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The Arlington Connection

A+
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Willkommen Zum Oktoberfest

Liab' und Schneid play Alpine music at the Oktoberfest on Saturday, Oct. 13.

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Vihstadt, de Ferranti For County Board
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ELECTION 2018



PHOTO BY EDEN BROWN/THE CONNECTION

Challenger Matt de Ferranti puts forth his closing argument alongside incumbent John Vihstadt.

Sharing Similar Visions

Vihstadt and de Ferranti present views on development, Amazon HQ 2, and other issues.

BY EDEN BROWN
THE CONNECTION

Independent candidate for reelection to the County Board, John Vihstadt, and Democrat hopeful, Matt de Ferranti, debated their differences Oct. 11 in front of about 100 Arlington residents. The debate at Marymount University was sponsored by the Committee of 100, a group of Arlington citizens who have provided a forum for candid, non-partisan discussion of current issues in and around Arlington County for 60 years. ARLNOW's Scott Brodbeck moderated the debate.

The only moment where the debate heated up was over the name change at Washington-Lee High School, and that was because a member of the audience did not follow protocol in shouting out comments. If attendees wanted divergent views from the candidates, they didn't get any on that topic: both men said they believe the issue of a high school name change is a School Board issue, not a County Board issue.

Instead, the debate provided strikingly similar views of the usual Arlington issues: Is there the right mix of transportation? Both favor multi-modal transportation and updating methods other than Metro to get around, including bikes and scooters. But for de Ferranti, the transportation issue was just one more way to state the importance of development in Arlington: "We have to work on our greatest challenge which is Arlington's office space vacancy rate In order to get funding for those other items."

For those who were concerned about over-development in Arlington, de Ferranti noted that it would be impossible to stop all development but "there are real concerns as I knock on doors about the pace of development." He talked about the supply and

demand mismatch and his intent to prioritize enforcement: "Building a McMansion is one thing, bumping out your house is something else. Whichever it is, you need to follow the rules. You can't stop development, and we will need multi-family housing near transportation hubs. Affordability is important ... so our teachers and firefighters can live here."

Vihstadt's position: "We can't stop, and we don't want to stop, the path of development. We need to manage our growth and one of the key themes I have stressed during the life of this campaign is providing for better growth management along with ensuring greater openness, transparency, and inclusion in how we do our work, and making cost and value a part of every conversation." He touted cost-benefit analysis as something, with his urging, County Board colleagues had agreed to pursue for future development. Vihstadt referred to the variety of planning documents on file outlining how we approach development in Arlington — the stormwater master plan, the urban forest master plan, the public spaces master plan, etc. He said: "A public facilities master plan would also be a good idea, with schools as a key component: we have not done that."

Asked about the possibility of Amazon's HQ2 coming to NOVA — is it a good thing — Vihstadt differed slightly from de Ferranti: "In my view, it's a mixed bag," he said. He wanted to see wise investment in schools, Metro, natural infrastructure, public safety. And he said the county needs to attract small business: greentech, medtech, etc. Vihstadt also used the opening to talk about some of the things he has done on the County Board, ending with his having

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WWW.CONNECTIONNEWSPAPERS.COM

ELECTION 2018

Competing for Seat on County Board

de Ferranti, challenger, Democrat

Vihstadt, incumbent, Independent.

BY SHIRLEY RUHE
THE CONNECTION

Matt de Ferranti between four candidate debates this week and canvassing the Yorktown neighborhood later in the afternoon: "I love it; Every time I go out, I hear an inspiring story."

from the courthouse area, and two buildings were constructed right across the street from me and two more are going up close. All are residential and were appropriate without significant detrimental impact, but density is a controversial word now in Arlington.

Arlington County is continuing to become a more affluent county, and affordability is as much of a challenge as ever. School capacity is as bad as it has ever been. I know kids in 6th grade who will need a seat when they get to high school.



Matt de Ferranti

What would you say is the major challenge facing the County Board moving forward?

de Ferranti: We've got to reduce the commercial vacancy rate or we can't afford all of the investments that have made Arlington Arlington for so many years. We can't afford the new high school we need.

We have to think about how the economy will grow in the future and prioritize the sectors of business growth that will have the most potential for us, like cyber security and renewable energy.

Looking back over the five years you have lived in Arlington, what changes have you seen?

de Ferranti: Interesting. I live two blocks

SEE DE FERRANTI, PAGE 14

BY SHIRLEY RUHE
THE CONNECTION

Accompanying John Vihstadt on a walk around Lyon Village knocking on one more door of thousands in 32 Arlington neighborhoods where he has been so far. "It is my workout routine; I lost 10 pounds last election."

changes have you seen?

Vihstadt: The thing I've not seen change, and I'm hoping won't, is Arlington is still a large small town. We have a deep sense of community.

You argue it is important to have diversity on the County Board and you provide that as an Independent. Can you give me an example of when that diversity mattered?

Vihstadt: My vote with the 3-2 majority in disagreement on the intent to advertise a property tax increase. I felt that we needed to bite the bullet without raising property taxes because we had raised them a cent and a half a year ago. We are required to balance the budget. Instead of property taxes we raised utility taxes, extended parking meter hours, cut salaries and laid people off. It wasn't pleasant.

The County Manager recently gave us the 2020 budget which projected revenues at half of the projected expenditures. We are working hard on filling the commercial va

What would you say is the major challenge facing the County Board looking forward?

Vihstadt: I would say managing our growth. With our current 225,000 population in Arlington projected to grow to, I believe, 280,000 between now and 2040 how do we manage the impact on schools, public infrastructure, parks, the tree canopy? I have called for the City Manager to study models to do cost-benefit analysis on our development decisions. We haven't done that before. Two other challenges are greater transportation costs and value and high commercial vacancy rate.



John Vihstadt

Looking back over the 30 years you have lived in Arlington, what

SEE VIHSTADT, PAGE 14

In the Race for School Board

PHOTOS BY SHIRLEY RUHE/
THE CONNECTION

Audrey Clement, challenger

Barbara Kanninen, incumbent

BY SHIRLEY RUHE
THE CONNECTION

Audrey Clement taking a moment between distributing campaign brochures and attending public meetings.

the real problem, the intractable minority achievement gap.

It didn't used to be the biggest challenge. I used to focus on the budget. It is serious. We don't know how to economize so we can't decide how to deal with increasing enrollment. We're not getting our bang for the buck. Capital expenditures are two and a half times as much as in other jurisdictions. The Arlington Public School operating budget is \$19,340 per year per student, \$4,500 more than Fairfax. I recommend a modest increase in class size of one pupil. It could save millions of dollars.



Audrey Clement

What would you say is the biggest challenge for the School Board looking forward?

Clement: Lack of transparency. The renaming of Washington and Lee High School reared its ugly head on the lack of transparency issue. Barbara Kanninen rammed the name change through with no public notice. It wasn't on the agenda for the June 7 School Board meeting circulated the night before. (She pulls out the agenda.) They doctored the agenda to add the name change on the website the next morning. (She pulls out the revised agenda.) This issue was the elephant in the room, motivated to divert attention from

What are your main goals?

Clement: I have an agenda: (1) keep W&L name the same, (2) reduce declining test scores, (3) close the minority achievement gap, (4) get more bang for the buck, (5) listen to the concerns of all taxpayers. I would test

SEE CLEMENT, PAGE 6

BY SHIRLEY RUHE
THE CONNECTION

Sitting in the quiet of Barbara Kanninen's living room — a rare moment, she says, because being on the School Board can be a full-time job.

We've been stronger every year but needs are growing faster than resources.

What are your main goals?

Kanninen: I think my main goal is to keep schools strong during growth. So much is good now. We've got to figure out how to do this with fewer dollars. We have five new schools/programs slated for next year with two new buildings — Patrick Henry into Fleet, Montessori out of Drew, a new middle school at the former HB Woodlawn. It takes a lot of staff time to transition to different schools — teachers and students and community, too, in a lot of ways. There is a lot going on. I learned in a civic association meeting recently that places like Ballston



Barbara Kanninen

What would you say is the major challenge for the School Board moving forward?

Kanninen: The big thing is the budget — what we spend our dollars on and what isn't primary to the ultimate goals. It's been hard budget going for a while, and the recent County Manager's press release projection for 2020 indicates how tight the budget is expected to be.

I've said I'm going to lobby for a tax increase. Another way to do it is to bring in new business. We need to keep class sizes small for teacher morale and get teachers their pay raises, which we've been able to do since I've been on the School Board.

have other infrastructure needs related to the school changes. It is complicated for communities in a larger sense. This is stressful.

SEE KANNINEN, PAGE 6

Willkommen Zum Oktoberfest



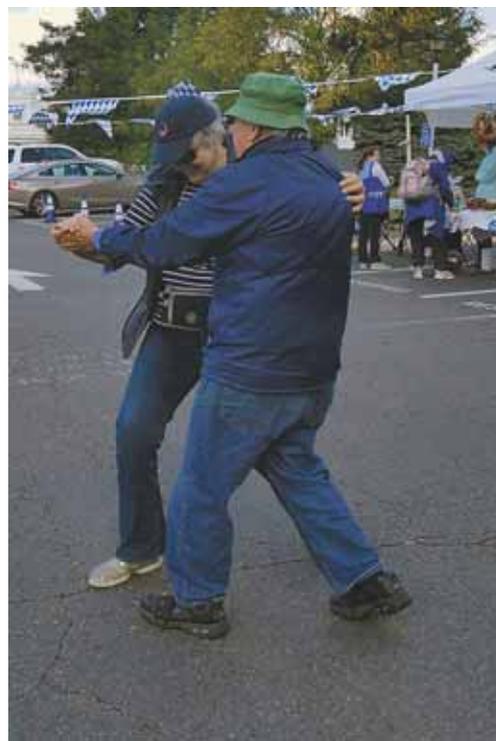
Elina Duac and her twin brother, Esko, are getting a free face painting by Marina and Bemmet who volunteer to do it for fun every year.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Liab' und Schneid play Alpine music at the Oktoberfest. He plays the Schwyzerörgeli and she plays the Steirische Harmonika, related to an accordion. Schneid says Liab is "one of about two" who can play his instrument ("and not very well") he adds.



One, two, three. One, two, three. A couple twirls to the polka along with the Alpine music of Liab' Und Schneid at the Marymount Farmer's Market Oktoberfest on Saturday, Oct. 13. Liab' translates to sweetness while Schneid is bold and full of spirit, two traits admired in girls and boys in Germany.

Focusing on the Whole Patient

BY STEVE HUNT
NEIGHBORHOOD HEALTH

Many of you have heard of Neighborhood Health, the non-profit community health center serving more than 20,000 patients in Alexandria, Arlington and Fairfax County. What you may not know is that in addition to primary medical and dental care, behavioral health is treated as a vital part of patients' overall well-being.

It begins when a patient walks through the door of any Neighborhood Health clinic and completes a universal screening assessment that can identify potential mental health concerns. Patients coming in for medical care can be suffering from undiagnosed depression, anxiety, acute stress, trauma, adjustment to life transitions, ADHD, school-related behavior challenges, parenting difficulties and more.

In addition, it is not uncommon for people dealing with certain chronic conditions – especially diabetes – to be at a higher risk for depression. Assessments also screen for substance use issues, including drugs, alcohol and tobacco. All of these issues can be addressed with assistance from Neighborhood Health's licensed behavioral health clinicians.

Director of Behavioral Health Courtney Riggle-van Schagen is a Licensed Clinical Social Worker and has been recognized for out-

standing service to survivors of domestic violence. "Almost everyone encounters a time in their life when accessing the services of a behavioral health specialist can help them be healthier and more productive," she said.

By having patients complete their health assessment, underlying issues can be identified and discussed with their primary care provider who may introduce them to a behavioral health providers who is part of the same treatment team.

From there, patients have the opportunity to discuss their stressors or other concerns, and if desired, schedule regular appointments to cooperatively develop a plan of action and follow up on their progress regularly. Riggle-van Schagen pointed out that she and the other Neighborhood Health counselors are well aware of and sensitive to the stigma that patients face when seeking mental health treatment, and that among of the benefits of receiving services at one of their facilities is that they can receive the treatment in the same location as their medical or dental care, making services accessible and reducing the barriers that patients face as they take the initial steps toward improving their health.

After building trust with their primary care provider and overcoming their initial reluctance to seek mental health services, patients are put at ease by their behavioral health specialists, all of whom are licensed, and many of whom are bilingual, enabling them to communicate with patients whose first language is not

English.

Through establishing long-term relationships between clinicians and patients and making it convenient to access services, Riggle-van Schagen explained that they are able to help those who initially say that they don't need help. "We open the door," she said. "It creates an opportunity and that's the benefit of integrated care."

One exciting new behavioral/medical integration project is supported by the Virginia Health Care Foundation, which is funding five health centers throughout the commonwealth on a project called "Defeating the Deadly Double: Diabetes and Depression."

As part of this project, Neighborhood Health has been able to offer the services of a Certified Diabetic Educator and an Integrated Care Manager to adult patients with uncontrolled diabetes who also screen positive for depression. Intensive diabetic education, group classes, blood glucose monitoring, regular phone follow-up, and behavioral health services are provided to these patients, many of whom are showing improvements after only a few months.

Behavioral health treatment can also begin at an early age, whether a patient is a grade schooler, the parent of an elementary school student, or a college student: "good mental health is just as important as physical health for academic success," says Riggle-van

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OPINION

Rebuttal Hymn of the Republic

Mine eyes have seen the story of the cunning of the Board

Who would sanitize our history where impurities are stored.

Political correctness gone awry we can't afford!

This truth is marching on

Chorus:

Glory, Glory hallelujah!

Glory, Glory hallelujah!

Glory, Glory hallelujah!

Our truth is marching on.

The blare of careless trumpets must be silenced by retreat

Lest sifting out the names of school befit their judgment seat.

Be swift, alumni Generals, to campaign for their defeat!

Shared truth is marching on.

Virginia's cherished heroes were in earlier contexts bred.

To hold them to our standards is a trick played on the dead.

Imposed anachronism is a moral scholar's dread!

His truth is marching on.

A school's name stands for more than what is chiseled o'er its door

A century shared by fifty thousand strong who came before,

Its faculty a guide to knowledge, active life and more!

A school's truth marches on.

Though change and sanctimony merge to form a zealous foe.

Frugality and common sense must guard the status quo.

'Til calm brings new schools named so our diversity can grow!

New truth is marching on.

NEIL M SHAWEN

WASHINGTON-LEE HIGH SCHOOL, 1964

BULLETIN BOARD

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

SOBER-RIDE FOR HALLOWEEN

Free Sober Rides. Saturday, Oct. 27, 10 p.m. through Sunday, Oct. 28, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo"

section to receive a no cost (up to \$15) safe ride home. WRAP's Halloween SoberRide promo code will be posted at 5 p.m. on Oct. 27 on www.SoberRide.com. The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

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ELECTION 2018

Audrey Clement

FROM PAGE 3

certain theories such as “are we teaching to the test?” Teachers have to do it or get fired. Look at different methods of teaching and our laboratory, H-B Woodlawn. They don’t teach to the test and have a track record for success.

Looking back over the 14 years you’ve lived in Arlington what changes have you seen in the schools?

Clement: A dramatic increase in enrollment. I was shocked recently when trailers appeared at Swanson Middle School, which is close to my house. It defaced a lovely baseball field.

We have a burgeoning population. I certainly believe the scenario that Arlington is increasingly attractive to people who don’t enjoy long commutes. And immigration policy admits 1.1 million legal immigrants every year, and they have to go somewhere.

Another change is the increase in the minority achievement gap. In 2012 94 percent of White students passed their SOL test while 75 percent of Hispanic and Blacks passed their SOLs. Overall the minority achievement gap in 2017-18 between Whites and Hispanics is 24.8 percent His-

panic and 22.4 percent for Black. And it has been getting worse in the past several years since Barbara Kanninen has been on the School Board.

Talk about the tradeoff between experience on the Board versus fresh ideas with a turnover of School Board members.

Clement: I’m reluctant to endorse term limits. I think it depends on whether you favor the person with the tenure. I can think of a Democratic officeholder who has been there a long time but I like and support him because of what he has done.

What is your greatest worry?

Clement: Lack of transparency. Maximizing public participation is the only way democracy is better than other systems. Officials fudge numbers, insulate themselves. People are not interested in a full-fledged public debate. For instance, there was only one hearing on the cost of the new high school, the most expensive investment decision a school board will ever make. A lot of people in south Arlington believe the structure will be substandard. The site itself is not large enough to accommodate what is needed. We could repurpose buildings like Fairfax does but the Arlington School Board refuses to do it.

Barbara Kanninen

FROM PAGE 3

Looking back at the 30 years you have lived in Arlington, what changes have you seen in the schools?

Kanninen: Arlington is always changing, growing and evolving. When my husband and I moved here in 1995 no kids walked to the Metro. Young couples wanted to live here but moved to Fairfax when they had children because the school system was better there. Things are different now. In 2008 the economy crashed. Arlington recovered and got the support we needed while other area schools fell behind. Teachers are not as well paid in Fairfax and now they want to teach here. A lot of them do it because they really care. They know their stuff but it can be stressful and difficult. One of them recently commented to me that sometimes she felt like Lucy in that famous TV episode who was wrapping candies on an ever faster moving conveyor belt.

There has been growth, especially in the last 10 years. Little houses were knocked down and McMansions built with six bedrooms. We have grown from 17,000 students 10 years ago to 27,000 students today. Nowadays parents talk about more diverse schools. We are currently a majority/minority school population with 45 percent

White and 30 percent Hispanic with the largest growing segment being the 5 percent multiple.

Talk about the tradeoff between experience on the Board versus fresh ideas with a turnover of school board members.

Kanninen: I have thought about this and would like to have one more School Board term. For this position it is important to have a connection to the schools. I decided to get involved when my kids were in high school and I was at a transition point. I saw what was happening in the schools. I felt I could contribute. I felt like we were bogged down in multiple-choice tests and wanted to bring the personal approach back to schools. Teach the whole child. I know how to get things done. I have a sense of where we’ve been.

What is your greatest worry?

Kanninen: In some sense I’m optimistic. If I had to name a worry, it would be our budget situation and how hard it will be to prevent our class sizes from increasing this year or in the next few years. Our relatively smaller class sizes are fundamental to student success, but if our County revenues do not improve over the next few years, we might have to increase the class size to make budget.

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José Sacin: Opera Beyond the Stage

BY TIONGE JOHNSON
OPERA NOVA

The year is 1989. A Peruvian teen and his family arrive in the U.S. and a year later discovers the world of opera: a career he would embark on well into adulthood.

That Peruvian teen was José Sacin, artistic director of volunteer-run organization Opera NOVA in Arlington and world-traveling baritone performer. Sacin explained that it was a VHS tape he and his family watched of a concert they'd seen before called "The Three Tenors" that sparked his interest. It was a concert that inspired Sacin and three other performers, Eduardo Castro ("La Cenerentola," "Don Giovanni," "Cosi Fan Tutte," "L'Elisir d'Amore," "Count Rodolfo") and Alex Albuquerque ("La Cenerentola," "Monkey See, Monkey Do") to organize and perform "The Three Baritones" concert to be held at Reinsch Auditorium at Marymount University at 3 p.m. on Sunday, Oct. 28.

"When I first arrived to the states, I wasn't involved in opera at all," said Sacin. "But I started getting into it when I saw that VHS tape, around the time that I started studying at George Mason University."

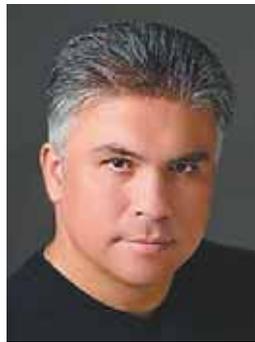
Sacin was an undeclared major at George Mason until he met Patricia Miller, director of vocal studies in opera. At the time he was taking a music elective class with professor Dr. Martha Giles, and was introduced to Miller through Giles.

"I knew I wanted to sing a little opera because I loved the 'The Three Tenors' concert so much that I started imitating it," said Sacin. "Dr. Martha Giles heard me sing and told me I had a really nice voice, so she felt that I had to meet Patricia Miller, someone she felt would best encourage me to study music and opera," said Sacin. "I then got so immersed with opera that I would just listen to any opera I could."

Patricia Miller taught and worked with Sacin about three quarters of his college career. Sacin describes Miller as more than just a mentor and colleague. "I've always stayed in touch with Patricia," said Sacin. "I have great respect for her, respect for her experience, and value her friendship."

Sacin credits his exposure to opera at George Mason as the gateway into a whole new music genre.

"When I was a student at George Mason I used to work at the music library," said Sacin. "I'd be sitting around with a whole collection of laser discs. I would spend most of those eight hours or so, thinking to myself, 'OK, today I want to look at this opera, then I'll sit down and get the score and look at the recording or video the next day. I still research and try and discover new operas, but at that time it was so new and exciting to me that it almost become an obsession,'" said Sacin. "I went through so



Jose Sacin

many operas and just wanted to keep learning and learning."

It was also at George Mason where Sacin met Albuquerque and Castro (also Peruvians), where the three began a life-long friendship through a shared passion for music.

"I've known Alex for about 10 years and Eduardo since the mid-90s," said Sacin. "I met Alex through Eduardo at George Mason and met

Eduardo through his sister. We then started hanging out at the Student Union there, which had a group of Latin Americans like us. Once Eduardo's sister found out I sang, she told me, 'Oh, my brother sings!' you guys should meet,' and so we met and have been working together since then."

It was from there that Sacin's opera career began and continues to this day. He has worked with Opera NOVA as artistic director, performer, and conductor for children and classical operas, while also traveling to countries like Japan, Italy, Spain, and Russia to perform. He has lead roles in Opera Camerata in Washington and has sung with the Washington National Opera. Now, Sacin is looking forward to performing in "The Three Baritones."

"We hope we can cover lots of varieties of music that people will like, as well as trigger them into finding new styles of music," said Sacin. "We (Albuquerque, Castro, and Sacin) have sort of the skeleton of what

'The Three Tenors'

Opera NOVA

Sunday, Oct. 28, 3 p.m.
Reinsch Auditorium, 2807 North Glebe Road, Arlington.
Tickets at www.operanova.org or 703-536-7557 or mcdm1@verizon.net or at the door.

it will be. So far we are planning to start with a standard aria and then in the second half start with an ensemble with some solos in between, possibly from 'Don Giovanni,' 'Carmen,' and maybe a little from 'West Side Story.'" There will also be Zarzuelas and other Latin-American music.

To Sacin, opera goes beyond what audiences see on stage. "There is this misconception that opera is boring or outdated," said Sacin. "But there is this excitement about it because it's happening right there. People (performers) are reproducing this in real time, so there is a difficulty to it. It's like the Olympics, you don't know if they'll make the jump or not. There's an element of risk. When a singer goes for a high note it can be very risky and that's what makes it exciting, especially when the outcome is successful. It's the opposite of a movie, where there's no risk because it's been edited. But with opera, the performers are achieving a very difficult task right there, so there's a thrill in anticipating what will happen." The Reinsch Auditorium is at 2807 North Glebe Road, Arlington. Tickets ranging from \$10 to \$25 can be purchased at www.operanova.org or 703-536-7557 or mcdm1@verizon.net or at the door.

CALENDAR

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

ONGOING

"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.

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.

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.

"Sleepy Hollow." Through Nov. 4. At Synetic Theatre, 1800 S. Bell Street, 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 our 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. Visit www.synetictheater.org or via phone at 866-811-4111.

Fall SOLOS 2018 Art Exhibit. Through Dec. 15 at the Arlington Arts Center, 3550 Wilson Blvd., Arlington. Dawn Whitmore: A house

is like a mind that holds everything is a 5-channel immersive sound installation that delves into the relationship between the mind and the house as metaphorical dwellings. In a constructed room that reads as a simple domestic residence, the artist's voice, reading from various classical texts, emanates from multiple points in the room, becoming almost unintelligible at times as the recordings are layered on top of one another. Visit www.arlingtonartscenter.org.

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 or call 703-933-1111.

Arlington Historical Museum. Wednesdays, 12:30-3:30 p.m.; Saturdays and Sundays, 1-4 p.m. Arlington Historical Museum, owned and operated by the Arlington Historical Society, is located at 1805 S. Arlington Ridge Road. The two-story brick structure was built in 1891 as the Hume School, named for Frank Hume who gave some of the property for the school. It is the oldest school building in Arlington County. Now a museum, it houses



Masters of the Italian Baroque

National Chamber Ensemble opens 2018-2019 Season with Masters of the Italian Baroque. 7:30 p.m. at Gunston Arts Center's - Theater 1, 2700 South Lang St., Arlington. Tickets are available online at www.nationalchamberensemble.org/tickets.htm.

ENTERTAINMENT



The Arlington Chorale

Autumn in the Air

The Arlington Chorale will kick off its 2018-2019 season with a concert "Autumn in the Air." Guest conducted by Dr. Ingrid Lestrud, the program will feature an eclectic and thoughtful selection of songs of the season. Songs will range from madrigals to pastoral tunes and songs by Johnny Mercer and Richard Rodgers. The Chorale is a nonprofit ensemble, its 65 members from Northern Virginia, D.C., and Maryland. Sunday, Oct. 21, 4-5:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington. Free, donations encouraged. Visit www.arlingtonchorale.org.

CALENDAR

permanent and temporary local history exhibits ranging from pre-1607 to Sept. 11, 2001. Visit arlingtonhistoricalsociety.org.

Civil War Artifact Display.

Saturdays and Sundays, 10 a.m.-2 p.m. at Fort C.F. Smith Park Visitor Center, 2411 24th St. N. The New Fort C.F. Smith Park Visitor Center features displays about Union soldiers and the Defenses of Washington between 1861 and 1865. Artifacts from archaeological studies from Forts Ethan Allen and C.F. Smith are on display. Kids can try on replica Civil War uniforms and learn about camp life. Visit parks.arlingtonva.us/locations/fort-cf-smith-park/.

Arlington Farmer's Market. Every Saturday, 8 a.m.-noon at the corner of N. 14th Street and N. Courthouse Road. A weekly celebration of local food including fresh produce, meats, dairy, cheese, baked goods, free range eggs, specialty items, cut flowers, plants and herbs. Email csingiser@cfwdc.org or call 917-733-6402.

FRESHFARM Market. 3-7 p.m. on Tuesdays at 1900 Crystal Drive. Shop from local farmers and producers with seasonal fruits and vegetables, fresh-cut flowers, container plants and herbs, farm-raised eggs, all-natural meats, artisan baked goods, and specialty foods. Visit

www.crystalcity.org for more.

Mobile Bike Repair. 8 a.m.-3 p.m. on Thursdays at 1900 Crystal Drive. Drop off your bike on Thursday morning and have it tuned up and ready to ride before heading home. Email DC@velofix.com, or phone 855-VELO-FIX for more.

Food Truck Thursdays. 11 a.m.-2 p.m. at 1900 Crystal Drive and 201 12th St. Actual truck schedules are subject to change so be sure to follow your favorites. Visit www.crystalcity.org for more.

Healthy Lifestyle Runs. Saturdays, 9 a.m. at Roosevelt Island, George Washington Memorial Parkway. American Cancer Society partners with parkrun USA to promote fitness in the fight against cancer. Free. Visit www.parkrun.us/rooseveltislanddc/ for more.

Friday Night Live. 8 p.m. Fridays at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit 1bc.org for more.

Arlington's Historical Museum Open on First Wednesdays. The Arlington Historical Museum is open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from Native American settlements up to the present day. The museum will continue to be open

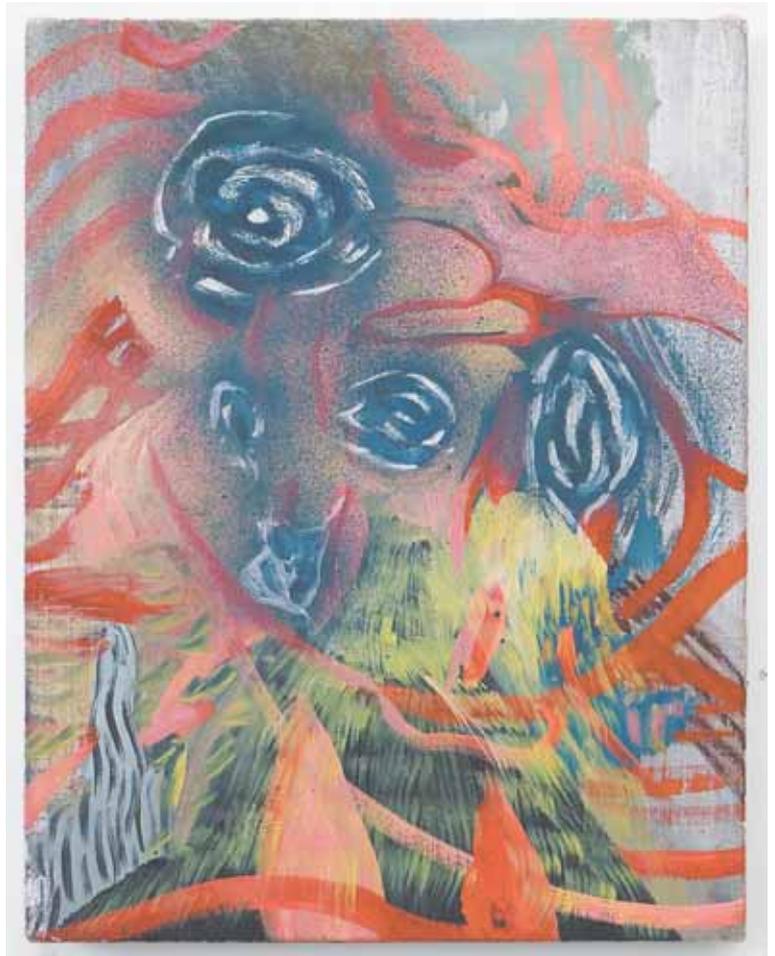
on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at garrett.peck@arlingtonhistoricalsociety.org.

Open Mic Comedy. Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. Age 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or visit www.RiRa.com/Arlington for more.

Invasive Plants Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit registration.arlingtonva.us. Free, no registration required.

Karaoke. 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit www.galaxyhut.com or call 703-525-8646.

Pub Quiz. 8 p.m. every Sunday at Whitlow's on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit www.whitlows.com or call 703-276-



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.

9693.

Storytime. Wednesdays and Fridays, 10:30-11 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

Lego Club. Monthly on the first Wednesday, 4-5 p.m. Glencarly Branch Library, 300 S. Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

Crystal City Sparket. 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC's Eastern Market with arts, crafts, and handmade goods. Free to attend.

Visit www.crystalcity.org.

Art for Life. Third Thursday of each month. The Hyatt Regency Crystal City's "Art for Life" Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit www.torpedofactory.org.

Brunch at Freddie's. Third Saturday of every month, 11 a.m.-1 p.m. at Freddie's Beach Bar, 555 23rd St. The Arlington Gay and Lesbian Alliance gathers for an all-you-can-eat breakfast buffet (\$9.99). All are welcome. No reservation is required. Visit www.facebook.com/events/700174390103305.

WEDNESDAY/OCT. 17

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ENTERTAINMENT



Kwame Alexander

New York Times best-selling author, Newberry Award-Winner and NPR's Morning Edition contributor Kwame Alexander will speak in the Arlington Public Central Library auditorium, 1015 N Quincy St., Oct. 19, 4-5 p.m., followed by a book signing.

CALENDAR

Lorenzo the Great. 10-11 a.m. at Walter Reed Community Center, 2909 South 16th St., Arlington. Larry Lipman, a local magician who performs under the name Lorenzo the Great will share his passion for magic along with some of his favorite tricks. Part of the Arlington Neighborhood Village's Coffee and Conversation Series. No reservation necessary.

OCT. 17-DEC. 19

Experimental Painting: The Creative Process. 6:30-8:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Art can be exploratory and fun, so why not approach it as play? In art making and other fields, play can be a vital tool for experimentation and innovation. Beginning students will gain confidence as they work through experimental painting exercises, while more advanced students will be challenged to do something new. In this acrylic painting course, problem solving, spontaneity, chance, and unique

materials will direct artistic processes, yielding interesting and complex works of art. Visit www.arlingtonartscenter.org.

Drawing: Focus on Value. 6:30-8:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Learn to make drawings pop off the page using graphite, charcoal, and white-on-dark media. Experiment with various techniques for creating dynamic light and shadow. Over this eight-week course, students will create a small portfolio including still life, landscape, master reproduction, portraiture, and abstraction. While some two-dimensional art experience will be an asset, beginners are most welcome. Visit www.arlingtonartscenter.org.

Art Around the World. 4:30-6 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. For ages 4-6. There's so much to see in this great big world. Students will go on an around-the-world trip, exploring the elements of art (line, shape, form, value, space, color, and texture), while learning about traditional art forms. Use a variety of art materials

Last Minute Back-up for Concert

Eight days before the Oct. 20 concert which will open National Chamber Ensemble's (NCE) 12th season, Artistic Director/violinist Leo Sushansky broke his hand in a freak accident, leaving the Ensemble without a Concertmaster/Soloist. NCE violinist Jorge Orozco mentioned that his friend, internationally-acclaimed touring conductor Dietrich Parades is also an outstanding violinist, lives in Washington D.C. and might be in town. After receiving the urgent phone call, Parades agreed to step in.

Parades, music director of the Caracas Symphony Orchestra, will lead the ensemble in Vivaldi's Concerto in A Minor for Two Violins, Winter from The Four Seasons and Albinoni's Sonata a Cinque Op.2 No 6.

Sushansky will assume the role of conductor for the second half



Dietrich Parades

of the concert, when the Ensemble performs Pergolesi's Stabat Mater, featuring soprano Sharon Christman and Washington National Opera mezzo-soprano Anamer Castrello.

Ticket information for the concert, which will be held at 7:30 p.m. on Saturday, Oct. 20 at the Gunston Arts Center - Theater 1, can be found at <https://nationalchamberensemble.org>.

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LONGINES
AEI JUMPING WORLD CUP WASHINGTON

ENTERTAINMENT

to create drawings, paintings, and sculptures that illustrate our artistic journey across the continents. Visit www.arlingtonartscenter.org.

Recycle, Reuse, Create. 4:30-6 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. For ages 7-10. With a little creative thinking, students will find a new purpose for cast-off objects of art. Using materials such as cardboard, plastic, and other found objects, along with traditional media including ink, paint, and clay students will construct two- and three-dimensional works of art. Visit www.arlingtonartscenter.org.

The Studio Experience. 4:30-6 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. For ages 11-14. Build upon your understanding of

drawing, painting, and sculpture by exploring traditional and experimental techniques. Projects will be introduced by looking at contemporary artists practices related to each discipline, and emphasis will be placed on observation and representation in combination with problem solving and developing an artistic voice. Visit www.arlingtonartscenter.org.

THURSDAY/OCT. 18

Family Films: *Despicable Me 3*.

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.

SEEC Fundraiser. 6-8 p.m. at Barcroft Community House, 800 S. Buchanan St., Arlington. The Shirlington Employment and Education Center will be holding a fundraiser; proceeds will go to support a new Immigrant Women Empowerment Project in partnership with Arlington Free Clinic. Hors d'oeuvres and refreshments will be served with entertainment provided by DJ Milton Aguilar. To RSVP email AndresTobar@andrestobar45@gmail.com.

OCT. 18-NOV. 18

"Illyria, or What You Will." At Gunston Arts Center, Theatre Two, 2700 South Lang St., Arlington. Presented by Avant Bard Theatre. Tickets are \$40. Adapted from Twelfth Night by Jonelle Walker and Mitchell Hébert and directed by Mitchell Hébert. Illyria reimagines Shakespeare's comedy of mixed-signal love as a bohemian cabaret set in a Manhattan dive bar in the early 1980s, where identity, sex, and gender are what you will - and habitués find freedom to be who they truly are. For tickets, visit www.avantbard.org/tickets or call 703-418-4808.

FRIDAY/OCT. 19

Author Event: Kwame Alexander. 4 p.m. at One More Page Books, 2200 N. Westmoreland St., #101. One More Page and Arlington County Library welcome poet, educator, and New York Times bestselling author Kwame Alexander to share from SWING, a lyrical story about hope, courage, and love that will speak to anyone who has struggled to find their voice. Call 703-300-9746 or visit www.onemorepagebooks.com for more.

Jack-O-Lantern Campfire with Costumes. 6-7 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Cost is \$5. The whole family is invited to the Long Branch amphitheater for lots of old-fashioned fun. This engaging program will be filled with entertaining activities that may include stories, special animal guests, games, songs and of course, S'mores. The most fun of all: Wear your Halloween Costumes. Call 703-228-6535.

"Barren" Opening Reception. 6-8 p.m. at the Barry Gallery at Marymount University, 2807 North Glebe Road, Arlington. The exhibit will feature works from Rachel Guardiola, Caroline Hatfield and Elizabeth Holtry. It runs through Nov. 25 from 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.

Author Event: Meg Medina. 7 p.m. at One More Page Books, 2200 N. Westmoreland St., #101. Children's author and Pura Belpré Author Award winner Meg Medina will share from her new middle grade novel, "Merci Suárez Changes Gears." Medina will be in conversation with local children's author Madelyn Rosenberg ("This Is Just a Test" and "Take Care"). Call 703-300-9746 or visit www.onemorepagebooks.com for more.

EcoExtravaganza. 7-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. Join Arlington's environmental leaders and your fellow community members in celebrating this milestone, while sampling the region's best sustainable cuisine, wine, and craft brews against the backdrop of the beautiful Arlington Arts Center. Proceeds from the event will support EcoAction Arlington's programs and operations plus development of our online Sustainable Choices Resource Center. Andy Shallal of Busboys and Poets will be featured at the 40th Anniversary event. Details at ecoactionarlington.org.

Undiscovered Worlds. 7:30 p.m. (doors open 7 p.m.) at 1426 N. Quincy St. This show explores a timeless question: Do other planets like Earth exist? With rapidly improving technology and endeavors like the Kepler Telescope, the discovery of exoplanets represents one step closer to the possibility of finding an Earth-like world. Target audience: older students and adults. Adults (over 12), \$5; children (12 and under) and seniors (60 and over), \$3. No credit/debit cards accepted. Visit www.apsva.us/planetarium-overview or call 703-228-6070.

SATURDAY/OCT. 20

Free Trees Pick Up. 8 a.m.-4 p.m. at the County nursery facility behind George Washington University Baseball Complex (Barcroft Baseball Field #6). Arlington County is providing 400 native trees to Arlington residents at no cost. The trees are part of its mission to expand and enhance Arlington's urban tree canopy. Visit environment.arlingtonva.us/register.

SEE ENTERTAINMENT, PAGE 12

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Carving Made Easy

A lesson in creating a front porch worthy Halloween pumpkin.

BY MARILYN CAMPBELL

“Ick, this is so gross,” said one 11-year-old girl with shoulder length blonde hair. “Those are the guts,” said her classmate, a 12-year-old, white apron-clad boy, as he pulled a handful of stringy, orange pulp out of a fat pumpkin.

“It’s part of the process. You have to clean out the messy insides before you can start carving a beautiful design,” said Lisa Searby, who was offering an in-home lesson in carving Halloween pumpkins to a group of middle school students and their parents.

A drive around most neighborhoods during this, the spookiest season of the year, will likely reveal the efforts of many to carve a sophisticated pumpkin. From frightening to fanciful, the art of pumpkin carving is a skill that eludes many. So on a chilly Sunday afternoon, Searby, who lives in Bethesda, Md. trekked to the Fairfax home of Katie and Luke Gunther to offer a class in pumpkin carving. With a few tricks and the right tools, Searby says that almost anyone can create a front-porch worthy gourd.

After the parent-child duos have donned aprons and the pumpkins are placed atop tables covered with plastic and topped with newspaper, the instruction begins. A set of



Investing in a set of carving tools helps create impressive Halloween pumpkins.

carving tools is something that Searby recommends to anyone who wants to create an impressive design.

“You don’t have to break the bank, but you need to get a set of tools that are sturdy enough to stand up the the heft of a thick-

skinned pumpkin,” she said. “You can usually find them online pretty easily. Choose a set that has a tool for each step of the process, like a little serrated saw to cut a hole in the top and a scooper to clean out the flesh. It makes carving so much easier.”

It appears that parents agree. “I didn’t realize that there was such a thing, but these little tools are awesome,” said Luke Gunther, the father of 12-year-old twins. “We usually use a kitchen knife and it’s hard to cut through and the edges of the designs are always jagged, but the tools make a much smoother cut.”

Once the tops of the pumpkins are removed and the pulp, flesh and seeds area cleared, the artistry begins. “Use a dry-erase marker to sketch the design that you want to carve on the front of your pumpkin,” said Searby. “Does anyone know why we’re using a dry-erase marker instead of a Sharpie? Because if you make a mistake or don’t like your drawing, you can wipe off a dry-erase marker and start over. Sharpies are permanent.”

Three hearts are what Theresa Holt and her 12-year-old son and 11-year-old daughter choose for the front of their pumpkin. “This is such a fun thing to do, even if you don’t care about the outcome, it’s a great way to spend time together as a family,” she said.



PHOTOS COURTESY OF LISA SEARBY

Front-porch ready Halloween pumpkins.

Those who choose to use one of Searby’s pre-designed templates are instructed to attach the template to the pumpkin and use the spike tool to trace the design onto the gourd, leaving tiny pinholes in its thick flesh. Next, the class uses one of the carving tools to cut out the facial features or other designs and, voila, in less than 30 minutes the group produces six pumpkins that are ready for Halloween.

“If you’re going to use candles illuminate your pumpkins at night, make sure you put the candles in a glass candle holder first,” said Searby. “Now the clean-up begins. It’s a messy process after all.”

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ENTERTAINMENT

FROM PAGE 10

for-your-free-tree/.

Zombie Fun Run. 10 a.m.-1 p.m. At Bon Air Park, 850 N. Lexington Street, Arlington. After the run, enjoy spooky games, moon bounces and inflatables fun, food trucks and more at the Survival Zone. Cost is \$3 per person in advance; \$5 day of event. Zombies are needed to dress up and volunteer at the Zombie Fun Run starting at 8:30 a.m. Zombie Zone-Zombies needed to spook, scare, and chase runners. All volunteers are encouraged to wear zombie makeup and dress as zombies and must be at least 14 years of age to volunteer. Register in advance online or 703-228-4747. Visit www.parks.arlingtonva.us.

Woman's Club of Arlington Bazaar. 10 a.m.-4 p.m. at the Club House, 700 S. Buchanan St. Featuring more than 20 vendors offering crafts, jewelry, beauty products, unique gifts, and much more. Other events of the day will be White House Ornaments sale, bake sale, Café, and raffles. Proceeds will go to local and international charities plus a Wakefield High School Scholarship Fund. Free admission and parking. Contact 703-553-5800 or Womansclubarlington@gmail.com.

Fall Family Festival. 12-3 p.m. at Columbia Gardens Cemetery, 3411 Arlington Blvd., Arlington. Free. Special activities for adults and children, including pumpkin decorating, tree planting and beekeeping demonstrations, live music by the Velvet Storm Rock Band, delicious refreshments and more. Visit columbiagardenscemetery.org.

Paws on the Pike. 1-5 p.m. at Arlington Mill Community Center Plaza, corner of South Dinwiddie

Street and Columbia Pike, Arlington. Free. Check out local veterinarians, groomers, walkers and more. Don't own a pet? There will also be rescue organizations there to help you adopt. Visit www.parks.arlingtonva.us.

Fall Heritage Festival. 1-5 p.m. at Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Cost is \$5. Gather around the Walker Log House to celebrate our nation's heritage. Join in a family-friendly day of fun. Step back into history and try your hand at some old-time games and crafts, make a corn husk doll, try on a coon-skin cap or work the cider press. Write with a quill pen, churn butter and enjoy old-time music. Bring old pants and shirt to make a scarecrow (child sizes work best). Drop in anytime between 1 and 5 p.m. Children must be accompanied by an adult. Call 703-228-3403.

Kid's Night Out. 5-9 p.m. at Barcroft Sports and Fitness Center, 4200 S. Four Mile Run Drive, Arlington. Why scramble for a sitter when children can hang out at the gymnastics center for a night of excitement? Drop off children for a fun filled evening of activities (obstacle courses, tumble tramp, foam pit, games and more). Cost is \$40 per child. Pizza and drink will be provided. Visit www.parks.arlingtonva.us.

Exoplanets: Worlds Beyond Our Solar System. 6:30 p.m. (doors open at 6 p.m.) at 1426 N. Quincy St. Earth is just one of countless planets in the Milky Way galaxy and beyond. Recent discoveries have detected thousands of these 'exo-planets' orbiting distant stars throughout the universe. Target audience: older students and adults. Adults (over 12), \$5; children (12 and under) and seniors (60 and over), \$3. No credit/



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

'Illyria, or What You Will'

Adapted from Twelfth Night by Jonelle Walker and Mitchell Hébert and directed by Mitchell Hébert, presented by Avant Bard Theatre. *Illyria* reimagines Shakespeare's comedy of mixed-signal love as a bohemian cabaret set in a Manhattan dive bar in the early 1980s, where identity, sex, and gender are what you will – and habitués find freedom to be who they truly are. Oct. 18-Nov. 19 at Gunston Arts Center, Theatre Two, 2700 South Lang St., Arlington. Tickets are \$40. Visit www.avantbard.org/tickets or call 703-418-4808.

debit cards accepted. Visit www.apsva.us/planetarium-overview or call 703-228-6070.

Author Event: Kate Moretti. 7 p.m. at One More Page Books, 2200 N. Westmoreland St., #101. New York Times bestselling author Kate Moretti will be in conversation with author Kathleen Barber ("Are You Sleeping") to discuss Moretti's latest thriller "In Her Bones," which follows the daughter of a convicted serial killer who finds herself at the center of a murder investigation. Call 703-300-

9746 or visit www.onemorepagebooks.com for more.

Family Game Night. 7-9 p.m. at St. John's Episcopal Church, 415 S. Lexington St., Arlington. If you are looking for an enjoyable evening with family, friends or new acquaintances playing your favorite board, strategy or kids game, join in the fun at St. John's family game night. Games will be available, but bring favorites too. Bring a non-perishable food item (can or box of food) to donate to AFAC, the Arlington Food Assistance

Center. Coffee, hot chocolate and popcorn will be served. Visit Stjohnsarlingtonva.org.

National Chamber Ensemble. 7:30 p.m. at Gunston Arts Center, Theater 1, 2700 South Lang St., Arlington. Tickets: \$36/adults; \$18/students. "Masters of the the Italian Baroque," featuring works by Antonio Vivaldi, Tomaso Albinoni and Giovanni Battista Pergolesi. Followed by a hors d'oeuvres reception with the artists. Tickets are available at www.nationalchamberensemble.org/tickets.htm.

NASA's New Horizons Mission to Pluto and the Kuiper Belt. 7:30 p.m. (doors open 7 p.m.) at 1426 N. Quincy St. After a nine-year journey through the solar system, astronomers visited Pluto for the first time in July 2015, using a robotic NASA spacecraft called New Horizons. Despite being a tiny, icy body far from the sun's warmth, New Horizons found Pluto's surface to be astonishingly young and active, showing a diverse variety of geology never before seen in the solar system. New Horizons Science Team member Dr. Henry Throop will tell the story of this NASA spacecraft mission. Adults (over 12), \$5; children (12 and under) and seniors (60 and over), \$3. No credit/debit cards accepted. Visit www.apsva.us/planetarium-overview or call 703-228-6070.

SUNDAY/OCT. 21

One World, One Sky. 1:30 p.m. (doors open 1 p.m.) at 1426 N. Quincy St. Elmo and Big Bird live in the United States and Hu Hu Zhu lives far away in China, but they discovered that they still see the same stars at night. Target audience: all ages. Adults (over 12), \$5; children (12 and under) and seniors (60 and over), \$3. No credit/debit cards accepted. Visit www.apsva.us/planetarium-overview or call 703-228-6070.

R.I.P. - Remove Invasive Plants. 2-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Want to restore habitat and increase native species diversity right here in Arlington? Work parties are held every month and are making a difference with the return of ferns, wildflowers and the animals that depend on them to areas once covered in destructive invasive plants. Call 703-228-6535.

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ELECTION 2018

Vihstadt, de Ferranti in Debate

FROM PAGE 2

worked with Arlington artists to set up pop up gallery in Clarendon. While he cited the county's success in wooing Nestle and Gerber, he cautioned we would have to be mindful of the mitigants and the negatives of an Amazon HQ2.

de Ferranti countered: "Attracting medtech and greentech should have been done four years ago"... "and we still have a 19.4 commercial space vacancy rate; John did not include that in the top three priorities he just listed." de Ferranti was unabashedly pro-Amazon, noting the 50,000 jobs in the Amazon deal was a way to manage "our near 20 percent vacancy rate." Because of that, the county could not afford to turn it down. He too cautioned, "We have to pencil it out, we have conditions, but count me in as someone who wants to move forward."

On the use of county land in Arlington county, de Ferranti wanted "a good balance." He serves on the Joint Facilities Commission and stressed the need for joint facilities; he said the county and school boards "must work better together — and that he has the endorsement of each of the members of the School Board. de Ferranti cited agreement with Eric Gutshall on lighting playing fields, a source of contention this past year, saying, "I agree we must have a

rubric before we go forward with lights."

Vihstadt cited some of the work he has done as a board member, particularly "working with Paul Ferguson on the Upton Hill Park plan, in order to dial back some of the proposed tree loss and creation of impervious surfaces that might take place with suggested improvements," and his position was that if the park space was already lit, then transitioning from grass to turf made sense but "not all green space has to be programmed to the max."

Regarding senior citizen benefits, both men were positive, with Vihstadt noting his father lives at Vinson Hall and has been a supporter of senior benefits since the 1980s.

de Ferranti used the issue to urge, again, that the key to making it possible to improve senior housing, aging in place, investing in housing grant programs, and making Arlington senior-friendly hinged on "growing our economy."

Both men talked about the loss of affordable housing units being a major issue in keeping Arlington "inclusive," and both men believed affordable housing — and resulting diversity — couldn't be limited to Columbia Pike: all neighborhoods should be available for this. Both men were opposed to the "Gondola" project linking Rosslyn with Georgetown, and both men appeared

SEE DEBATE, PAGE 14

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Vienna, VA

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Legals

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Legals

Sprint is proposing to modify telecommu-
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ing located at 815 S 18th Street, Arlington,
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under National Historic Preservation Act
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to Environmental Corporation of America,
ATTN: Dina Bazzill, 1375 Union Hill Indus-
trial Court, Suite A, Alpharetta, GA 30004.
Ms. Bazzill can be reached at (770) 667-
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Legals

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cally to historic resources may be sent
to Environmental Corporation of America,
ATTN: Dina Bazzill, 1375 Union Hill Indus-
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Legals

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Legals

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Comments must be received within 30
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ELECTION 2018

de Ferranti

FROM PAGE 3

our two biggest cohorts being seniors and younger folks like me. That is an important part of the population that we have to listen to. We need to look here for our next generation of leadership.

What is the priority of affordable housing?

de Ferranti: It is very important. I have a volunteer who started out in Colonial Village and now she and her husband own a home. So I think it is important to help the middle class eventually own their own home.

The “Fulfilling the Promise” report last December detailed the slow progress toward meeting the goals voted by the Board for affordable housing. It also suggested strategies for making faster progress. What is the status of these efforts?

de Ferranti: We are very concerned on the Housing Commission that there has not been as rigorous follow-up as there should be. Research has not been as robust or quick as it should be. I think we should look at the idea of community land trusts. Richmond does it; we should explore doing it, too. It is a set of houses the middle class can buy. They keep 1/2 and the co-op keeps 1/2 so when they sell in the future, that unit will be affordable.

Everyone agrees government transparency is important. How does government transparency apply to the recent battle between conservationists and developers over removal of the heritage dawn redwood tree on Ohio Street?

de Ferranti: In the big picture transparency is an important challenge the Board has not really lived up to in all regards. I understand it is important to respect the County Attorney role but would not unquestioningly accept what the County Attorney says. I would want to know for myself. We do need to go to Richmond and make a case for more authority.

What is your greatest worry?

de Ferranti: That we take for granted the best goals of Arlington and don't fully realize the urgency of commitment to the forward-thinking values. We need the vision and the energy to look beyond the day-to-day challenges.

Vihstadt

FROM PAGE 3

cancies and we have made some progress with Nestle, Gerber and other businesses. But we've never fully recovered from the BRAC (base realignment) efforts 10 years ago, and also there is more telecommuting from home. We can't wait for the next shoe to drop. Who knows what will happen in D.C.? We have to prepare for the future.

There are people who want to restore the one party government and turn it back into an echo chamber.

What is the priority of affordable housing?

Vihstadt: It is an important priority but so are schools, infrastructure, parks and green space and public safety.

The “Fulfilling the Promise Report” last December detailed the slow progress toward meeting the goals voted by the Board for affordable housing. It also suggested strategies for making faster progress. What is the status of these efforts?

Vihstadt: The report was an aspirational goal not a hard commitment.

The staff is examining the strategies but the staff is also looking at a couple of other issues including housing conservation districts. Once they have been freed up I imagine they will address these strategies. Of course these ideas cost money. We are caught in the missing middle where people make too much money to receive subsidized housing but not enough to afford to live here.

You listed government transparency as your second goal in your 2018 Organizational speech. How did that process apply to the recent conservationist-developer battle over the removal of the heritage dawn redwood tree?

Vihstadt: Unfortunately not very well I would say. You can't move against the advice of the County Attorney. The staff didn't feel there was a reasonable basis to say no. But there will be a document intended to inform the public the basis of the decision. In addition, we are consulting and working with the legislature to come up with a tool to protect trees in the future and what we need from the General Assembly.

What is your greatest worry?

Vihstadt: We could have a downturn in the economy and that could set us back in so many important initiatives. We are required to have a balanced budget. It would make it a lot harder.

Vihstadt and de Ferranti in Debate

FROM PAGE 13

to have been concerned — but unable to do anything about — the Dawn Redwood tree that was lost to development last month; de Ferranti went out to see it and Vihstadt met with the developer.

Perhaps the biggest difference between the two candidates was apparent in the personal hero they identified at the end of the debate.

Vihstadt's was his 98-year-old father, a mechanical engineer who still lives in his own apartment, does his own books, reads the stock tables and watches Fox news much to Vihstadt's chagrin.

de Ferranti said his hero since the fifth grade was Martin Luther King, Jr. because he “spoke to me about the fierce urgency of social activism and addressing social injustice.”

As the candidates closed, de Ferranti underlined that he aligns with the next chapter in Arlington's history, a new view, and Vihstadt said he thought his record in voting against frivolous expenditures and getting an independent auditor — among other things — spoke for itself.

Who won the debate? This was far too diplomatic a crowd to say. One attendee, Karl Van Newkirk, said: “That's easy. The Arlington voters won.”

Health

FROM PAGE 4

Schagen. Taking the steps toward improving mental health can feel overwhelming, at any age. Whether symptoms arise in early childhood, the teen years, as a parent, or are the result of workplace stress, which can have significant negative health impacts. Wellness can seem unachievable. "But recovery is a reality" says Riggle-van Schagen. Often it only takes "planting the seed" for a patient to begin to realize their need for behavioral health services which leads them taking that first step towards treatment, and eventually overcoming their struggles.

According to the Mental Health Association, behavioral health is one of a person's greatest assets, helping them to focus at work, overcome obstacles, get along with the people around them and get well and stay well. "Neighborhood Health is committed to supporting not only the physical wellness of our patients, but their emotional health as well," says Riggle-van Schagen.

Neighborhood Health is hosting its annual fundraising gala and charity auction on Friday, Nov. 9 at the Ritz Carlton in Pentagon City. Festivities begin at 6:30 p.m., and they are delighted that Honorary Chairs U.S. Rep. Don Beyer and Megan Beyer will be on-hand to celebrate and to help hand out a special Health Equity Award to 27 Virginia delegates and state senators who represent Alexandria, Arlington County and Fairfax County. This award recognizes their hard work towards Medicaid expansion this past General Assembly session. Gala tickets can be purchased at <https://501auctions.com/neighborhoodhealthgala>.

Behavioral health services are available at its locations in Alexandria at 2 East Glebe Road and 1200 North Howard St., and in Fairfax County at 6677 Richmond Highway in Mount Vernon. For more information about Neighborhood Health please visit <http://www.neighborhoodhealthva.org>. The schedule an appointment please call 703-535-5568.

BULLETIN BOARD

THURSDAY/OCT. 18

40 Under 40. 11:30 a.m.-1:30 p.m. at Army Navy County Club, 1700 Army Navy Drive. Leadership Center for Excellence will announce the honorees for its fifth annual 40 Under 40 Class. These honorees will be recognized for the positive leadership impact they make personally and/or professional. Visit leadercenter.org or call 703-528-2522.

Community Leaders Workshop Series. 6:30-8:30 p.m. The Arlington County Civic Federation and Arlington County are teaming up to offer a free, four-part workshop series called Energize Arlington to help community leaders develop skills and tools for effecting change in their neighborhoods and organizations. Visit projects.arlingtonva.us/energize-arlington/ for more.

SATURDAY/OCT. 20

Free Tree, Please. 8 a.m.-4 p.m. at the County nursery facility behind George Washington University Baseball Complex (Barcroft baseball field #6). Arlington County is providing 400 native trees to Arlington residents at no cost. The trees are part of the County's mission to expand and enhance Arlington's urban tree canopy. Visit environment.arlingtonva.us/register-for-your-free-tree/ to register.

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"Movin' On Up"



By KENNETH B. LOURIE

Not "to the east side" and not "to a deluxe apartment in the sky," but if fictional New York City cleaning business icon George Jefferson had been diagnosed with lung cancer as I was, I would bet he'd be happy making progress: the feeling of moving forward. And that's exactly what I feel now. With the "news" of last week's column, progress/movement is at hand. With two CT scans in the last three months and some tumors "progressing" - and then not, while a previously insignificant tumor burst (not literally) onto the scene, I am happy now to be onward and hopefully upward as I infuse every three weeks during the next quarter ahead of an early January 2019 scan. The future is now and I'm grateful to have choices as I navigate the road ahead.

Having a plan matters. Though I am still waiting and seeing, and evaluating after that next scan, I do feel as if I'm back on track. I know what my next three months will be about (about three months) and I'm clear what my schedule will be (subject to change due to lab results, an altogether normal/expected blip): urine, lab, infusion, post-chemo week of difficulty eating and physical and psychological challenges, followed by two weeks of relative normalcy, then infusion again and rinse and repeat every three weeks until early January 2019. Twelve weeks in total. Through Thanksgiving, Christmas and New Years. I won't say it will be pretty but it will be predictable and hopefully on a path to a positive result. (Remember, I'm life long member of Red Sox Nation so hope always springs eternal.)

This column is certainly not meant to minimize the possible discouraging results of my January scan but I see no advantage in anticipating and/or overreacting to unknown results and/or dire consequences months ahead of actual facts not yet in evidence. This is what being diagnosed with cancer is all about: a series of ups and downs and all-arounds; and the sooner the patient assimilates this unpredictable variability into their algorithm for living with the disease, the more manageable their lives will be. Moreover, "If you," to quote Rudyard Kipling, "can keep your head when all about you are losing theirs," it will likely contribute to the preferred calm that every cancer patient diagnosed as "terminal" needs to feel every second of every day (and night, too) as they struggle to deal with the internal demons brought about by this terrible affliction. As my friend Lynne, a cancer survivor herself, said to me when I was first diagnosed: "This will be the most difficult thing you'll ever have to do." Of course, she was right. It's been beyond my wildest nightmares.

Being stuck in a pattern with no clear direction does not help. For the past three months, I have been so entangled. Now I am not. Now I am on a path of less resistance and what resistance there is - to disappoint "The Borg," is not futile. It is all part of an agreed-upon pursuit of truth and hopefully justice - for me, anyhow. I haven't exactly abused the privilege of living (although while attending college in the seventies, occasionally there may have been the odd self-destructive-type behavior common to the times, none of which concerned my oncologist in the least by the way) and given my parents' long cancer-free lives, I would have expected better than a stage IV, non-small lung cancer diagnosis at age 54 and a half. But here I am, still, nearly 10 years post diagnosis. (There aren't that many of us, unfortunately.)

And though I am definitely not happy about my cancer circumstances, I can be positive about the negative. And what I am most positive about is that at least for the next quarter anyway, I know what I'm doing and why. I certainly can't say what I'll be feeling after my next scan; hopefully elation and relief, but in the interim, life will go on as per usual, and for a cancer patient/survivor, life going on is as good as it gets; almost as if I "finally got a piece of the pie."

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

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