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# The Arlington Connection

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Five-year-old Nico Nabors takes his turn at churning butter from soured cream as Danny Becknell instructs him to move the plunger up and down. The instructions indicate "from half an hour to forever." The Fall Heritage Festival at Gulf Branch Nature Center was held Saturday, Oct. 20.

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The music of the Andrew Acosta Band floats down the driveway of Gulf Branch Nature Center welcoming visitors to the Fall Heritage Festival.

Take Step Back in Time

**W**ant to churn some butter from cream, press some cider from Virginia apples, scratch your name with a quill pen, or tap your feet to the tunes of a country band? The Fall Heritage Festival at Gulf Branch Nature Center offered an opportunity on Saturday, Oct. 20 to appreciate Virginia's past with a taste of what used to be.

— SHIRLEY RUHE

Volunteers stand ready to assist young fingers in the five-step finger knitting process. Choose your bright yarn, tie a loose knot around your thumb and wrap the yarn once around your middle finger, then around your ring finger and then around your pinkie. And then ... and then ... and finally several steps later cut the yarn through the loops and tie in a knot. A number of puzzled faces show it's not as easy as it looks



PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Ella McCarty dips her quill pen in an inkwell and thinks about what to write at the Fall Heritage Festival on Saturday, Oct. 20.

A tableful of small pumpkins sits ready for as many creative visions as there are tiny hands. Choose a pumpkin, glue on the eyes, paint the face (or not), streak the cheeks, add some straw and show to all who will pay attention.

WWW.CONNECTIONNEWSPAPERS.COM

# Twenty-Five Never Looked So Good

A well-rounded education for parents and children.

BY EDEN BROWN  
THE CONNECTION

**W**ell-rounded. Literally. The Arlington Sister Cities Association feted 25 years of association with the German city of Aachen on the round observation deck of the CEB building in Rosslyn last Monday evening. It is Rosslyn's answer to the Kennedy Center roof terrace, a circular tour of the sights, free to Arlington residents. It was a perfect way to celebrate two growing cities about 4,000 miles (or 6,345 kilometers) apart.

Arlington Sister City Association (ASCA) is a nonprofit organization affiliated with Arlington County. Established in 1993, ASCA supports and coordinates the activities of Arlington County's five sister cities, in the order in which they became sisters: Aachen, Germany; Coyoacán, México; Reims, France; San Miguel, El Salvador; and Ivano-Frankivsk, Ukraine.

ASCA works to enhance and promote the region's international profile and to foster productive exchanges in education, commerce, culture and the arts. The programs are sanctioned by Sister Cities International of Washington, D.C.

Perhaps the most important of the programs in terms of impact are the Educational and Professional Exchanges. ASCA provides educational opportunities about other cultures, people and places for Arlingtonians of all ages. Programs include



**From left: Sandrine Lebec, choral director of "La Maitrise Chorale" in Reims, France; Catherine Desplanques, the current president of the Arlington-Reims Sister City Committee; and Anne-Marie Daris, former president of the Arlington-Reims Sister City Committee talk during the reception.**

internationally-themed cultural events, K-12 and post-secondary student exchange programs, professional exchange opportunities, lectures and presentations.

Reinhard Germ, an engineer in Aachen who volunteers his time and donates his airfare to participate in the sister city exchange, said the interest in Aachen in coming to Arlington for an exchange exceeds the supply of available housing. Only 55 families signed up to host a German student and their parent: he could have sent

120.

What was the most interesting thing he and his students did? "This year," he said, "We went to South Arlington. It was really interesting to see another side of Arlington, to experience the diversity of that part of the county." The sister city members hope more awareness of the program develops at Wakefield High School; Yorktown and Washington and Lee have participated for some years.

Germ said this program involves children



**Malcolm Phillips and Reinhard Germ said they could see the effect of the exchanges on children on both sides: It makes a huge difference to how receptive they are to other cultures.**



**The cake celebrating the 25th anniversary went fast.**

who are between 10 and 12 years old. They come for about a fortnight, go to school with Americans, take part in the sports activities, and see some sights. The impact on the children on both sides of the Atlantic lasts for a lifetime," he said.

Malcolm Phillips, the chair of the Arlington Sister Cities Executive Committee, said he got involved because he adopted two children from Ukraine and it opened his eyes to the need for exchanges like these.

SEE ASSOCIATION, PAGE 12

## Beyond Lederhosen: Arlington and Aachen Connect

More volunteers needed to house exchange students.

BY EDEN BROWN  
THE CONNECTION

**D**agmar Heinrich said the thing that amazed her most about the recent exchange was the strong connection between the children — they hadn't met before this week — and how well they spoke English together. She laughed, "They speak English even better as soon as we leave the room."

Rebecca Keiser and her husband Matthew and their children, Sammy and Sydney, hosted the mother and son. "We wanted to host because we wanted to expose Sydney and Sammy to other cultures and we love Germany and would like to do an exchange over there too."

The Halloween party at Williamsburg

Middle School was the final event in an exchange between students from Aachen, Germany, and Arlington. The exchange was the largest ever, with 55 Arlington families paired with 55 Aachen families. They enjoyed a week full of activities including meals together at home and experiencing everyday life, shopping American-style, visiting monuments and museums, participating in local sports and watching regional pro teams.

Ella King was happy to find out that her exchange guest takes Latin which she also takes. Why does she take Latin? "It's the only language I can take," she said, "because it's written, not spoken." It's not because she has a terrible ear for languages; it's because she has limited hearing and it is really hard for her to learn to speak and hear a foreign language even though she would like to very much. This hasn't kept her from enjoying the exchange and profiting from learning other cultures.

"My sister took German," said her friend Alison Kinzer, "even though she couldn't

SEE EVERYDAY, PAGE 12



**From left: Rebecca Keiser, Dagmar Heinrich, Sydney Keiser, Mika Heinrich, Sammy Keiser, and Matthew Keiser, had a great experience with the exchange. The Keisers hosted the Heinrichs, and now they can hardly wait to go to Aachen.**

PHOTO BY EDEN BROWN/THE CONNECTION

## HEALTH

# Helping Make People Aware of Thrombosis

Local resident is ambassador for World Thrombosis Day.

BY ASHLEY CLAIRE SIMPSON  
THE CONNECTION

**T**he prospect of cancer in any form strikes fear in everybody. As a result of this pervasive concern, there is widespread awareness of both preventative measures and warning signals. But, what about other common life-threatening diseases and conditions that simply aren't on enough people's radars?

For instance, thrombosis – the formation of blood clots within a blood vessel – is a condition that every year affects hundreds of thousands of people in the United States alone, according to the Centers for Disease Control and Prevention (CDC). Up to 100,000 of these Americans die of pulmonary embolism caused by deep vein thrombosis (DVT/PE). To put that figure into perspective, thrombosis kills more people than does breast cancer, motor vehicle crashes, and AIDS combined.

Arlington resident Scott Shields, an official ambassador for this year's World Thrombosis Day, which was Oct. 13, is a 17-year survivor of DVT/PE. He suffered his first blood clot at just 32 years old while recovering from a life-threatening car acci-

dent.

"I got hit by a car in 2001 as a pedestrian," Shields said. "I was in traction for two months, so I couldn't move. During that time, my right leg had to be elevated all day, every day. Then one day, when one of my doctors was setting me up with an IV to deliver medicine, the needle didn't go in directly and must have nicked the wall of the vein. The next day, my leg was really swollen, so it was immediately apparent to the doctors that I had a blood clot."

Shields was surrounded by a team of doctors dedicated to his care, so the blood clot didn't pose the same risk to him as it might have for others.

"When Scott was in the hospital, I realized how dangerous something as simple as a blood clot could be," said Karen Oliver, Shields's wife. "Blood clots can happen to anyone. There are so many people that falsely think blood clots only happen to older people. It's so important to be mindful and recognize the risks."

According to the World Thrombosis Day campaign website, hospitalization is associated with about 60 percent of these clots because long periods of immobility reduce blood flow. Blood clots then can cause heart attacks, strokes, and venous thromboembo-



Scott Shields, with wife Karen Oliver and son Michael.

lism – a condition that occurs blood flow to the lungs is blocked.

Even though Shields narrowly escaped death from his car accident, and then also survived DVT, he didn't come away scot-free from a traumatic combination of events.

"Because of the blood clot, I couldn't have physical therapy on my leg, which really disrupted my recovery," Shields said. "Not being able to have that physical therapy

right away, I permanently lost range of motion in my knees and shoulders due to a tightening of the ligaments."

On top of that, Shields will spend the rest at greater risk for getting more blood clots.

"What happens with a blood clot is, it stretches out the vessel walls permanently," Shields said. "It also weakens the valves in your veins, which all just makes you prone

SEE HELPING MAKE, PAGE 13

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# Herring Calls for Criminal Justice Reform at Summit

Virginians Organized for Interfaith Community Engagement gathers.

ANDREA WORKER  
THE CONNECTION

Attorney General Mark Herring announced his support and latest efforts to secure reforms to the Commonwealth's cash bail system before 1,400 people gathered at Fairfax High School on Sunday, Oct. 21, for the annual summit of VOICE – Virginians Organized for Interfaith Community Engagement.

At the event, Herring gave the attendees a preview of a statement released on Monday, Oct. 22, announcing the letter and legal memo he had submitted to the Virginia State Crime Commission outlining potential policy and constitutional concerns with the state's current system, and providing principles for consideration toward reform that would "ensure public safety without unnecessarily jailing low-income Virginians."

The commission is currently studying Virginia's pre-trial process, including the cash bail sys-

tem, and is scheduled to make their presentation to lawmakers on Nov. 18.

While Herring cannot set bail policy in Virginia, as attorney general he wields influence on all criminal justice issues. In his letter, addressed to Commission Chair state Sen. Mark Obenshain, Herring points out several concerns, asking that they be given full attention by the commission and offering to assist the commission and the legislature in their efforts.

In reviewing the current cash bail system, referring to numerous studies, and comparing the state of the system in Virginia to other jurisdictions and to federal law, Herring sees potential violations of the Eighth Amendment to the United States Constitution and Article 1 of the Virginia Constitution that both prohibit "excessive bail."

In his statement, Herring writes that Virginia's current system "too

SEE SEEKING, PAGE 14

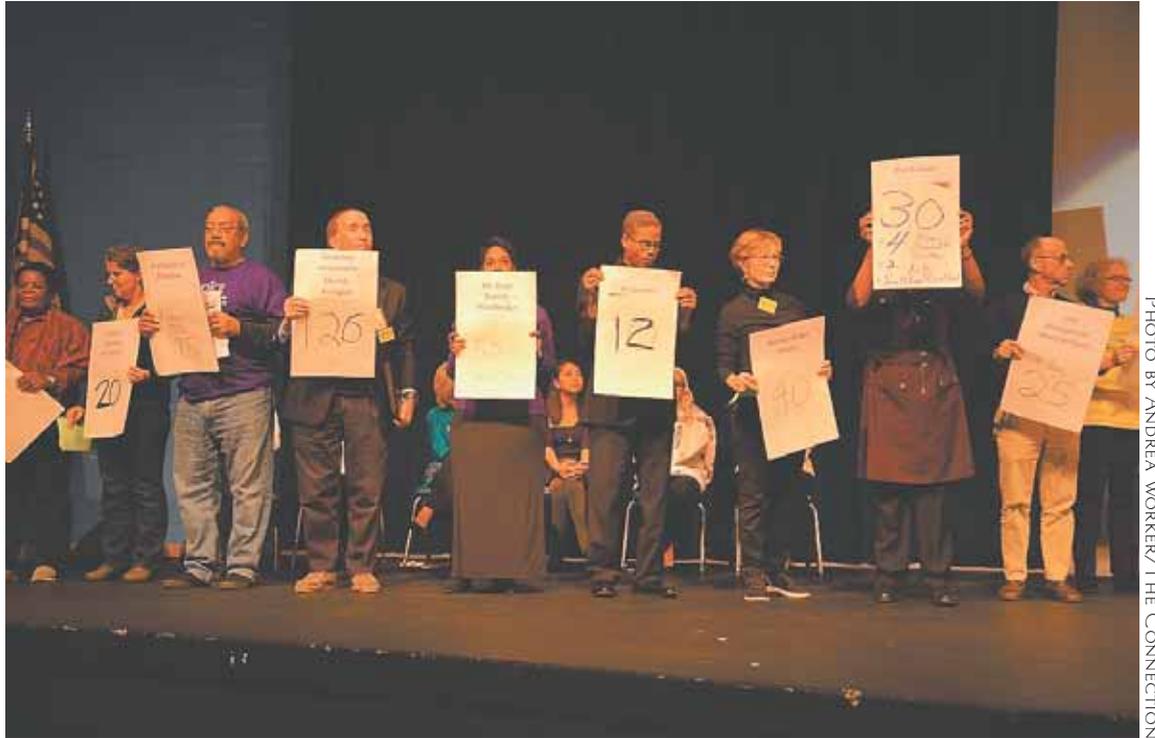


PHOTO BY ANDREA WORKER/THE CONNECTION

VOICE members take to the stage at the 2018 summit with pledge posters, showing how many of their group had signed up to help Get Out the Vote and to attend the next Legislative session in Richmond. "We will have at least 10 people per day calling for action in Richmond," said VOICE leadership, who also noted that the the GOTV goal of 450 volunteers had already been exceeded by 150 persons.

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# LETTERS

## State Must Ratify ERA

To the Editor:

Across the state, Virginians are asking the General Assembly to ratify the Equal Rights Amendment. Why now? Because only one more state is needed for full ratification. Virginia deserves that honor.

Our state constitution has protected Virginians against state government discrimination based on sex for almost half a century. This has not harmed us. We can be proud of our Commonwealth for its leadership and values.

We are not well protected against federal discrimination, however. Laws protecting equal rights are often under attack, and will benefit from the enduring bedrock of the Constitution.

Virginia has a long history of Constitutional amendment. James Madison brought George Mason's Virginia Declaration of Rights into the U.S. Bill of Rights, protecting men against government overreach. The Equal

Rights Amendment will clearly include women as well as men in these rights.

Why is amendment needed? The Amendment is clear: "Equal rights under the law shall not be denied or abridged by the United States

or any state on account of sex." It will provide Constitutional protection against

government discrimination based on whether a person is a man or a woman, unless there are compelling reasons.

Ratification of the ERA is a legislative priority of the League of Women Voters of Virginia. And the door is open: Virginia Attorney General Mark Herring has indicated it appears Congress can extend or remove the deadline and count ratifications in the interim. The U.S. Archives rebutted claims that the ERA has been laid to rest.

Virginians are ready. Resolutions urging our General Assembly to ratify have been adopted by County Boards of Shenandoah, Fairfax, and Albemarle, and the city of Charlottesville. In Richmond, Republican lawmakers were joined by almost 600 Virginians for Women's Equality Day. Thousands more gathered around the state.

This is a historic moment. The time is now. I urge our General Assembly to ratify the ERA in the coming session.

**Joan Porte**  
President

Arlington Chapter of  
the League of Women Voters

## Take the Time To Vote

To the Editor:

Election day is coming up on Tuesday, Nov. 6 and I'm writing to encourage everyone to vote this year. I'm working with theSkimm on its No Excuses campaign to help turn out 100,000 female millennials to vote in the mid-term election.

More female millennials are unhappy with the direction of the country (73 percent) than any other demographic, yet only 46 percent say they will vote, which is lower any other voting block.

Voting is one of the easiest way to make your voice heard. It might take little longer than sharing a post of Facebook, but it helps determine who represents you in your government, not just what your friends see on their newsfeed. Everyone has an issue, or issues, that are important to them and whether it is healthcare or immigration, think about how much time that issue is worth to you.

Isn't it worth taking just a half hour or so out of your day on Nov. 6 to go vote?

**Marina Manganaris**  
Arlington

## BULLETIN BOARD

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

### 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](http://www.SoberRide.com). The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

### THURSDAY/OCT. 25

**Seminar on Senior Volunteerism.** 10-11 a.m. at the headquarters for

the Arlington Partnership for Affordable Housing at The Springs Apartments, 555 N. Thomas St., Arlington. RSVP Northern Virginia will hold a seminar on senior volunteerism. RSVP, the region's largest volunteer network for people 55-years-old and better, provides individualized support to seniors who are seeking their ideal service opportunities in and around Fairfax County, Arlington County and the City of Alexandria. Free and open to the public. Email RSVP Volunteer Specialist Carly Hubicki at [chubicki@volunteerfairfax.org](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403-5360. To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org).

### 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/](http://projects.arlingtonva.us/energize-arlington/) for more.

**Candidate Debate.** 7-8:30 p.m. at Arlington Mill Community Center, Rm 527 AB, 909 S Dinwiddie St. Hear candidates for the Arlington County Board John E. Vihstadt and Matthew D. "Matt" de Ferranti debate the issues. Free. Space is limited. RSVP at the link below and bring Eventbrite ticket in order to be admitted: [www.eventbrite.com/e/county-board-debate-tickets-50027079341](http://www.eventbrite.com/e/county-board-debate-tickets-50027079341). Visit [www.lwv-arlingtonva.org](http://www.lwv-arlingtonva.org) for more.

**Public Comment Deadline.** The Virginia Department of Rail and

Public Transportation (DRPT) announces a 45-day public comment period for its proposed policy and guidelines for transit capital prioritization and urban transit agency strategic plans. The proposed plans are available online at [drpt.virginia.gov/transit/tsdac/public-comment](http://drpt.virginia.gov/transit/tsdac/public-comment). Comments on the plans can be sent to Jen DeBruhl at [DRPTPR@drpt.virginia.gov](mailto:DRPTPR@drpt.virginia.gov) or DRPT, 600 East Main St., Suite 2012, Richmond, VA 23219.

### FRIDAY/OCT. 26

**New Tax Laws.** 10:30-12:30 p.m. at Arlington Central Library, 1015 N. Quincy Street, Arlington. Before You File: Everything You Need to Know About the New Tax Laws — A free VSCPA Workshop. The workshop will include a general overview of the new tax law and cover the following topics: Itemized deductions, homeownership, charitable giving, gift and estate taxation, education and children, retirement planning and health care. Register at [www.vscpa.com](http://www.vscpa.com) or call 800-733-8272.

**Medicaid Expansion.** 2-4 p.m. Town Hall Meeting at Arlington County Department of Human Services. Sponsored by Del. Patrick Hope with guest Dr. Jennifer Lee, Virginia Department of Medical Assistance Services Director. Learn about the new program, who is eligible and how to apply. Visit <http://coverva.org/expansion/>

### SATURDAY/OCT. 27

**Prescription Drug Take Back Day.** 10 a.m.-2 p.m. at three fire stations. The Arlington County Police Department, Arlington County Sheriff's Office and the Drug Enforcement Administration (DEA) will give the public its 16th opportunity in seven years to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. This disposal service is free and anonymous, no questions asked. Only pills or patches will be accepted. The locations are: Fire Station 2 - 4805 Wilson Blvd.; Fire Station 5 - 1750 S. Hayes St.;

SEE BULLETIN, PAGE 15



## Immigrant Women Empowerment Project

Shirlington Employment and Education Center (SEEC) held its annual fundraiser on Oct. 18 at the Barcroft Community House. Funds raised will be used to support the new Immigrant Women Empowerment Project to assist immigrant women who often face the challenges of transportation, a language barrier and day care for children. Above are Andres Tobar, SEEC executive director with Andrew Schneider, Thrive executive director, and Sally Diaz-Wells, Our Lady Queen of Peace minister. They were this year's recipients of the annual Emily diCicco Humanitarian award for their assistance to the immigrant community. Others pictured are the board of SEEC as well as the project director of the new Immigrant Women Empowerment Project, Rosalia Fajardo, second from right.

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**Planned Crystal City theater will be built above Crystal Drive ground floor retail. Visitors will be able to access the movie theater and the ground floor retail from the Metro entrance.**

## Board OKs Redevelopment

The Arlington County Board on Oct. 20 approved a two-phase plan to redevelop a portion of Crystal Square, in the heart of Crystal City. The project will add 100,000 square feet of street-oriented retail businesses, including a new Alamo Drafthouse movie theater and a grocery store, to Crystal Drive, and upgrade an existing office building to “Class A” office space.

The JBGSmith project also will include a new two-story, stand-alone retail building, dubbed the “Corner Building,” at the northwest corner of Crystal Drive and 18th Street S. that will be built above a future eastern entrance to the Crystal City Metro Station, and will complement a planned public park.

The board voted unanimously to approve a rezoning and three site plan amendments for a portion of Crystal Square, a 15-acre mixed-use development that lies between 15th Street South, 18th Street South, Crystal Drive and US Route 1. Crystal Square’s 1.3 million square feet of office space and 155,000 square feet of retail space, most of it in the Crystal City Underground, and 387 apartment units, was completed in the late 1970s. The area is designated the “Central Business District” in the Crystal City Sector Plan.



**In the second phase of redevelopment, “Metro Market Square,” the existing, vacant office building at 1750/1770 Crystal Drive will be renovated and expanded, and the developer will make streetscape improvements recommended for the block by the Crystal City Sector Plan.**

## Allocating Unspent FY 2018 Funds

County Manager Mark Schwartz has recommended to the County Board ways to use unspent “close-out” funds from the county’s 2018 fiscal year, which ended on June 30.

The county ended FY 2018 with \$21.9 million in unspent, unrestricted funds available for the County Board to allocate. The amount represents about 2.6 percent of the total revised FY 2018 budget. The recommendations include:

- ❖ Increasing the county’s Operating Reserve: \$3.4 million to increase reserves from 5.0 percent of the annual budget to 5.5 percent. The move would demonstrate to credit-rating agencies the county’s commitment to maintaining healthy reserves in case of major extraordinary unexpected events. (Consistent with County/Schools Revenue Sharing Principles, the Schools will contribute \$3.0 million from their funds towards this operating reserve.)

- ❖ Providing Operating Contingent for

Current Fiscal Year: \$2.0 million to address unforeseen needs that arise in FY 2019 without reprioritizing or cutting other programs. This could include unanticipated consultant needs, software licensing requirements and/or facility repairs.

- ❖ Providing Flexibility for FY 2020 Budget Deliberations: \$16.5 million to provide flexibility in closing the county’s anticipated budget gap for FY 2020, with a focus on supporting one-time needs rather than new initiatives or ongoing costs. Final use of the funds would be determined by the County Board after the manager outlines options in his proposed budget in February.

The County Board will vote on the manager’s closeout recommendations at its November meeting. At that time, the board will also issue its guidance to the manager as he develops a proposed budget for FY 2020. Learn more about the FY2020 budget process at <https://budget.arlingtonva.us/fy-2020-budget-information/>.

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# ENTERTAINMENT



## Be Ready for Marine Corps Marathon

The 43rd Marine Corps Marathon (MCM) and the MCM 10K will take place on Sunday, Oct. 28. Opening ceremonies for the MCM begin at 6 a.m., with the wheelchair/hand cycle division starting at 7:40 a.m., on Route 110 in Arlington.

The Arlington County Police Department (ACPD), Virginia State Police (VSP), United States Park Police (USPP), Pentagon Force Protection Agency (PFPA) and Metropolitan Police Department (MPD) will close multiple roadways in Arlington County in support of the race. Additionally, the MPD and USPP will close multiple roadways in Washington, D.C.

The following road closures will take

place in Arlington County on race day:

- 3 a.m.–5:30 p.m. Marshall Drive from North Meade Street to Route 110
- 3 a.m.–5:30 p.m. North Meade Street from Marshall Drive to Lynn Street
- 3 a.m.–6 p.m. Route 110 from I-66 to Jefferson Davis Highway
- 3 a.m.–6 p.m. Wilson Boulevard from North Nash Street to Route 110
- 3 a.m.–6 p.m. Lynn Street from North Meade Street to Lee Highway
- 3 a.m.–6 p.m. Fort Myer Drive from North Meade Street to Lee Highway
- 3 a.m.–6 p.m. North Moore Street from Wilson Boulevard to Lee Highway
- 3 a.m.–6 p.m. 19th Street North from Lynn Street to North Nash Street
- 3 a.m.–4 p.m. Route 110 ramp from Washington Blvd. to Pentagon North parking
- 6 a.m.–12 p.m. Lee Highway (eastbound) from

Lynn Street to Kirkwood Road

- 6 a.m.–12 p.m. Spout Run Parkway from southbound George Washington Memorial Parkway (GWMP) to Lee Highway
- 6 a.m.–12 p.m. GWMP from Spout Run to Memorial Circle Drive
- 6 a.m.–12 p.m. Francis Scott Key Bridge (all lanes)
- 6 a.m.–2 p.m. HOV lanes from 14th Street SW to HOV ramp at South Eads Street
- 5 a.m.–4:30 p.m. South Eads Street from South Rotary Road to Army Navy Drive
- 5 a.m.–4:30 p.m. Army Navy Drive from South Fern Street to 12th Street South
- 6 a.m.–10 a.m. 15th Street South from Crystal Drive to South Eads Street
- 6 a.m.–4 p.m. 12th Street South from Army Navy Drive to Crystal Drive
- 6 a.m.–4 p.m. Crystal Drive from 12th Street South to 23rd Street South

6 a.m.–4 p.m. Longbridge Drive from 12th Street South to I-395

- 3 a.m.–5 p.m. Boundary Channel Drive from I-395 to Pentagon North Parking
- 3 a.m.–5 p.m. Washington Blvd. from Columbia Pike to Memorial Circle (southbound lanes will reopen at approximately 9:30 a.m.)

At noon on Saturday, Oct. 27, N. Kent Street will be closed from Wilson Blvd. to N. 19th Street and will re-open at the conclusion of the MCM on Sunday, Oct. 28.

Street parking in the area of the race will be restricted and motorists should be on the lookout for temporary “No Parking” signs. Illegally parked vehicles may be ticketed and towed.

Visit [www.marinemarathon.com/](http://www.marinemarathon.com/).

# ENTERTAINMENT



## Jane Franklin Dance "Shorthanded"

"Shorthanded" will be performed 7:30 p.m. on Saturday, Oct. 27; 4 p.m. on Sunday, Oct. 28. At Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. Featuring: Jane Franklin Dancers: Emily Crews, Carrie Monger, Kelsey Rohr, Amy Scaringe, Brynna Shank, and Rebecca Weiss. Forty+ celebrates the collective creativity of people past the age of 40. Tickets are \$22. Visit [www.janefranklin.com](http://www.janefranklin.com) or call 703-933-1111.

### CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

### ONGOING

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

**"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.syentictheater.org](http://www.syentictheater.org) or via phone at 866-811-4111.

### NOW THROUGH 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](http://www.avantbard.org/tickets) or call 703-418-4808.

### WEDNESDAY/OCT. 24

**Free Trees Pick Up.** 3-6 p.m. at Bon Air Memorial Rose Garden Parking Lot. 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-for-your-free-tree/](http://environment.arlingtonva.us/register-for-your-free-tree/).

### THURSDAY/OCT. 25

**Family Films: Mamma Mia.** 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](mailto:HilaryShure@RegencyCenters.com) or call 703-442-4341.

### FRIDAY/OCT. 26

**Build A Fairy Village.** 10-11:30 a.m. at Gulf Branch Nature Center, 3608 Military Road, Arlington. For ages 5 to 12. No school today. Come build a village for fairies, toads, skinks and trolls. They'll mix up some magic

potions to take home too. Come dressed in your magical or medieval best. \$5 per person.

**Survival Skills: Cordage.** 4-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ages 8 to 12. Learn hands-on traditional survival skills. Learn how to wrangle and weave rope and other natural materials for making strands and tying knots so you'll never be left hanging. Call 703-228-6535.

**Haunted House and Food Drive.** 6:30-9:30 p.m. at 4228 North Old Glebe Road, Arlington. Free. The Haunted House is a special Eagle Project run by Boy Scouts from Troop 104. Plus candy for the brave souls who make it through. Food contributions requested. Email: [ben@47projects.com](mailto:ben@47projects.com).

**Vampire's Ball.** 8 p.m. At Synetic Theater, 1800 S. Bell Street, Arlington. This year, the Vampire's Ball will follow a performance of Synetic's adaptation of Washington Irving's classic American ghost story, "Sleepy Hollow." At this year's party, guests will dance the night away (music courtesy of Resident Composer and Halloween DJ, Konstantine Lortkipanidze), enjoy a special Halloween cocktail at the Open Bar, munch on light appetizers, and have a chance to win prizes at the annual costume contest. Tickets range from \$60 to \$75 and can be purchased online at [www.syentictheater.org](http://www.syentictheater.org) or via phone at 866-811-4111.

### SATURDAY/OCT. 27

**Boundary Stone Ride.** 9 a.m. History buffs, bike nerds, and adventure junkies unite for annual bike ride around the oldest federal monuments, the D.C. boundary stones: [www.boundarystones.org](http://www.boundarystones.org).

## Restoration Scripture Reference: Psalm 51:12

### FALL REVIVAL

Wednesday November 7, 2018, 7:30 pm  
Revivalist: Reverend Velvet Abram, Assistant Pastor  
Harvest Assembly Baptist Church, Alexandria, VA



### HOMECOMING/MORTGAGE BURNING

Sunday, November 11, 2019, 9:30 am  
Guest Preacher: R. Lockett, Jr., Founder and Senior Pastor  
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Presented by:  
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Senior Pastor  
Minister & First Lady Laura E. Bailey

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# ENTERTAINMENT

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**November 4, 2018 @ 3pm**

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Tanya Anisimova, *cellist*

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This is a self-paced ride; people split off into smaller riding groups based on pace, distance, and interest in actually stopping to see the stones. You can ride 1, 2, 3 or all 4 sides of the D.C. perimeter, up to 60 miles. There are rest stops, limited bike repair, and an after-party with beer. Here is the electronic cue sheet: [ridewithgps.com/routes/17131594](http://ridewithgps.com/routes/17131594). The ride will be sponsored by Boundary Stone DC & Phoenix Bikes, with support from Gearin' Up Bicycles, Bikes for the World & VéloCity Bicycle Cooperative. Beer will be flowing at DC Brau Brewing Company at the after party. To register: [bikereg.com/bsride2018](http://bikereg.com/bsride2018).

**NoVA PRISM Restoration Event.** 9 a.m.-noon at Bluemont Park, 601 N. Manchester Street, Arlington. NoVA PRISM is a collaborative effort by several NGOs, governmental entities, volunteer groups, and Dominion Energy to manage invasive species in the Northern Virginia region. NoVA PRISM has been developing pilot projects in Northern Virginia on the W&OD Trail, and two of them, Isaac Crossman Park in Falls Church and Bluemont Park in Arlington. Participants will plant meadow grasses and herbaceous species. Organizers will need the assistance of volunteers to complete these planting efforts. To volunteer, contact: Alex Sanders, [novaprism1@gmail.com](mailto:novaprism1@gmail.com), 703-772-7032.

**Octoberfest at Walker Chapel.** 9 a.m.-3 p.m. at Walker Chapel United Methodist Church, 4102 N. Glebe Road, Arlington. Gently used clothing, furniture, outdoor and household items, small appliances, crafts, jewelry, boutique and Christmas/holiday treasures, and bake sale items will be available for purchase. For hungry shoppers, a cafe will serve breakfast and lunch. Proceeds benefit the outreach missions of the church, both locally and globally. Call 703-538-5200 or visit [www.walkerchapel.org](http://www.walkerchapel.org).

**Centipedes, Millipedes & Woodlouses.** 10:30-11:30 a.m. at Gulf Branch Nature Center, 3608 N. Military Rd., Arlington. Ages 6 to 10. Centipedes, millipedes and

woodlouses all have many more legs than insects. Find out how they are similar and different to each other, and meet them up close. Then explore the woods in search of these creatures. Call 703-228-3403.

**Tree ID Hike.** 11:15 a.m.-12:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Rd., Arlington. The leaves are just starting to fall but residents can still identify trees without using the leaf shape as a clue. Learn to identify the trees of Arlington parks by their bark and shape. Dress for the weather. Teens ages 14 and up welcome, but must be accompanied by a registered adult. Call 703-228-6535. Registration Required at <https://parks.arlingtonva.us/events/tree-id-hike-5/>

**Watercolor Workshop: Landscapes.** 1-4 p.m. at Arlington Arts Center, 3550 Wilson Blvd., Arlington. For ages 14-18. Experiment with watercolor, new painting techniques, and a variety of paper in this intensive workshop. Using the fluid and transparent qualities of watercolor, students will create landscapes inspired by the fall season and its unique palette. Botanical illustrators and well-known painters from art history will be referenced as students develop and gain confidence in their watercolor skills. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org).

**Fall Close Harmony Concert.** 3:30 p.m. At NRECA Building, 4301 Wilson Blvd., Arlington. Guest performers are the 2016 International Youth Champion Barbershop Quartet, "Pratt Street Power". Tickets \$15./Adult and \$10/Students. Free parking in the Garage on N. Taylor St. Attendees can enter the Building from N. Taylor Street. Immediately following the show, is an "After Glow" party with food and drinks and more singing.

**The Arlingtomes Fall Show.** 3:30 p.m. At NRECA Building, 4301 Wilson Blvd., Arlington. An afternoon of Barbershop style music featuring The Arlingtomes and guests, The 2016 International Youth Champion

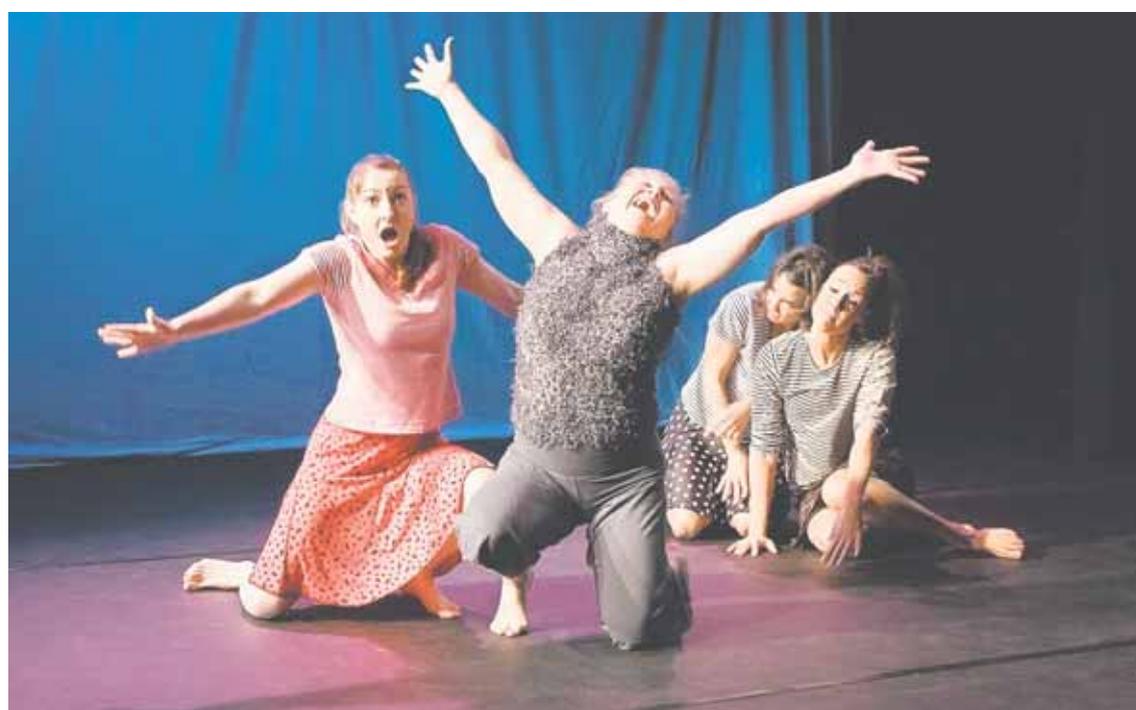
Quartet "Pratt Street Power." Admission is Adults \$15.00, Seniors \$10, Students No Charge. Contact Tom TomBariTones734@cox.net or, Bob mmates37@aol.com. Join up on Meetup at [tinyurl.com/Arlingtones2018Meetup](http://tinyurl.com/Arlingtones2018Meetup)

**Together Under the Northern Lights Gala.** 6 p.m.-midnight. At Ritz-Carlton Tysons Corner, 1700 Tysons Blvd., McLean. Sponsored by Arlington Free Clinic. This year's event will celebrate the clinic's commitment to providing free, high-quality medical care to low-income uninsured Arlington County adults. For event details and to purchase tickets and sponsorships, please visit [www.gala.arlingtonfreeclinic.org](http://www.gala.arlingtonfreeclinic.org).

**Halloween History Ghost Tour.** 6 p.m. At Ball-Sellers House, 5620 3rd St., South, Arlington. Free. The oldest house in Arlington invites you to travel back in time for a scary (and interactive) historic ghost tour. The event begins at the Ball-Sellers House where visitors will be the guests of Elizabeth Ball, a new widow. Then join the family on their way to the cemetery (around the corner) to see the family tombstones and learn more about the cemetery and the horrors of a colonial militia soldier. After another stop at Carlin Hall for some beverages and colonial era snacks, and then an announcement of frightening news. Costumes are a must especially if dressing as one lived in the colonial era. Email [info@arlingtonhistoricalsociety.org](mailto:info@arlingtonhistoricalsociety.org). Visit [www.arlingtonhistoricalsociety.org](http://www.arlingtonhistoricalsociety.org).

**Scary Stories at the Ball-Sellers House.** 6-9 p.m. At 5620 3rd Street, South, Arlington. Scary stories based on historical legends and folktales. Costumed story tellers will be at several different spots in Glencarlyn to frighten you with fabled fiction including at the Ball-Sellers House, where we'll have Halloween candy and apple cider for kids of all ages. Come in costume, bring a flashlight, and have some fun. Free.

**Dia de Muertos / Day of the Dead.** 6-7:30 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road,



## Jane Franklin Dance "The Big Meow"

"The Big Meow" will be performed 4 p.m., Saturday, Oct. 27 at Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. Join Jane Franklin Dance for a performance of The Big Meow, the story of an ever-hopeful fluff ball who desperately wants to belong to the band of neighborhood cats. Tickets \$15/adults; \$10/children under 10. Featuring Jane Franklin Dancers Emily Crews, Carrie Monger, Amy Scaringe, Brynna Shank, and Rebecca Weiss. Music: Mark Sylvester, Jon Matis, John Kamen. Visit [www.janefranklin.com](http://www.janefranklin.com) or call 703-933-1111.

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# ENTERTAINMENT



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## In 'Billy Elliot the Musical'

Metro School of the Arts students will perform in "Billy Elliot the Musical." The six MSA students were selected to join the 10-time Tony Award winning musical cast, that will be performed at Signature Theatre from Oct. 30 – Jan. 6, 2019. Back row (from left): Sofia Cruz, Simone Straub-Clark, Anya Jones, and Jacob Anderson. Front row (from left): Annie Dodson and Maya Stumpf. Tickets can be purchased at [www.sigtheatre.org](http://www.sigtheatre.org). The Academy at Metropolitan School of the Arts is a college preparatory performing arts program for emerging young artists, grades 7-12; see [www.metropolitanarts.org](http://www.metropolitanarts.org).

### CALENDAR

Arlington. Come celebrate the Day of the Dead for a night of family fun. They'll make Calaveras, the decorative sugar skull masks and costumes, enjoy holiday snacks, and see some night animals up close. Afterward, they'll go on a fun night hike through the candlelit forest. Call 703-228-6535.

**Haunted House and Food Drive.** 6:30-9:30 p.m. at 4228 North Old Glebe Road, Arlington. Free. The Haunted House is a special Eagle Project run by Boy Scouts from Troop 104. Plus candy for the brave souls who make it through. Food contributions requested. Email: [ben@47projects.com](mailto:ben@47projects.com).

#### SUNDAY/OCT. 28

**Virginia Solar Congress.** 9:30 a.m. to 4 p.m. At George Mason University's Alan & Sally Merten Hall, 4441 George Mason Blvd., Fairfax. The Virginia Solar Congress is a free public conference that brings together solar supporters from across the state to learn and discuss the current solar landscape and future for solar energy in Virginia. Learn more and RSVP at [www.solarunitedneighbors.org](http://www.solarunitedneighbors.org).

**A Lot of Gall(s).** 1-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ever wonder about those strange little bumps, swellings and other growths on leaves and stems? They're galls made by certain insects and other organisms. Through a lecture and in the field, explore how they're formed and how to recognize common galls in nature. Teens ages 12 and up are welcome, but must be accompanied by a registered adult. Call 703-228-6535.

**"The Three Baritones."** 3 p.m. At Reinsch Auditorium at Marymount University, 2807 N. Glebe Road, Arlington. Sponsored by Opera NOVA. The Three Baritones are Eduardo Castro, Jose Sacin and Alex Albuquerque. These singers, all from Peru, with extensive operatic experience, will delight audiences with arias from the great masters and some modern tunes as well. Tickets \$10-\$20. Call 703-536-7557 to order.

Visit the website [www.operanova.org](http://www.operanova.org).

#### MONDAY/OCT. 29

**ACF Golf Classic.** 11:30 a.m. at Army Navy Country Club, 1700 Army Navy Drive, Arlington. The Community Cup Golf Classic is one of the Arlington Community Foundation's most popular annual events. The proceeds from the tournament help support the administration of grants and scholarship programs as well as community initiatives undertaken by the Foundation. Contact Natalia Muniz at [events@arlc.org](mailto:events@arlc.org)

#### TUESDAY/OCT. 30

**Chair Yoga.** 5 p.m. At Arlington Central Library, 1015 N Quincy St., Arlington. Free. Learn how yoga can help you age with grace. Experience gentle movements and stretching through a series of beginner yoga poses. No prior yoga experience or mats required. Email: [jodlum@arlingtonva.us](mailto:jodlum@arlingtonva.us)

**Author Event: Erica Wright and Greer Macallister.** 7 p.m. at One More Page Books, 2200 N. Westmoreland St., #101. Masters of mystery and disguise, Erica Wright ("The Blue Kingfisher") and Greer Macallister ("Girl in Disguise") visit One More Page. Call 703-300-9746 or visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

#### WEDNESDAY/OCT. 31

**Halloween Fun.** 10-11 a.m. At Walter Reed Community Center, 2909 South 16th Street, Arlington. Free. Part of the Age in Place with Arlington Neighborhood Village. Everyone is invited to participate.

**Haunted House and Food Drive.** 6:30-9:30 p.m. at 4228 North Old Glebe Road, Arlington. Free. The Haunted House is a special Eagle Project run by Boy Scouts from Troop 104. Plus candy for the brave souls who make it through. Food contributions requested. Email: [ben@47projects.com](mailto:ben@47projects.com).

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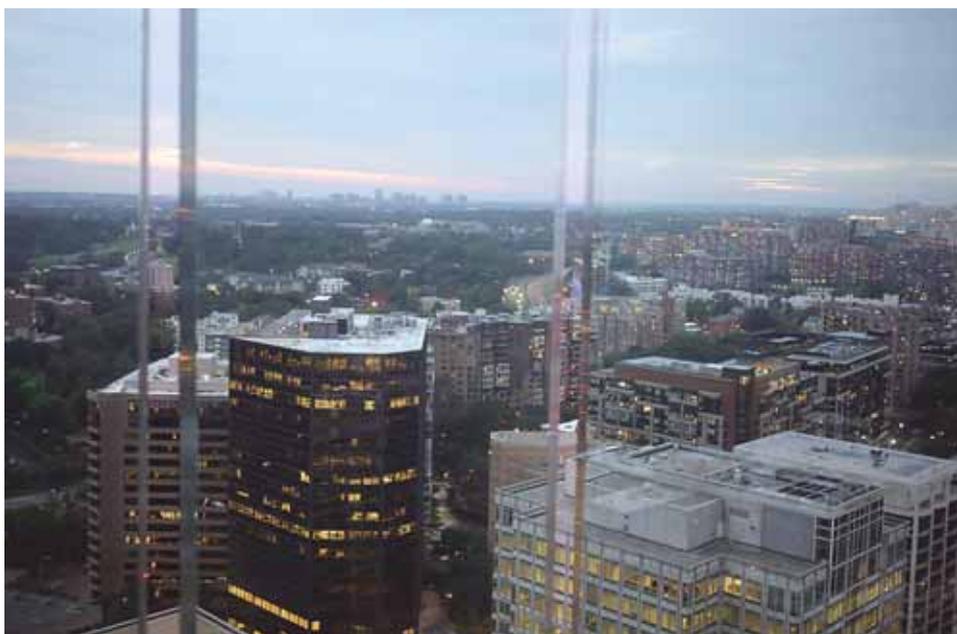
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View towards Washington of the 360 degree view.

# Association Needs More Parents to Offer Housing

FROM PAGE 3

He said the original sister cities program was set up in 1956 by Dwight D. Eisenhower, in a postwar atmosphere, to encourage a connection between the U.S. and other countries, on the theory that if we know each other better at a young age, and learn languages and communicate better, we will find more in common and be less inclined to go to war.

The exchange between Aachen and Arlington is reciprocal. This week, 55 families came to the U.S. and in return, 55 Arlington families (one child and one parent) will travel to Aachen in the spring.

This was the largest ever Aachen Elementary Exchange. They enjoyed a week full of activities including meals together at home and experiencing everyday life, shopping American-style, visiting monuments and museums, participating in local sports and watching regional pro teams.

One of the upcoming events being scheduled by

the Arlington-Reims committee is a tour by the Reims' Maitrise choir, a world renowned boys choir from the Reims Cathedral. It will come to the U.S. in 2019, making a tour to several cities, including Arlington. The committee is currently looking for a venue for the concert. The "Maitrise de Reims" was founded in 1285 and has been associated with the Reims Cathedral since then. Not only does the choir sing regularly during religious services, it also plays a part in the "Night of the Cathedrals" and other festivals in France.

For more information about the sister cities, or to volunteer, see: <http://arlington sisters cities.org>.

**The bar on the lower level of the deck is open for snacks and drinks most of the day. Kim Brown and William Spain enjoy the view while seeing residents and tourists alike walk the deck.**



PHOTOS BY EDEN BROWN/THE CONNECTION

# Everyday Interaction Between Sister City Families

FROM PAGE 3

take it for that long because it wasn't available." As a result of that German, Kinzer said, "She was amazed at how well she could communicate with our German guest."

Heidi Addison, who had come to the U.S. as a youngster before such an exchange opened up Arlington youth to other cultures, said she had endured a lot of stereotyping from local students back then who asked her if she was a Nazi and related to Adolf Hitler. "That's why I've been a volunteer for this organization for over 16 years," she said.

What were the things people learned about each other that really stood out? "I learned that corn is a pizza topping!" said Anne Ladewig. "We like to make homemade pizzas and we were asking the kids what they wanted on their pizza as a topping and our exchange student said, 'corn.' Who knew? And I learned how to say 'Wo ist mein handy,'" she added. (Handy is German slang for a cell phone.) Everyone agreed they would all be calling a phone a handy from now on.



**From left: Marwan Mina, Anne (in "dirndl") and Jon Ladewig, (in "lederhosen"), and Bernadette Grune-Glattke, learned some new vocabulary and pizza toppings.**

Bernadette Grune-Glattke, decked out in a witch's hat, said, "I learned how welcome we could feel in a foreign country: we feel we are at home here like in Europe."

Andre Weigandt, attired in his Top Gun flight suit, said he had been a student at UCLA Davis for a year, 20 years ago. That made him a believer in exchanges and language learning. His excellent English came



**Allison Kinzer (left) and Ella King, both 8th graders, said they had a lot in common with their exchange students.**

out of that year in the U.S. and subsequent use of English in his business. He noted he had brought his son, Vladimir, because "It's important to learn history in a way that isn't just dates. The best thing about this exchange was living the everyday routine with our U.S. hosts. We sat around discussing parenting issues, and found a lot of com-



**Andre Weigandt with his son, Vladimir Weigandt, enjoy the Halloween festivities.**

mon ground, and my son got to attend school which was very good. We noticed they don't have too many breaks here! They just go from class to class with hardly a pause. That made an impression."

For more information, or to get involved, see the Arlington-Aachen facebook page.

# Helping Make People Aware of Thrombosis

FROM PAGE 4  
to another one. Eight years ago, I was at the gym when I felt what was like an eight-inch cable under the skin on my leg, in the same place that my first clot had been. Sure enough, it was another."

Shields takes daily blood thinners and exercises regularly to stave off more clots. At the same time as remaining active, though, he must also exercise caution.

"If you read about the blood thinner I take, you'll see that it's a medication that a lot of doctors are hesitant to prescribe," Shields said. "It requires a very special diet and frequent testing. I also have to be very aware and cautious, because injury is so much more complicated when you're on blood thinners. I love martial arts, for example, but I have to be careful, and monitor how I feel after getting hit in the head or experiencing anything high impact. It's always in the back of my mind because my risk of an uncontrolled brain bleed is so much higher. I also always have to be worried about getting another blood clot."

Some people are genetically predisposed to getting blood clots, but this was not the case for Shields.

"People with that genetic profile are more prone to get blood clots before ever getting one, and you can get tested with VTE screening," he said. "I was tested after my second clot, and that was not my situation."

One alarming thing about a deep blood clot is that there are often no obvious or distinguishing symptoms — especially when you have no clue what they might even be. So, getting tested for a clotting tendency, especially should you find yourself in the hospital unexpectedly, could save your life.

"Neither of mine were painful, which is actually scary," he said. "Pain is very important because it is a signal from your body something is wrong. People might not know what's happening to them."

Then, without knowing that something could be happening inside your body, that lack of action is what can make blood clots deadly.

"If blood clots are left untreated, there is a risk that the clot will dislodge and go to the lungs," said Shields, who has become an expert of sorts. "If the clot travels from the leg to the lungs it can cause a pulmonary embolism. When this happens, it can cut off the blood supply to a part of the lung, causing difficulty breathing. The clot can also go to the brain and cause a stroke, or to the heart and cause major issues there."

Shields is a proud ambassador for World Thrombosis Day and also remains a source of support for others who have had similar experiences to his.

"I'm happy to be an ambassador for the World Thrombosis Day campaign," he said. "I've been involved with the National Trauma Society for a long time, too. I got to help start the Trauma Support

Network, and DVT and VTE survivors are certainly a part of that."

With two blood clots in his rear-view mirror, five fused vertebrae in his back, a leg that has undergone multiple surgeries, and a heart that stopped and had to be restarted 17 years ago, Shields doesn't take anything in for granted. He also doesn't let anything stand in the way of living life

on his own terms. "I was, and will always be, an active participant in my own recovery," he said. "I've been interested in health and medicine for as long as I can remember, being pre-med in college and a longtime healthcare consultant. I've always been optimistic, too. I'm doing everything I can to lower my risk with diet, exercise and medication, so I'll continue

doing the activities I love knowing I take all necessary precautions. One thing I've learned from accident is that you can be healthy and happy and doing everything right and then, anyone can be hit by a car. You just have to understand risk factors in your life, lower them as much as you can, and move on with your life doing the things you want to do."

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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## Public Meetings Fall Transportation Meeting

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a public comment period. At the open house you can learn about various transportation initiatives, as well as Virginia's project prioritization process (SMART SCALE), Virginia's Statewide Transportation Improvement Program, and the VTrans Multimodal Transportation Plan. Representatives from the Office of Intermodal Planning and Investment and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia's transportation network. The open house will be followed by a public comment period, where you can provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at [www.CTB.Virginia.gov](http://www.CTB.Virginia.gov).

Public Meetings\* to be held at the dates, locations and times listed below:

<b>Monday, October 15, 2018</b> at 4 p.m. Culpeper District Office 1601 Orange Road Culpeper, VA 22701	<b>Wednesday, October 17, 2018*</b> at 4 p.m. Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486	<b>Monday, October 22, 2018*</b> at 4 p.m. Southwest Higher Education Center One Partnership Circle Abingdon, VA 24210
<b>Thursday, October 25, 2018*</b> at 2 p.m. (Note: Start time has changed) Holiday Inn - Valley View 3315 Ordway Drive NW Roanoke, VA 24017	<b>Tuesday, November 13, 2018</b> at 4 p.m. Hampton Roads District Office 7511 Burbage Drive Suffolk, VA 23435	<b>Thursday, November 15, 2018</b> at 4 p.m. Homewood Suites—Chester 12810 Old Stage Road Chester, VA 23836
<b>Monday, November 19, 2018</b> at 4 p.m. Lynchburg District Complex Ramey Memorial Auditorium 4303 Campbell Avenue Lynchburg, VA 24501	<b>Wednesday, November 28, 2018</b> at 4 p.m. Fredericksburg District Office Auditorium 86 Deacon Road Fredericksburg, VA 22405	<b>Thursday, November 29, 2018</b> at 5:30 p.m. NOVA District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030

\*These meetings will be held in conjunction with planned I-81 Corridor Improvement Plan meetings. Fall meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2018.

If you cannot attend a meeting, you may send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or [Six-YearProgram@VDOT.Virginia.gov](mailto:Six-YearProgram@VDOT.Virginia.gov).

You may send comments on rail, public transportation, and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or [DRPTPR@drpt.Virginia.gov](mailto:DRPTPR@drpt.Virginia.gov).

Comments will be accepted until December 13, 2018.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

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**Legals**

**ABC LICENSE**  
Zaap Corp trading as Thai Treasure, 3811 N Fairfax Dr, Arlington, Arlington County, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises/Mixed Beverage license to sell or manufacture alcoholic beverages. Piyarat Burmrungsiri, Owner. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

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

**Legals**

**ABC LICENSE**  
Old Dominion Pizza Company LLC trading as Old Dominion Pizza, 4514 Lee Hwy, Arlington, VA, Arlington County, 22207. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On & Off Premises; Delivery Permit license to sell or manufacture alcoholic beverages. John Rodas, Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

**Legals**

**ABC LICENSE**  
Coworking Solutions LLC trading as Cowork Cafe, 2719 Wilson Blvd, Arlington VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises license to sell or manufacture alcoholic beverages. Ramzy Azar, Owner & Managing Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

**NEWS**



PHOTOS BY ANDREA WOKREN/THE CONNECTION

**Expecting about 1,200 to attend, about 1,400 area citizens turned up for the 2018 VOICE summit.**

**Seeking Criminal Justice Reform**

FROM PAGE 5

often determines who has money, not who is dangerous, and we can't have a justice system that determines fairness and freedom based on wealth and means ... I want to keep dangerous people in jail, I want people to show up for court ... it doesn't make sense, nor does it make our communities safer, to make a low-risk, non-violent person sit in jail, while more violent or dangerous people can go free because of their wealth."

In 2005, Virginia took the nation-wide lead by instituting the Virginia Pretrial Assessment Instrument (VPRAI) to help calculate a defendant's likelihood of failure to appear and level of danger to the society, but ultimately pretrial release is set by a judicial officer, usually a magistrate, and according to a 2017 study the magistrates typically do not receive any information from pretrial service agencies that could better inform their decision.

Herring expressed concern that under Virginia law judicial officers are granted broad discretion to set the term under which defendants can obtain pretrial release.

"Alternatives to cash bail bonds are rarely used. Therefore, many people who are eligible for [pretrial release] face incarceration while awaiting trial merely because they cannot afford to pay the bond."

The negative impacts of unnecessary incarceration are widespread. Low-risk, nonviolent defendants who must remain in jail pending trial often lose their jobs, their homes, their cars, and even their families, as a result. "This is not the answer," said Herring. "Continuing on this path only increases the problems we face."

Studies support his assertions. A 2016 report by the Prison Policy Initiative found that Virginia's pretrial detainees increased from less than 3,000 in 1978, to almost 9,000 in 2013. By 2015, Virginia's incarceration rate was approximately 150 percent of the national average.

In his arguments for reform, Herring noted that last year about 28,000 Virginians were released under pretrial supervision – and 94 percent of them showed up for their court appearance and stayed out of trouble.

Holding the non-violent, low-risk accused because they cannot pay bail also has a negative effect on the state's economy.

Herring reports that it costs about \$3 a day to maintain someone on pretrial services versus about

\$85 per day if they remain in jail. "So if we make smart reforms we could be talking about millions in savings while still meeting our public safety goals."

Treating defendants differently depending on their ability to afford bail may also raise equal protection concerns in violation of several federal and state laws and statutes. Herring also questions the frequent absence of counsel or representation from the prosecution at many bail hearings, a situation that may violate the Sixth Amendment, upheld in a case before the United States Supreme Court in 2008, that makes it a right to counsel when a person has been placed under arrest and makes an initial appearance before a magistrate for the determination on probably cause and the setting of bail. It is not clear under Virginia law whether a bail hearing alone constitutes a "critical stage," requiring the presence of counsel for the defendant.

VOICE is a non-partisan coalition of some 55 faith communities and civic organizations from Fairfax County and surrounding areas, Alexandria City, Arlington County and Prince Williams County and neighboring areas. While involved in a variety of community improvement actions, "Restorative Criminal Justice," sits high on the group's target list of initiatives that its membership works to see enacted.

Marjorie Green, a lay leader at St. Mary's Episcopal Church in Arlington and a spokesperson for VOICE, praised the announcement of Herring's initiative as a testament to the impact that citizens united can achieve. Green noted in a statement that "this newest effort grew out of conversations between VOICE and the attorney general in recent months." VOICE reported the results of listening sessions held with more than 7,000 residents of Northern Virginia about their chief concerns. "It's one more step in the right direction."

Rev. Keith Savage, pastor at First Baptist Church in Manassas and a member of VOICE's key leadership team, added "Pure and simple, cash bail is a tax on being poor ... we spend millions warehousing people in jail for the sole reason that they cannot afford bail ... yet our community was not made any safer."

VOICE membership committed to actions to "hold our lawmakers to account" on this and other civic issues.

The full contents of Herring's letter and the media release providing additional background information is available on the Attorney General's website [www.oag.state.va.us](http://www.oag.state.va.us).

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# BULLETIN BOARD

FROM PAGE 6

and Fire Station 9- 1900 S. Walter Reed Drive.

**Adoption Options.** 3-5 p.m. At Mount Olivet United Methodist Church, 1500 N. Glebe Road, Arlington. If you are considering growing your family through adoption, join Carolina and ABC Adoption Services as they answer questions and provide information about agency programs. Email: [debrasmithlcs@gmail.com](mailto:debrasmithlcs@gmail.com) or 703-608-4494.

**VolunteerFest.** A region-wide day of community service helps nonprofits accomplish tasks they would not have time or resources to do on their own. Visit [www.volunteerfairfax.org/individuals/volunteerfest.php](http://www.volunteerfairfax.org/individuals/volunteerfest.php) for more.

**Benefit Gala.** 6 p.m.-midnight at the Ritz-Carlton, Tysons Corner, Tysons Galleria, 1700 Tysons Blvd., McLean. Arlington Free Clinic will hold its Annual Benefit Gala, Together Under the Northern Lights. The Clinic provides primary and specialty care, mental health counseling, physical therapy, pharmacy, and dental and wellness services to uninsured residents of Arlington County. Individual tickets are \$300. For event details and to purchase tickets and sponsorships, visit [www.gala.arlingtonfreeclinic.org](http://www.gala.arlingtonfreeclinic.org).

## TUESDAY/OCT. 30

**Scholarship Searching.** 7:30-8:30 p.m. at Westover Library, 1644 North McKinley Road. Join the College & Career Librarian at Westover Library for a night tracking down the best scholarships, with special tips for different types of students, from middle school students to adults looking at graduate school. Free, registration is required. Call 703-228-6327 or visit [arlingtonva.libcal.com/event/4391004](http://arlingtonva.libcal.com/event/4391004).

## "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Nov. 5-10.

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

**Senior trips:** 6<sup>th</sup> & I Historic Synagogue, D.C., Monday, Nov. 5, \$6; MGM National Harbor, Oxon Hill, Md., Tuesday, Nov. 6, \$6; Riverside Dinner Theatre, Fredericksburg, "Beauty and the Beast," Wednesday, Nov. 7, intergenerational, \$66; Maryland Irish Festival, Timonium, Friday, Nov. 9, \$17; Maryland Alpaca and Fleecy Festival, Friendship, Saturday, Nov. 10, \$7. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

## NEW PROGRAMS:

**Three-part program on Churchill's Shakespeare** including trip to Folger's Shakespeare Library begins Monday, Nov. 5, 1 p.m., Aurora Hills. Details, 703-228-5722.

**Current events discussion,** Monday, Nov. 5, 10 a.m., Walter Reed. Details, 703-228-0955.

**Just Playin' Country musicians,** Monday, Nov. 5, 11:15 a.m., Lee. Details, 703-228-0555.

**Senior ice skating,** MedStar Capitals Iceplex, Ballston Mall, level 8, Mondays, 8:10-9:20., Wednesdays, 8:30-9 a.m. Details, 703-228-4771.

**Pickleball beginners,** Mondays, 9 a.m., Arlington Mill; 9:45 a.m., Walter Reed. Details, 703-228-4771.

**National Portrait Gallery exhibit,** "1968: An American Odyssey," series begins, Wednesday, Nov. 7, 11 a.m., Langston-Brown. Details, 703-228-6300.

**Marine biologist Dr. Heather Spence** to discuss aspects of a shark encounter, Wednesday, Nov. 7, 11:30 a.m., Aurora Hills. Register, 703-228-5722.

**Navigating the holidays with less family stress,** Wednesday, Nov. 7, 2 p.m., Aurora Hills. Register, 703-228-5722.

**Downsizing seminar, letting go of stuff,** Wednesday, Nov. 7, 10 a.m., Walter Reed. Register, 703-228-0955.

**How to build a family tree on ancestry.com,** Thursday, Nov. 8, 11:30 a.m., Lee. Register, 703-228-0555.

**Beginner's line dancing class,** Thursdays, 1 p.m., Arlington Mill. Register, 703-228-7369.

**Arlington Mill walking group** meets Thursdays, 9 a.m. Details, 703-228-7369.

**"Blunders: Eye-Opening Mistakes in History"** by Dr. Charles Toftoy, Friday, Nov. 9, 1 p.m., Walter Reed. Register, 703-228-0955.

**Ways to avoid falling,** Friday, Nov. 9, 10:30 a.m., Aurora Hills. Register, 703-228-5722.

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## Resorting to Radio



By KENNETH B. LOURIE

There I was, Wednesday evening, Oct. 17, around 6:30, sitting on my living room couch, club sandwich in hand, preparing for the League Championship Series game 5 between my Boston Red Sox and the Houston Astros when as I've done a thousand times before, grabbed the remote to turn on the television. Pressing the usual button, I was distressed to see no picture and hear no sound. Having experienced this kind of disappointment numerous times before, I didn't panic yet. I went about the diagnostic process first.

I checked my remote to see if the batteries were firmly connected, which they were. I then pointed the remote back at the television, but still no response.. Next, as I have been prompted previously under similar circumstances ("Your X-1 platform ..."), I pulled the plug and waited 30-plus seconds before reconnecting. Thirty seconds later, I re-plugged and still my television sat idle. Next I went into my home office to check the status of my computer since they're "cableized" together. The lights on my modem were flashing (a hopeful sign) so I clicked on one of my desk top icons and was met with the dreaded "No internet connection," confirming my worst suspicion. For the moment, 90 minutes before game time, I was out of service (heck, I was out of luck). Finally, I called my cable provider for clarification/further confirmation when I was met with the equally dreaded pre-recorded message: "There has been a service interruption in your area. Service is expected to be restored tomorrow afternoon." "TOMORROW AFTERNOON? THE GAME IS TONIGHT!" That was the exclamation I can print. What came next was not particularly complimentary.

For the next hour or so I puttered and muttered and did nothing to improve my circumstances. At 9:30 pm I called my brother to get a score. (He lives in Washington, DC and has a smart phone. I live in Maryland and have a flip phone, a k a "stupid phone"). Unfortunately, he had left his cell phone in another room and didn't hear my call. Frustrated, I swore yet again and trudged upstairs to go to bed. After getting into my "jammies," I laid down in bed and rolled onto my left side to set the alarm on my clock radio when it hit me (not the clock radio); the baseball game is being broadcast on the radio! And so I scrolled the dial on the clock radio until I heard ESPN radio broadcasters John Shambee and Jessica Mendoza calling the game. If I can't watch the game, I can certainly listen to it. And so I did, just like I did as a "little-leaguer" all those many years ago listening to Ken Coleman and Ned Martin of the "Boston Red Sox radio network" while living on Athelstane Road in Newton Centre, Ma. Except this time, I wasn't clutching a transistor radio. I was hands free, listening.

For the next nearly three hours, I laid in bed and listened. Most of the broadcast I heard and some of it I missed as occasionally I fell asleep. But for a time I was transported back in time sort of, before cable television proliferated when the games were broadcast almost exclusively on radio and baseball was seen through the eyes of those sitting in the "Catbird seat," to quote the legendary Red Barber. Listening to how they described what they saw during the game was how many of my generation - and the preceding generation, fell in love with baseball: "How about that!" to quote the late, great, Mel Allen.

It was a late night, but happily, for me and Red Sox Nation, the Sox won and will now be returning to the World Series for the first time since 2013. Game one will be Tuesday night, Oct. 23. I can't imagine that there will be a repeat non-performance from my cable provider, but if there is, and I am forced to go to plan "B", radio, I will do so. The circumstances got us a win in game five, so there's no reason to think it wouldn't get us a win in game one, too. After all, it's not only the ballplayers that are superstitious.

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

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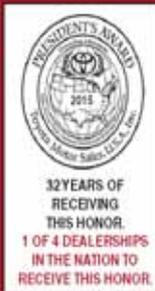
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**OIL & FILTER CHANGE**  
**\$29<sup>95</sup>** NON-SYNTHETIC  
**\$44<sup>95</sup>** SYNTHETIC  
Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil\*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.  
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/18.

**BRAKE SPECIAL**  
**\$79<sup>95</sup>**  
Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.  
**MACHINE ROTORS ADDITIONAL**  
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/18.

**SIGHT LINE  
WIPER BLADES**  
**\$10 OFF**  
Sight Line only.  
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 10/31/18.

**FREE  
BATTERY CHECK-UP**  
Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.  
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/18.

**ALIGNMENT SPECIAL**  
**\$69<sup>95</sup>**  
Your car's alignment suffers, and can cause uneven tire wear and steering problems.  
**INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.  
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/18.

**VARIABLE DISCOUNT**  
**\$15.00 OFF** when you spend \$100.00 - \$199.99  
**\$30.00 OFF** when you spend \$200.00 - \$299.99  
**\$45.00 OFF** when you spend \$300.00 - \$399.99  
**\$50.00 OFF** when you spend \$400.00 or more  
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/18.

**TRUESTART™ BATTERIES**  
**\$99<sup>95</sup>**  
INCLUDES BATTERY INSTALLATION  
Includes: 84 month warranty, 24 month free replacement, 24 month free roadside assistance. Does not apply to hybrid batteries.  
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/18.

*Jack Taylor's*  
**ALEXANDRIA TOYOTA**

Check your windshield. Does your sticker say **9/18**, or **10/18**? If so, your VA Safety Inspection is now due  
**VIRGINIA STATE INSPECTION  
FREE**  
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/18.

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