pike (third Sunday of the month).

ONGOING

Operation Fire Safe. Through Oct. 5, 2019, Arlington County firefighters will be going door to door offering home safety checks to include inspecting smoke and carbon monoxide (CO) alarms and giving relevant fire safety tips. For homes not protected by smoke alarms, firefighters will install working smoke alarms free of charge. Visit www.arlingtonva.us for more.

Online Salary Negotiation

Workshop. AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit salary.aauw.org.

Create a Wildlife Sanctuary.

The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit audubonva.org/audubon-at-home-1/ for more.

Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqueland at 703-228-0913 or esiqueland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

Monthly Memory Café.

1-3 p.m. at SEE BULLETIN, PAGE 11

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"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs

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.

55+ Travel: Skyline Drive bus tour, Luray, Thursday, Oct. 24, \$37 (lunch incl); Sweet Simplici-Tea, Sykesville, MD, Friday, Oct. 25, \$47. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Pumpkin decorating at senior centers week of October 21. For days and times, 703-228-4721.

Current events discussion, Monday, Oct. 21, 10 a.m., Walter Reed. Details, 703-228-0955.

Just Playin' Country, Monday, Oct. 21, 11:15 a.m., Lee. Details, 703-228-0555.

Workout with a fitness coach, at your own pace, Mondays and Fridays, 11 a.m. - 2 p.m., \$60/15 sessions, Langston-Brown. Details, 703-228-6300.

Senior ice skating, MedStar Capitals Iceplex, Ballston Quarter, Mondays, 8:10-9:20 a.m., Wednesdays, 8:25-9:25 a.m. Details, 703-228-4771.

Genealogy 101, basic research tips, Tuesday, Oct. 22, 11:30 a.m., Lee. Details, 703-228-0555.

How to use Quinoa, Tuesday, Oct. 22, 11 a.m., Langston-Brown. Details, 703-228-6300.

Cornhole toss practice, Tuesday, Oct. 22, 1 p.m., Arlington Mill. Details, 703-228-7369.

Smart phone photography tips, Wednesday, Oct. 23, 6:30 p.m., Arlington Mill. Register, 703-228-7369.

Movie book club, "Age of Innocence," Wednesday, Oct. 23, 1:30 p.m., Lee. Details, 703-228-0555.

Arlington Walking Club for se-

niors, to travel to Eastern Market, D.C., Wednesday, Oct. 16, 9:30 a.m., \$4, leaves from Madison. Register, 703-228-4771.

Free flu shot clinic, first come first served, Thursday, Oct. 24, 10 a.m.-noon, Langston-Brown. Details, 703-228-0955.

Learn to ride a bike, Friday, Oct. 25, 8-11 a.m., Arlington Mill. Bikes and helmets provided. Details, 703-228-7369.

Arlington Mill Trekkers, Thursdays, 9 a.m., free. Details, 703-228-7369.

Ballroom Dance, Friday, Oct. 25, 1-3 p.m., Arlington Mill. Details, 703-228-7369.

Lee Walkers, Lee Senior Center, will walk through Lyon Park, Friday, Oct. 25 10 a.m., \$4. Register, 703-228-4771.

Fast Forwards walking group, Friday, Oct. 25, 9 a.m., Aurora Hills. Details, 703-228-5722.

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BULLETIN

FROM PAGE 10

7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, will be held on the first Friday of every month. Registration is free and highly recommended to reserve spots, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacareconnections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

Walk-Fit. Ongoing Tuesdays and Thursdays 8:30-9:30 a.m. at Fashion Center at Pentagon City, Arlington. Participants walk at their own pace in a safe and friendly environment. Group stretch and cool down led by Virginia Hospital Center staff at 9:15 a.m. Meet on the first level by Nordstrom. Call 703-558-6859.

Arlington County, in partnership with the Human Rights Commission's Equality Task Force, has launched a web page with resources for the LGBTQ community. The new webpage compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth — such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit topics.arlingtonva.us/lgbtq-resources.

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/agingmatterswera to listen to programs.

Volunteer Bike Repair Night. First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary.

Public Financial Fraud, Waste and Abuse Hotline. On Tuesday, Nov. 15, the Arlington County launched a new public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at arlingtonva.ethicaladvocate.com. The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

Created by the **Arlington Initiative to Rethink Energy (AIRE)** in partnership with the Arlington Public Library, the nation's First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools such thermal imaging cameras, energy meters and books play a vital role in achieving a "greener" home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit library.arlingtonva.us/locations/central-library or call 703-228-5990.

Arlington Rotary Club Lunches. Thursdays, 12-1:30 p.m. at Washington Golf & Country Club, 3017 N. Glebe Road. Organization brings together political and business leaders for humanitarian services. Eat and listen to guest speakers. Admission is \$26 for non-members. Visit www.arlingtonrotaryclub.org.

Job Seeking Help. 5-9 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit www.arlingtonva.libcal.com.

The Jewish Council for the Aging has launched a new initiative called Tech Tuesday. Windows 7, Windows 8, Excel, iPad and iPhone, Email, photos, and social media will be covered in these classes held at 1750 Crystal Drive Shops, Suite 1638B Crystal Square Arcade. Visit www.accessjca.org.

Vajrayogini Buddhist Center offers "Meditations for a Meaningful Life" for the general public Tuesdays, 7:30-8:30 p.m. at St. George's Episcopal Church, 915 N. Oakland St., Arlington. Gen Kelsang Varahi, an American Buddhist nun, leads teachings and guided meditations on life. \$10 (\$5 unemployed, full-time students, 65 and older). Visit <http://meditation-dc.org/arlington/> for more.

PFLAG of Arlington. 7:30-9 p.m. on the second Tuesday of each month, PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgendered persons and their families. Meets at the Unitarian Universalist Church at George Mason Drive and Route 50. Email aly.pflagdc@gmail.com for more.

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Apparently, Not a Stable Genius



By KENNETH B. LOURIE

Let me get this out of my system because until I do, I won't be able to write about anything else. Not to worry. This is not a cancer column. I am fine until they tell me otherwise which occurs every eight weeks after my bi-monthly CT scan tells the tale of the tape.

No, this column is about my lack of understanding and business acumen which twice has led me down the garden path only to be asked to leave before I got to smell any of the pretty flowers. Once (twice, actually) had to do with attempts at refinancing this old house (carbon dated to approximately 1750, according to a plaque the previous owner hung to the right of the front door), and most recently (also twice) to do with reverse-mortgage financing this same now older house.

With respect to the attempts at refinancing, I will make this short and not particularly sweet. Without getting into the lead paint, bathrooms, roof, door and window issues, it always perplexed me that if I could afford to pay \$1800 per month at 6.75% interest, I could probably afford to pay \$1400 per month at 3.75% interest. However, and this is where my lack of common banking sense manifests itself; my presumptive inability to pay \$400 less per month was problematic for the lenders to be. And an over 800 credit rating did nothing to dissuade the lender's notion that whatever financial wherewithal I had exhibited over the previous 30-plus years was irrelevant borrowing forward.

As concerns the current issue: the reverse mortgage. To say my financial life depends on its approval might be a bit of an exaggeration, but not if you're in my shoes, even occasionally. I can understand the need for the installation of safety rails on the left and right side of the staircase going down to the basement. And grudgingly, I can understand the need for the structural integrity fix relating to the five wooden pillars sitting atop the cracked concrete slab which floors our front porch and apparently prevents the house from falling forward. But I can't understand why the old stable matters so much to the appraiser/underwriter.

It is not used or functional in any way other than as a repository for junk and as a landing spot/vantage point for the Turkey Vultures who nest there. This building is approximately 50 yards from our house and 10 to 15 yards from our neighbor's house. If it fell, like our barn did years ago, it would land on part of our two acres. Given its age, likely over 100 years, it was not, nor has it ever been covered by our home owner's insurance. "Too old," they said. The structural engineer who submitted the report about our house did a walk-around the stable with me and made note of its peculiar structural fixes which included cinder blocks and some rocks. However, in response to my "What do I do?" question; his answer: "We don't certify the structural integrity of 100 year-old buildings." Now I'm being told by my reverse-mortgage banker that I have to fix/secure the foundation of the stable or else the deal is likely dead. Dead over an out-building that nobody uses and was likely built before two century's turned?

The whole point of this application was to spend nothing and get something. It was not to spend something and get nothing. This stable, either structurally sound or not provides me nothing as a living benefit. We're not moving into it. Nor are we selling the property. We're here for the duration. The stable, if it matters at all, will matter to whomever sifts through our financial remains, and since we have no children, those 'remains' are not really our concern. Yet according to the most recent email I received, either I make it my concern or stew in my own juices and slowly wither away.

When I began this process, I had hoped there would be an end in sight. I didn't realize it would be my own.

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

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