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The Arlington Connection

FALL FUN
PAGE 6

“Push hard with your legs.”
Youngsters who waited in line for more than half an hour soar into the air on the bungee bounce at Kids Zone on Clarendon Day Saturday, Sept. 22.

Buckle up for a Bounce

NEWS, PAGE 3

Pickleball Mixed Doubles Opens Final Week of NVSO

NEWS, PAGE 2

Thrive’s Boots, Bingo, And BBQ Returns

NEWS, PAGE 4

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PHOTO BY SHIRLEY RUHE/THE CONNECTION ENTERTAINMENT, PAGE 6 ♦ CLASSIFIEDS, PAGE 10

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CAREGIVER CONNECT

*A Monthly Gathering for Caregivers
at The Kensington*

At The Kensington, we understand that caregiving for someone with dementia is a demanding responsibility. We also believe it is one you should not undertake alone. That's why we strive to preserve your well-being by helping you stay positive, manage fatigue and make the most of moments as your loved one's memory changes.

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**The first Wednesday of each month from 6:30-8:00pm
Oct 3, Nov 7 & Dec 5 • Light refreshments
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Kensington Park, another Kensington community located nearby in Kensington, MD



NEWS



Chuck Toftoy

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Betty de la Cruz



Horace Reyer



Elease Brooks

Pickleball Mixed Doubles Opens Final Week of NVSO

BY SHIRLEY RUHE
THE CONNECTION

Heavy dark clouds and raindrops didn't dampen the enthusiasm of the participants in the Northern Virginia Senior Olympics (NVSO) pickleball mixed doubles competition on Monday, Sept. 24.

Walkers circled the track surrounding the pickleball courts located in the middle at Thomas Jefferson Community Center where the competition was taking place. Four age brackets competed, ranging from five teams in the 60-64 year old class to three teams in the 80-89 year old class.

A table of volunteers wearing black T-shirts emblazoned with a bright green NVSO logo checked in the participants and pointed them to their courts. "Did you see that shot?" as enthusiastic supporters yelled encouragement from metal chairs on the sideline, cheering on relatives or waiting their turn to play.

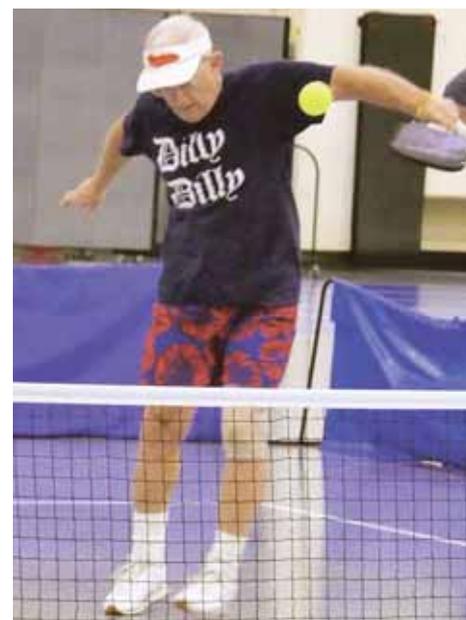
"Did you forget to bring the bananas?"

"What time do you play?"

"I haven't seen you since last year. How you been?"

Chuck Toftoy and Betty de la Cruz faced off against Horace Reyer and Elease Brooks, all from Arlington, in the second round of the 80-89-year-old category.

On a nearby court Neil Shawen, an Arlington native, and Karen Pearson from McLean play in the 70-79 year old category. Shawen said, "My secret is this," holding



Neil Shawen

up a role of silver duct tape. "It fits over my knee. I hold myself together with it." He says that pickleball is strategic and takes teamwork and is less strenuous than tennis. "It is more forgiving on the joints with a shorter swing, less torque on the shoulder."

The NVSO will continue until Sept. 26 with more pickleball, croquet, mini-golf, handball and bunco with rain date track events and tennis mixed in. This year's competitive events are being held in 29 locations across Northern Virginia.

WWW.CONNECTIONNEWSPAPERS.COM

Enjoying Clarendon Day A microcosm of Arlington activists, artists, animals.

BY EDEN BROWN
THE CONNECTION

Clarendon was full of families, craft beer, dogs of all shapes and sizes, activists, young couples, old couples, jewelry makers, massage therapists, and great food on Sept. 22.

One of the most impressive displays at Clarendon Day was a table set up by Blaise Hartsoe, bringing attention to the website she set up to bring greater awareness of mental illness to her contemporaries — middle and high school students. Her website's mission is to educate teens on mental health illnesses to end the mental health stigma and to encourage teens suffering from mental illness to seek help. See www.stopastigma.weebly.com

Another impressive “display” was the Gallery Clarendon pop up art studio space, chock full of art and artists, which joined the Clarendon Day lineup this year. The space is a temporarily vacant commercial space where artists can paint, hold classes, display art, and share information. For more information, see: <http://galleryclarendon.org>.

Other displays worth checking out were the local branch of Moms Demand Action for gun sense in America (see www.facebook.com/MomsDemandActionVA) and the Commons Church (see <https://www.arlingtoncommons.org>) and Virginia's pro-choice NARAL (<https://naralva.org>) and Spark Yoga (<https://www.sparkyoga.com>).



Blaise Hartsoe, of McLean, set up a table on mental health awareness. She is pursuing her “Gold Award” (the Girl Scouts’ equivalent of an Eagle Scout) and this project is part of her effort to spread awareness of mental health issues in young people. She said she became aware of the number of people her age who are going through mental health challenges and wanted to make others aware of the issue. Hartsoe goes to Bishop O’Connell High School. Her website is: [stopastigma.weebly.com](http://www.stopastigma.weebly.com)



Sue Grace stands in front of two of her paintings hanging at the pop up art gallery in the 2800 block of Clarendon Boulevard, across from Orvis. Studio space is hard to come by in Arlington, and these artists are grateful for the time they will have in this space. Grace likes the diffuse light in the studio. For more information see www.suegrace.com



Gerda Lane in her studio space at the Gallery Clarendon pop up space. Lane is an Arlington resident who spent many years overseas. Her paintings reflect her travels.



A portion of the boulevard was reserved for corn hole games.



André Demi serves tapas from the newcomer restaurant, “Pamplona,” to attendees of Clarendon Day. Pamplona has been open for 18 months. One of the customers tried the chicken croquettes and pronounced them as good as anything she had eaten in Spain this summer. The vegan croquette also got rave reviews from samplers. See <http://pamplonava.com>.



A veteran of the USA 1981 helicopter team, which won the World Championship, ties a balloon on Andrew Bowman’s wrist to keep the balloon from floating away in the breeze at Clarendon Day.



Mark Riley and Brian Webster, pastor of Christ Church, Arlington, who founded the Turkey Trot fundraiser 13 years ago, encouraged residents at Clarendon Day to sign up for the 5K race. The Arlington Turkey Trot is a dog friendly run. Riley and Webster signed up the dog in the picture wearing the Turkey Trot bandana, Juno, a poodle who is hoping some turkeys show up for the trot. For more information, see www.arlingtonvaturkeytrot.org.

PHOTOS BY EDEN BROWN/
THE CONNECTION



Man and beast enjoy the craft beer, the bands or a nap on the sidewalk at the annual Clarendon Day street festival.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Rain Gardens in the Street

More than meets the eye.

BY MICHAEL MCMORROW
THE CONNECTION

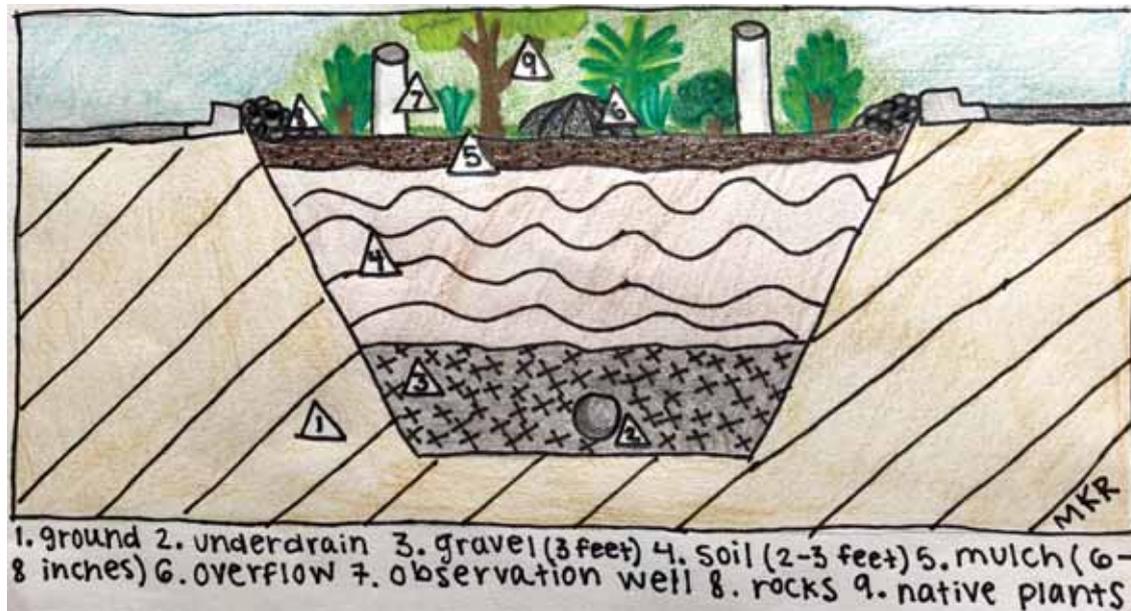
Rain gardens in the streets (or, in county government parlance, “green streets”) are vegetated areas in the public right of way that reduce the volume of stormwater and of stormwater pollutants that enter local streams.

They are found between the sidewalk and the curb or in the street median. As illustrated in the accompanying graphic, runoff is gathered, filtered by soil and plants and permitted to soak into the ground or to pass into the stormwater drains. Designed to empty within 48 hours, insect breeding is avoided.

Quarterly maintenance visits involve weeding, pruning, plant replacement, removal of polluted soil, cleanout of sediment and litter and inspection of under-drains and overflow intakes. Only native plants that tolerate both wet and dry conditions, and ones consistent with street safety, are selected. Special attention in planning gives assurance that no seepage will affect houses and no safety hazard is created to endanger children. The only identifiable downside is that some on-street parking spaces could be lost.

Projects Completed And Planned

- John Marshall Drive between Williamsburg Boulevard and Little Falls Road: Complete
- North Kensington Street between 32nd and 33rd Streets North: Complete
- Patrick Henry Drive between 20th and 21st Streets North: Complete
- Williamsburg Boulevard at North Harrison Street: Complete
- Williamsburg Boulevard between Old Dominion Drive and 35th Street North: Complete



GRAPHIC BY MARY KATE REICHERTER/THE CONNECTION

- 13th Street North at Kirkwood Road: Complete
 - South Walter Reed Drive at 5th Street South: In planning
 - South Walter Reed Drive at 9th Street South: In planning
 - 22nd Street North at North Kentucky Street: In planning
 - North Oakland Street: In planning
 - North Pershing Drive at North Oakland Street: In planning
- For details of a project in your neighborhood, contact Christin Jolicoeur, 703-228-3588.

Private Property Reimbursement Program

In addition to rain gardens on public property, Arlington County will share the cost of selected private property projects with the same objective of reducing runoff. It is called the StormwaterWise Landscapes Program. Four types of work are included: conservation landscapes; pavement removal; pervious surfaces; and rain gardens. A list of pre-qualified contractors to install the approved projects is available. From the many applicants, 40 resi-



PHOTO BY MICHAEL MCMORROW/THE CONNECTION
Rain garden in Williamsburg Boulevard at North Harrison Street

dential owners were selected by lottery for the current year. Reimbursements up to \$1,000 or \$1,500 or even \$2,500 are possible, depending on the particular project. For details, contact Aileen Winquist at 703-228-3610.

Thrive's Boots, Bingo, and BBQ Returns

Anonymous supporter underwrites costs.

What do Dominion Energy, EagleBank, The Educational and Charitable Fund Committee of CNA Corporation, Daphne Papamichael and Tim Nichols, and St. Mary's Episcopal Church all have in common? They are the sponsors for the third annual BBQ, Boots & Bingo fundraiser hosted by Arlington Thrive on Saturday, Sept. 29, from 11 a.m. to 3 p.m. at the Columbus Club of Arlington, 5115 Little Falls Road, Arlington.

The family-friendly event will include picnic fare by Rocklands BBQ and Columbus Club of Arlington, ice cream by the Orange Cow ice cream truck, balloon creations by Leandra Finder, moon bounces, face painting, bingo with prizes, music and more. Tickets (adult \$20; child \$10; or family \$50) are available online at arlingtonthrive.org or they can be bought at the entrance. An anonymous

SEE THRIVE, PAGE 5



Grace and Julia Elman, whose mother is on the board for Arlington Thrive, enjoy ice cream at the second annual Boots, Bingo, and BBQ fundraiser.

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Thrive

FROM PAGE 4

mous supporter is underwriting the costs of the event, so that all funds raised will go directly to support Arlington neighbors in need.

Arlington Thrive provides same-day emergency financial assistance for residents who cannot pay their bills for rent, utilities or medical care.

Funds can be used to cover rent, utilities, medical/dental visits, prescriptions, or work-related costs, such as transportation, tools, and identification documents.

Each day, Thrive's largest program, the Daily Fund, distributes \$1,400 to Arlingtonians in crisis. Last year, Arlington Thrive provided over \$750,000 in emergency same-day financial assistance across all of its programs. This assistance helped over 2,000 individuals remain secure in their jobs, health, and homes and prevented 495 evictions in Arlington. One-third of the individuals served by Arlington Thrive are children. To learn more, visit www.arlingtonthrive.org or call 703-558-0035 for more information.



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

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

ONGOING

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.

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.

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 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/.

WEDNESDAY/SEPT. 26

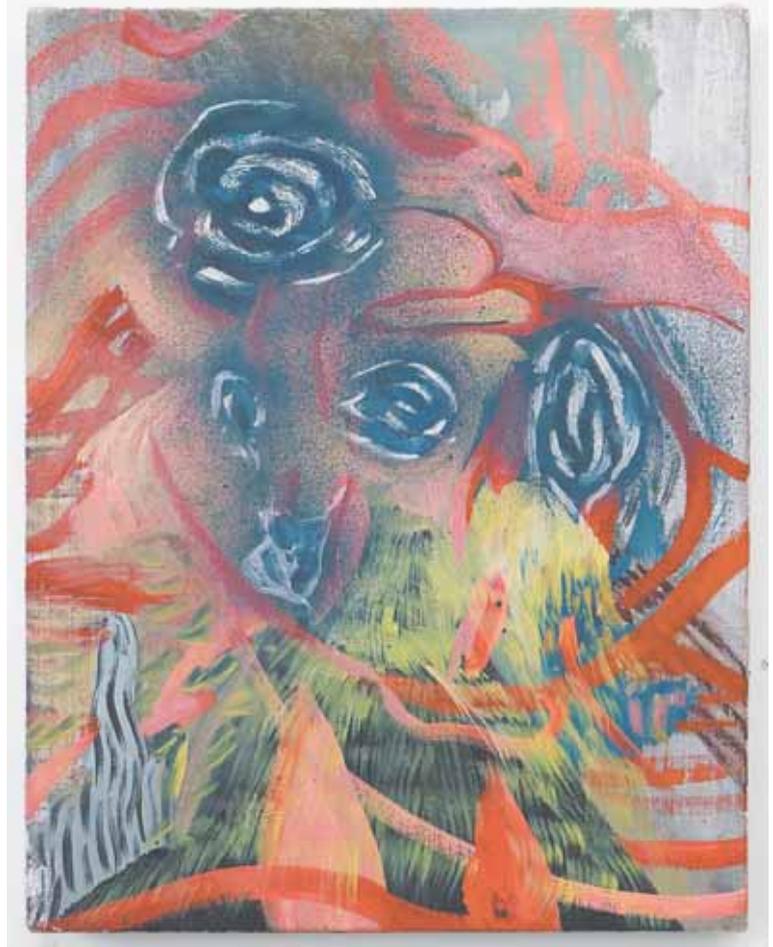
EcoAction Arlington Movie-Night. 6:30-9 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. EcoAction Arlington will present a screening of "The Clean Bin Project," a film that follows two friends in a competition to determine their ability to live a zero-waste lifestyle for one-year. At the conclusion of the film, Erik Grabowsky, of the Arlington County Solid Waste Bureau will lead a discussion on waste issues. Tickets: \$10 / \$5 for students. A parent must accompany students under 21 years of age. Tickets are available at acdh.arlingtondrafthouse.com. Visit www.ecoactionarlington.org.

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. 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 or call 703-243-4785.

Bite Me Cancer Anniversary. 6 p.m. at Arlington Rooftop Bar & Grill, 2424 Wilson Blvd., Arlington. Bite Me Cancer, a national nonprofit organization based in Fairfax, has raised more than \$800,000 to support teenagers with all cancers and fund



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

'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.

thyroid cancer research grants, and has personally reached out to more than 5,200 teens hospitalized with cancer providing them with much needed teen support bags during their stays. Visit www.bitmecancer.org.

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.

FRIDAY/SEPT. 28

Fortune Feimster Live. 7:30 p.m. and 10 p.m. at the Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Tickets: \$25-\$30. Fortune Feimster, the Southern comic who hails from North Carolina, rose to fame as a performer and writer on "Chelsea Lately," and can currently be seen as a series regular on "The Mindy Project" where she plays nurse Colette. Visit ArlingtonDrafthouse.com.

SATURDAY/SEPT. 29

Arlington Kids' Stuff Sale. 8 a.m.-noon at St. Andrew's Episcopal

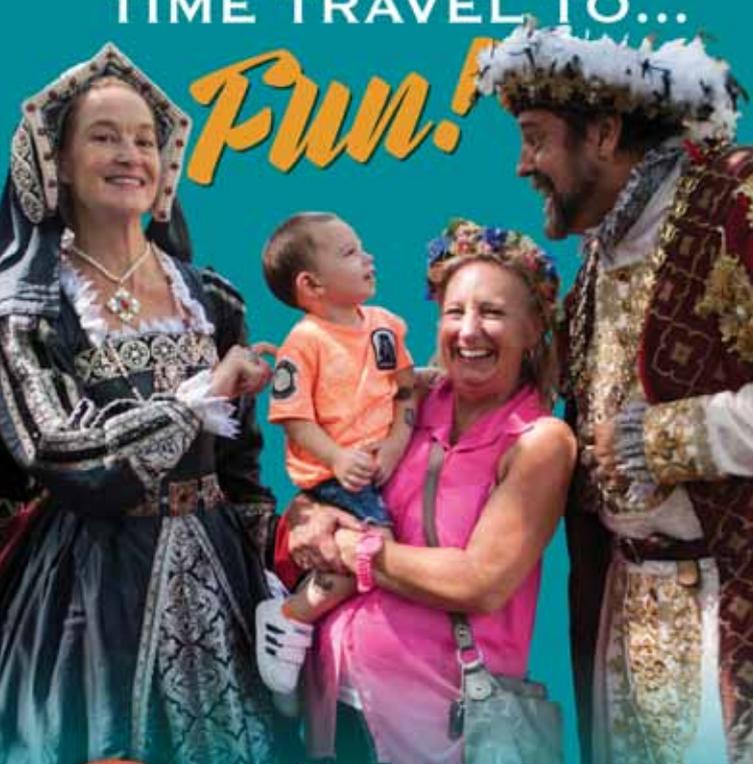
Church, 4000 North Lorcom Lane, Arlington. Sale features gently used items from 100 consignors including clothes, toys, books, videos, games, puzzles and more for kids for birth to teen. There's plenty for parents as well: maternity clothes, baby gear, strollers, bottles, safety items.... and more.

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.

Arlington History Bike Tour. 9 a.m. Meet at Ballston Metro Station (top of escalator, S.E. Corner of N. Stuart St. and Fairfax Drive). Cost: \$2. No reservation needed. Bike from 1-23 miles visiting Arlington parks and historic sites. Tour historic locations dating from Colonial times to early 20th Century. Visit sites of Fort Myer, Colonial and Post-Revolutionary Dwellings, Civil War Outposts, Ball-

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Champion Trees Bike Ride. 9 a.m.-noon. Meet at Barcroft Sports and Fitness Center Parking Lot, 4200 S. Four Mile Run Drive, Arlington. Marvel at some of Arlington's most spectacular trees on this leisurely ride over mostly level, paved pathways, while stopping at points of natural and environmental interest along the way. Bring your own bike, water, snacks and repair kit for a wonderful ride. Teens 12 and up are welcome, but must be accompanied by a registered adult. Free. Register at registration.arlingtonva.us with #612948-G.

Final West End Food Truck Party of the Season. 11 a.m.-2 p.m. Columbia Pike at Four Mile Run, Arlington. The final food truck party of the season features The Crab Fry Guy, Peruvian Brothers, PhoWheels and Little Miss Whoopie. Musical guests Emma G and Jahnel Daliya, along with special guest Arlington Art Truck. Visit www.columbia-pike.org.

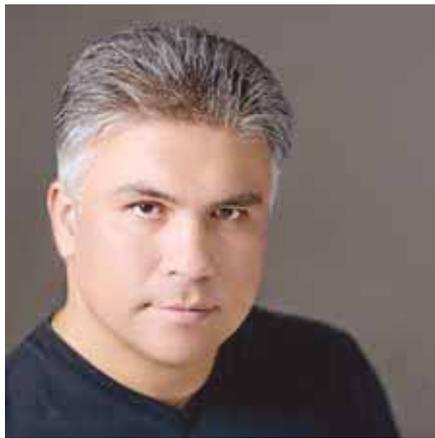
Colonial Harvest: Living History. 1-4:30 p.m. at Ball-Sellers House, 5620 3rd St., S., Arlington. The ultimate Foodie event. Find out how people who lived in the oldest house in the county harvested, cooked, and prepared food for the winter. Colonial reenactors will show how the original family in the house would have done it. Taste what they would have eaten including desserts and beverages. Visit arlingtonhistoricalsociety.org.

Gallery Talk. 1-3 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Join artists of Open World and Within/Between. Tour the exhibitions with the participating artists and AAC staff. Engage in a conversation about the work on view and then join us for a closing reception to meet and mingle with these talented artists. Participating artists: Rachel Frank, Nicholas O'Brien, Plakookee, Alisha D. Polan, Rachel Guardiola, Stephanie Williams, Olivia Tripp Morrow, and Jen Noone. Visit 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. Sponsored by the Crystal City Business Improvement District and TasteUSA. Buy tickets at eventbrite.com, search Crystal City Oktoberfest.

Nature Photography Hike. 3:30-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Join us as we photograph nature, get some tips on photography, learn about local wildlife and get a chance to take pictures of some live nature center animals. Bring the camera of your choice. Great for kids 8-12. \$5. Register at registration.arlingtonva.us

Fortune Feimster Live. 7 p.m. and 9:30 p.m. at the Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Tickets: \$25-\$30. Fortune Feimster, the Southern comic who hails from North Carolina, rose to fame as a performer and writer on "Chelsea Lately," and can currently



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, mcdm1@verizon.net or 703-536-7557.

Jose Sacin

be seen as a series regular on "The Mindy Project" where she plays nurse Colette. Visit ArlingtonDrafthouse.com.

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.

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, or call 703-389-1505.

2018 Valley Fest Street Festival. 12-5 p.m. at New District Brewing Company, 2709 South Oakland St., Arlington. New District Brewing Company presents the second annual Valley Fest Street Festival. Valley Fest is a collaboration and celebration of the Four Mile Run Valley Arts and local businesses. Visit arlingtonvalleyfest.com/.

Spellbinders Story Fest. 3-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 4 and up. Register children and adults; children must be accompanied by a registered adult. The Arlington Spellbinders will unleash the power of oral storytelling with favorite tales from around the world. Since ancient times in all cultures, this tradition has passed on wisdom, connected elders to youth, and engaged the imagination. Call 703-228-6535. Free. #612958-F. Call 703-228-4747 or visit registration.arlingtonva.us to register.

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 multicultural community of the 13th-14th century Spanish court, performed by a renowned early music ensemble. General admission \$30/students \$10. Visit capitollearlymusic.org.

MONDAY/OCT. 1

Sigworks: New Play Reading Series. 7 p.m. at Signature Theatre's Ali's Bar. This season Signature will present five plays - Mermaid by Andrew Rosendorf on Oct. 1, The Reapers on Woodbrook Avenue by Mardee Bennett on Dec. 10, Wire in

the Garden by Alona Bach on Feb 4, 2019, Torgus & Snow by Christine Evans on April 8, 2019, and Soldiers of the Cross by Caleen Sinnette Jennings on June 3, 2019. The readings are free and open to the public, no reservations are required. Visit www.SigTheatre.org.

WEDNESDAY/OCT. 3

Coffee with a Cop Day. 10 a.m.-noon at Penrose Square, 2413 Columbia Pike, Arlington and 3-5 p.m. at Starbucks Courthouse Plaza, 2200 Clarendon Blvd., Arlington. Arlington County Police Department is hosting two events with the Community Outreach Teams to celebrate. Community members are invited to join police at this informal event to ask questions, voice concerns, get to know their neighbors, interact with the Community Outreach Teams and meet officers from other sections of the department.

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 that transcends spoken language and makes its productions something akin to live-action dreams (or nightmares, depending on the story). 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.

THURSDAY/OCT. 4

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

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

FRIDAY/OCT. 5

Urban Agriculture Symposium. 8:30 a.m.-3:30 p.m. at St. Andrew's Episcopal Church, 4000 Lorcom

Lane, Arlington. A day of fun, food, and learning on topics ranging from urban agriculture policy and innovation to vertical gardening, indoor and rooftop farming, soil health, agriculture business development, private and public community garden management, food waste recycling, season extension, edible landscaping, and building horticulture literacy. Registration is \$30 plus \$2 credit card fee. Program schedule and advance registration are online at tinyurl.com/auuas2018. Registration on the day of the event starts at 8 a.m. Call 703-228-6414.

Latino American Festival. 5-9 p.m. at the Mill, 909 S. Dinwiddie St.,



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FALL FUN & ENTERTAINMENT

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

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.

SATURDAY, OCT. 6

Native Shrubs for the Home Garden. 10 a.m.-noon at Ellen Coolidge Burke Branch Library, 4701 Seminary Rd., Alexandria. A variety of native shrubs thrive in our area that can provide beautiful structure and ecological function to your yard. Extension Master Gardeners will

teach you how to identify which shrubs will do best in your site, how to select shrubs for your landscape goals — whether you want to create wildlife habitat and attract birds and pollinators, provide screening or a focal point, or just find the right shrub for a problem area — and how to maintain your shrubs to keep them healthy. Free. Advance registration requested at mgnv.org/category/public-education-events. Call 703-228-6414 or email mgarlalex@gmail.com.

2018 DC-Metro Modern Home

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

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

Bats & Bloodsuckers Campfire. 6-7 p.m. at Long Branch Nature Center, Arlington. Cost: \$5. This engaging program will be filled with

entertaining activities that may include stories, special animal guests, games, songs and of course, S'mores. Families. Register children and adults; children must be accompanied by a registered adult. Call 703-228-6535.

SUNDAY/OCT. 7

34th Army Ten-Miler. 8 a.m. at the Pentagon. The 10-mile road race is a USA Track and Field certified course. Metrorail will open at 7 a.m. on race day and runners will stage on Rte. 110 again for the start. Wheelchair athletes and Wounded Warriors will start at 7:50 a.m. Wave 1 runners will start at 8 a.m. followed by the remaining nine starts. All runners must maintain a 15-minute-per-mile pace or better, complete the entire course, and finish the race within two hours and 30 minutes to receive an official race time and results. Visit www.armytenmiler.com.

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

A Walk In The Woods. 1-2 p.m. at Glencarlyn Park, Arlington. Families join a naturalist for a walk in the fall woods. Let the sights, sounds and smells of the season lead the group on a leisurely-paced exploration of nature as the last signs of summer give way to fall. Meet at Long Branch

Nature Center. The hike is free but registration required. Call 703-228-4747 or visit registration.arlingtonva.us to register.

OCT. 7 TO DEC. 9

Young Flyers Youth Track and Field Training. 3-5 p.m. Meets at Thomas Jefferson Community Center, 3501 2nd St. South, Arlington. Part of the Potomac Valley Track Club Young Flyers youth track & field training program. Meets every Sunday afternoon from 3-5 p.m. Experienced coaches teach students to run faster and farther, to race walk, to throw shot-put and turbo-javelin, and to practice on relay teams. The program prepares students and their parents for indoor track meets in December, January, and February at TJ, at Prince George's Sportsplex, and at Episcopal High School in Alexandria. Visit www.pvtc.org/youth or call 703-927-4833.

MONDAY/OCT. 8

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

WEDNESDAY/OCT. 10

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

THURSDAY/OCT. 11

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

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

Desegregating Arlington School Sports. 7-8:30 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. Call 703-892-4204.



NOTICE OF PUBLIC HEARINGS

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

See locations below to attend a public hearing near you.

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

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

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'FLOURISHING AFTER 55'

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Oct. 7-13.

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: National Gallery Of Art, Madame Tussaud's, D.C., Wednesday, Oct. 10, \$29; Metropolitan Jazz Orchestra, Hylton Performing Arts Center, Manassas; Graves Mountain Apple Harvest, Syria, Saturday, Oct. 13, \$27. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Music by Frederic Chopin, Mon-

day, Oct. 8, 1 p.m., Langston-Brown. Details, 703-228-6300.

Grandparents and grandkids get together, Monday, Oct. 8, Wednesday, Oct. 10, 10:30 a.m., Lee. Details, 703-228-0555.

Badminton, billiards, bocce and croquet, Walter Reed. Call for details, 703-228-0955.

How estate sales and auctions work, Tuesday, Oct. 9, 11 a.m., Langston-Brown. Register, 703-228-6300.

Navigating a cancer diagnosis, Tuesday, Oct. 9, 10 a.m., Walter Reed. Register, 703-228-0955.

The Blues Kats, funky new band, open rehearsal, Tuesday, Oct. 9, 11 a.m., Lee. Details, 703-228-0555.

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Washington & Old Dominion (W&OD) Trail Pedestrian and Bicycle Bridge Over U.S. Route 29

Arlington County
City of Falls Church

Community Meeting

Thursday, October 11, 2018
6:30 p.m. to 8:30 p.m.

Yorktown High School
5200 Yorktown Boulevard
Arlington, VA 22207

The Virginia Department of Transportation (VDOT) will host a community meeting to present the final design plans and aesthetic details for the W&OD Trail Pedestrian and Bicycle Bridge over U.S. Route 29 (Lee Highway), which will be built as part of the Transform 66 Inside the Beltway Eastbound Widening Project.

Stop by between 6:30 p.m. and 8:30 p.m. to learn more. VDOT will hold a short presentation beginning at 7 p.m.

For more information, please visit inside.transform66.org.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Mark Gibney at 703-259-2734.

State Project: 0066-96A-417, P101, R201, C501
Federal Project: NHPP-066-1(356) UPC: 108424

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Announcements

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NEWS



PHOTO CONTRIBUTED

From left: Monica Jefferson, Housing Opportunities Made Equal (HOME); Heather Crislip, (HOME); Jennifer Endo, AHC Inc.; Lynn Thomas, Community Lodgings; Kim Hart, Good Works; Sylisa Lambert-Woodward, Pathway Homes; U.S. Sen. Tim Kaine; John Welsh, AHC Inc.; Michelle Krocker, Northern Virginia Affordable Housing Alliance; Walter D. Webdale, AHC Inc.; Nina Janopaul, APAH; Nick Bracco, The Michaels Organization; Bobby Rozen, Washington Council Ernst & Young (retired); and Michelle Winters, Alliance for Housing Solutions.

Forum Highlights Housing Issues

Local housing organizations joined the Northern Virginia Affordable Housing Alliance and the Alliance for Housing Solutions at a Round Table this week to address housing issues from a variety of standpoints. The wide-ranging discussion included a legislative perspective from U.S. Sen. Tim Kaine, ideas for improving access to affordable housing, regulatory challenges, financing tools, and the importance of helping families stay in their homes and avoid eviction.

Kaine said, "The complexity of the affordable housing challenge is always tough. In Northern Virginia because of real estate prices, it's even tougher. If you look at sort of Alexandria, Arlington, Fairfax for example — the number of affordable housing units in the last 20 years has dramatically declined. Just because [of] real estate prices, cost of living ... everything's going up and that's going up faster than salaries."

— SHIRLEY RUHE

Runners Raise over \$160,000

Mental health for Palestinian children is focus of Gaza 5K this year.

BY EDEN BROWN
THE CONNECTION

Arlington resident Janine Ali was standing at the starting line at the Gaza 5K race on Saturday morning, Sept. 22, to support her son and grandson. Ali is a Palestinian-American, born in Dearborn, Mich. Her son, Jihad Ali, now lives in Centreville. A 2002 graduate of Yorktown High School, where he was on the varsity football team, Jihad Ali reminisced fondly about his coach at YHS, Bruce Hanson, and wondered if he were still the coach there; he also remembered how, being at YHS on 9/11 meant he had to deal with some stereotyping, especially given his name. His son, Faris, almost 2, got up early to come to the race and was one of the youngest over the finish line.

The Gaza 5K was a fun, family friendly event with many families walking with strollers or running the 5 kilometers along the Anacostia Riverwalk Trail. The river was overflowing its banks in sections along the



PHOTO BY EDEN BROWN/THE CONNECTION

Arlington resident Janine Ali and her son and grandson, Jihad Ali and Faris Ali.

route. Despite the rainy morning, the atmosphere was like a family reunion — old friends reuniting, good-natured humor about fitness levels and stories of how summers were spent, a playlist of Arab hits
SEE GAZA 5K, PAGE 11

Gaza 5K

FROM PAGE 10

blasting out over the muddy park. But there was also commentary about the U.S. administration's decision to cease funding for UNRWA, a relief organization which focuses on Palestinian refugee children.

Waliha Gani, of Fairfax, said she has always been passionate about the Palestinian cause although she is of Pakistani origin. She went to Palestine last month after teaching English in Qatar. That experience brought home the reality of the Palestinian people's suffering, so she wanted to raise funds for the children of Gaza. She also did "Teach for America" for a year.

Tyson's Corner residents Zena Mikdadi, her son, and her sister, Lina Kanaan, came to the race to support UNRWA given the cuts in funding. The two sisters' parents were born in Nablus and Jerusalem, and when they were forced out of their land in 1948, they moved to Jordan to be close to home and to await the time when they could return. They refused to leave Jordan for the U.S. because they believed they would be able to go home to reclaim their land. Both parents died in Jordan. Kanaan was the last member of the family to come to the U.S. Her sister had petitioned for her 14 years earlier; that is how long it took for the immigrant visa to be approved.

The Gaza 5K takes place in several U.S. cities — Houston, Washington, and New York. Supporters from Fairfax, McLean, Vienna, Arlington, Centreville, and Reston came out to run and walk, dance the "Dabke," and eat a breakfast of hummus, olives, pickles and flat bread. There was an UNRWA trivia quiz for those who wanted to enter a raffle for a Palestinian cookbook. Participants were buoyant as they noted UNRWA, despite the U.S. defunding, would continue to be financed by other U.N. members and events like this fundraiser, which raised over \$160,000 of its \$200,000 goal to support mental health efforts for children in the war-torn Gaza strip. For more information, or to donate: see: <https://getinvolved.unrwausa.org/event/2018-dc-gaza-5k>.

BULLETIN BOARD

WEDNESDAY/SEPT. 26

2018 Virginia Senatorial Debate. 5-8 p.m. at Capital One Bank. Sen. Tim Kaine (D) and Chairman Corey Stewart (R), Chuck Todd of NBC's Meet The Press, will moderate, televised live on NBC4.

Money Talk: A Financial Course for Women. 6:30-8:30 p.m. at Arlington Central Library, 1015 N Quincy St. Register at bit.ly/VCEFinancePrograms, email jabel@vt.edu or call 703-228-6417.

Community Meeting. 7-8:30 p.m. at Kenmore Middle School Cafeteria, 200 S. Carlin Springs Road. Elementary School Boundaries "Getting Started" Community Meeting. Visit www.apsva.us/about-the-school-board/ for more.

SATURDAY/SEPT. 29

Arlington Kids' Stuff Sale. 8 a.m.-noon at St. Andrew's Episcopal Church, 4000 Lorcom Lane, Arlington. Consignment sale features gently used items from 100 consignors including clothes, toys, books, dvds, games, puzzles and more for kids from birth to teen. Visit www.kidsstuffsale.com.

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Woe I'll Never Be



By KENNETH B. LOURIE

Not on hold with the Oncology department today. Not elbowing Twinkle or Biscuit off my writing tablet as I sit and write this week's column. And not going hungry from the previous Friday's infusion (a week plus has passed so the worst side effect of the treatment has passed).

In general, aside from waiting for my upcoming CT scan on Sept. 26, I am glad that soon I can get on with my life.

You'll note I didn't say fate. That word has too negative a connotation. And my nature, as you regular readers know, is as a positive/glass half full kind of person. So, as I approach this next milestone, I view it not so much as a millstone but more so as just another rock that hopefully leaves me not in a very hard place.

The pre-existing cancer diagnosis is already hard enough. But after living with it for so long and enduring as many rounds of chemotherapy, side effects, lab work, diagnostic scans, 24-hour urine collection and all the associated anxiety surrounding a "terminal" diagnosis as I have, one, at least this one, has learned to live with the miscellaneous demands.

It's not to imply that doing so is easy, but not doing so is so much more difficult. To that end, which ultimately won't be my end, assimilating the good, bad and the incredibly worrisome into some sort of mental spreadsheet seems the only logical pursuit.

Either you learn to take it in stride or you'll die not trying.

And since dying, so far as we know anyhow, is so much less appealing than living, I'm striving to balance my equilibrium and never get too high or too low no matter the news. (Yes. I'm a Libra so balance is very much a part of my process.)

That's not to say that there aren't incredible pressures and challenges that us cancer patients have to manage, it's more that to say that laughing in the face of death is not a sign of weakness but more so a sign of enlightened strength.

Part of that strength is respecting the process with which cancer patients are all too familiar and moreover, and most importantly, understanding and respecting what we don't have control over. There's an element of letting go which enhances one's quality of life and minimizes obstacles as well.

Doing what you can and not fretting about what you can't, in addition to keeping an open mind, combines to smooth out the rough edges and to focus on the path ahead. The 'path ahead' being the goal.

I remember that exact philosophy being expressed by my oncologist at the original Team Lourie meeting back in late February 2009. When it was suggested that my mother's smoking of Chesterfield King cigarettes in my youth or my dalliances in college in the '70s might be relevant/have had an impact on my lung cancer diagnosis, my oncologist would have none of it.

Retrieving fragments of history and/or assigning blame for less-than-ideal behavior was irrelevant to him. His concern was not the past, it was the present/future. We were to be looking/planning ahead and treating forward.

And so here I sit, very much having been treated forward.

At present, I am my oncologist's prize cow, a stage IV, non-small cell lung cancer survivor, alive and reasonably well nine years and nearly seven months into an initial "13 month to two year" prognosis. After hearing that grim prognosis, I never would have imagined that in August 2018, I'd still be alive.

But here I am. Not a victim of my own circumstances.

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

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