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# The 1. Arlington Connection

Becky Robinson of Arlington is president and founder of Alley Cat Allies.

## On Forefront Of Feral Cat Care

NEWS, PAGE 3

## Uncovering Women Code Breakers

NEWS, PAGE 2

## Honoring Neighborhood Health

NEWS, PAGE 3

## HomeLifeStyle

PAGE 9

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ALLEY CAT ALLIES PHOTO ENTERTAINMENT, PAGE 6 ❖ CLASSIFIEDS, PAGE 10

## NEWS

# Uncovering Women Code Breakers

**Arlington author describes World War II counter intelligence program.**

BY TERESA CARANDANG  
THE CONNECTION

**A**rlington author Liza Mundy will talk about her most recent book, “Code Girls: The Untold Story of the American Women Code Breakers of World War II,” at the Pohick Regional Library in Burke on Sept. 12 starting 7 p.m.

Mundy wrote about a group of women who worked on the then top secret Venona Project, a counter intelligence program started by the U.S. Army’s Signal Intelligence Service (SIS), that started during World War II.

More than 10,000 codebreaking women were instrumental in deciphering encrypted messages, some of which were Japanese and Soviet. This led to the arrest of several spies like Americans Julius and Ethel Rosenberg, British intelligence officer Kim Philby, British diplomat Donald Maclean, and the German physicist Klaus Fuchs.

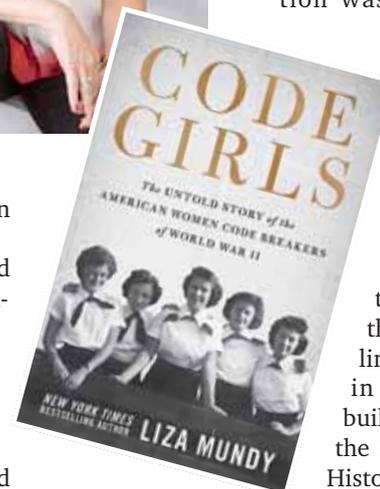
Mundy describes some of these women — Angeline Nanni, Gloria Forbes, Mildred Hayes, Carrie Berry, Jo Miller Deafenbaugh, Joan Malone Callahan, Gene Grabeel — and their lives and what they did to aid the development of computers, code-breaking and cybersecurity. Mundy dispels the notion that women held unimportant roles during the war, and that they in fact did most of the codebreaking work in the Venona project.

Mundy first learned the stories of these women from a declassified Venona 1995 file written by National Security Agency (NSA) historian, Robert L. Benson. He wrote that most of the members of the cryptanalytic unit of SIS, the precursor to the NSA, were women, and he was able to interview a few of them.

Based on Benson’s article, Mundy reviewed rosters, reached out to family members identified by the NSA and requested alumnae records from colleges like Goucher and Wellesley. That wasn’t Mundy’s only challenge; once she found these women she also had to convince the surviving members of



Liza Mundy



### Event Details

**Meet Liza Mundy, author of “Code Girls: The Untold Story of the American Women Code Breakers of World War II.”**

Books available for sale and signing.

**Date:** Wednesday, Sept. 12

**Time:** 7-8:30 p.m.

**Location:** Pohick Regional Library, Meeting Room 1 and 2, Burke

the group to share their stories, because even though the information was declassified, the women still felt they shouldn’t talk about their work that was considered confidential for a long time.

These women moved to Washington, DC to work at the SIS offices in Arlington. They worked in Arlington Hall, a building that is now on the National Register of Historic Places. The 100-lington Hall Station is presently the Department of State Foreign Service Institute. Located at the corner of South George Mason Drive and Arlington Boulevard, the former girls school, Arlington Hall Junior College for Girls, became the headquarters of the codebreakers during World War II. By coincidence, Mundy’s home is a few minutes away from Arlington Hall.

“Code Figures” is a new addition to books written about the little known but important work of women that started during World War II like “Hidden Figures: The American Dream and the Untold Story of the Black Women Mathematicians Who Helped Win the Space Race” by Margot Lee Shetterly, and “Rise of the Rocket Girls: The Women Who Propelled Us, from Missiles to the Moon to Mars” by Nathalia Holt.

Mundy, a former Washington Post writer and currently a senior fellow at New America, has written extensively about women including “The Richer Sex,” “Michelle” (a biography of First Lady Michelle Obama), “Why is Silicon Valley So Awful to Women,” “Playing the Granny Card,” “Wendy Davis, the Most Judged Woman in America,” “Monica Lewinsky Reconsidered,” “The Secret History of the Women in the Senate,” “The New Power Wives of Capitol Hill,” “Maternal Truths,” among other articles and essays.

### success is no accident

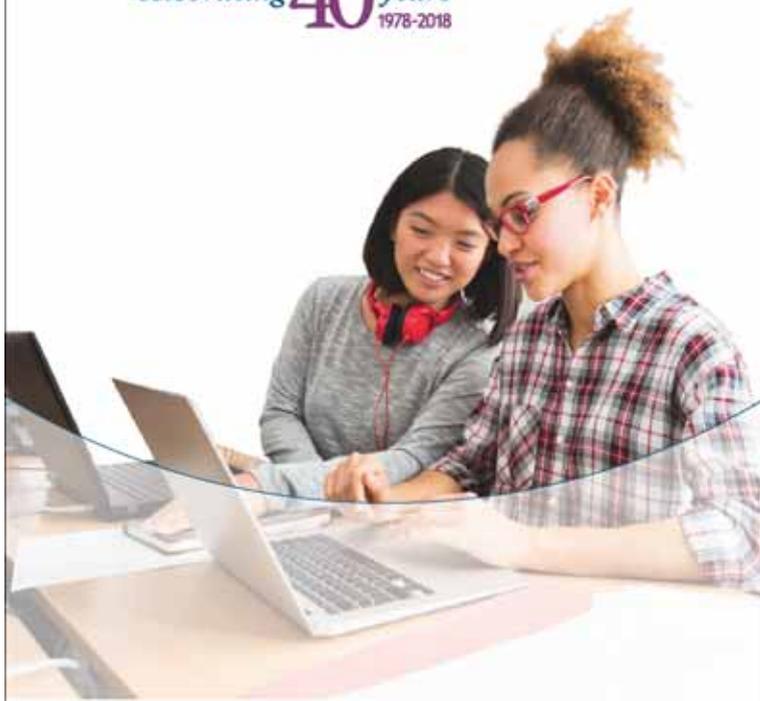
The Community Foundation for Northern Virginia made grants that funded and launched new cybersecurity and coding courses in local schools. Today, hundreds of our kids learn skills that create a better future for them, and for our entire community.

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[www.ConnectionNewspapers.com/PDFs](http://www.ConnectionNewspapers.com/PDFs)

## On Forefront of Feral Cat Care

Arlington resident began her work of helping cats in an alleyway.

By ROBERT BLIZARD  
THE CONNECTION

“Overall, the trajectory for outdoor cats is definitely improving. Not just in the United States, but around the world,” pointed out Arlington resident Becky Robinson. She is founder and president of the international cat advocacy group Alley Cat Allies, based in Bethesda, Md.

“Unfortunately, we continually come up against cases in which outdated practices and attitudes have ruled the day,” she added. “This means that lots of cats suffer needlessly. And that cannot be allowed to happen.”

Robinson started her organization in 1990 while living in Arlington. She and a friend wanted to help cats seen frequently in an Adams-Morgan alleyway in Washington.

They knew that if they took the cats to the local shelter, they would be killed because they would be judged too wild to be adopted out as pets. So, they sought a non-lethal solution.

“We ultimately had all the cats spayed or neutered and vaccinated and then returned to their outdoor home while also socializing and finding homes for the small kittens,” said Robinson.

Later, she took her newfound knowledge about what is now known worldwide as Trap-Neuter-Return to the rest of the nation. Pioneered in England, TNR was a practice long eschewed by major national humane organizations. Cats who are TNR’d also receive a rabies vaccine, other medical



Becky Robinson of Arlington is president and founder of Alley Cat Allies.

basics while on the operating table and an ear tip, which is the trimming of the corner of the left ear as a signal that the cat has already been sterilized.

These days, however, TNR is considered mainstream by most animal protection groups. It was Robinson’s efforts these last 28 years that effected such change.

“Alley Cat Allies has been on the cusp of change and has led the way for the entire animal sheltering field. Many people did not agree with TNR because it meant allowing feral cats — also known as community cats — outside, but nowadays almost every humane society and SPCA supports it,” she

said.

Despite this change of how to approach the issue of feral cats, occasional aberrations surface. For example, there are two 2018 cases on which Alley Cat Allies has been focused recently.

In Iowa, one town’s police department had been encouraging people to trap and then shoot cats.

“That was some uneducated person’s solution to outdoor cats,” Robinson said. “This shows that shelters need more oversight, regulation and training for employees and volunteers.”

Meanwhile, the director of an animal con-

trol facility in Indiana was telling employees to put cats into a freezer to kill them, rather than perform humane euthanasia. A whistleblower and then other staffers went public this summer with their stories about what they were ordered to do.

Alley Cat Allies will attempt to bring justice to harmed cats in these cases and teach these communities about appropriate, progressive solutions to outdoor cats via TNR, according to Robinson.

Robinson has worked with organizations throughout Virginia and from coast to coast. The reach of Alley Cat Allies and willingness to opt for TNR has now traveled to dozens of countries. Inquiries from all over the globe regularly come into the Bethesda office.

“It’s still hard for me to believe what I started in an alley all those years ago pioneered so much for so many cats,” said Robinson while reflecting on 28 years in business. “It is enormously gratifying.”

She says her organization is now supported by thousands of individuals and receives no government funding. Programs range from organizing grassroots responses for cat concerns to lobbying for cat-friendly legislation to ensuring justice is sought for feline cruelty victims.

“Alley Cat Allies always has a zillion items on our plate demanding response,” Robinson said. “But our main goal for the future is for all animal shelters to have non-lethal control programs for cats and kittens — which is what the public wants. TNR should be the law of the land in all the states.”

## Honoring Neighborhood Health State resolution cites organization’s 20 years of service.

Del. Paul Krizek presented Neighborhood Health’s board of directors with a resolution recognizing the organization for its 20 years of service in Northern Virginia.

Krizek was the primary sponsor on the resolution, which also had 21 co-sponsors from across the Commonwealth. It recognizes Neighborhood Health for providing access to high quality primary medical, dental, and behavioral health care to low-income families in Alexandria, Arlington and Fairfax County.

In presenting the resolution to Neighborhood Health’s Board President Tom Greeson and Executive Director Dr. Basim Khan, Krizek expressed his appreciation to board members, staff, and volunteers for their work to advance health equity and expand access to primary care for low-income and uninsured individuals in Northern Virginia. During his presentation, Krizek read the General Assembly resolution and highlighted the following clause: “Over its two decades in operation, Neighborhood Health has remained committed to the idea that



Del. Paul Krizek with Dr. Basim Khan, executive director, and Board President Tom Greeson on the occasion of receiving the General Assembly Resolution

all people deserve access to quality health care; its talented doctors, nurses, and staff members have improved the quality of life for countless residents of Northern Vir-

ginia.”

Khan expressed his appreciation to Krizek and to other General Assembly members who supported the resolution: “For more

than two decades, our driving focus at Neighborhood Health has been to expand access to primary care for low-income and uninsured Northern Virginians. Underpinning this work is our belief that everyone in our community — regardless of their income, background, or whether or not they have health insurance — should have access to health care.”

Neighborhood Health’s growth has spanned across all programs, including primary medical care as well as dental care, behavioral health, medication assistance, and HIV care. In the past 12 months, Neighborhood Health served more than 20,000 patients, including more than 10,000 without health insurance, in 12 clinics across the City of Alexandria, Arlington, and Fairfax County.

Khan added, “We are grateful to our state, county, and local public officials and to our supporters and community partners for supporting our mission. Our goal is to serve over 22,500 patients by 2019, a 60 percent increase from 2016. We look forward to the work that lies ahead.”

# OPINION

## Do Something Join #CallTextLive Campaign.

BY WENDY GRADISON  
CEO PRS



Wendy Gradison

The news of Anthony Bourdain and Kate Spade as well as a number of our own community members whose lives were stopped short due to suicide underscores the challenges that exist in preventing suicide. These stories created considerable grief, and in fact,

### COMMENTARY

we saw a significant increase in calls and texts to our PRS CrisisLink hotline.

When losses like these occur, we have an opportunity to change the conversation about suicide from one of loss to one of empowerment and hope.

To keep people talking, we are launching the #CallTextLive Campaign during September, Suicide Prevention Month.

Suicide is a serious issue locally and nationally, claiming the lives of nearly 45,000 people annually and is the 10th leading cause of death nationwide and the second leading cause of

death for young people aged 15-24. But for every death, 278 people manage to move past thoughts of suicide and survive.

At PRS, a nonprofit running PRS CrisisLink, Northern Virginia's crisis hotline and textline, we know there is more we can do to bring awareness and tools to prevent future suicides. We are inviting the community to get involved in our 4th annual #CallTextLive Campaign.

Using the hashtag #CallTextLive, the campaign works to educate members of the community about resources available and actions they can take to bring awareness to suicide prevention and intervention. Campaign highlights include: an easy to use web-based interactive event calendar; great tips and resources to share via social media; a Facebook Live Q&A with experts; community training and tour of the PRS CrisisLink call center; a Selfie Day; a crowdsourcing fundraiser; t-shirts for purchase; and walk events. We will also explore special suicide prevention topics related to gun safety, veterans, older adults, LGBTQ, youth, and survivors.

It's time to challenge the stigma around issues contributing to suicide and provide each other the tools to get help. #CallTextLive uses social media, activities and events to drive com-

munity conversation. We want people to visit our website—www.prsinc.org—to find simple ways to spark change through the #CallTextLive Campaign. Do one or do them all...but we definitely want everyone to do something.

If we are successful, even more people will find their way to community resources, including the PRS CrisisLink program, which handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year. In fact, a simple call or text to the crisis hotline or textline — (800) 273-TALK [8255] and text "CONNECT" to 85511 — provides the empathetic, trained voice that someone in crisis needs to reduce their pain and provide connections to care.

Most of these voices are volunteers from our community — neighbors and friends — who share the gift of listening to those who hope to be heard.

Help us make it okay for more people to seek help. Join the #CallTextLive Campaign to broaden the conversation. Small or big ... do something ... we are listening and others will too.

Wendy Gradison is CEO of PRS, a mental health nonprofit in Northern Virginia.

### BULLETIN BOARD

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

#### WEDNESDAY/SEPT. 12

**Candidate Forum.** 5:30 p.m. at Navy League of the United States, 2300 Wilson Blvd. The Chamber will host their annual business-themed Candidate Forum. Current County Board member John Vihstadt (I) is running for re-election and is being challenged by Matt de Ferranti (D). This forum will feature a moderated discussion of topics important to the Arlington business community, and

will provide each candidate with the opportunity to engage with local business leaders. Complimentary parking available in the garage. \$10 at the door.

**Community Event.** 7-9 p.m. at Marymount University, Phelan Hall, 2807 N. Glebe Road. Arlington Committee of 100 hosts panel: "Are Our Children Safe?" Visit [www.arlingtoncommitteeof100.org](http://www.arlingtoncommitteeof100.org) to register.

#### THURSDAY/SEPT. 13

**Arlington School Board Candidate Debate 2018.** 7-8:30 p.m. at Central Library, Auditorium, 1015 N. Quincy St. The Arlington League of

Women Voters and the Arlington Branch of The American Association of University Women present a debate between Arlington School Board candidates Dr. Audrey Clement and Dr. Barbara Kanninen. Learn how these candidates will make decisions that will influence their educational choices and opportunities. Space is limited. RSVP at [www.eventbrite.com/e/arlington-school-board-candidate-debate-tickets-48503887433](http://www.eventbrite.com/e/arlington-school-board-candidate-debate-tickets-48503887433) and bring Eventbrite ticket in order to be admitted.

#### SATURDAY/SEPT. 15

**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 waterway. Call 703-228-6427 or email [volunteer@ecoactionarlington.org](mailto:volunteer@ecoactionarlington.org).

#### Housing Solutions for Arlington's "Missing Middle Class."

1-3 p.m. at Marymount University at Ballston Center, 1000 North Glebe Road, Second Floor. Learn both the scope of the housing problem middle class Arlingtonians are facing and solutions to combat this terrible trend. Free. Space is limited. RSVP at [www.eventbrite.com/e/housing-solutions-for-arlington-missing-middle-class-tickets-48374344968](http://www.eventbrite.com/e/housing-solutions-for-arlington-missing-middle-class-tickets-48374344968) and bring Eventbrite ticket in order to be admitted.

#### MONDAY/SEPT. 17

**Placement Exams for ESL Classes.** 9 a.m. or 6 p.m. at Syphax Education Center, 2110 Washington Blvd.

#106, Arlington. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the Oct. 1-Dec. 21 session. Classes to be held at Syphax Education Center. Tuition is \$285 or \$200 for people who live or work in Arlington; \$470 or \$350 for people who do not. Exams are free. Call 703-228-4200 or visit [www.apsva.us/reep](http://www.apsva.us/reep).

**Tackling Childcare Challenges.** 7-9:30 p.m. at Department of Human Services, 2100 Washington Blvd., 4th Floor. Learn about the Child Care Initiative and preview changes that may be proposed to the Zoning Ordinance and Arlington's local child care codes intended to increase the availability, accessibility, affordability, and quality of child care in Arlington. Doors open at 6:30. Child care available, must RSVP to [cci@arlingtonva.us](mailto:cci@arlingtonva.us) by Sept. 13 for this free service for children 3 and older. Free. Email [chutchison@arlingtonva.us](mailto:chutchison@arlingtonva.us) or visit [commissions.arlingtonva.us/child-care-initiative/](http://commissions.arlingtonva.us/child-care-initiative/) for more.



PHOTO CONTRIBUTED

### Mass of the Holy Spirit

The Most Rev. Michael F. Burbidge, Bishop of the Catholic Diocese of Arlington, with Marymount University students, faculty and staff who attended the Mass of the Holy Spirit, Sept. 5, in the Sacred Heart of Mary Chapel. The Mass is an annual tradition that marks the start of each academic year on the university campus. Visit [www.marymount.edu](http://www.marymount.edu).

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Drop off drug site located at the Arlington County Police Department 2000 block of 14th Street N.

PHOTO BY SHIRLEY RUHE THE CONNECTION

## 407 Pounds of Drugs Collected

### Prescription medications find new home in county's drug take-back boxes.

Arlington County installed three permanent drug take-back boxes in June to address a public safety and public health crisis facing communities across the country – prescription drug abuse. In the first three months of the program, the public safely disposed of 407 pounds of unused, unwanted or expired prescription medications. Due to the success of the program, the police department is exploring expanding the program to provide residents with additional access to safe

and secure disposal locations. Excess prescription medications can potentially lead to accidental poisoning, overdose, and abuse. According to the 2016 National Survey on Drug Use and Health, 11.5 million people in the United States misused prescription opioids in 2016. In 2018, Arlington County Police have investigated 111 incidents involving opioids, with seven incidents being fatal. That's why residents and visitors of Arlington County are encouraged

SEE DRUG TAKE-BACK, PAGE 10

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PRS | CrisisLink

# #CALL TEXT LIVE

SEPTEMBER IS SUICIDE PREVENTION MONTH

Suicide takes nearly 45,000 Americans each year. We all have a role in keeping our community suicide safer.

This September, join PRS CrisisLink and Connection Newspapers to learn how you can help save lives.

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## FARMERS MARKETS

- Crystal City:** Tuesdays, 3-7 p.m.; Crystal Drive between 18th and 20th streets. Visit [freshfarm.org/crystal-city.html](http://freshfarm.org/crystal-city.html)
- Clarendon:** Wednesdays, 3-7 p.m.; Clarendon Central Park (next to the Clarendon Metro). Visit [clarendon.org/farmersmarket/](http://clarendon.org/farmersmarket/).
- Rosslyn:** Wednesdays, 2:30-6:30 p.m.; Central Place Plaza, 1800 N. Lynn St. Visit [freshfarm.org/rosslyn.html](http://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](http://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/](http://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/](http://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](http://www.marymountfarmersmarket.org).
- Columbia Pike:** Sundays, 9 a.m.-1 p.m.; Columbia Pike and S. Walter Reed Drive. Visit [columbia-pike.org/fm/](http://columbia-pike.org/fm/).
- Fairlington:** Sundays, 9 a.m.-1 p.m.; Fairlington Community Center, 3308 S. Stafford St. Visit [www.fairlingtonfarmersmarket.org/](http://www.fairlingtonfarmersmarket.org/).
- Westover:** Saturdays, 8 a.m.-noon; Washington Boulevard and N. McKinley Road. Visit [westoverfarmersmarket.org/](http://westoverfarmersmarket.org/).

## ONGOING

- "Passion."** Through Sept. 23 at Signature Theater, 4200 Campbell Ave., Arlington. Musical by Stephen Sondheim and James Lapine starring Natascia Diaz, Claybourne Elder and Steffanie Leigh. Call 703-820-9771 or visit [www.sigtheatre.org](http://www.sigtheatre.org).
- Art Exhibit: "Open World" and "Within/Between."** Through Sept. 29, gallery hours at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Open World features eight contemporary artists and artist teams who engage in world-building through installation, video, digital media, sculpture, and collage. Features work by Rachel Frank, Jodie Mim Goodnough, Rachel Guardiola, Azikiwe Mohammed, Nicholas O'Brien, Plakooke, Alissa D. Polan, and Stephanie J. Williams. In Within/Between, AAC Resident Artists Olivia Tripp Morrow and Jen Noone explore materiality and form. Visit [arlingtonartscenter.org](http://arlingtonartscenter.org).
- Exhibit: 'Ingredients.'** Through Oct. 7, at The Barry Gallery in the Reinsch Library at Marymount, 2807 North Glebe Road, Arlington. Featuring five paintings by David Carlson along with 10 photographs by Slobodan Mitrovic that explore details of Carlson's work. Open 10 a.m.-8 p.m., Monday through Thursday, and 10 a.m.-6 p.m. on Friday and Saturday. Admission is free. Visit [www.marymount.edu/barrygallery](http://www.marymount.edu/barrygallery).
- Gardening Lecture.** Wednesdays, through Oct. 10, 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master



## 'Strangely Familiar'

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. Through Oct. 20 at Cody Gallery at Marymount University, located at Ballston Center, 1000 North Glebe Road, second floor, Arlington. Visit [www.marymount.edu/ballston-center-gallery](http://www.marymount.edu/ballston-center-gallery).

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

Gardeners of Northern Virginia will sponsor a free series of talks and demonstrations about gardening. In addition to basic gardening techniques, topics will include foraging for wild edibles, pollinators, food preparation and preservation, and more. All are welcome. Visit [www.afac.org/plot-against-hunger/pah-events/](http://www.afac.org/plot-against-hunger/pah-events/).

### "Strangely Familiar" Art Exhibit.

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

### Plant Clinic. Wednesdays, through

Oct. 24, 6:45-8:45 p.m. at The Arlington Central Library, east lobby, 1015 N. Quincy St. Visit [mgnv.org](http://mgnv.org).

**Ball-Sellers House Open.** Through Oct. 27, Saturdays 1-4 p.m. at Ball-Sellers House, 5620 3rd St., South. Free tours by a knowledgeable docent transport you back to the colonial era in the historic artifact of a house built in the 1740s. See how John Ball built the house and imagine what life would have been like in it for a middle class farmer, his wife, and five daughters. The house was donated to the Arlington Historical Society by its last owner, Marion Sellers, in 1975. Something for all ages. Call 703-892-4204 or visit [arlingtonhistoricalsociety.org](http://arlingtonhistoricalsociety.org).

**Farmers Market.** Through October, 9 a.m.-1 p.m. at Arlington Mill Community Center, 909 South Dinwiddie St. Columbia Pike will be the place to shop local on the weekends for the freshest produce, meats, goods and treats with the grand opening of a second farmers market at Arlington Mill Community Center. Visit [columbia-pike.org/fm-arlington-mill](http://columbia-pike.org/fm-arlington-mill).

**Adult Dance Technique.** Through Dec. 22, 9:30-11 a.m., Saturdays, at Arlington Cultural Affairs Bldg., 3700 S. Four Mile Run Drive, Arlington.

Improve balance, range of motion, strength, coordination and interact with friendly people. Drop-in for a class or enroll for a series. Join at any time. The class instructors are Jane Franklin Dance company members, all experienced professional educators. Tuition: \$110 for six class card/\$60 for three class card/\$25 single class. Enroll at [www.janefranklin.com/adult-dance](http://www.janefranklin.com/adult-dance) or call 703-933-1111.

## 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](http://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](http://afac.org/gardentalks).
- 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 [BSCRSVP@gmail.com](mailto:BSCRSVP@gmail.com) or 703-241-0390. Admission is \$25 for BSC Members and \$30 for guests. Visit [www.bettersportsclub.org](http://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 [www.arlingtonhistoricalsociety.org](http://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](http://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](http://www.marymount.edu/barrygallery).
- Authors Christina Hobbs and Lauren Billings.** 6:30 p.m. at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. They will share "Josh and Hazel's Guide to Not Dating." Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) or call 703-300-9746.
- 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](http://registration.arlingtonva.us) to register.

## SATURDAY/SEPT. 15

- Central Arlington History Tour.** 9 a.m. Meet at Clarendon Metro Station (top of escalator, S.W. Corner of Wilson Blvd. and N. Highland Street). Walk from 1-12 miles (1-8 hours) visiting parks and historic sites in Clarendon, Ballston, Glencarlyn and surrounding areas. Bring lunch and water. Wear comfortable shoes. Leisurely; many

stops. No reservations necessary. Sponsored by Center Hiking Club. Cost: \$2 (non-member fee).

**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](http://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](mailto:aabugattas@arlingtonva.us) or 703-228-7742.

**Shredding 4 Hunger Food Drive.** 10 a.m.-1 p.m. at Arlington Church of the Brethren, 300 N. Montague St., Arlington. Free document shredding in exchange for food or monetary donation. Sponsored by Ann Wilson of Keller Williams Realty and Arlington Food Assistance Center. Visit [afac.org/HAM/](http://afac.org/HAM/).

**Pepper First.** 10 a.m.-noon at Potomac Overlook Regional Park, 2845 N. Marcey Road, Arlington. Come celebrate the end of summer at the Potomac Overlook Organic Vegetable Garden's Pepper Festival. Explore wonderful pepper beds, filled with mild to hot varieties, bursting with color and flavor. Free. Visit the website at [mgnv.org](http://mgnv.org). Or call 703-228-6414.

**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.

# ENTERTAINMENT

Call 703-228-6427 or email [volunteer@ecoactionarlington.org](mailto:volunteer@ecoactionarlington.org).

**Gallery Clarendon Opens.** 11 a.m.-8 p.m. Recently opening its doors in the former Fuego restaurant corner at Clarendon Boulevard and Fillmore Street, this newest professional art gallery created by the Arlington Artists Alliance brings a fresh exhibit every month featuring work by Alliance members. Fun features for this day-long event include demos and activities for both kids and adults. A reception at 5-8 p.m. with refreshments from favorite local restaurants creates an opportunity to meet the Gallery artists, with music provided by local band HYFY. Visit [www.arlingtonartistsalliance.org](http://www.arlingtonartistsalliance.org) or [www.galleryclarendon.org](http://www.galleryclarendon.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](http://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 scientist 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](http://registration.arlingtonva.us) to register.

**Author Leise O'Halloran Schwarz.** 3 p.m. at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. Join us for a discussion with Leise O'Halloran Schwarz about her new novel "The Possible World." A richly compelling and deeply moving novel that traces the converging lives of a young boy who witnesses a brutal murder, the doctor who tends to him, and an elderly woman guarding her long-buried past. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) or call 703-300-9746.

**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](http://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](http://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](http://www.janefranklin.com/classes).

## SATURDAY-SUNDAY/SEPT. 15-16.

**Drive Away Hunger Food Drive.** 10 a.m.-6 p.m. at BJ's Wholesale Club, 6607 Wilson Blvd., Arlington. Help the Arlington Food Assistance Center drive away hunger in Arlington by filling the AFAC van with healthy non-perishables. Partner: BJ's Wholesale Club. Visit [afac.org/HAM](http://afac.org/HAM).

## SUNDAY/SEPT. 16

**Community Garden AutumnFest.** 10 a.m.-3 p.m. at Glencarlyn Branch Library Community Garden, 300 S. Kensington St., Arlington. Come see the garden in all of its autumn glory. The morning presentation at 11 a.m. is "Weeds or Wildflowers? What's in Your Garden?" Numerous plants that gardeners rip out of their yards as weeds may be native plants that benefit the local ecology. Learn how to identify some of these and how to work with them in the garden. The afternoon presentation at 1 p.m. is all about "Identifying Invasive Plants in Your Garden." Invasive plants like English ivy and porcelain berry can out-compete native and beneficial



**Jim Spriggs and Tyrone Epperson rebounding against Patrick Henry in 1966 state basketball finals.**

## Desegregating Arlington School Sports

Panel discussion featuring several of the athletes from Wakefield and Washington-Lee High Schools who integrated Arlington school sports. Moderated by former Pittsburgh Steeler (and two-time Superbowl champ) and former W-L General, Reggie Harrison. Thursday, Sept. 13, 7-8:30 p.m. at Reinsch Library Auditorium, Marymount University, 2807 N. Glebe Road, Arlington. Call 703-892-4204.

plants and don't support local wildlife. Learn how to identify and rid a yard of some common invasive plants. Free. Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**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. Additional funding for this performance was provided by the Lubber Run Amphitheater Foundation. Visit [parks.arlingtonva.us](http://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](http://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](http://registration.arlingtonva.us) to register.

## TUESDAY/SEPT. 18

**Birding Trip.** 9 a.m.-3 p.m. Meet the vans at the Barcroft Sports & Fitness Center parking lot, 4200 S Four Mile Run Drive, Arlington. Explore Occoquan Bay in search of fall migrant songbirds and shorebirds. The refuge's grasslands, freshwater tidal marshes and bottomland forests are also home to many interesting year-round residents. There will be approximately two to three miles of walking on gently rolling, unpaved surfaces. Participants should dress for the weather and bring binoculars, a bag lunch, drink and snacks for the day. Adults. \$38. #612848-B. Call 703-228-

# THE UNITED STATES AIR FORCE BAND WASHINGTON, D.C.

*Colonel Larry H. Lang, Commander and Conductor*



## Heritage to Horizons

### Friday, Sept. 14 at 7 p.m.

## "Strengthening Alliances"

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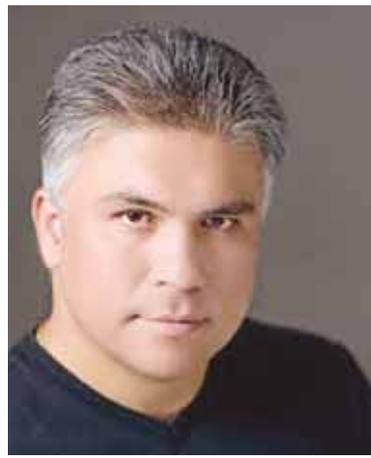
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For more info, please visit our website.

**Air Force Memorial**  
1 Air Force Memorial Drive, Arlington, VA  
[www.usafband.af.mil](http://www.usafband.af.mil)

# ENTERTAINMENT

4747 or visit [registration.arlingtonva.us](http://registration.arlingtonva.us) to register.

**Free Singing Lessons.** Tuesdays, 7 p.m. at Gunston Middle School, Room 145, 2700 S. Lang St., Arlington. Presented by "The Arlingtones," a Close Harmony Chorus chartered in 1957 as the Arlington Chapter of the Barbershop Harmony Society. The participants will learn and practice a four-part harmony song. All instructions and learning materials are free. The final session will be a graduation performance on Saturday, Oct. 27 at the fall show at 3:30 p.m. at the NRECA building, 4301 Wilson Blvd., Arlington. Register with [TomBariTones734@cox.net](mailto:TomBariTones734@cox.net) or, [Bobmmates37@aol.com](mailto:Bobmmates37@aol.com). Visit [tinyurl.com/Arlingtones2018Meetup](http://tinyurl.com/Arlingtones2018Meetup).



**Jose Sacin**

## 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](http://afac.org/gardentalks).

## THURSDAY/SEPT. 20

**Make an Autumn Wreath.** 11 a.m. at Little Falls Presbyterian Church, Friendship Hall, 6025 Little Falls Road, Arlington. With Rock Spring Garden Club and Company Flowers florists. Free and open to the public. Sponsored by Rock Spring Garden Club. Register by emailing [rockspringgardenclub@gmail.com](mailto:rockspringgardenclub@gmail.com). Visit [www.rockspringgardenclub.com](http://www.rockspringgardenclub.com).

**Start Your Farm.** 7-8 p.m. at One More Page Books, 2200 N. Westmoreland St., Arlington. Free. Forrest Pritchard of Smith Meadows Farm and Ellen Polishuk, formerly of Potomac Vegetable Farms, will share from their new book: "Start Your Farm: The Authoritative Guide to Becoming a Sustainable 21st Century Farmer." Contact Rebecca Speas at [info@onemorepagebooks.com](mailto:info@onemorepagebooks.com).

## FRIDAY/SEPT. 21

**Movie Screening.** 7 p.m. at AFAC, Arlington Food Assistance Center, 2708 S. Nelson St., Arlington. Free screening of the documentary "A Place at the Table," followed by a discussion. RSVP at [afac.org/movies](http://afac.org/movies).

## SATURDAY/SEPT. 22

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

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

**Fall Native Plant Sale.** 1-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Offering a great selection of plants accustomed to local climate and wildlife. Gorgeous natives for sun to shade, and even deer resistant plants. This fall they are offering trees and shrubs as well as perennials in the pre-order sale. Order online at: [registration.arlingtonva.us](http://registration.arlingtonva.us). Pick up at Long Branch only. Payment can be

## Opera NOVA Brunch

Meet and greet others of similar interests and listen to five Opera NOVA vocalists. Among singers will be renowned baritone Jose Sacin, soprano Jocelyn Hunt, soprano Annie Gill, mezzo-soprano Elise Jenkins and soprano Sofia Parfomak. They will be accompanied by pianist Zsolt Balogh. Guests will also hear from guest speaker Chandra Choum, who will talk about his rise from a refugee in Cambodia to becoming a tech executive in Virginia. Also, music educator Patricia Miller of George Mason University will be honored. Sunday, Sept. 30, doors open at noon, at Washington Golf & Country Club, 3017 N. Glebe Road, Arlington. Admission is \$75. Reservations are required at [www.operanova.org](http://www.operanova.org), [mcdm1@verizon.net](mailto:mcdm1@verizon.net) or 703-536-7557.

made by cash, check or credit card. Call 703-228-6535.

**September Moon Night Hike.** 7-8 p.m. at Fort C.F. Smith, 2411 24th St. N., Arlington. Come out for a hike under the stars. What animals are in our local parks at night? Experience trails under the moon, learn a new constellation and meet nocturnal critters. Families ages 6 and up. Register children and adults; children must be accompanied by a registered adult. \$5. #612858-H. Register at [registration.arlingtonva.us](http://registration.arlingtonva.us) or 703-228-4747.

## MONDAY/SEPT. 24

**Meet the Author.** 3-4:30 p.m. at Arlington County Central Library, 1015 N. Quincy St., Arlington. Roshna Kapadia will give a lecture on French art from the Baroque to the Impressionists. Her presentation will include slides of French paintings from the 17th to the 19th centuries. The program is sponsored jointly by Encore Learning and the Arlington Public Library. Call Encore Learning at 703-228-2144.

## TUESDAY/SEPT. 25

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

## WEDNESDAY/SEPT. 26

**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.



**Slobodon Mitrovic, left, and David Carlson.**

**Unnamed – one of the images taken by Slobodon Mitrovic of David Carlson’s work.**



## 'Ingredients'

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

See the full schedule of topics at [afac.org/gardentalks](http://afac.org/gardentalks).

## THURSDAY/SEPT. 27

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

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

## SATURDAY/SEPT. 29

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

including a water crossing, rough terrain, and a physical barrier. At each checkpoint, participants will be presented with an emergency preparedness challenge. Points will be rewarded for the total weight of supplies transported back to the finish, as well as completing the emergency preparedness challenges successfully. Visit [drtarlington.com](http://drtarlington.com).

**Crystal City Oktoberfest.** 11 a.m.-6 p.m. Held in the parking lot and plazas next to 220 20th St. South. Beer tastings, traditional German fare, live music & entertainment. Sponsored by the Crystal City Business Improvement District, TasteUSA, JBG Smith, and Cluster & Vine. General admission: \$30 in advance/\$45 at gate, includes souvenir sampling beer mug, 10 - 4 oz. beer sampling tickets, entry into the festival and live entertainment. VIP tickets: \$50 in advance/\$65 at the gate, includes general admission, 15 - 4 oz. beer sampling tickets, 1-hour early access, private tent with seating and bathrooms. Additional beer sampling tickets may be purchased during the event.

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

**Crystal City Oktoberfest.** Noon-6 p.m. in the parking lot and plazas next to 220 20th St. South, Arlington. Featuring 50 breweries, beer tastings, live music and food vendors. VIPs will have an hour early access beginning at 11 a.m. General admission tickets are \$30 in advance, and include 10 - 4 oz. beer sampling tickets (additional drink tickets may be purchased on site), entry into the festival and live entertainment. VIP tickets are \$50 in advance and

include 15 - 4 oz. beer sampling tickets, 1-hour early access, private tent, a Crystal City beer sampling glass and private bathrooms, as well as everything included in the General Admission. Buy tickets at [eventbrite.com](http://eventbrite.com), search Crystal City Oktoberfest.

## SATURDAY-SUNDAY/SEPT. 29-30

**Arlington Visual Art Studio Tour.** 11 a.m.-5 p.m. Over 50 Arlington artists open their workspaces to the public for the first annual Arlington Visual Art Studio Tour. This free event allows local artists to feature their work, processes and studio spaces, while showcasing the richness and diversity of visual arts to be found in Arlington County. Visitors will find paintings, ceramics, jewelry, paper art, photography, and more. Information about the tour, including a directory of artists, is available at [arlingtonartstudiotour.org](http://arlingtonartstudiotour.org).

## SUNDAY/SEPT. 30

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

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

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

## OCT. 3-NOV. 4

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

## OCT. 5-20

**"The Hunchback of Notre Dame."** At The Thomas Jefferson Community Theater, 125 S. Old Glebe Road, Arlington. The Arlington Players presents a reimagining of Victor Hugo's masterpiece. Friday and Saturday performances begin at 8 p.m.; Sunday matinees begin at 2:30 p.m. The Oct. 13 performance will be ASL interpreted. Visit [www.thearlingtonplayers.org](http://www.thearlingtonplayers.org).

# Design Upgrades for Fall

Minor elements can make an major impact as seasons change.

BY MARILYN CAMPBELL

As the time of year where more time is spent indoors slowly approaches, sprucing up an interior space can help ease the transition. From pillows and candles to wreaths and area rugs, local designers show how small touches can make a big impact as seasons change.

A new rug can set the tone for an entire room. "I just finished a living room where we added a luxurious leather sofa that's both elegant and timeless," said designer Sally Kane of Chantilly. "There is a loveseat in a chintz fabric and circular rug with warm shades of brown beige and turquoise. It's almost too pretty to walk on and can be changed out as the seasons change. It shows how adding the right rug can elevate a room."

Throw pillows in bold hues can add a burst of autumn color into a space, easing it from summer to fall. "I'm currently working on a family room where a deep, hunter green is the base color," said Todd Granger, interior designer and design graduate students at Marymount University. "I'm adding throw pillows with a yellow palette, including mustard, citrus and chartreuse."

"The Pantone color of the year for 2018 was Ultra Violet and I'm definitely seeing bold, deep purples being used this fall in interior design," continued Granger. "I'm incorporating them in spaces for my clients who appreciate bold colors. Buying throw pillows is an easy and inexpensive way to make your space match the season."



PHOTO COURTESY OF TODD GRANGER

Throw pillows in bold autumn colors can add warmth to a space as the season changes from summer to fall.

Table linens and serveware are a simple way to transition to fall when entertaining, advises Alexandria-based interior designer Beth Mahoney. "For my own home I purchased some dark blue, monogrammed linen napkins that pick up a shade of blue in my china pattern," she said. "Placemats, tablecloths and candles are all inexpensive things that can make an big impact when it comes to changing seasons."

A wreath in the rich autumnal colors hanging on the front door is a definite harbinger of fall, adds Mahoney. "Wreaths made with pretty combinations of fall foliage like pine cones, berries and even pumpkins can be hung in a foyer or the front door," she said. "Gooseberry, lavender and herbs like sage and bay also make great additions to a wreath."



Accessories in warm, rich shades can help transition a home's interior from summer to autumn.

PHOTO COURTESY OF THE NEST EGG

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**Legals**

Sprint is proposing to modify telecommunications equipment on an existing building located at 1401 Lee Highway, Arlington, Arlington County, Virginia (N38° 53' 58.3"; W77° 4' 23"). Sprint invites comments from any interested party on the impact the proposed undertaking may have on any districts, sites, buildings, structures, or objects significant in American history, archaeology, engineering, or culture that are listed or determined eligible for listing in the National Register of Historic Places under National Historic Preservation Act Section 106. Comments pertaining specifically to historic resources may be sent to Environmental Corporation of America, ATTN: Dina Bazzill, 1375 Union Hill Industrial Court, Suite A, Alpharetta, GA 30004. Ms. Bazzill can be reached at (770) 667-2040 x.111 during normal business hours. Comments must be received within 30 days of the date of this notice. U2652 RJJE

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

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**NEWS**



PHOTO CONTRIBUTED

**From left: Virginia Democracy Forward (VADF) and We of Action Virginia (WofVA) members Chris Le Menestrel of McLean, with VADF colleague Jody, WofVA member Jessica Mott of Arlington, First Lady of Virginia Pam Northam, Annette Lang of McLean, and Keith Mott of Arlington. About 13 local residents travelled to Virginia Beach to canvass on behalf of Elaine Luria, the Democratic candidate running against Scott Taylor in the Second Congressional District.**

**From Here to Virginia Beach**

**Local activists canvass to educate voters and get them to the polls.**

Arlington Democrats teamed up with We of Action Virginia (WofVA), Virginia Democracy Forward (VADF) and other grassroots groups to travel to Virginia Beach to canvass for Elaine Luria who is running for Congress in District 2. As a 20-year Navy vet and small business owner, Luria is in

a highly competitive race against incumbent Scott Taylor, a Republican. About seven Arlingtonians, two McLean residents, three other Northern Virginia residents, and a D.C. resident drove down to Virginia Beach on Saturday morning, Sept. 8, to spend two days canvassing for Luria, hoping to catch some beach time, but experiencing heavy rains and thunderstorms instead. The Luria campaign office was a hive of activity, including a visit with First Lady Pam Northam on Sunday. For more information see: <https://www.vademocracyforward.org> and <https://wofava.org>

**Drug Take-back**

FROM PAGE 5  
to continue safely disposing of prescription medications. Permanent take-back boxes are available 24 hours a day, 7 days a week, 365 day a year with no questions asked at the following locations:  
❖ Arlington County Fire Station #2 – 4805 Wilson Boulevard;  
❖ Arlington County Fire Station #9 – 1900 S. Walter Reed Drive;  
❖ Arlington County Police Department – 2000 block of 14th Street N. Items accepted at the drug take-back boxes are prescriptions, vitamins, prescription ointments, pet medications, prescription patches and over-the-counter medications. Items not accepted are needles, inhalers, aerosol cans, thermometers, lotions or liquids and hydrogen peroxide. In addition to the permanent drug take-back boxes, the Police Department will once again participate in the Drug Enforcement Administration's National Take-Back Day on Saturday, Oct. 27, from 10 a.m. to 2 p.m. Event locations will be announced on a future date. To find help for those struggling with addiction, visit <https://health.arlingtonva.us/opioid-awareness/>.



PHOTO BY EDEN BROWN/THE CONNECTION

**Fourth Location**

**Arlington residents who mourned the passing of Linda's Cafe last month will not have to miss out on a counter breakfast after all. Bob and Edith's, the well known 24-hour diner with two locations in Arlington and one in Alexandria, will now have a fourth location near Hall's Hill, in Arlington on Lee Highway.**

# "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs Sept. 24-29.

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

**Senior trips:** Strasburg Railroad, Ronks, Pa., Monday, Sept. 24, \$65 (includes lunch); St. Michael's Cruise, Md., Wednesday, Sept. 26, \$77; Sotterley Plantation, Hollywood, Md., Thursday, Sept. 27, \$32 (includes lunch); Mountain Heritage Arts & Crafts Festival, Kearneysville, W.Va., Friday, Sept. 28, \$14; Ford's Theatre, D.C., matinee performance of "Born Yesterday," Saturday, Sept. 29, \$42. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

## NEW PROGRAMS:

**Hiring a home health care agency overview,** Monday, Sept. 24, 1 p.m., Lee; Register, 703-228-0555.

**New, drop-in, kickball group** to meet on Mondays. Details, 703-228-7369.

Newest job search websites and apps, Monday, Sept. 24, 1 p.m., Aurora Hills. Register, 703-228-5722.

**Practical and delicious ways to manage diabetes and pre-diabetes,** Tuesday, Sept. 25, 11 a.m., Arlington Mill. Register, 703-228-7369.

**Van Gogh's vision of his most famous painting, "The Starry Night,"** Tuesday, Sept. 25, 1:30 p.m., \$6, Lee. Register, 703-228-0555.

**Arlington's five sister cities update,** Wednesday, Sept. 26, 2 p.m., Aurora Hills. Register, 703-228-5722.

**Special performance by Harmony Heritage Singers,** classic barbershop quartet style, Wednesday, Sept. 26, 11 a.m., Arlington Mill. Register, 703-228-7369.

**Pickleball level II,** build on basic skills, Wednesday, Sept. 26, 9 a.m., \$24/4 sessions, Walter Reed. Register, 703-228-0955.

**Men's 55+ basketball,** drop-in, Wednesdays, 11:45 a.m.-1:30 p.m., Walter Reed, 703-228-0955; women's 55+ drop-in basketball, 7-9 p.m., Langston-Brown, 703-228-6300.

**Two mile hike from Fort Ethan Allen to Fort Marcy,** Friday, Sept. 28, 9:30 a.m., Madison. Register, 703-228-5310.

**Pickleball for beginners,** Friday, Sept. 28, 9 a.m., \$24/4 sessions, Arlington Mill. Register, 703-228-7369.

**Fast Forwards walking group,** Friday, Sept. 28, 9 a.m., Aurora Hills. Register, 703-228-5722.

**Classical music enthusiasts,** Fridays, 1 p.m., Madison. Details, 703-228-4878.

## BULLETIN BOARD

### THURSDAY/SEPT. 20

**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/](http://www.apsva.us/about-the-school-board/) for more.

### FRIDAY-SATURDAY/SEPT. 21-22

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

### MONDAY/SEPT. 24

**Placement Exams for ESL Classes.** 9 a.m. or 6 p.m. at Syphax Education Center, 2110 Washington Blvd. #106, Arlington. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the Oct. 1-Dec. 21 session. Classes to be held at Syphax Education Center. Afternoon and evening classes available. Tuition is \$285 or \$200 for people who live or work in Arlington; \$470 or \$350 for people who do not. Exams are free. call 703-228-4200 or visit [www.apsva.us/keep](http://www.apsva.us/keep).

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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			

## A Declaration of Semi Independence



By KENNETH B. LOURIE

Now that I've spent the last two publishing weeks moaning and groaning about my potentially life-changing CT scan results from my upcoming Sept. 26 scan, I think it's time to buck up, don't you? I mean, how long can I continue to drone on before I bore even myself? Talk about putting the cart before the horse, I'm putting myself before the cart.

If I've learned/assimilated anything in my nine and half cancer years, it is that waiting for results rather than presuming or anticipating and/or especially overreacting to them in advance of anything actually being confirmed as negative/problematic is, highly recommended. Much easier said than done I understand, but the alternative "batters no parsnips," to quote Mrs. Patmore from the Downton Abbey kitchen.

And if one has been compromised, as I have been by a "terminal" diagnosis (2/27/09), followed by years of chemotherapy and the variety of associated side effects, wasting any time or energy on pursuits which don't enhance life, liberty and the pursuit of happiness, is a pursuit not worth pursuing.

Moreover, given how little control one has over the entire cancer experience - from initial screening/testing/diagnosing/staging to lab-testing/treating/maybe even "surgerizing" (to use of my late father's made-up words), it would seem the sooner the patient/survivor accepts and sort of embraces their place in the cancer feedback loop, the better. Otherwise, the process likely becomes even more excruciating than it already is.

The problem is that cancer can be, shall we say, uncooperative.

Adding to its "uncooperativeness" is its effect on a patient (yours truly) who has lived years beyond the presumptive treatment guidelines oncologists refer to. Generally speaking, stage IV, non-small cell lung cancer survivors of nearly 10 years are few and far between so there's very little empirical evidence/information available advising oncologists how to treat the anomaly. (I've been called worse.)

They're challenged enough determining how to treat the 234,030 new cases projected for 2018 (according to the American Cancer Society). When it comes to treating an old case - mine, common sense and trying to not make things worse seems as much a reasonable course of action as any, especially as I try not to count the days until my next scan. It will get here soon enough - or not - so I see no advantage in obsessing about it and staring at the calendar.

Oddly enough, outliving one's prognosis by as many years as I have presents its own peculiar set of problems.

I never thought I'd be quoting/invoking a Doris Day song but, "Que sera, sera, Whatever will be, will be, The future's not ours to see, Que sera, sera. What will be, will be." And though I realize Doris wasn't singing about cancer per se, it was more so about life.

Nevertheless, if there's one subject that us cancer patients could use all the uplifting lyrics sung and/or talked about, it is words which can minimize the slings and arrows of the outrageous misfortune which has befallen us and to help find a way to make the best of the extraordinarily difficult circumstances life has us living.

So what if I have to wait a month for the other shoe to potentially drop? I'm alive and reasonably well. Besides, there's no guarantee that the shoe dropping will be the cancer shoe. Maybe it will be the non-cancer shoe?

Regardless, whatever shoe drops on or about Sept. 26, I'll be there to pick it up, find some bootstraps, buckle up and get on with it.

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

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