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WELLBEING
PAGE 13

The
Arlington
Connection



Ready for School

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Negotiating for Expanded
Mental Health Services

NEWS, PAGE 3

Jazz Fest
This Saturday

ENTERTAINMENT, PAGE 8

Three de Windt sisters arrive early the first day of school at Jamestown Elementary to play on the playground before classes begin. Gisette, 4th grade; Emmy, 2nd grade; and Quinn, kindergarten are ready to go.

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ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY SHIRLEY RUHE/THE CONNECTION

SEPTEMBER 5-11, 2018

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PHOTO BY BRIAN STANTON

Eight hundred and fifty low-income students were ready to start school with full backpacks thanks to hundreds of local donors.

Have Backpacks, Will Learn

Eight hundred fifty children living at AHC Inc.'s affordable apartment communities throughout Arlington are starting school next week with new backpacks stuffed with school supplies, donated by hundreds of Arlington residents.

AHC Inc. has spearheaded an annual backpack drive for more than 10 years to help low-income students start the school year well prepared. "With school supplies costing more each year, these backpacks are a great way to help the children in our communities walk through the school doors with their heads high and ready to learn," said Emily Ward, resident services assistant director.

Founded in 1975, AHC Inc. is Arlington's oldest and largest developer of affordable housing. Over the years, AHC has developed a multipronged educational strategy to help students succeed, including afterschool and summer camp for elementary students, tutoring for teens, and college and career readiness programs for high school juniors and seniors. The strategy works: 100 percent of AHC's high school seniors graduate and nearly all continue onto college.

To learn more about AHC's education programs or to volunteer to work with elementary students or teens this fall, contact volunteer@ahcinc.org.

Local Case of West Nile Virus Reported

The Arlington County Public Health Division has received its first reported case of West Nile Virus in an Arlington resident for 2018. This case serves as a reminder that West Nile Virus is present in the community and the region.

"West Nile Virus is spread by the bite of an infected mosquito," said Dr. Reuben Varghese, health director and division chief for the Arlington County Public Health Division. "With the virus detected in mosquitoes in the region and with the recent rains contributing to more mosquito breeding, it is important for area residents to actively prevent mosquito breeding and biting or 'Fight the Bite.'"

The best way to "fight the bite" is using the 3-Ds:

- ❖ Drain or dump standing water. The most common mosquito breeding grounds on one's property are water in flower pots, gutters, pet bowls, inflatable pools

and birdbaths. If one cannot get rid of the standing water, put larvicide (such as Mosquito Dunks) in the water to kill developing mosquitoes. Be sure to read the instructions on the label.

- ❖ Dress in long sleeves and pants. This will help protect skin from mosquito bites. And don't forget to wear socks.

- ❖ Defend yourself. Choose a mosquito repellent that has been registered by the Environmental Protection Agency. Registered products have been reviewed, approved and pose minimal risk for human safety when used according to label directions. Four repellent that are approved and recommended are: DEET (N, N-diethyl-m-toluamide), Picaridin (KBR 3023), Oil of lemon eucalyptus (p-methane 3, 8-di-ol, or PMD), and IR3535.

Additionally, avoid being outside where mosquitoes are especially

SEE WEST NILE, PAGE 11

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JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.



At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease.

Register today at alz.org/walk.

Walk to End Alzheimer's
in Northern Virginia
Reston Town Center
September 23 | 2:00 pm

Additional Walks available.
 Find one near you at alz.org/walk
 or call **703.359.4440**.



2018 NATIONAL PRESENTING SPONSOR

Edward Jones

Negotiating for Expanded Mental Health Services

County Board could ask for funding by VHC as a quid pro quo.

BY EDEN BROWN
THE CONNECTION

“We are still negotiating, but as a parent, I’ve come to understand Virginia Hospital Center (VHC) does not serve children. They don’t do anything ‘scheduled’ in pediatrics. Yes, you can be born there, and they do neonatal intensive care if there is an issue ... but nothing else,” Naomi Verdugo, a NAMI [National Alliance On Mental Illness] member, said. “Parents cross their fingers that their kids don’t need to be hospitalized for psychiatric reasons, because there is no place to go for children or those with complex health issues.”

In 2015, VHC proposed the expansion of the hospital on an adjacent parcel of land at 1800 N. Edison St. This initiated a process to evaluate the site and community needs, consider options of purchase agreements and collect public input. A land swap was finalized between the county and VHC. The proposed expansion will now go through the county’s site plan review process.

Verdugo urged residents to write to the county board and County Manager Mark Schwartz. The County Board meeting was pushed back to hear the county manager’s report first. Special education teachers in Arlington public schools and other mental health advocacy groups are speaking about the issue at the Sept. 6 Planning Commission meeting leading up to County Board consideration on Sept. 22. Meetings will take place at the Ellen M. Bozman Government Center at Courthouse Plaza at 7 p.m. and 8:30 a.m. respectively.

The need for more mental health beds in Arlington is just one of the areas of concern in the expansion debate. At the forum/hearing on the VHC’s plans for a new building which took place April 2017, the open-



Looking at the Virginia Hospital Center psychiatric unit (first floor) from the outside: it is above ground and has windows, but mental health advocates say the impression inside is that it is dark and basement like. Improved location/design of the mental health unit at the hospital, is one of 4 “asks” listed by Arlington’s CSB.

ing salvo was a statistical summary by Doris Fuller, chief of research and public affairs at the Treatment Advocacy Center, a nationally-recognized, Arlington-based non-profit, known for its research on psychiatric bed shortages nationwide.

Fuller reported U.S. experts estimate the safe minimum number of inpatient psychiatric beds at 50 per 100,000 adult residents. Shortages of hospital beds and other treatment facilities are linked to increases in suicides, victimization and incarceration of individuals with serious mental illness.

Arlington has an adult population of about 180,000, and, according to nationally accepted prevalence rates, is home to approximately 2,000 adults with schizo-

phrenia and 4,000 adults with severe bipolar disorder. Of this number almost half are not in regular treatment, and therefore more likely to need emergency hospitalization. To reach the approved norm for beds, Arlington would need to have 90 adult psychiatric beds. VHC currently offers 18 beds, and there are no other psychiatric beds for adults or children in Arlington, which leaves Arlington below these national norms.

Judy Deane, who is serving a 9-year term on the Arlington Community Services Board (ACSB), has been the lead on negotiating with VHC for more psychiatric services at VHC in view of the proposed expansion on the Edison site. ACSB had four main re-

SEE SEEKING FUNDS, PAGE 14

Virginia Hospital Center: Balancing Needs

Interviewed on April, 25, 2018 about community need and funding the CR2, Adrian Stanton, business development & community relations vice president at Virginia Hospital Center, and Maryanne Boster, director of corporate communications, said VHC is working with the task force composed of representatives from NAMI (National Alliance for Mental Illness), AMHA (Arlington Mental Health Alliance), and others, created in 2017 to attempt to find a way forward which would satisfy the Arlington County residents’ concerns over mental health services.

“Right now, the County Board will either approve or deny our site application for redevelopment of the Edison site based on whether conditions the board believes are valid are met. VHC is trying to take four conditions the task force identified and turn them into workable ones. With respect to

increasing in-patient beds, modifying the unit, and addressing the issue of the ER, we hear what they are saying,” said Stanton. “We have been meeting for almost a year. We are down to finalizing the actual wording of each of those areas. We understand the ER should be modified to have a better situation for people with mental health issues. The one thing we cannot do is the creation of a pediatric unit.”

“We’ve explained to them that in order to get a pediatric unit and specialized psychiatric staff they’d want to come to a hospital with pediatric subspecialists. That isn’t something we can do operationally.”

“We’ve created methodology to come up with number of beds at the appropriate time based on the certificate of need (COPN); that number is blank for a reason because we have a formula that we would use once the COPN is done — that’s at least a year

out. We can’t do that until we get the expansion approved. But that formula would increase the number of beds.”

“We currently have 18-19 psychiatric beds; we are licensed for 40 total beds. The State of Virginia looks at beds for behavioral health without differentiating between psychiatric and substance abuse beds. We have 18 for psychiatric patients, but we also have five beds we are licensed for that we can’t use because we don’t have the space today. Once we get the expansion we could put five in right away. The methodology is based on the Temporary Detention Orders (TDOs).”

“Based on what the county tells us the number of cases has gone up; we are keeping better statistics on TDOs. We capture the numbers on our system and the county includes the ones that don’t even come to

SEE VIRGINIA HOSPITAL, PAGE 12

What’s Needed

Letter to County Board asking for VHC funding of CR2:

Katie Cristol, Chair
Arlington County Board
2100 Clarendon Blvd. Suite 302
Arlington, VA 22201
Dear Chair Cristol:

We are writing to endorse the land swap between Arlington County and Virginia Hospital Center (VHC) subject to VHC funding two additional clinicians for the Children’s Regional Crisis Response program (CR2) for a period of five years. We support inclusion of this commitment in the site plan conditions.

VHC is a tax-exempt organization, and one whose own values state “To serve the healthcare needs of our community.” Since there is no pediatric department at VHC, we believe that contributing to CR2 is the best way for VHC to ensure that Arlington’s children benefit from this transaction in some way. Improving staffing for the mobile stabilization program, CR2, is a benefit we would like to see.

County and school staff have used CR2 for children in psychiatric or substance abuse crisis and they report excellent outcomes for these children. The benefits of having this service available more widely for Arlington’s youth, and staffing the program so it can respond to all eligible calls is imperative to health and well-being, not just of our young people, but for the family as well.

In Arlington, we have data that youth self-reported that demonstrates that there is a need for these types of services: Middle School (6th-8th grade):

- ❖ 12 percent of students had a plan to attempt suicide
- ❖ 7 percent made at least 1 attempt
- ❖ 25 percent of those who made an attempt asked for help
- High School (9th-12th grade):
- ❖ 12 percent of students had a plan to attempt suicide in past 12 months
- ❖ 6 percent made at least one attempt in past 12 months
- ❖ Of those 2 percent were serious enough to require medical treatment
- ❖ 14 percent of those who made an attempt asked for help

Additionally, Arlington data shows that currently, 23 percent of the eligible calls cannot be responded to due to lack of available mental health staff. We know that this percentage is an underestimate because we have heard from parents who have been told more than once that CR2 can’t respond so they stop calling. The most recent data we have indicates 23 calls came from Arlington were responded to in the 2nd quarter of 2018. The children were ages 7 to 16.

Substance Abuse Mental Health Services Administration (SAMHSA) reports that this type of service is considered a “promising practice” and that the evidence that crisis services work is growing. Programs like CR2 are designed to stabilize individuals in psychological distress and engage them in the most appropriate course of treatment. In contrast to inpatient-based care, these services are designed to reach people in their own communities.

Overall, SAMHSA further suggests that crisis services are cost-effective with several studies demonstrating that crisis services can result in significant cost savings to the community. Reduced use of inpatient services, diversion from emergency departments, and more appropriate use of community-based behavioral health services all help to lower costs.

SEE WHAT’S NEEDED, PAGE 15

Funding for CR2 Clinicians Could Help Meet Community Need

CR2 Units allow some children in crisis to be cared for in their own homes.

BY EDEN BROWN
THE CONNECTION

“Far too many children — over 300 kids a year — were being unnecessarily hospitalized for mental illness in Northern Virginia,” said Stephan Stark, vice president of Virginia Development at ncgCARE, the parent company to National Counseling Group that operates CR2.

“The State of Virginia, public agencies, and the health and human services professionals who work with children and families, wanted to change that. They understood the Medicaid model for crisis response was helpful but could be improved. It was crisis oriented — but stability post-crisis is tenuous in mental health patients. Medicaid couldn’t offer follow up services. The ability to serve people outside the Medicaid cohort was also deemed very important. The state wanted to design something that would provide (mental) healthcare to children without them being hospitalized unnecessarily, in a more normal environment, and so they sent out a request for proposals (RFP): that’s how the CR2 units got started,” he said.

The Virginia Department of Behavioral Health and Developmental Services (DBHDS) had grant money, so they decided to focus on psychiatric crises in the hope of improving the way children with serious mental illness (SMI) are treated. The DBHDS requirements were strict: 30-day post-discharge care, all patients regardless of insurance, mobile crisis stabilization, and fully qualified master’s level or licensed counselors. National Counseling Group was awarded the \$750,000 grant.

“The initial grant could only support two four-person teams of masters-level and licensed crisis counselors, psychiatric services, translation services, and outreach personnel. At the time, everyone involved, CR2, National Counseling Group, and DBHDS, all agreed this money would only go so far but that it was a good place to start,” said Stark.

“The biggest issue has been increasing need, because the grant is capped the money can only pay for so much — you get a few calls a day and suddenly you are strapped. This is not a 30-minute conversation with the patient; we spend a lot of time with each case,” Stark said.

CR2 Crisis Stabilization Counse-

**Youth Crisis Services
FY2018 3rd Quarter**

CSB	Total Pop Under 18	% of Total Youth Pop	# Referrals 3rd Q FY2018	# Admitted 3rd Q	Admissions FYTD	total # active treatment in 3rd Quarter **	Gender		Age Range	Language		% Individuals in active treatment
							/ Female	Male		Eng / Span(other)		
Alexandria	27,554	5%	14	4	15	16	7	7	8 to 17	13	1	12.4%
Arlington	40,006	7%	13	4	30	8	11	2	5 to 17	10	3	6.2%
Fairfax/FC	280,519	47%	85	42	112	55	45	40	7 to 17	79	6	42.6%
Loudoun	109,247	18%	31	15	45	19	13	18	5 to 17	28	3	14.7%
Pr. William	140,864	24%	42	24	67	31	17	25	4 to 17	33	9	24.0%
Total	598,190		185	89	269	129	93	92	4 to 17	163	22	

** includes children referred in 2nd Q FY 2018 who have not completed treatment in that quarter.

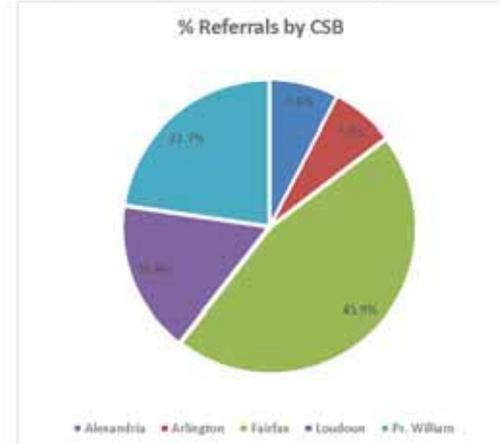
Not Admitted due to Program at Capacity *

CSB	Q1	Q2	Q3	Q4	FY TD
Alexandria	0	0	8		8
Arlington	2	0	6		8
Fairfax/FC	10	2	17		29
Loudoun	1	0	11		12
Pr. William	8	3	5		16
Total	21	5	47		73

Children's Regional Crisis Response



* reasons for non-admission other than at capacity include family declined service, or child did not meet criteria



Outcomes - Individuals Discharged FY 2018 3rd Quarter

Living Status At Start of Crisis Services	Number of Children	Living Status at End of Crisis Services						Comments Other
		Family	Foster Care	Detention	Residential	Unk/NC	Other	
Family - Private Household	48	46			1		1	hospital
Foster Home/Care	1		1					
Juvenile Detention Center								
Residential Placement								
Unknown/Not Collected								
Hospital								

School Status At Start of Crisis Services	Number of Children	School Status at End of Crisis Services: Number of Children							
		Attending School				Not Attending			Unk/NC/other
		Regular	Alternative	Homebound	no school	suspended	Expelled	Truant	
Attending School									
regular	41	41							
alternative	2			1		1			
homebound	5	2		3					
no school									
Suspended from School	1	1							
Expelled from School									
Truant									
Unknown/Not Collected									

Chart details the numbers of calls to CR2 in Northern Virginia.

lor Aminata Conteh said, “The program for kids is for up to 45 days. Each client receives 30 days of post-discharge follow up after each crisis event is stabilized. The number of days that CR2 spends stabilizing clients prior to this may be between 1 and 15, depending on the individual’s needs and response to treatment. Although the stabilization period is intensive with the possibility of numerous hours of intervention, the 30-day follow-up period may entail a phone call or two a week. Depend-

ing on the needs of the client we may have to mobilize during this period, but the hours dedicated to each client during ‘follow-up’ is usually reduced greatly. The focus is on safety. We see kids with psychotic episodes, suicide ideation. We try to stabilize in the home, look for group therapy and family to help; if we can’t stabilize them in the home, we will recommend they go to the ER in the county in which they live.”

But the frustration of not being able to cover as many people as

they would like is evident as Conteh said, “We have 12 staff to cover Loudoun, Arlington, Fairfax and Prince William counties and by the middle of the week we are already full.”

“The solution to this problem will require a two-fold approach: an increase in funds, and to ensure that our programs are as efficient and effective as possible so that they can serve the greatest number of people given the available monies. The state is always looking at ways to better fund

these programs, and it is our job to run these programs well.” said Stark.

Should Virginia Hospital Center help fund the CR2? “I can’t speak to how another provider can or should use their revenues,” Stark responded. “Would it be wonderful if VHC were able to help fund CR2? Yes. In the era of social responsibility, would it be great if other companies, organizations, or individuals contributed money to help stabilize children with men

NEWS



Roadwork

The Clarendon Boulevard at 15th Street North Pedestrian Safety Improvements project is nearing completion. Night work to complete the project's paving is scheduled to continue through Friday morning, Sept. 7, weather permitting. The paving will be done between 8 p.m. and 6 a.m. During these hours, drivers are advised to use alternate routes to avoid the intersection of Wilson and Clarendon Boulevards at North Veitch Street and 15th Street North.

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PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Back to School

Students bound out of the first buses to arrive at Jamestown Elementary for the 9 a.m. opening of school. This year elementary schools in Arlington have staggered opening times beginning at 8 a.m. and ending at 9 a.m.



Teachers at Jamestown hold large gingerbread cutouts for kindergarten students to follow to class. This is “something they recognize and it makes them feel comfortable.”



Swanson Middle School students catch up on their summer activities. Other students cross Washington Boulevard to begin their first day of classes at 7:50 a.m.

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NEWS



PHOTO BY GREG HADLEY

Open House

A rear elevation makeover to the home of Chris and Cynthia Heimann of Arlington will be opened to the public on Saturday, Sept. 8 from 12-4 p.m. By re-purposing adjacent back rooms, Sun Design Remodeling accommodated a gourmet kitchen 40 percent larger than its predecessor. The plan segues to a new screened-in porch linked to a grilling deck. See www.sundesigninc.com/events/remodeled-home-tour/

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.

WEDNESDAY/SEPT. 5

Open House for 4MRV Park Master Plan Draft. 6:30-8 p.m. at Parks and Natural Resources Operations Building, 2700 S. Taylor St. The County Board is scheduled to consider the Park Master Plan for the Four Mile Run Valley in September (and the Area Plan at a later date this year). Join the Department of Parks and Recreation for this in-person Open House-style meeting to learn more about the Park Master Plan before it is presented to the Board. Visit projects.arlingtonva.us/plans-studies/four-mile-run-valley/, and review the at arlingtonva.s3.amazonaws.com/wp-content/uploads/sites/31/2018/07/

4MRV_draftparkmasterplan.pdf.

THURSDAY/SEPT. 6

Jane Franklin Dance Audition. 8-11 a.m. at Cultural Affairs Building, 3700 S. Four Mile Run Drive, Arlington. Seeking male and female artists for the 2018-19 season. The artistic process is collaborative and includes improvisation, spoken word, manipulation of movement and partnering. Audition for a single project or for an ongoing commitment. Free. Visit www.janefranklin.com/contact/get-involved for more.

Capital Region Business Forum. 7:30-9:30 a.m. at Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. Virginia Gov. Ralph Northam, Maryland Gov. Larry Hogan and D.C. Mayor Muriel Bowser will discuss their plans to work cooperatively to bolster the

SEE BULLETIN, PAGE 11

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Sept. 17-22.

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

Senior trips: Museum of the Bible, D.C., Monday, Sept. 17, \$19; Grounds for Sculpture, Township, N.J., Tuesday, Sept. 18, \$45; Bay Lighthouse Cruise, Annapolis, Md., Wednesday, Sept. 19, \$65 (includes lunch); National Aquarium, Baltimore, Md., Thursday, Sept. 20, \$44. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

History of Arlington, Monday, Sept. 17, 11 a.m., Arlington Mill. Register, 703-228-7369.

Exercise class for feet, ankles and legs, Monday, Sept. 17, 8:50 a.m., \$36/8 sessions, Arlington Mill. Register, 703-228-7369.

55+ Pilates classes begin week of Sept. 17, Arlington Mill, Madison. Call for details, 703-228-4771.

Journey through modern and

contemporary art, six-part series begins Monday, Sept. 17, 1:30 p.m., \$36. Register, 703-228-5722.

Addressing health care expenses in retirement, Wednesday, Sept. 19, 7 p.m., Arlington Mill. Register, 703-228-7369.

Interior design expert demonstrates remodeling and home maintenance, Wednesday, Sept. 1, 10 a.m., Walter Reed. Register, 703-228-0955.

Introduction to genealogy, Wednesday, Sept. 19, 1 p.m., Arlington Mill. Register, 703-228-7369.

55+ Foodies group, monthly meeting, Thursday, Sept. 20, 6 p.m., Arlington Central Library. Details, 703-228-5946.

Deep water exercise classes begin, Thursday, Sept. 20, 7:10-8 a.m., \$52/13 sessions, Wakefield High School pool. Must be able to swim. Register, 703-228-4771.

Inside an American Embassy, Friday, Sept. 21, 1 p.m., Aurora Hills. Presented by retired foreign service officer. Register, 703-228-5722.

Fitness class geared towards men, but all are welcome, Saturdays beginning Sept. 22, 10:15 a.m., \$40/8 sessions, Madison. Register, 703-228-4771.

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EVENT TITLE:

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WHERE:

Wildfire
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McLean, VA 22102

WHEN:

September 11th, 2018 at
12:00pm

SPEAKER(S):

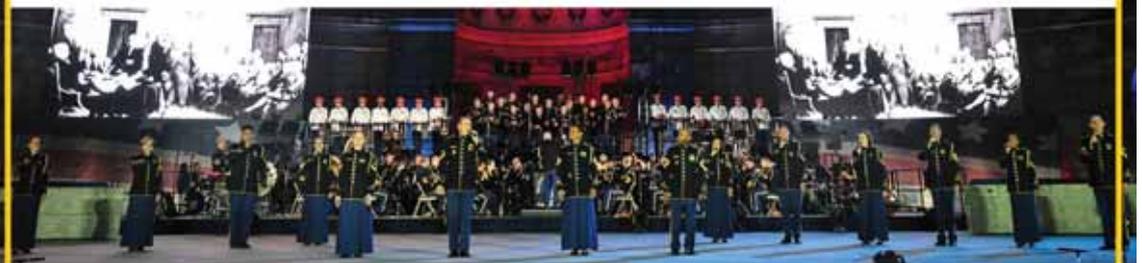
David Meyer, M.D., MBA,
Winston-Salem, NC

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ENTERTAINMENT

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

FARMERS MARKETS

- Crystal City:** Tuesdays, 3-7 p.m.; Crystal Drive between 18th and 20th streets. Visit freshfarm.org/crystal-city.html
- Clarendon:** Wednesdays, 3-7 p.m.; Clarendon Central Park (next to the Clarendon Metro). Visit clarendon.org/farmersmarket/.
- Rosslyn:** Wednesdays, 2:30-6:30 p.m.; Central Place Plaza, 1800 N. Lynn St. Visit freshfarm.org/rosslyn.html.
- Ballston:** Thursdays, 3-7 p.m.; Welburn Square (across from the Ballston metro). Visit www.ballstonbid.com/meet/taste-arlington/farmers-market-info.
- Arlington Courthouse:** Saturdays, 8 a.m.-noon; N. 14th Street and N. Courthouse Road. Visit www.community-foodworks.org/arlington-courthouse-market/
- Arlington Mill:** 9 a.m.-1 p.m.; Columbia Pike at S. Dinwiddie St. Visit columbia-pike.org/fm-arlington-mill/.
- Marymount:** Saturdays, 9 a.m.-1 p.m.; Marymount University, N. Glebe Road and Yorktown Boulevard. Visit www.marymountfarmersmarket.org.
- Columbia Pike:** Sundays, 9 a.m.-1 p.m.; Columbia Pike and S. Walter Reed Drive. Visit columbia-pike.org/fm/.
- Fairlington:** Sundays, 9 a.m.-1 p.m.; Fairlington Community Center, 3308 S. Stafford St. Visit www.fairlingtonfarmersmarket.org/.
- Westover:** Saturdays, 8 a.m.-noon; Washington Boulevard and N. McKinley Road. Visit westoverfarmersmarket.org/.

ONGOING

- Art Exhibit.** Through Sept. 9 at Gallery Clarendon, 2800 Clarendon Blvd., Arlington. Gallery Clarendon has recently opened its doors as the newest professional art gallery created by the Arlington Artists Alliance. Every month brings a fresh exhibit and August features work by the gallery members. Call 571-312-7813 or visit www.galleryclarendon.org.
- "Passion."** Through Sept. 23 at Signature Theater, 4200 Campbell Ave., Arlington. Musical by Stephen Sondheim and James Lapine starring Natascia Diaz, Claybourne Elder and Steffanie Leigh. Call 703-820-9771 or visit www.sigtheatre.org.
- Art Exhibit: "Open World" and "Within/Between."** Through Sept. 29, gallery hours at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Open World features eight contemporary artists and artist teams who engage in world-building through installation, video, digital media, sculpture, and collage. Features work by Rachel Frank, Jodie Mim Goodnough, Rachel Guardiola, Azikiwe Mohammed, Nicholas O'Brien, Plakookee, Alissa D. Polan, and Stephanie J. Williams. In Within/Between, AAC Resident Artists Olivia Tripp Morrow and Jen Noone explore materiality and form. Visit arlingtonartscenter.org.

WEDNESDAY/SEPT. 5

- Northern Virginia Bird Club Walk.** 8:30-11 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Join members of the Northern Virginia Bird Club for one or all of these informal walks through Long Branch and Glencarly Park in search of resident and migratory birds. Experienced and beginning birders welcomed. Bring binoculars and field guides if you have them.

Jazz Fest Ranges from Old to New, Soul to Salsa

Set up your lawn chair or blanket and listen to free live jazz as the Rosslyn Jazz Fest takes over Gateway Park on Saturday, Sept. 8, from 1-7 p.m.. This is the 29th year for the annual event.

The schedule includes:

❖ 1 p.m. Aztec Sun got their start in D.C. in the summer of 2015 and have landed on the "best of" list. They have evolved into "funk and soul traditions" with horns, group singing, coordinated outfits and synchronized dancing.

❖ 2:20 p.m. True Loves, an eight-piece instrumental soul group based in Seattle and described as "the soundtrack to the car race you've always wanted to be." The Rosslyn Jazz Fest will be the group's East Coast debut.

❖ 3:45 p.m. Orquesta Akokan, a synthesis of Havana and New York, of old and new. The arrangements carry the "beauty, pathos and playfulness of the dance orchestras of the 1940s and 50s," but add unexpected improvisations.

❖ 5:30 p.m. Cory Henry & the Funk Apostles, a blend of blues, soul, R&B, Afrobeat, gospel and jazz featuring two-time Grammy award-winning artist. Described as "simultaneously retro, futuristic, experimental and classic."

A number of restaurants in the area including Ben's Chili Bowl, Continental Beer Garden and Key Bridge Terrace are offering a 15 percent discount for attendees at the festival using the code Rosslyn Retail. Or if you prefer something more informal, stop at one of your favorite food trucks located

Call 703-228-6535. Free. #612948-A. Call 703-228-4747 or visit registration.arlingtonva.us to register.

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

THURSDAY/SEPT. 6

Social Walk and Happy Hour. 6-8 p.m. Meets at benches at 962 S. Wayne St., Arlington (across from Bob & Edith's Diner). Ending Location: BrickHaus Arlington, 2900 Columbia Pike. Explore Arlington neighborhoods and what makes them unique. This month, WalkArlington is checking out Columbia Pike. The evening will conclude with a happy hour and social at BrickHaus Arlington. All ages welcome. Cash bar, bring cash or card with you to the event. Registration for the event is required <http://bit.ly/PikeSocialWalk>.

Jane Franklin Dance Audition. 8-11 a.m. at the Cultural Affairs Building, 3700 S. Four Mile Run Drive, Arlington. Looking for male and female artists for the 2018-19 Season. The artistic process is collaborative and includes improvisation, spoken word, manipulation of movement and partnering. Audition for a single project or for an ongoing commitment. Visit the website www.janefranklin.com/contact/get-involved, email janefranklindance@gmail.com or call

703-933-1111.

"Strangely Familiar" Reception. 6-8 p.m. at Cody Gallery at Marymount University, located at Ballston Center, 1000 North Glebe Road, second floor, Arlington. Features work by New York-based artists Maureen Cavanaugh, Carolyn Salas, Gabriela Salazar and Lumin Wakoa. The exhibition of individual works range from the representational to the abstract through painting, sculpture and collage. Each artist offers elements of re-vision — and re-examination — of an already known. Visit www.marymount.edu.

SEPT. 6-OCT. 20

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

FRIDAY/SEPT. 7

Solo Painting Exhibition Opening Night. 5-8 p.m. at Gallery Underground, 2100 Crystal Drive, Arlington. Featuring work by Barry Barnett Keith, a graduate of T.C. Williams and The University of Delaware Art School. Call 301-518-



FILE PHOTO BY SHIRLEY RUHE/THE CONNECTION

Past years Rosslyn Jazz Fest

on site.

Volunteers can get involved by signing up for one of two shifts: 12-4 p.m. or 4-7 p.m. by emailing savannah@ontaponline.com.

— SHIRLEY RUHE

covered in destructive invasive plants. Call 703-228-3403.

Rosslyn Jazz Fest. 1-7 p.m. at Gateway Park, 1300 Lee Highway, Arlington. Performers include: Cory Henry & The Funk Apostles; Orquesta Akokan; True Loves; and Aztec Sun. Last year, this event drew more than 10,000 music fans to the park for a day of dynamic, free performances. Come to hear live music performed by some of the biggest names in jazz and world music today. Plus, enjoy several bar areas serving wine and beer, as well as a variety of favorite local food trucks. Get involved and volunteer; sign up for one of two shifts, 12-4 p.m. or 3-7 p.m. Volunteers for the last shift will get a free drink. Visit www.rosslynva.org.

Free Play Days. 1:30-3 p.m. at Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Ages 5 to 9. Give kids unstructured time they can call their own. Children 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. #612828-A. Call 703-228-4747 or visit registration.arlingtonva.us to register.

Wiggling Worms Campfire. 7-8 p.m. at Gulf Branch Nature Center, 3608 N. Military Road, Arlington. This engaging program will be filled with entertaining activities that may include stories, special animal guests, games, songs and of course, S'mores. Register children and adults; children must be accompanied by a registered adult. The whole family is invited to join us at the Gulf Branch fire ring for lots of old-fashioned fun. \$5. #612858-A. Call 703-228-4747 or visit registration.arlingtonva.us to register.

SEPT. 8-DEC. 22

Adult Dance Technique. 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 or call 703-933-1111.

SUNDAY/SEPT. 9

Zig Zag The Magic Man. 11 a.m. at Lubber Run Amphitheater, 200 N. Columbus St., Arlington. Zig Zag the Magic Man... the ever popular, most sought after magistral affinator of Funmakers provides quality professional children's entertainment to be enjoyed by the whole family. Additional funding for this performance was provided by the Lubber Run Amphitheater Foundation. Visit parks.arlingtonva.us.

SEPT. 10-DEC. 10

Fitness at Synetic Theater. 6-7 p.m., Mondays and Wednesdays, at Synetic Theater, 1800 S. Bell St., Arlington. Led by senior instructors, Synetic Theater's Fitness class offers a new and dynamic exercise routine each week, providing a balance between pushing students and having fun. Visit www.synetictheater.org.

Synetic Movement Technique. 7:15-8:45 p.m., Mondays, at Synetic Theater, 1800 S. Bell St., Arlington. Synetic Technique is a highly specialized class that focuses on developing a heightened sense of

ENTERTAINMENT



'Strangely Familiar'

Features work by New York-based artists Maureen Cavanaugh, Carolyn Salas, Gabriela Salazar and Lumin Wako. The exhibition of individual works range from the representational to the abstract through painting, sculpture and collage. Each artist offers elements of re-vision — and re-examination — of an already known. Sept. 6-Oct. 20 at Cody Gallery at Marymount University, located at Ballston Center, 1000 North Glebe Road, second floor, Arlington. A reception is planned for Sept. 6, 6-8 p.m. Visit www.marymount.edu/ballston-center-gallery.

Lumin Wako, Untitled, 2017, oil on linen, 14 x 11 inches.

CALENDAR

body awareness and corporeal expression through a series of inter-disciplinary physical vocabularies. Visit www.synetictheater.org.

Ballet Fitness. 6-7 p.m., Thursdays, at Synetic Theater, 1800 S. Bell St., Arlington. Though not a traditional ballet class, this class challenges students to learn the basic principles of the ballet technique while magnifying strength and stamina. Visit www.synetictheater.org.

Teen Acting. 10-11:30 a.m., Saturdays, at Synetic Theater, 1800 S. Bell St., Arlington. Teens work directly with founding choreographer, Irina Tsikurishvili learning how to execute high-octane stage combat maneuvers, tumbling, acrobatics, martial arts, and dance. Visit www.synetictheater.org.

TUESDAY/SEPT. 11

Birding Trip. 9 a.m.-1:30 p.m. Meet vans at the Barcroft Sports & Fitness Center parking lot, 4200 S Four Mile Run Drive, Arlington. Adults. Explore the natural wetlands and cultivated water plants at Kenilworth Park, stretching along the Anacostia River, for birds and blooms. Search for wading migrants such as herons and egrets, as well as songbirds. This trip covers a couple of miles of easy walking on trails and open boardwalks. Participants should dress for the weather and bring binoculars, a bag lunch, drink and snacks for the day. \$33. #612848-A. Call 703-228-4747 or visit registration.arlingtonva.us to register.

Spider Storytime. 10:30-11 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 2 and up. Register children only. Come spin a web of stories about our favorite eight-legged friends. Free. #612918-V. Call 703-228-4747 or visit registration.arlingtonva.us to register.

Singers Wanted. At the United Baptist Church, 7100 Columbia Pike, Annandale. Wakefield Chorale is looking for men and women who like to sing. The chorale welcomes singers of all voice ranges. No audition is required. Rehearsals are held on Tuesdays at 7:15 p.m. beginning Sept. 11. Call Johanna Droel at 703-569-0214 or email jdroel@gmail.com.

Small Space Gardening. 7-8:30 p.m. at Shirlington Branch Library, Campbell Room, 4200 Campbell Ave., Arlington. A tree can add beauty, value, and a host of sustainable benefits to a home and yard. There are various trees native to this area that can thrive with the right care in a small space. Learn how to assess a site's conditions to help select, plant, and maintain the right tree. Free. Advance registration requested at mgnv.org. Call 703-228-6414 or email mgarlalex@gmail.com.

TUESDAYS/SEPT. 11-OCT. 30

Forty+ Project. 11:30 a.m.-1:30 p.m. Arlington Cultural Affairs Bldg., 3700 S Four Mile Run Dr., Arlington. Explore movement and performance

by working with others on a creative project. This eight class series explores movement technique and creative strategies in developing a work for concert performance. The session is led by choreographer Andie deValux, an educator and former artistic director of Equinox Dance Company. For those who have never performed, but wanted to try or 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: \$160. Visit www.janefranklin.com/adult-dance/forty-plus.

WEDNESDAY/SEPT. 12

Reel Page Turners. 1:30-2:30 p.m. at Lee Community and Senior Center, 5722 Lee Highway, Arlington. Join in the launch of a new movie-themed book club in partnership with Lee Senior Center. The first book selection is "Breakfast at Tiffany's," by Truman Capote. After meeting at Lee Senior Center to discuss the novel, enjoy a film screening and discussion at the Westover Library the following Wednesday on Sept. 19. Call 703-228-6327. Visit arlingtonva.libcal.com/event/4329270.

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

WEDNESDAY/SEPT. 12

Capitals Hockey Sports Talk. Join Washington Post Capitals' Reporter Isabelle Khurshudyan as she headlines the Better Sports Club of Arlington's September program. Khurshudyan will share her observations and experiences on this historic Capitals season at the first membership meeting of the Better Sports Club's fall season. This is an opportunity to hear what really happened from a reporter who covered it all. Make reservations today at BSCRSPV@gmail.com or 703-241-0390. Admission is \$25 for BSC Members and \$30 for guests. Visit www.bettersportsclub.org.

THURSDAY/SEPT. 13

Desegregating Arlington School Sports. 7-9 p.m. at Marymount University, Reinsch Library Auditorium, 2807 N. Glebe Road, Arlington. Arlington's African-American kids could attend white schools starting in 1959, but that was just the first step. Playing sports together was an even longer battle that played out in government, PTA meetings, and around dinner tables. This panel discussion will feature men and women athletes representing Wakefield and Washington-Lee High Schools as well as a variety of sports. The panel will be moderated by former Pittsburgh Steeler (and two-time Superbowl champ), Reggie Harrison. Visit

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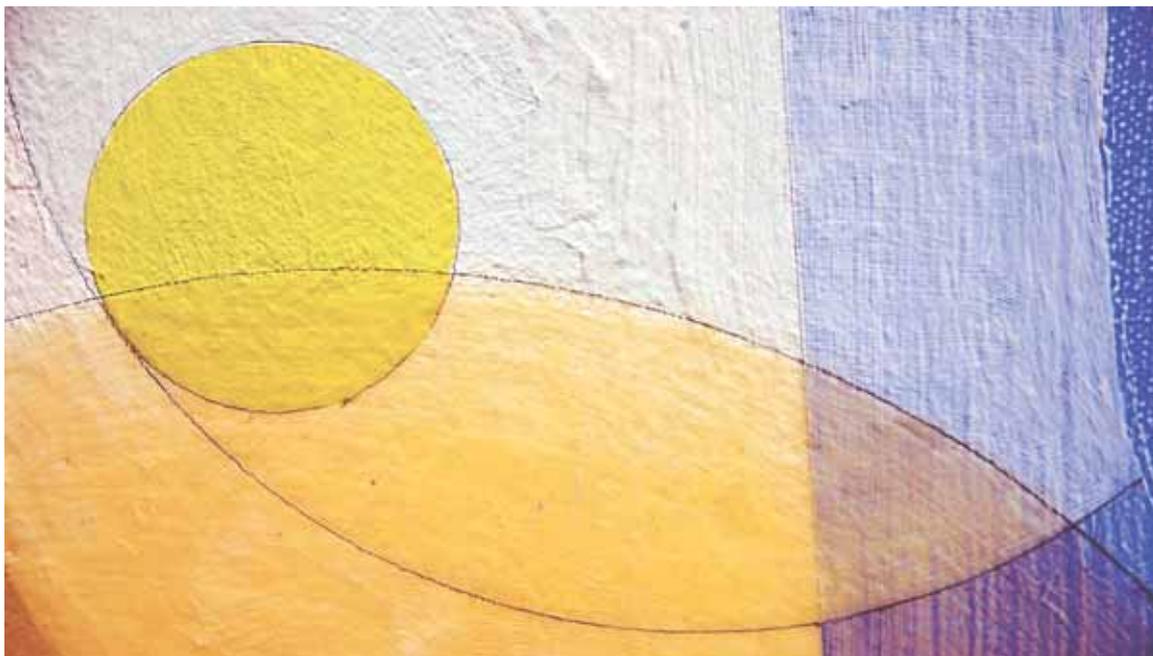


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ENTERTAINMENT



Unnamed – one of the images taken by Slobodan Mitrovic of David Carlson's work.



Slobodan Mitrovic, left, and David Carlson.

'Ingredients'

Featuring five paintings by David Carlson along with 10 photographs by Slobodan Mitrovic that explore details of Carlson's work. Sept. 7-Oct. 7 at The Barry Gallery in the Reinsch Library at Marymount, 2807 North Glebe Road, Arlington. Open 10 a.m.-8 p.m., Monday-Thursday, and 10 a.m.-6 p.m. on Friday and Saturday. An opening reception is planned for Friday, Sept. 14, 6-8 p.m. Admission is free. Visit www.marymount.edu/barrygallery.

CALENDAR

www.arlingtonhistoricalsociety.org. Call: 703-892-4204.

Deep Dive: Non-Avian Migrations. 8-9 p.m. at Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Adults. Take a Deep Dive into natural history that scratches more than just the surface. Birds are not the only animals to migrate. Discover the intricacies of migration in fish, dragonflies, butterflies, and even tiny water fleas. \$5. #612848-D. Call 703-228-4747 or visit registration.arlingtonva.us to register.

FRIDAY/SEPT. 14

Opening Reception: 'Ingredients.' 6-8 p.m. at The Barry Gallery in the Reinsch Library at Marymount, 2807 North Glebe Road, Arlington. Featuring five paintings by David Carlson along with 10 photographs by Slobodan Mitrovic that explore details of Carlson's work. Visit www.marymount.edu/barrygallery.

Chimney Swifts Put on a Show. 7-8 p.m. Meet at Walter Reed Community Center, 2909 S. 16th St., Arlington. Each September Chimney Swifts put on an amazing show where hundreds gather, swirl, then disappear. Learn about their lives and walk to a nearby prime viewing location to enjoy the show. Families ages 6 and up. Register children and adults; children must be accompanied by a registered adult. \$5. #612858-F. Call 703-228-4747 or visit registration.arlingtonva.us to register.

SATURDAY/SEPT. 15

Walking Tour. 9-10 a.m. Meet 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, role of the fort and the soldiers stationed there in the Civil War. Dress for the weather as terrain will be uneven and possibly muddy. Free. #612758-A. Call 703-228-4747 or visit registration.arlingtonva.us to register.

Arlington Bioblitz.

9 a.m.-5 p.m. Meets at Glencarlyn Park in various locations. Event will use the help of natural history experts, citizen scientists, and the public to see how many plant and wildlife species they can find to get a better idea of Arlington's biodiversity. Last year 92 people in 19 teams at seven parks made observations of 470 species. For information or to register, contact Alonso Abugattas at aabugattas@arlingtonva.us or 703-228-7742.

Fall Cleanup at Barcroft Park. 10 a.m.-noon at Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers will remove trash and debris from the waterways, capture data about the trash and litter collected, and provide it for analysis to Clean Virginia Waterways Virginia's organizer for the International Coastal Cleanup. Volunteers will use Greenpeace Million Acts of Blue toolkit to audit

the corporate sources of plastic collected during the cleanup. The Audubon Naturalist Society (ANS) will have a "Creek Critters" learning station available during this event. Call 703-228-6427 or email volunteer@ecoactionarlington.org.

Nauck Civic and Community Pride Day. Noon-6 p.m. at Drew Model School & Community Center, 3500 23rd St. South. Hosted by Nauck Civic Association. Free event. Visit www.ncaarlington.org.

Water Testing. 2-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ages 8 to 12. How can one tell if water is clean? What are some of the things that cause water pollution? Become an environmental scientists and find answers as while conducting safe chemical water tests at different locations in Glencarlyn Park. #612928-A. Call 703-228-4747 or visit registration.arlingtonva.us to register.

Journey of the Eels Campfire. 7-8 p.m. at Gulf Branch Nature Center, 3608 N. Military Road, Arlington. This engaging program will be filled with entertaining activities that may include stories, special animal guests, games, songs and of course, S'mores. Register children and adults; children must be accompanied by a registered adult. Call 703-228-3403. \$5. #612858-G. Call 703-228-4747 or visit registration.arlingtonva.us to register.

Family Game Night. 7-9 p.m. at St. John's Episcopal Church, 415 S. Lexington St., Arlington. Join in for an enjoyable evening with family,

friends or new acquaintances playing favorite board, strategy or kids games. Bring a non-perishable food item (can or box of food) to donate to AFAC, the Arlington Food Assistance Center. Visit stjohnsarlingtonva.org.

SEPT. 15-OCT. 27

Jane Franklin Youth Dance Class. Saturdays, 11 a.m.-12 noon at Arlington Cultural Affairs Building, 3700 S. Four Mile Run Drive, Arlington. Join Jane Franklin Dance in a weekly, Saturday morning class series for ages 6-11. Build physical skill and challenge creativity while creating a piece for performance. Class materials include dance technique and creative movement to explore spatial relationship, partnering and group forms. Cost is \$110 for series. Visit www.janefranklin.com/classes.

SUNDAY/SEPT. 16

Glencarlyn Garden Autumn Fest. 10 a.m.-3 p.m. at 300 S. Kensington St., Arlington. Learn how early Americans used herbs, tour the oldest house in Arlington, and learn from the community's Master Gardeners how to grow beautiful things. This event is in partnership with the Glencarlyn Community Garden. Visit arlingtonhistoricalsociety.org/events/glencarlyn-garden-autumn-fest/.

Mystic Drumz. 11 a.m. at Lubber Run Amphitheater, 200 N. Columbus St., Arlington. Mystic Drumz specializes in bringing interactive percussion

experiences to young people. Hands-on interactive sessions and performances showcase eclectic percussion instruments sourced from around the globe, and link geography to sounds, rhythms to science, and laughter to learning. Visit parks.arlingtonva.us.

St. Andrew's Community

Picnic. 11:15 a.m.-1 p.m. at St. Andrew's Community Picnic, 334 N. Oakland St., Arlington. Join in the annual St. Andrew's Community Picnic, following the 10 a.m. service (roughly 11:30 a.m.). The service will mark the official arrival of new rector, the Rev. Dorota Pruski. Visit standrewsarlington.org.

Notable Nature. 3:30-4:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. Join us for lessons in nature journaling and sketching. Construct a nature journal, hone writing and drawing skills and talk about the season while hiking. Free. #612958-G. Call 703-228-4747 or visit registration.arlingtonva.us to register.

WEDNESDAY/SEPT. 19

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



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New CEO for Foundation

Jennifer L. Owens has been named the president and CEO of the Arlington Community Foundation.

“We are so pleased to have Jennifer Owens join the foundation, and welcome her back to our region,” said Jeanne Broyhill, chair of the foundation’s board. “Her experience and expertise in the community foundation arena, coupled with her leadership, fund development success, and community engagement make her an outstanding leader for the foundation going forward.”

With over 20 years’ experience in nonprofit and foundation work, Owens comes to the foundation from Syracuse, N.Y. where she most recently served as the senior vice president and chief development officer for the Central New York Community Foundation, a \$270 million foundation. She has also served in various programmatic and grants management roles with the Summit Founda-



Jennifer L. Owens.

tion and the Public Welfare Foundation in Washington, D.C.

Owens is currently a board member of Syracuse Community Connections, and a founding board member of Below 40, an organization dedicated to providing a platform for creative professionals to pursue their passions, and promote Syracuse as a vibrant place to live and work. She is a graduate of Leadership Greater Syracuse, and a member of several professional organizations. Owens has her Master’s degree from Seton Hall University in strategic communications and leadership, and her Bachelor’s degree from American University in Washington, D.C.

The Arlington Community Foundation is an independent 501(c)3 organization that offers a variety of opportunities for Arlingtonians to invest in the community’s future, thereby enhancing the lives of those who live, work, play and pray in the community.

Local West Nile Virus Case Reported

FROM PAGE 2
common — at dawn and dusk — which are peak biting times.

According to Varghese, “Well-informed and active residents are necessary partners to combat dis-

ease carrying insects in our community.

Please join us in fighting the bite to better yourself, your family and our community from mosquitoes and the diseases they may trans-

mit.”
For more information, visit the Mosquito Information Center at <https://health.arlingtonva.us/environmental-health/mosquito-information-center/>.

BULLETIN BOARD

FROM PAGE 7

regional economy. Visit www.bot.org/upcomingevents/dmvmforum for more.

School Board Meeting. 7 p.m. at Syphax Education Center, School Board Meeting Room, 2nd FL, 2110 Washington Blvd. Appoint School Naming Committees. Full agenda posted one week prior. Visit www.apsva.us/about-the-school-board/ for more.

FRIDAY-SUNDAY/SEPT. 7-9

W-L Reunion Planning. Alumni from Washington-Lee High School Classes of 1957 and 1958 will be celebrating their 60th reunion on Sept. 7-9 at the Key Bridge Marriott. Highlights of the weekend include a Friday night social, picnic at the Potomac Boat Club Saturday afternoon, dinner, dialogue and dancing on Saturday evening, and a farewell breakfast Sunday morning. For further information, contact Al Richmond (Class of '57) or Kitty Sherwood Richmond (Class of '58) at 703-276-4699 or wlhs1857@yahoo.com or wlhs1958@yahoo.com.

MONDAY/SEPT. 10

Entry Deadline. Guaranteed entry into the Marine Corps Marathon & 10K with the American Cancer Society Determination team. Group runs and fundraising activities. Email easterndetermination@cancer.org or call 765-586-2222.

Virginia Hospital Center’s fitness & healthy lifestyle classes begin the week of Sept. 10. View the full schedule and register at www.virginiahospitalcenter.com/healthy. To register for the free demo, or get more info., call the Health Promotion Department at 703-558-6740.

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Funds Needed for Two Additional Clinicians

FROM PAGE 4

tal illness? Yes. Corporate reputation is more and more important every year, so it would seem to make sense for large hospitals to engage in this kind of philanthropy. Many do in their own way, but crisis stabilization is certainly a worthwhile endeavor.”

According to Judy Deane, of the Arlington Community Services Board (CBS), “DBHDS reached out to VHC to obtain funding for expanding the number of CR2 clinicians: VHC said, this isn’t our mission, we don’t have a pediatric unit.”

VHC Vice President for Business Development and Community Relations Adrian Stanton has said, “More hospital beds for mentally ill children might not be the best solution.”

Stark agreed with Stanton. “That is absolutely true; however, hospital beds do have a place. Sometimes you need a

secure environment; sometimes you have to keep kids safe outside of the home. But hospitalization is such a sterile environment. The only real solution has to be to address people’s needs in the moment — in the places where they reside — work with them in their homes, their schools, their communities.”

Stark said the need for crisis response is huge. “Ever since the shootings at Virginia Tech, the State of Virginia has been looking closely at mental health crises. Concurrently, and because a disproportionate number of children have been hospitalized for years, DBHDS, the Children’s Service Administration (CSA), and other agencies that serve children and families, started focusing on crisis stabilization. They are slowly getting monies allocated towards this type of work but there is only so much money available. For CR2, Medicaid can help offset the cost to the grant but, unfortunately, it seldom does. The vast majority of our clients have commercial insurance, or no insurance, so the money gets spent fast.”

Commercial insurance is just learning about mobile stabilization services, Stark said. “They may not understand how it saves money and improves outcomes relative to hospitalization. National Counseling Group did talk to a large managed care organization in early 2018, and there was some interest in exploring coverage of the mobile services. Anthem, Blue Cross Blue Shield - Anthem is the first care organization as of January to look at home-based counseling services for some of their members. Their commercial side did a pilot of this last year, and as of January 2018 they started offering coverage of home-based counseling services. So NCG is hopeful the other companies will follow suit.

What does it cost to create a CR2 unit? Stark said, “\$200,000 doesn’t buy much of a unit, but it would fund a few doctors or clinicians. This is due not only to the cost

of the employees but to the cost of psychiatric services, administrative overhead, and education and outreach. We were just talking about this. How can we make this more affordable? A high-fidelity program is costly. But every additional dollar will help. To some extent this is a prevention model: not to let these problems fester and end up requiring a hospital stay.”

Stark said, “The biggest issue is the scope of response, because we have 12 people between our crisis units, and no one can work 24-hours a day, 7 days a week. We can only respond to 2-3 calls a day, but, at times, we get 15 calls. Yet, because we exist, we’ve been able to divert hospitalization for a vast majority of people. When we are able to mobilize, we are able to divert hospitalization approximately 90 percent of the time. Mobile units are cheaper and more efficient than ER visits.”

Stark agrees that more resources for mental health issues is important so that crisis response is not the only solution. “People don’t always understand what it is we do. They themselves don’t always understand what a mental health problem is or whether they have a crisis or not. People, because they don’t have insurance, just want help. Their family dynamic is falling apart and help is not readily available. Maybe CR2 can help them. We end up having to tell people, ‘That’s not exactly what we do ...’”

“Some things aren’t a crisis, per se. A crisis is that which puts the child at imminent risk of going to a hospital because of their psychiatric problem. Sometimes kids are just not doing what you ask, threatening to run away, and these parents can’t otherwise get help so they call CR2. We spend a lot of time giving them better resources for those

Virginia Hospital Center: Balancing Needs

FROM PAGE 3

the hospital.”

“If we get the site, we can expand our ER services; we were talking about expanding the Emergency Department outpatient services to Edison so we can free up space near the ER. That would allow us to address the question of a separate ER for mental health patients.”

“With regard to the CR2, we didn’t oppose a team being created to concentrate on Arlington and Alexandria, but our question was: what role can we play in that? The task force said, ‘We don’t need expertise, we need money.’ So they are asking for a check. But our ability is in providing medical expertise. How can we leverage what we feel is our best resource? There is no clear guidance on whether we would be the only people cutting the check.”

Children’s Regional Crisis Response

According to the CR2 and the Northern Virginia Regional Projects Office overseeing CR2, the Department of Behavioral Health and Developmental Services (DBHDS) Region II maintains a robust community Crisis Response System that includes crisis response for children with behavioral health issues throughout the region.

The region consists of the City of Alexandria, and the counties of Arlington, Fairfax, Loudoun, and Prince William. A major component of this Crisis Response System is the Children’s Regional Crisis Response (CR2) Program. CR2 is a state-funded mobile crisis stabilization program which is operated under contract to the region through the Arlington Community Services Board (ACSB) as fiscal agent. The goal of this program is to provide mobile crisis stabilization and follow-up services to children with behavioral health issues.

In June 2014 the program opened with two teams of clinicians providing services in its first full year of operation to 287 children in crisis. Of those 287 children, 262 were able to remain in the community as a result of these services and only 25 required hospitalization. In the spring

of 2015, Region II requested an additional \$500,000 from DBHDS to increase the capacity of the program by adding an additional team of clinicians. The program was awarded \$400,000 towards that request.

This enhanced the program capacity by adding a partial third team of clinicians. An additional request was made to the state in the spring of 2016 with a goal of further expansion of capacity to serve, but Region II was only able to obtain an additional \$200,000.

The current annual funding from the state is \$1,448,046 which supports three teams of clinicians. Since the program opened in 2014, CR2 has served over 1,000 children in need of crisis services.

The need for these services is greater than the current capacity to provide them to all children in crisis in Northern Virginia. In FY 2018, from July 1, 2017 through March 31, 2018, the CR2 program admitted 269 children to services, while 73 children could not be served due to the program’s capacity limits. This number is likely low as when referral sources hear that a program is at capacity, they may not call the program for resources.

issues. We don’t want to respond to false alarms; there are enough genuine crises out there. “

“We have a CARE center,” said Stark, “a call center with qualified mental health practitioners — they do the initial screenings for lethality, and either mobilize CR2 or help with referrals to emergency services when needed. We have our own little hotline, but if we had more money, enhancing a hotline might prove valuable. More mobilization staff, however, is always needed.”

“CR2 doesn’t get any federal money directly, but because of recent school

shootings and the rising addiction and suicide rates, the issue of mental health is being thrust into the public arena and there is hope. Our hope is that more money will continue to be allocated for CR2 and like programs,” said Stark.

Is the need getting worse? “There is no doubt that mental health issues are growing in our society. There has long been a need for crisis work. The CSA has been talking about the need for crisis response for 12 years. For over 10 years, service providers like NCG as well as the CSA were doing service needs assessments: all 120 locali

SEE FUNDS, PAGE 15

WELLBEING

Aiming for Long-Term Fitness

Study shows physical declines can be detected as early as age 50.

BY MARILYN CAMPBELL

“I’ve been doing it since before I retired,” said Rich White, a former accountant who lives in Alexandria. “It’s easier to get up and get it out of the way so I don’t miss it. Both of my parents died prematurely of heart attacks. That’s when I decided to start running to get in shape. Eventually that turned into a habit of daily strength and aerobic exercise.”

White’s assumptions about preserving his physical health are underscored by a report from the Center for the Study of Aging and Human Development at Duke University School of Medicine which found that physical decline begins when people are in their 50s, much earlier than people might notice or expect.

The study looked at 775 adults ranging in age from 30 to 90 to assess changes in fitness abilities like endurance, balance, speed and strength. Researchers found that exercise efforts must begin before the age of 50 in order to help halt the decline and maintain mobility and independence longer in life.

“Our research reinforces a life-span approach to maintaining physical ability — don’t wait until you are 80 years old and cannot get out of a chair,” said lead author Katherine S. Hall, Ph.D. in releasing the study.

By having participants stand on one leg for 60 seconds to measure balance and sit and rise from a chair for 30 seconds to measure lower body strength, researchers were able to detect a decline beginning in

Emma Warner, 72, meets her trainer at a Montgomery County Recreation Center gym twice a week. Together they perform a combination of exercises aimed at improving her strength, balance, endurance and flexibility.

“We stretch and do yoga poses, sometimes we speed walk outside and I also do exercises with two or three pound dumbbells,” she said. “But my mother is 98 and is in pretty good health, so I figure I have good genes. I just need to work on fitness to maintain.”

As people age, change and decline is inevitable, but the rate and severity can vary based on genetics and the level of activity in one’s lifestyle. Regular exercise can have a profound effect on the way in which one ages.

“People have their actual age, which they can’t do anything about, and their biological age,” said Martin. “Someone could be 40 years old, live a very inactive lifestyle and not eat very well, which may cause them to be closer to 60 in terms of their biological age. And vice versa, someone who is 60 could be very active and eat a healthy diet and feel like they are much younger, perhaps a biological age closer to mid-40s.”

Fitness instructor Amy Traum has clients who run the age gamut from college students to retirees, but her overarching advice to getting in shape is similar. “Everyone needs a well-rounded exercise program that includes stretching, balance exercises, strength and cardio,” she said. “I always begin and end classes with stretching and I try to add strength and balance elements like a weighted deadlift.”

Those new or newly returning to exercise should start slowly and gradually, says Traum. “It sounds like common sense, but I can’t tell you the number of people who come to my classes with no experience and try to work way above their fitness level

“Our research reinforces a life-span approach to maintaining physical ability — don’t wait until you are 80 years old and cannot get out of a chair.”

— Katherine S. Hall, Ph.D.

“Someone could be 40 years old, live a very inactive lifestyle and not eat very well, which may cause them to be closer to 60 in terms of their biological age. And vice versa, someone who is 60 could be very active and eat a healthy diet and feel like they are much younger, perhaps a biological age closer to mid-40s.”

— Joel Martin, Ph.D., assistant professor of Kinesiology, George Mason University

one’s 50s. The findings show the need to understand and preserve muscle strength.

“Most tissues in the body respond to stress placed on them by becoming stronger or adapting to handle the stimulus you place on them,” said Joel Martin, Ph.D., assistant professor of Kinesiology at George Mason University. “If you lift weights, your muscles get bigger and stronger. If you don’t do any sort of physical activity to stimulate your muscles then they get smaller and become weaker. Use it or lose it.”

and either get injured or discouraged,” she said. “There’s nothing wrong with starting out slow, sticking with it and making gradual progress. Also make it fun, like walk or jog with a friends or take a dance or Zumba classes.”

“Eating a healthy and nutritious diet is also important,” added Martin. “The antioxidants in foods, especially fruits and vegetables, can help to preserve and protect tissues from damage that occurs as part of the natural aging process.”

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NEWS

Seeking Funds for CR2

FROM PAGE 3

quests going into negotiations with VHC. When negotiations with VHC on item 3 revealed VHC's hard line on funding a pediatric unit, the third request morphed into a request for two additional clinicians for the CR2 (Children's Regional Crisis Response, a regional mobile unit service).

Verdugo, Deane, and other advocates of improved community services at VHC cite the balance sheet the non-profit hospital enjoys. Their IRS Form 990 in 2016 shows revenue from parking alone at \$2,733,399. Parents complain VHC is still saying, "Just take adolescent psychiatric patients to Dominion Hospital." HCA VA Dominion Hospital is the only freestanding mental health care facility in Northern Virginia. Parents say VHC does not recognize many adolescents have complex problems like cancer, autoimmune disease, or neurological complications. Dominion Hospital doesn't treat anything but mental illness.

One of the gauges of need for more psychiatric beds is the Temporary Detention Order (TDO) rate. When Emergency Services clinicians believe that a person in crisis needs to be in a hospital to be safe, but the person does not agree or is unable to agree due to the severity of the crisis, Emergency Services may request a Temporary Detention Order (TDO). The number of TDOs has grown steadily in the last couple of years.

According to Anne Hermann, chair, Arlington County Community Services Board, the number of TDOs in Arlington was 509 for FY 17 and in FY18 it was already 459 in April 2018 (the fiscal year is over in September).

According to CSB in the months of April through December 2017, there were 273 TDOs that could not be placed at VHC. Verdugo is frustrated: "All their (VHC) documents say they serve the region. But they keep on coming up with reasons why they can't fund the CR2."

In an interview in 2017, Robin Norman, chief operating officer for VHC, explained the hospital performs a valuable service for the community, and complaints about how much money VHC has in investments and assets are unwarranted. "Looking back to 1979, we were barely making payroll," she said. "We wanted to professionalize, and we started putting money aside. We wanted to spend it on the right things: when we need to upgrade electronic record systems, it's not as easy as it should be and it costs a lot: in this case, \$77 million."

"Arlington as a community is aging and growing," Norman said. "The land swap will allow us to put outpatient services there and it will cost \$250-300 million. There is no space on this campus to put additional beds, so the only way we will get the space we need for psychiatric beds is to move outpatient services."

"Our women and children facility at 1701 N. George Mason Drive will need to be replaced eventually, despite maintenance on the building, it won't be viable long term."

"We are a private-non profit hospital," said Norman. "There is no official oversight because we are an independent hospital. There are only nine such hospitals left in Virginia. Having a small, independent hospital is good for Arlington. We have the second largest number of babies born in the state of Virginia and our presence makes it possible for seniors to remain independent — we speak about that in the community."

Speaking to the issue of the psychiatric beds at VHC being located "below ground," both Norman and Adrian Stanton, the vice president for market-

ing at VHC, insisted that is not the case. While a tour of the unit itself was not possible because of privacy laws, Stanton provided a tour of the exterior and pointed out the land is in a bowl, so you do drop down in that area of the building, but there are windows in each room. They are, for safety reasons, windows divided into thirds, with opaque safety coverings on the windows, which also keep the rooms private. The unit has 18 beds in nine rooms. Shared rooms are not always an option for mentally ill patients and Stanton acknowledged not all 18 beds would be available if a patient required single occupancy.

"What's the best answer to the issue of psychiatric beds?" Stanton and Norman asked. "Hospital beds might not be it."

There may be a way to make all parties happier. Hermann noted one of the "asks" of the CSB had evolved since VHC made it clear they would not set up a pediatric unit: that ask is now to fund improved treatment options for children and adolescents with serious mental illness.

In this category, Hermann described the CR2. In FY17, there were 525 referrals (region-wide) and 125 of these (23 percent) needed to be deferred, she said. "There are two mobile units in the region, and we are advocating for two additional clinicians."

The CR2 units have played a role in filling the mental health service void particularly for adolescents left by VHC and, in the case of patients with physical as well as mental problems, by Dominion Hospital. Parents like the CR2, but say they have called the CR2 and too often the response is: "We don't have anyone right now, too busy." In the absence of a CR2 clinician, families or schools often call the police, with a far greater likelihood of the child being hospitalized or landing in juvenile detention.

The CR2 units cover Loudoun, Fairfax, Prince William, and Arlington counties, and the cities of Alexandria and Falls Church. Verdugo specified that since VHC has no real pediatric expertise, and since the Arlington Pediatric Center (funded by VHC) serves only indigent clients and refers those with psychiatric issues to the county's Department of Human Services for treatment, the contribution VHC could make to serving children under age 18 could be relatively easy. "We would like VHC to fund two additional clinicians to focus on Arlington County and adjacent areas of Alexandria. But VHC is keeps on coming up with reasons why they can't do this, even though the cost of such a team is only about \$200,000 per year. VHC has said, according to Verdugo, they hesitate to fund a program that might expire after five years, or, to fund a program that pools money from Arlington into a general "Region II" fund. "We and they know this is their last chance to expand, and there are no plans to add psych beds beyond the adult ones. So this should be a priority in the negotiations with VHC. Arlington's Department of Human Services, the fiscal agent for the CR2, as well as the county manager, have indicated they can accept funds from VHC for this purpose. They can set up a "trust and agency account" solely for funds to the CR2 program," Verdugo said. VHC's own IRS filing from 2016 states "all surplus funds generated by hospital operations are reinvested in the community through the development of new and existing programs and services as well as the purchase and investment in current and future property, plant and equipment."

The VHC community health needs assessment, a survey of 28 community leaders from Arlington County, identified mental illness as the top service gap in both 2014 and 2017. In 2017 one respondent

SEE CR2 CLINICIANS. PAGE 15

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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

NEWS

What's Needed

FROM PAGE 3

For these reasons and to support our children, youth and families struggling with mental health issues, we strongly recommend that the County Board and County Manager work with VHC to obtain funding for two additional clinicians for CR2 from VHC for a minimum of five years as part of the land swap.

Anne O'Brien, hair, Arlington Partnership for Children, Youth, and Families

Cc: County Board Members; Mark Schwartz, County Manager; Adrian Stanton, VP Business Development & Community Relations, Virginia Hospital Center

SEPTA Letter to the County Board:

Dear Arlington County Board Members and Arlington County Manager, On behalf of the membership of the Arlington Special Education Parent Teacher Association (SEPTA), we, the board members, are writing to endorse the land swap between Arlington County and Virginia Hospital Center (VHC) subject to VHC funding two additional clinicians for the Children's Regional Crisis Response program (CR2) for a period of five years. We strongly support inclusion of this commitment in the site plan conditions.

VHC is a tax-exempt organization, and one whose own values state "To serve the healthcare needs of our community." Since VHC does not currently have a pediatric department, we believe that contributing to CR2 is imperative at this time, ensuring that Arlington's children benefit from the

Arlington County and Virginia Hospital Center transaction in a critically important way. Improving staffing for the mobile stabilization program, CR2, is a beneficial planning factor that we would like to see included.

On occasion some of our Arlington Public Schools administrators have had to call CR2 for children in psychiatric or substance abuse crisis and they report excellent outcomes for these children. Unfortunately, the current staffing of CR2 in our area is inadequate and some eligible calls are turned away due to a lack of trained clinicians. SEPTA highly values the benefit of having this service available more widely for our students and would like to see adequate staffing of the program so that clinicians can respond to all eligible calls.

Again, we strongly encourage you, the Arlington County Board Members and County Manager, to obtain funding for two additional clinicians for CR2 from VHC for a minimum of five years as part of the land swap.

The Arlington SEPTA Board
Janna Dressel, President
Arlington Special Education PTA
president@arlingtonsepta.org

Funds Needed

FROM PAGE 12

ties talked about a need for crisis services. This is where the battle needs to be fought. While the general mental health issues need attention, what really matters is the most serious and most costly psychiatric crisis because it sets off the greatest interventions." For more information on the CR2, see: www.cr2crisis.com.

CR2 Clinicians

FROM PAGE 14

wrote from the law enforcement perspective, that substance abuse and mental health are the most pressing concerns." The CR2 addresses both.

Deane emphasized: "It's really important for the community to understand how important this is. What is happening now is that people are coming in to get help for mental health and not getting it. It's dangerous to the community. CSB and VHC need to work together. We need a place for them to go. There is nowhere to send them."

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Poise Under Pressure – Or Not



By KENNETH B. LOURIE

I don't want to self-indulge too much, but given the potentially life-changing seriousness of my upcoming Sept. 26 CT scan, I'm having a little trouble getting myself started in the morning – and throughout the day also, if you must know the truth? (I realize you all have your own lives to lead so that last sentence-ending question was more rhetorical than actual.)

Nevertheless, if you're still reading, you're still interested so I'll try to string together some "insightful commentary and thoughtful humor," (an original characterization of my columns) to keep you on the page. Although, given the subject of this week's column, it might be hard to tiptoe through the tulips.

The difficulty I'm having is being unable to ignore, "totally," (my mother loved to mimic the generation that popularized that word) the reality of my situation.

Typically, I've been able to maintain a relative calm and detached disposition as I go from one cancer-related thing to another. None of the tasks I must perform or the responsibilities I've assimilated into a routine (24-hour urine collection, pre-chemotherapy lab work, chemotherapy, quarterly CT scans, annual brain MRI, quarterly appointments with my oncologist, have changed who I like to think I am compared to who I was pre-cancer diagnosis, 2/27/09; despite having the weight of a "terminal" diagnosis/original "13 month to two year" prognosis on my shoulders/literally in my lungs.

To quote Popeye the Sailor Man: "I y'am who I y'am." (And I still don't like spinach, certainly not out of a can.)

And though I've done a pretty good job of flicking these flakes of pressure and anxiety off my shoulders like unwanted dandruff, the fact is – as with dandruff shampoo or any other personal hygiene product for that matter – unless one is diligent, vigilant and cognizant of its likely recurrence, nothing will change.

Unfortunately, cancer doesn't quite react that way. It will change and it can overwhelm even your best efforts and can cause harm not only internally but externally as well (emotionally). Fending off these emotional pressures is challenging and dare I say, presents as many problems as the growth and movement of one's tumors and the side effects of one's treatment does.

What makes my present situation feel different and a bit off-putting is that what has happened has happened after nearly five years of relative peace and quiet (I was never characterized as in "remission," by the way). It seems the possibility of having to go back, so to speak, and return to the scene of the crime – against my body/life expectancy; and moreover, having to restart the process, ratchets up the stress to previously unknown heights.

And part of me is wondering (worrying actually) if I'm up to the challenge again, emotionally and of course, physically as well; whether my body can sustain the damage its likely to experience if we have to reload.

I use the word 'reload' for a reason. Without invoking too many war metaphors, being diagnosed with cancer is like being drafted into the Army, except you have little training for the battles you're about to fight. And as much as fighting against cancer is a battle, it's more a war against attrition in which the bad guys (cancer) regularly defeat the good guys (people diagnosed with cancer). In general, the cancer experience is no picnic.

It reminds me of a long-ago M*A*S*H episode in which the doctors operated through a particularly difficult surgical session after which Henry (Lt. Col. Blake) and "Hawkeye" (Capt. Pierce) went outside the operating room/tent for some relief. "Hawkeye" clearly agitated over a patient he couldn't save; Henry tried to offer him some comfort with the following words: "There are certain rules about war. And rule number one is young men die. And rule number two is, doctors can't change rule number one."

What scares me about cancer is, it follows no rules and like war, leaves devastation in its wake. I just hope I'm not about to be another casualty.

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

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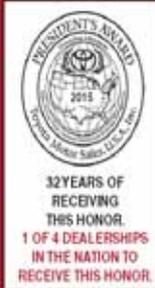
WE WILL RETRIEVE
VEHICLE CODES
& GIVE YOU
AN ESTIMATE
OF REPAIR COSTS.



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 8/31/18

Jack Taylor's
**ALEXANDRIA
TOYOTA**

3750 Jefferson Davis Hwy • Alexandria, VA 22305



SERVICE & PARTS DEPT HOURS:

Monday - Friday, 7:00am to 7:00pm
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF.
THAT'S EXACTLY WHY WE DON'T!**

ToyotaCare Customers
Don't Forget Your **FREE** Service.
5,000 • 10,000 • 15,000 • 20,000 • 25,000
NOW AVAILABLE Mile Services
Call your ASM for details
ToyotaCare Plus \$329⁰⁰
Covers up to 4 years/45,000 miles

OIL & FILTER CHANGE

\$29⁹⁵ NON-SYNTHETIC
\$44⁹⁵ SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

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BRAKE SPECIAL
\$79⁹⁵

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.
MACHINE ROTORS ADDITIONAL

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**SIGHT LINE
WIPER BLADES**
\$10 OFF
Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 8/31/18

**FREE
BATTERY CHECK-UP**
Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

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ALIGNMENT SPECIAL
\$69⁹⁵

Your car's alignment suffers, and can cause uneven tire wear and steering problems.
INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

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VARIABLE DISCOUNT

\$15.00 OFF when you spend \$100.00 - \$199.99
\$30.00 OFF when you spend \$200.00 - \$299.99
\$45.00 OFF when you spend \$300.00 - \$399.99
\$50.00 OFF when you spend \$400.00 or more

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TRUESTART™ BATTERIES
\$99⁹⁵

SPECIAL OFFER
INCLUDES BATTERY INSTALLATION
Includes: 84 month warranty, 24 month free replacement, 24 month free roadside assistance.
Does not apply to hybrid batteries.

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Jack Taylor's
ALEXANDRIA TOYOTA

Check your windshield. Does your sticker say **8/18, 9/18, or 10/18**? If so, your VA Safety Inspection is now due
**VIRGINIA STATE INSPECTION
FREE**

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CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**