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# The Arlington Connection



Michael Wardian #3889 from Arlington finished sixth among male 10k runners with a time of 34:09 in the 7th annual Dulles Day 5k/10k on the Runway on Sept. 14.

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# NEWS

## OLQP Outreach to Immigrants Serves Great Need

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

**I**t is 9:30 a.m. on Sept. 11, and Our Lady Queen of Peace Catholic Church is already handing out number 137 to immigrant families waiting in line for their assistance programs. A large sign in the parish yard proclaims “Immigrants and Refugees Welcome.”

Chrissy Gelson, co-director of Gabriel’s Project that gives support to pregnant women and babies under one-year-old, says last week they served over 250 families between their three ministries for immigrants. She says Gabriel’s Project serves anyone pregnant and infants. “We don’t ask questions like their income or nationality.” Gabriel’s Project offers diapers, wipes, cribs and strollers, whatever the women need. “Formula is probably the greatest need.”

The parish holds a food drive the second weekend of every month to stockpile the pantry shelves with donations of canned goods and other non-perishable items, but they always need more food than they have collected.

Andres Tobar, a volunteer who is checking in the women for Gabriel’s Project, says the computer database records what a family picks up on any particular week. So, for instance, if a person gets a stroller one week, they don’t get another one next week; or if they really need a stroller and there aren’t any available, they can get one in the future. Sally Diaz-Wells, Our Lady Queen of Peace Social Justice and Outreach Minister, says they have volunteer drivers who deliver things like strollers to people who work or can’t get to the church.

A woman steps up and contributes a small



**Sally Diaz-Wells, Social Justice and Outreach Minister, Our Lady Queen of Peace (OLQP) Catholic Church.**

plastic bag. “It’s little boys’ clothes,” she explains. Gelson says, “They very much have a community among themselves. They are great at helping one another.” She says she sees a lot of the same people every week, “but we keep getting new ones.”

Tobar says it’s pretty amazing what these families survive on. “Many of them are undocumented, and it’s pretty significant that they risk their own safety and the safety of their homes to come out publicly to pick up food.”

Diaz-Wells says these programs came about ten years ago or so because “The Catholic Church wants babies to be born but we didn’t help them after they were born. Now we have a network of angels nation-wide.” While Gabriel’s Project serves children under one-year-old, Matthew 25, in a separate church building, serves families and children over one-year-old with gently used clothes, small toys, dishes and



**A volunteer holds up number 30 currently being served at Our Lady Queen of Peace food pantry on Wednesday, Sept. 11.**

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

utensils.

Families often get off the Glebe Road bus and walk to the church to stand in line early. They receive a number and wait at a table for their turn to go through the line for the pantry before heading to Gabriel’s Project or Matthew 25. A bag loaded with pasta, beans, rice and canned vegetables, oil or flour is handed to each person in line. “Chicken or fish?” The volunteer says, “They get a choice of what we’ve got and today it is chicken or fish.”

Next in line is the bread. “Today they can take 2-3 items. As you can see my bread runneth over,” comments volunteer Jackie Smith who is a member of Our Lady Queen of Peace. On to “escoja solo 1” (one low-sugar cereal.)

Today there are 18 volunteers, many members of the congregation, including Ann Felker who runs a nursery for small children in a room off the main hall. Diaz-Wells says, “It’s like night and day between the peace and quiet here and in there.” She points to the end of the room. “Back there is a stage where we have a summer camp for families who can’t afford to send their children.”

The food pantry and Gabriel’s Project are available weekly on Wednesdays except for holidays from 9-11:30 a.m., and the Mat-



**Gabriel’s Project volunteer Andres Tobar checks in immigrant women whose greatest need is often baby formula.**

thew 25 shop is open on Wednesday, Saturday and Sunday from 9 a.m.-noon and on Thursday from 12-3:00 p.m. except for holidays. Our Lady Queen of Peace is located at 2700 South 19th Street, Arlington.



**Immigrants line up early outside Our Lady Queen of Peace for the food pantry and other ministries to assist immigrant families.**

# Northern Virginia Senior Olympics Celebrates 37th Year

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

**A**ndrew Leighton and his wife, Helen White, are headed to the pickleball court at Thomas Jefferson Community Center at 7:30 a.m. Friday sporting their “Andy’s Army” T-shirts. Leighton explains “Andy’s Army” is a support group that follows his pickleball matches online. Northern Virginia Senior Olympics (NVSVO) begins Sept. 14, and Leighton is signed up for pickleball men’s doubles while White sits out this year’s NVSVO due to knee surgery. But they are still practicing four-to-five times a week.

Leighton was diagnosed with Parkinson’s disease eight-and-a-half years ago and has been playing pickleball for about five years. “My wife has been playing for 10; I had to catch up to her. She said I would like it and should try it, so I did.” They had both been playing tennis for many years. “I met my wife playing tennis.”



**Andrew Leighton and his wife, Helen White, pickleball partners are sporting their “Pickleball Over Parkinson’s” T-shirts.**



**Andrew Leighton drops in a pickleball zinger in just the right spot as he practices for the Northern Virginia Senior Olympics.**



## Alease Brooks chosen to carry Olympic Torch

Alease Brooks takes a break from running laps round the track at Thomas Jefferson Community Center in preparation for the Northern Virginia Senior Olympics where she will compete in running events, throwing sports as well as pickleball. Brooks has been chosen to carry the Olympic Torch at the opening ceremony for NVSVO on Saturday, Sept. 14. Brooks is 86, (almost 87) and will be competing for the 16th year. She is sporting a purple and gold outfit, one of the many colorful outfits that her kids provide for her competition and “my grandchildren don’t miss. They cheer me on.”

Leighton says, “It’s odd with Parkinson’s. It’s the exact opposite of pickleball.” He says, “With Parkinson’s they want you to slow down, step slowly. But with pickleball, you need to be faster, have a quicker reaction time, get into position early.” Leighton adds, “These things don’t really go together.” But Leighton says, “I found out that playing pickleball quiets my symptoms a bit, especially my tremor.” And he adds there is some evidence that playing pickleball slows down the progression of the disease. “There has been a lot of research but of course I don’t know. I have nothing to compare it with. But one thing I know for sure is that I’m not bothered as much by the disease when I’m playing.”

He says people always ask him if he wins. “The thing you want to do is play your best. Some you win, and some you lose.” Leighton and his wife play as many as 10 national tournaments a year. They were in Boston for the regionals about a month ago. “I played one of the best games I’ve ever played in my life but lost.” He and his wife were playing the gold medal team and lost 11-9, 11-9, a close match.

Leighton likes pickleball because it is very

PHOTOS BY  
SHIRLEY RUHE  
THE CONNECTION



social. “You are really close to your opponent. It’s like you’re playing a giant game of ping pong where you combine power and speed with reaction time.” There is a lot of net and, “I laugh. Everyone laughs.”

He says you make a lot of friends and play with a lot of different partners. “Sometimes your partner one year is your opponent the next year.” Also he says the drop-in nature of pickleball contributes to the game since you can stop by and play for two minutes or two hours and always find a partner.

Leighton says he and his wife sit down at the beginning of the year with a calendar

and decide which tournaments to enter, combining it with touring where they want to go. He says there is a pickleball website that lists international and national websites and pairs you up with someone of your own skill level. For instance his partner in Boston was from California and had a house at Cape Cod.

Leighton attributes his pickleball success to his years of playing tennis. He says, “Believe me, I didn’t think I couldn’t do this. “I have a skill because I can find space on the court. I hit a lot of shots that a lot of other players frankly don’t hit.”

# NEWS

## Arlington Police Determine No Shooting at the Ballston Quarter Movie Theater

The Arlington County Police Department completed a thorough investigation and determined that no shooting occurred at the Ballston Quarter on the evening of Sept. 14, 2019.

The preliminary investigation suggests that an unknown juvenile male entered a theater playing the movie 'IT Chapter Two' and shouted that there was a shooter, causing patrons to run from the theater yelling for people to call 9-1-1.

At approximately 8:38 p.m., police were dispatched to multiple emergency calls reporting a possible shooter inside the movie theater at the Ballston Quarter located at 4238 Wilson Boulevard. Upon police arrival, the theater was placed under shelter in place status while a systematic search of the entire Ballston Quarter was initiated. The search concluded with negative results and no evidence of a shooting or any victims of

a shooting were located.

As word of the incident spread, patrons from all areas of the Ballston Quarter began to self-evacuate. One individual suffered a minor injury while self-evacuating from the building and was transported by medics to an area hospital for treatment.

Patrons who left personal property inside of Ballston Quarter businesses during the incident should claim their property through the individual businesses. Those who left property in the public food hall area of the Ballston Quarter should call the Emergency Communications Center at 703-558-2222 to facilitate retrieval of their items at the Police Department, located at 1425 North Courthouse Road. This remains an active investigation. Anyone with information related to this incident is asked to contact the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).

## Coffee with a Cop Day

Wednesday, Oct. 2 is National Coffee with a Cop Day and the Arlington County Police Department is hosting four events with our Community Outreach Teams to celebrate. Community members are invited to join police at these informal events to ask questions, voice concerns, get to know their neighbors, interact with the Community Outreach Teams and meet officers from other sections of the department.

Coffee with a Cop provides an opportunity to build partnerships, one cup of coffee at a time.

The Community Outreach Teams will host Coffee with a Cop at the following locations and times on Wednesday, Oct. 2:

- 10:00 a.m. – 11:00 a.m.
- ❖ Starbucks Spout Run – 3125 Lee Highway
- ❖ Starbucks Arlington Ridge – 2925 South Glebe Road  
1:00 p.m. – 2:00 p.m.
- ❖ Starbucks Penrose Square – 2413 Columbia Pike
- ❖ Starbucks Courthouse – 2200 Clarendon Boulevard



## Meeting on Fire Station 8

Join Arlington County staff and the Fire Station No. 8 project team as they present an update on the Fire Station No. 8 Replacement Project. The meeting will be held in a joint session with the Public Facilities Review Committee (PFRC). Come see design concepts and share your feedback with the

team. Wednesday, Sept. 18, 2019, 7 – 9 p.m. Langston-Brown Community Center, Multi-Purpose Room The Fire Station No. 8 Replacement project kicked off in Spring 2019. To learn more about the project visit the Fire Station No. 8 Replacement project page. <https://projects.arlingtonva.us/projects/replacing-fire-station-no-8/>

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# Running on Runway

The 7<sup>th</sup> annual Dulles Day 5k/10k on the Runway took place on Sept. 14. The races were held on a closed runway at Dulles Airport, giving runners a flat course which made for fast races. All proceeds raised from the races benefit Special Olympics Virginia, the Committee for Dulles Community Outreach, and the Washington Airports Task Force.

**Runners pass a United 787 Dreamliner parked on the runway.**

PHOTOS BY  
TOM MANNING  
THE CONNECTION



**Solomon Haile from McLean finished seventh among male 10k runners with a time of 36:03.**

**The Sindhi Family from Arlington is ready to run the 5k.**



**Jack Potter, CEO of the Metropolitan Washington Airports Authority, and 10k finisher, Rajesh Reddy from Chantilly.**



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# Win for Arlington Bicyclists on Lynn Street

**Lane is widened and safety improvements added.**

BY MIKE SALMON  
THE CONNECTION

**B**icyclists in Arlington are gaining a lane and motorists are losing a lane, as the Virginia Department of Transportation enters a second phase of the Lynn Street Esplanade and Custis Trail Improvements project in Rosslyn.

Bike riders are getting wider lanes on each side of the yellow bike path lane lines to accommodate more bikes. According to VDOT, the trail is being widened from 10 to 16 feet, and is shifted an additional five feet from the roadway to improve safety for bicyclists and pedestrians. When the project is complete in spring 2020, an eight-foot-wide grass buffer will separate the trail from the roadway.

“The Custis Trail widening will improve safety along the trail by providing more space for pedestrians and cyclists and increasing visibility at intersections that have high volumes and have historically experienced high numbers of accidents,” said Eric

Balliet, Arlington County Communications Specialist.

This particular section of the Custis Trail is one of the most heavily used multi-use trails in Arlington, with a daily average of about 1,000 cyclists alone, Balliet said.

The project is the result of several studies in this area: the 1999 Esplanade Study, 2003 Rosslyn Circle Safety Study and 2006 Lynn Street Esplanade Preliminary Design Study. The findings from these studies were incorporated into the plans for the Lynn Street Esplanade and Custis Trail Improvement project that is currently under construction.

The 2003 Safety Study first recommended removal of the third westbound lane on Lee Highway.

Subsequent public outreach was conducted with VDOT to get stakeholder feedback on the proposed lane reduction.

Additional studies were conducted prior to design development that indicated removal of the third lane was feasible considering current and projected vehicle traffic volumes.

In addition, the safety improvements in this area include wider sidewalks, improved curb ramps, upgraded traffic signals, decorative lighting and landscaping. A public art installation by Arlington County called “Cor

SEE LANE WIDENED. PAGE 13

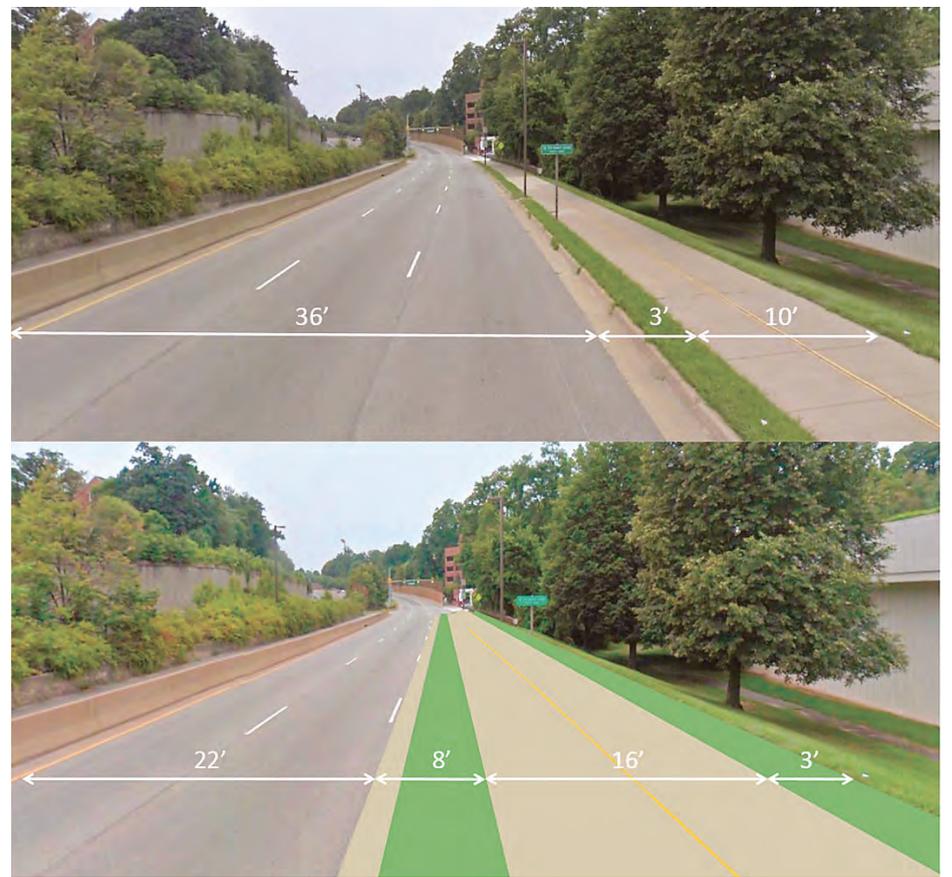


PHOTO COURTESY OF THE VIRGINIA DEPARTMENT OF TRANSPORTATION

**The trail will be wider and further away from traffic in the second phase of the Lynn Street Esplanade and Custis Trail Improvements project in Rosslyn.**

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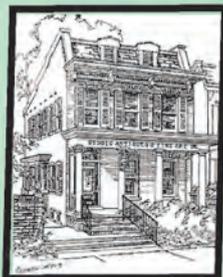
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# Normal Adolescent Moods Swings or Depression?

**Making a distinction between the two can be difficult.**

BY MARILYN CAMPBELL  
THE CONNECTION

Stephanie Pironne says her daughter Lila was always a child who was well behaved. From preschool through elementary school, she was described by her teachers as having a kind and cheerful nature. When her daughter, now 13 years old and in eighth grade, began middle school, something changed.

"She now goes from goes from happy to grumpy to sad all within 15 minutes and with nothing around her having changed," said Pironne. "I'm always on edge when she comes down for breakfast in the morning because I never know what I'm going to get. She might be yelling at me for something I didn't know I'd done, giving me the silent treatment or happy and chatty or combination of all three.

Such emotional roller coasters are often a part of puberty. Hormonal changes that happen when puberty begins can cause not only bodily physical changes but mood swings that can feel out of control, say mental health professionals. It's often difficult for parents and those close to teens learn to distinguish normal changes in mood from a more serious mental health issue.

"It's really, really hard to do, because they can present in very much the same way, and aren't always two distinct categories," said psychologist Stacie Isenberg, Psy.D. "Also, sometimes [puberty-driven mood swings], do get treated with medication. I've had patients who were prescribed birth control and some who were prescribed antidepressants."

The severity of the symptoms, says Carol Barnaby, MSW, LCSW-C can help make the distinction," said therapist Carol Barnaby, MSW, LCSW-C. "Crying spells or deep sadness for no apparent reason is a sign. Displaying a loss of energy or isolating themselves from others and persistent low self-esteem are also signals."

"If your child's mood seems off with regularity or they are withdrawing or increasingly irritable, I would advise parents to get a professional assessment," added Isenberg. "You can start with you pediatrician, and based on their recommendation, you may want to have your child see a psychologist or psychiatrist."

The amount of time the symptoms last could also be a clue that professional help is needed. "Teen depression is normally indicated by a persistent change in mood that lasts two weeks or more," said Barnaby. "The change in mood seems to cause significant distress and problems that show up at home, school, during extra-curricular activities, and in social areas of life."

A desire to hurt oneself is an indicator of a mental health issue that is more serious than normal teen mood swings, said Barnaby.

"If your child ever talks about self-harm like cutting themselves, refusing to attend school or other activities they previously enjoyed those are sign that you should seek help immediately.

If your child talks ...or has thoughts about suicide or not wanting to be around, seek professional help immediately," added Isenberg.

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**"She goes from goes from happy to grumpy to sad all within 15 minutes and with nothing around her having changed. I'm always on edge when she comes down for breakfast in the morning because I never know what I'm going to get."**

— Stephanie Pironne

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## Virginia Schools Rank Third in Nation with B-minus

A leading education journal ranked Virginia's public schools as third in the nation in student achievement based on the performance of students on national assessments in reading and mathematics, graduation rates and achievement on Advanced Placement examinations.

Education Week's Quality Counts 2019 report awarded the commonwealth a letter

grade of B- for K-12 achievement. Only Massachusetts, with a B+, and New Jersey, with a B, earned higher grades. Superintendent of Public Instruction James Lane said: "I look forward to visiting as many schools as I can during the coming weeks and months and personally congratulating teachers, principals, administrators and support professionals for all they do as we strive to make the commonwealth's schools the best

in the nation."

K-12 achievement comprises one third of Education Week's three-part Quality Counts rating system. Earlier this year, the publication awarded Virginia a B on its "Chance for Success Index" and a C for school finance. Today's grade for K-12 achievement resulted in Virginia earning an overall grade of B- from Education Week for 2019.

# NEWS

## Arlington Visitors Spent \$3.4 Billion in 2018

Arlington visitors spent a record \$3.4 billion in 2018, a 4.3 percent increase over 2017, according to the U.S. Travel Association. Arlington has led Virginia counties in visitor spending since 2009. Tourism generated nearly \$94 million in local tax receipts, benefiting County programs and services, as well as state tax receipts of nearly \$127 million. Local tourism-supported jobs totaled 26,566, an increase of more than 200 from 2017.

"It is no surprise that year after year Arlington's vibrant urban villages, our iconic monuments, our lovely neighborhoods and welcoming community make this a place that people from across the nation and around the world want to visit," Arlington County Board Chair Christian Dorsey said. "Tourism, which brings visitors to our hotels and guests to our restaurants and retail shops, continues to grow, and remains a vital economic driver for our County."

"Arlington's strong tourism economy demonstrates the power of committed partnerships throughout our hospitality community and local government," said Portia Conerly, acting director of the Arlington Convention and Visitors Service. "We are grateful for the solid foundation our partners have helped us build, from the Arlington Chamber's support of tourism-promotion funding to ongoing collaboration among our hotels, business improvement districts (BIDs), neighborhood partnerships, businesses and regional tourism organizations."

The U.S. Travel Association reports that tourism in Virginia generated \$26 billion in travel spending in 2018. Tourism also supported 235,000 work opportunities for Virginia communities and contributed a total of \$1.8 billion in state and local taxes. Increased spending since 2017 is largely attributed to Virginia's tourism promotion and development efforts all around the state, including new hotels, restaurants, agritourism, craft breweries, wineries, distilleries, cideries, sports, outdoor recreation, festivals and events, meeting and convention venues, attractions and more.

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#### THROUGH OCT. 1

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SEE BULLETIN, PAGE 14

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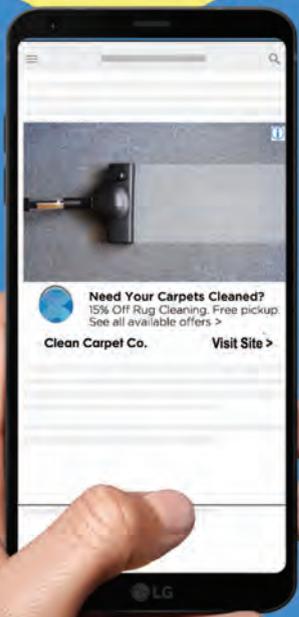
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# ENTERTAINMENT

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

## ONGOING

**Senior Olympics.** The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The public is invited, free of charge, to all NVSO events. The games run through Sept. 28. There will be no on-site registration for participants. Visit [www.nvso.us](http://www.nvso.us).

**Outdoor Zumba.** Wednesdays, through Sept. 25, 12:30 p.m. in the Courtyard at 2121 Crystal Drive. The Crystal City BID, Sport and Health fitness club and JBG SMITH invite you to join them for free midday Zumba in the courtyard of 2121 Crystal Drive on Wednesdays. Zumba fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program for all to enjoy. Free. Call 703-412-9430 or visit [www.crystalcity.org/do/outdoor-zumba-2018](http://www.crystalcity.org/do/outdoor-zumba-2018) for more.

**Solo Painting Exhibition: Draftsman 2019.** Through Sept. 30, gallery hours at Gallery Underground, 2100 Crystal Drive, Suite 2120-A. Draftsman 2019 is the solo painting exhibition for the month of September of Arlington Artists Alliance member and T.C. Williams graduate Barry Barnett Keith. Free. Visit [galleryunderground.org](http://galleryunderground.org) or call 571-483-0652.

**Art Exhibit: Frictional Harmony.** Through Oct. 12, Monday-Thursday, 10 a.m.-8 p.m.; Friday-Saturday, 10 a.m.-6 p.m. at The Barry Gallery, in the Reinsch Library at Marymount, 2807 North Glebe Road. Marymount University's Barry Gallery presents "Frictional Harmony," a solo exhibition of Stephanie Lane's paintings, drawings, and mixed media work. Admission is free. Visit [www.marymount.edu/barrygallery](http://www.marymount.edu/barrygallery) or email [barrygallery@marymount.edu](mailto:barrygallery@marymount.edu).

**Art Exhibit: Neuro Blooms.** Through Oct. 19, gallery hours at Universalist Church of Arlington, 4444 Arlington Blvd. Neuro Blooms is a project by Leslie Holt that includes mixed media art and community events intended to spark curiosity and conversations about the causes and stigmatizing myths of mental illness. Images are based on brain PET scans of people experiencing different mental health conditions. Visit [www.uucava.org](http://www.uucava.org) or

call 703-892-2565. Visit [www.uucava.org](http://www.uucava.org) or call 703-892-2565.

**Fridays at the Fountain.** Fridays, through Oct. 25, 5-9 p.m. at The Stand at the Crystal City Water Park, 1601 Crystal Drive. Fridays at the Fountain is a seasonal pop-up beer garden set within the Crystal City Water Park, featuring food, drink and a rotating lineup of live music from local bands and musicians. Free to attend; selection of food available for purchase. Call 703-412-9430 or visit [www.crystalcity.org/do/fridays-at-the-fountain](http://www.crystalcity.org/do/fridays-at-the-fountain) for more.

**Art Exhibit: Lumistory.** Through Oct. 26, Wednesday-Sunday, noon-5 p.m. at Fred Schnider Gallery of Art, 888 N Quincy St. #102. Melanie Kehoss' cut paper light boxes explore the origins of cultural phenomena, from cuisine, to mourning, to social media. This solo show will include the public debut of five works, an installation about the history of sugar, and more. Free. Visit [www.fredschnidergalleryofart.com](http://www.fredschnidergalleryofart.com) or call 703-841-9404.

**Arlington Mill Farmer's Market.** Saturdays, through Nov. 23, 9 a.m.-1 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. The market features produce, meats, and dairy products from our region's top local vendors. Support local farmers and entrepreneurs. Come for opening day and meet special guests, the Arlington Art Truck, South Arlington Moms Club, Long Branch Nature Center, and more. Visit [columbia-pike.org/fm-arlington-mill](http://columbia-pike.org/fm-arlington-mill).

## THURSDAY/SEPT. 19

**Floral Design.** 11 a.m.-noon at Little Falls Presbyterian Church, 6025 Little Falls Road. Rock Spring Garden Club will host Arlene Steward, Life Judge and award winning floral designer, to create floral designs. Arlene will demonstrate techniques for constructing types of floral arrangements. Free. Visit [www.rockspringgardenclub.com](http://www.rockspringgardenclub.com) for more.

**Author Event: Frank Minitzer.** 6-8 p.m. at The Ritz-Carlton – The Ambassador Room, Pentagon City, 1250 S. Hayes St. Frank Minitzer: author of *The Ultimate Man's Survival Guide to the Workplace*, a colorful guide to surviving the modern office. The author series is complimentary to the public and gives attendees the opportunity to meet and purchase the authors book, along with a cash bar. RSVP at [tinyurl.com/y5n8hb6v](http://tinyurl.com/y5n8hb6v).

**YA Author Panel.** 7 p.m. at One More



FILE PHOTOS BY SHIRLEY RUHE

## Northern Virginia Senior Olympics

The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The games run through Sept. 28. The games will be hosted at more than 25 venues, many of which are located in and around Fairfax and Arlington counties and the City of Alexandria. There will be no on-site registration for competitors. Spectators are welcome at all events and admission is free. For event details, go to [www.nvso.us](http://www.nvso.us), call 703-228-4721 or email [nvso1982@gmail.com](mailto:nvso1982@gmail.com).

Page Books, 2200 North Westmoreland St. One More Page will host a Young Adult author panel featuring Laura E. Weymouth, Lauren Spieller, and Anna Bright. *The Beholder*, a debut novel by One More Page's own Bright, is a Summer 2019 Kids Indie Next List pick. Visit

[www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

## FRIDAY-SUNDAY/SEPT. 20-22

**Disney's Beauty and the Beast.** Friday, 8 p.m.; Saturday, 2 p.m.; Saturday, 8 p.m. (ASL interpreted); Sunday, 3 p.m. at the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. The Arlington Players' present Disney's *Beauty and the Beast*. This nine-time Tony-nominated musical tells the tale of Belle, a girl from a provincial town, and the Beast, a young prince under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed into his former self. But time is running out. Can the two learn to love each other in time? \$15-\$25. Visit [www.thearlingtonplayers.org](http://www.thearlingtonplayers.org).

## SATURDAY/SEPT. 21

**The Edible Oasis: Permaculture Ideas for Small Urban Yards.** 10 a.m.-noon at Fairlington Community Center, 3308 S. Stafford St. Learn to grow vegetables, fruits, nuts, and herbs to produce food now and for many years to come – while reducing annual labor and investment. Basic permaculture concepts and designs will transform a small urban yard – or a tiny slice of it – into a mini-food forest. Free. Advance registration requested at [mgmv.org](http://mgmv.org). Questions?

Telephone 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**Encore Fall Open House.** 10 a.m.-noon at Encore Stage & Studio, 4000 Lorcom Lane. Encore Stage & Studio invites families in the community to its Fall Education Open House. Students will experience 30-minute class samplers of Encore's various theatre classes. Parents and students will have the opportunity to meet teaching artists and Encore staff, as well as register for Early and Late Fall classes. Free. Families must register online to reserve space for the open house classes at [www.encorestage.org](http://www.encorestage.org) or by calling 703-548-1154.

**International Coastal Cleanup.** 10 a.m.-noon at Barcroft Park, 4200 S. Four Mile Run Drive. Join EcoAction Arlington at their annual fall cleanup as they pick up trash from area waterways and collect important data about litter. Free. Visit [ecoactionarlington.org](http://ecoactionarlington.org) or call 703-228-6427 for more. Register at [www.ecoactionarlington.org/registration-international-coastal-cleanup/](http://www.ecoactionarlington.org/registration-international-coastal-cleanup/).

**Author Event: Amy Stewart.** 3 p.m. at One More Page Books, 2200 North Westmoreland St. Join One More Page in welcoming New York Times bestselling author Amy Stewart in celebration of the latest book in the acclaimed Kopp Sisters series, *Kopp Sisters On The March*. Once again, Amy Stewart has brought a little-known moment in history to light with her fearless and funny Kopp sisters novels. Stewart is also author of six nonfiction books, including *The Drunken Botanist* and *Wicked Plants*. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

## SATURDAYS/SEPT. 21-OCT. 26

**All That Jazz.** 11 a.m.-noon at the Arlington County Cultural Affairs Building, 3700 S. Four Mile Run Drive. All That Jazz is a kid's dance class open to ages 6-11. This energetic and varied class includes warm-ups and combinations to discover ways to bring character and imagination to theatrical performance. \$105. Visit [www.janefranklin.com/classes](http://www.janefranklin.com/classes) or call 703-933-1111.

## SEPT. 21-DEC. 22

**Art Exhibit: Borrowed from Dust.** Wednesday-Sunday, noon-5 p.m. (or by appointment) at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center presents *Borrowed from Dust*, a solo exhibition of new work by AAC resident artist Marissa Long. This exhibition is Long's first solo show in AAC's Wyatt Resident Artists Gallery. *Borrowed from Dust* is a meditation on memory, loss, and impermanence. An opening reception is scheduled for Saturday, Sept. 21, 6-9 p.m. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) or call 703-248-6800.

**Regional Biennial: Assembly 2019.** Wednesday-Sunday, noon-5 p.m. (or by appointment) at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center is pleased to announce Assembly 2019, AAC's inaugural regional biennial. This new exhibition program will explore current material and conceptual trends among artists in the region, and will feature work by young and emerging artists alongside new work by artists with longstanding connections to the Mid-Atlantic region and its art scenes. An opening reception is scheduled for Saturday, Sept. 21, 6-9 p.m. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) or call 703-248-6800.

SEE CALENDAR, PAGE 11

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**Arlene Burstrom celebrates her 80th birthday Saturday, Sept. 14 with family, friends and neighbors including three daughters (from left) Charlene Brubaker, Michele Spear and Amy Kaetzel and two of her grandchildren, Connor and Sydney. Both generations attended Jamestown Elementary, Williamsburg Middle School and Yorktown High School. "What a blessing," she says. Burstrom remembers getting ready for her wedding to Sheldon "Burt" Burstrom and welcoming her grandmothers at her apartment near Pershing and Route 50 in November 1961. She moved to her current residence, formerly the original Walker Chapel United Methodist Church, in 1964. After returning from a birthday trip to Quebec, Burstrom will get back to her regular schedule at Sitapet where she has worked for over 30 years.**

# ENTERTAINMENT

FROM PAGE 10

Sunday/Sept. 22

**Author Event: Libby McNamee.** 2-4 p.m. at Ball-Sellers House, 5620 3rd St. South. Libby McNamee wrote a historical novel about young Susanna's ride to save Lafayette from the British, "Susanna's Midnight Ride." What better place to learn about the heroism of a young girl in the Revolutionary War than the oldest house in Arlington? Bring the family and a blanket or lawn chairs. Sweet colonial-era treats and beverages. Books available for purchase. Call 703-942-9247 or visit [arlingtonhistoricalsociety.org/events/author-event-libby-mcnamee-author-of-susanna-midnight-ride-the-girl-who-won-the-revolutionary-war/](http://arlingtonhistoricalsociety.org/events/author-event-libby-mcnamee-author-of-susanna-midnight-ride-the-girl-who-won-the-revolutionary-war/).

**Book and Memorabilia Sale.** 11 a.m.-6 p.m. at the Arlington-Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Experience the Second Annual Civil War Book & Memorabilia Sale featuring authors, artifacts, books and memorabilia items. Admission \$5 per person. Contact Frank Stringfellow Camp Commander Bud Mayo at [mayo5304@cox.net](mailto:mayo5304@cox.net) or 703-389-1505 for vendor information.

MONDAY/SEPT. 23

**Author Event: Kit Chapman.** 7 p.m. at One More Page Books, 2200 North Westmoreland St. Award-winning science journalist and broadcaster Kit Chapman shares from his new book, *Superheavy: Making and Breaking the Periodic Table*, an in-depth look at how elements are discovered, why they matter and where they will take us. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

**Landscaping Techniques and Native Plants for Wet Sites.** 7-8:30 p.m. at Westover Library, 1644 N. McKinley Road. Learn about landscaping techniques, appropriate native plants, and local resources to help address the effects of soggy conditions in a yard. This event is offered by Extension Master Gardeners. Free. Advance registration requested at [mgnv.org](http://mgnv.org). Questions? Telephone 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

TUESDAY/SEPT. 24

**Crafts Night.** 6:30 p.m. at One More Page Books, 2200 North Westmoreland St. Join One More Page for Crafts Night. Get that creative thought process going or bring a project already in progress. This is a casual event with space and good company while working on a masterpiece or trying something new. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

SEPT. 24-NOV. 3

**On Stage: Escaped Alone.** At Signature Theatre 4200 Campbell Ave. Four charming women sit in an English garden enjoying afternoon tea – with a side of terrors, large and small. *Escaped Alone* is a play many will want to talk about after they have seen it, and a lovely cup of tea is just the ticket to warm up a good conversation outside the ARK Theatre after each performance. See performance dates, specialty shows and extras at [www.sigtheatre.org](http://www.sigtheatre.org).

WEDNESDAY/SEPT. 25

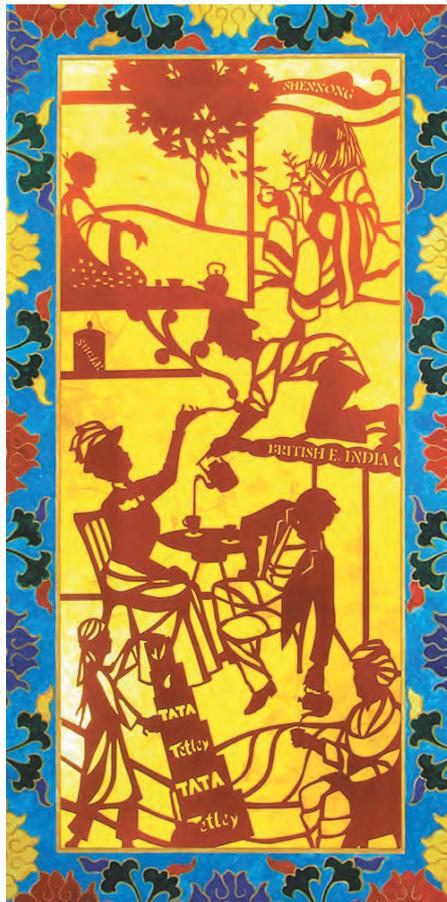
**Author Event: Jamie Mason.** 7 p.m. at One More Page Books, 2200 North Westmoreland St. Jamie Mason shares from her latest thriller, *The Hidden*. Things, a hair-raising, atmospheric thriller inspired by the real-life unsolved theft of a 17th-century painting. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

[www.connectionnewspapers.com](http://www.connectionnewspapers.com)

## Art Exhibit: Lumistory

Melanie Kehoss' cut paper light boxes explore the origins of cultural phenomena, from cuisine, to mourning, to social media. This solo show will include the public debut of five works, an installation about the history of sugar, and more. The exhibit runs through Oct. 26, Wednesday-Sunday, noon-5 p.m. at Fred Schnider Gallery of Art, 888 N Quincy St. #102. Free. Visit [www.fredschnidergalleryofart.com](http://www.fredschnidergalleryofart.com) or call 703-841-9404.

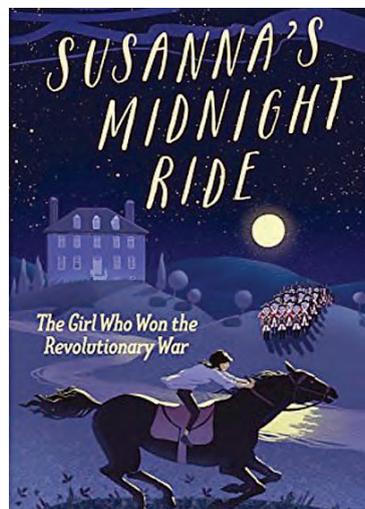
**"A Brief History of Tea", a papercut lightbox by Melanie Kehoss, will be on display at Fred Schnider Gallery of Art.**



[www.onemorepagebooks.com](http://www.onemorepagebooks.com) for more.

THURSDAY/SEPT. 26

**Early Registration Deadline: 5K/One-Mile Fundraiser.** Book It For Books 5K/One-Mile Run, sponsored by Reading is Fundamental of Northern Virginia, will raise funds to provide books for deserving NOVA children. Open to serious and fun runners and walkers, families, school teams, children in strollers, etc. Wear a literary character costume to add to



## Author Event: Libby McNamee

Libby McNamee wrote a historical novel about young Susanna's ride to save Lafayette from the British, "Susanna's Midnight Ride." What better place to learn about the heroism of a young girl in the Revolutionary War than the oldest house in Arlington? Bring the family and a blanket or lawn chairs. Sweet colonial-era treats and beverages. Books available for purchase. Sunday, Sept. 22, 2-4 p.m. at Ball-Sellers House, 5620 3rd St. South. Call 703-942-9247 or visit [arlingtonhistoricalsociety.org/events/author-event-libby-mcnamee-author-of-susanna-midnight-ride-the-girl-who-won-the-revolutionary-war/](http://arlingtonhistoricalsociety.org/events/author-event-libby-mcnamee-author-of-susanna-midnight-ride-the-girl-who-won-the-revolutionary-war/).

the fun. Race takes place Saturday, Oct. 12, 9-10 a.m. at Bluemont Park, 329 N. Manchester St. \$35/5K runners; \$30/5K under 17; \$20 walkers; kids teams/family rates available. Email [bookitforbooks@gmail.com](mailto:bookitforbooks@gmail.com) or visit [www.rifnova.org](http://www.rifnova.org).

FRIDAY-SUNDAY/SEPT. 27-29

**Disney's Beauty and the Beast.** Friday-Saturday, 8 p.m.; Sunday, 3 p.m. at the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. The Arlington Players' present Disney's *Beauty and the Beast*. This nine-time Tony-nominated musical tells the tale of Belle, a girl from a provincial town, and the Beast, a young prince under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed into his former self. But time is running out. Can the two learn to love each other in time? \$15-\$25. Visit [www.thearlingtonplayers.org](http://www.thearlingtonplayers.org).

SATURDAY/SEPT. 28

**Fall Native Plant Sale.** 1-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Selection of plants for purchase are accustomed to local climate and wildlife. Gorgeous natives for sun to shade, and even deer-resistant plants. See the order form for more information. Pre-order favorite plants today. Preorders accepted through 4 p.m. on Wednesday, Sept. 18. On the Day of the sale, there will be a wider selection at Long Branch Nature Center. Call 703-228-6535 or visit [longbranch@arlingtonva.us](mailto:longbranch@arlingtonva.us).

WEDNESDAY/OCT. 2

**Author Event: Dean Reuter.** 6-8 p.m. at The Ritz-Carlton – The Ambassador Room, Pentagon City, 1250 S. Hayes St. Dean Reuter is co-author of *The Hidden Nazi: The Untold Story of America's Deal with the Devil*. A true story about General Hans Kammler, who was responsible for the construction of Hitler's slave

SEE CALENDAR, PAGE 12

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**The First Morning of Winter Vacation, acrylic, 2019, by Barry Keith.**

## Solo Painting Exhibition

Draftsman 2019 is the solo painting exhibition for the month of September of Arlington Artists Alliance member and T.C. Williams graduate Barry Barnett Keith. The exhibit runs Sept. 6-30, gallery hours at Gallery Underground, 2100 Crystal Drive, Suite 2120-A. Free. Visit [galleryunderground.org](http://galleryunderground.org) or call 571-483-0652.

FROM PAGE 11

labor sites and concentration camps. The author series is complimentary to the public and gives attendees the opportunity to meet and purchase the authors book, along with a cash bar. RSVP at [tinyurl.com/y5fwffc7](http://tinyurl.com/y5fwffc7).

### SATURDAY/OCT. 5

**Arlington Fun Ride.** 8 a.m.-noon at Phoenix Bikes, 909 S. Dinwiddie St. This scenic, family-friendly bike ride explores paved, multi-use trails that make up the "Arlington Loop" with rest stops in Bluemont Park, Ballston, Rosslyn and Crystal City. Riders may choose 4-, 8-, 12- or 16-mile distances. There will also be a 3-mile children's ride, suitable for riders ages 10 and under. All rides begin and end at the Arlington Mill Community Center plaza beside Phoenix Bikes. \$15. Register at [bit.ly/arlfunride19](http://bit.ly/arlfunride19).

### 3rd annual DC-Metro Modern

**Home Tour.** 11 a.m.-5 p.m. in areas including Arlington, Fairfax, and Great Falls. The DC-Metro Modern Home Tour, a self-guided event, provides a day of local sight-seeing and open-house-style visits for lovers of architecture, design, real estate, and anyone on the hunt for ideas and inspiration. \$20-\$50. Visit [www.dcmetromodernhometour.com](http://www.dcmetromodernhometour.com) for tickets.

### SATURDAY/OCT. 12

**5K/One-Mile Fundraiser.** Book It For Books 5K/One-Mile Run, sponsored by Reading is Fundamental of Northern Virginia, will raise funds to provide books for deserving NOVA children.

Open to serious and fun runners and walkers, families, school teams, children in strollers, etc. Wear a literary character costume to add to the fun. Race takes place Saturday,

Oct. 12, 9-10 a.m. at Bluemont Park, 329 N. Manchester St. Register by Sept. 26 to guarantee shirt. \$35/5K runners; \$30/5K under 17; \$20 walkers; kids/teams/family rates available. Email [bookitforbooks@gmail.com](mailto:bookitforbooks@gmail.com) or visit [www.rifnova.org](http://www.rifnova.org).

### TUESDAY/OCT. 15

**Spirit of Community Luncheon.** 11:30 a.m.-1:30 p.m. at the Renaissance Arlington Capital View Hotel, 2800 S. Potomac Ave. Honoree Dr. Taylor was raised in the Green Valley community (formerly Nauck) and was active in the civic life of the community. Taylor retired from University of the District of Columbia after 31 years of service and is a former president of the Arlington Branch of NAACP and the Nauck (now Green Valley) Civic Association. \$75 through Sept. 20; \$90 at [www.arlcf.org](http://www.arlcf.org).

### SATURDAY/OCT. 19

**Mozart Celebration.** 7:30-10 p.m. at Gunston Arts Center - Theatre 1, 2700 S Lang St. Presenting favorite orchestral works by Wolfgang Amadeus Mozart scaled down and "re-imagined" in an intimate version for a quintet, featuring the Overture to Marriage of Figaro, Piano Concerto No.23 (with piano virtuoso Carlos Cesar Rodriguez), and the great Symphony No. 40 in G Minor. \$36 for adults, \$18 for students Visit [www.nationalchamberensemble.org](http://www.nationalchamberensemble.org) for more.

### MORE ONGOING

**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 permanent and temporary local history exhibits ranging from pre-1607 to Sept. 11, 2001. Visit [arlingtonhistoricalsociety.org](http://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/](http://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](mailto: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](http://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](mailto: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](http://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/](http://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](http://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. Visit [arlingtonhistoricalsociety.org](http://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/](http://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](http://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](http://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](http://www.whitlows.com) or call 703-276-9693.

**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. Glencarlyn 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](http://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](http://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](http://www.facebook.com/events/700174390103305).

# Arlington County Board Meeting Preview for Saturday, Sept. 21

**Updating the Community Energy Plan:** The Board will hold a public hearing and consider approving a sweeping update to the Community Energy Plan (CEP), the first since its adoption in 2013. A cornerstone of Arlington's climate action efforts, the CEP is the County's highest-level policy guide for transforming energy generation, distribution, use and storage in the community.

The draft plan update includes a target of becoming carbon neutral by 2050; 100 percent renewable electricity for County Government operations by 2025 and for the community by 2035; including energy equity as one standard for Community Energy Plan implementation initiatives. If adopted, the updated plan would keep Arlington among the nation's leaders in adapting to and mitigating climate change. To read the staff report, and the draft Community Energy Plan, scroll to Item No. 61 on the agenda.

**Redeveloping the Westmont Shopping Center:** The Board will hold a public hearing and consider approving a plan to redevelop the single-story Westmont Shopping center at 3233-3263 Columbia Pike, on the northeast corner of its intersection with South Glebe Road.

If approved, the redevelopment would replace the commercial buildings and surface parking lot on the 1.8-acre site with a new six-story structure offering 250 apartments above about 22,500 square feet of ground-floor retail and a two-level underground parking garage. This is a Form Based Code project which requires modifications to Form Based Code requirements and a Use Permit. The proposed redevelopment includes an interior courtyard and streetscape improvements along South Glebe Road and Columbia Pike. To read the staff report, scroll to Item No. 60 on the agenda.

**Improving Benjamin Banneker Park:** The Board will consider approving the award of a \$2.6 million contract to McDonnell Landscape, Inc., to improve Benjamin Banneker Park, 1680 N. Sycamore Street. The proposed improvements emerged through a lengthy public planning process for the 12.5-acre park. They include replacing the parking lot; picnic area; athletic field; playground; Four Mile Run Trail, W&OD Trail; walkways; landscaping; signage, furnishings; stormwater management and renovating the dog park. To read the staff report, scroll to Item No. 37 on the agenda.

## Pedestrian Crash on Little Falls Road Now Fatal

The Arlington County Police Department's Critical Accident Team (CAT) continues to investigate a now fatal pedestrian crash that occurred on Wednesday, Sept. 4, at the intersection of Little Falls Road and North Ohio Street. At approximately 8:17 p.m., police responded to the area for the report of crash with injury involving a pedestrian. Officers and medics arrived on scene and located the female victim suffering from serious injuries and immediately began to render aid. The pedestrian, a 55 year old woman from Arlington, Va., was transported to an area hospital in critical condition. She later succumbed to her injuries and was

pronounced deceased on Sept. 10. The preliminary investigation indicates that the victim was crossing Little Falls Road in the crosswalk, when she was hit by the oncoming vehicle, which was travelling westbound on Little Falls Road. The driver of the striking vehicle remained on scene. The investigation into this crash remains ongoing and no charges have been sought at this time. Anyone who may have witnessed this crash or has additional information regarding this investigation is asked to contact Detective B. Ames at bames@arlingtonva.us or 703-228-7303. Information may also be reported anonymously to Arlington County Crime Solvers at 1-866-411-TIPS.

## Arlington Bicyclists

FROM PAGE 7

ridor of Light" will also be incorporated, with prominent elements at each of the four corners of the North Lynn Street bridge over I-66. The art project is described as "a synthesis of public sculpture and lighting infrastructure, embraces and defines Rosslyn's urbanity. Illuminated sculptures of different scales appear at significant junctures along the corridor to create a series of inked points from Key Bridge to Meade Street Bridge," the county website said.

### Urban Identity

Arlington County puts it in terms of "urban identity."

In an area where new development is planned, and older structures are taken down, the Corridor of Light is intended to provide a distinctive identity and a positive experience on its streets where public and private interests meet in the face of this rapid growth, the county said.

Ardent Company, LLC of McLean is the contractor for the \$9.3 million project, which is financed with state and county funding including Revenue Shar-

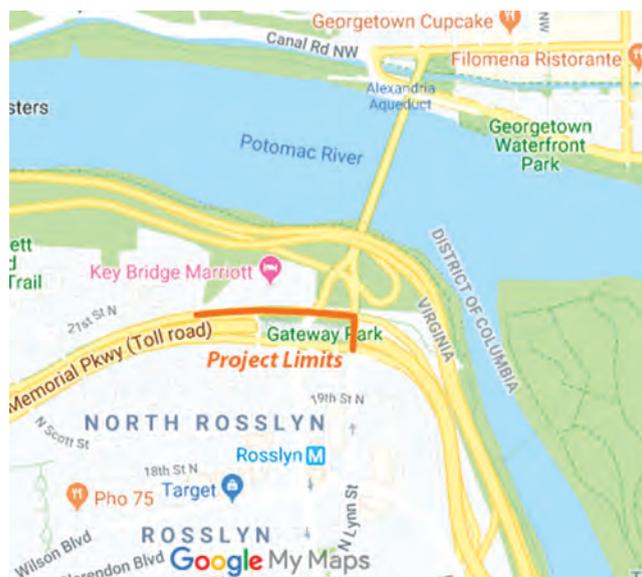


PHOTO COURTESY OF THE VIRGINIA DEPARTMENT OF TRANSPORTATION

**This map shows where the project is being built, which is a tight area due to the space constraints.**

ing funds. VDOT is managing construction of the project for Arlington County, and there are overnight lane closures associated with the construction.

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**-Werner Heisenberg**

## Legals

**ABC LICENSE**

East West Coffee Wine, LLC trading as East West, 3101 Wilson Blvd Ste 100, Arlington, VA 22201-4447. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Mehmet Coskun, 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.

## Announcements

# Convention Coin, Currency and Stamp Show

**September 27, 28 & 29**  
**Fredericksburg Expo and Conference Center**  
2371 Carl D. Silver Parkway, Fredericksburg, VA 22401 (I-95 Exit 130B)

**Show Times:**  
Friday and Saturday, 10am-6pm  
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## Legals

**ABC LICENSE**

SLOPPY MAMA'S, LLC trading as Sloppy Mama's Barbeque, 4238 Wilson Blvd., Ste 127, Arlington, VA 22203-4429. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On & Off Premises license to sell or manufacture alcoholic beverages. Mandy Neuman, 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.

## Announcements

# BULLETIN BOARD

FROM PAGE 9  
workers can adapt to transitions in both work and life. Includes free workshops, author talks and a job fair. Visit [library.arlingtonva.us/ac-works](http://library.arlingtonva.us/ac-works) for more.

## MONDAY/SEPT. 23

**Open Door Mondays.** 7-9 p.m. at Aurora Hills Branch Library, 735 South 18th St. Drop in to chat informally, one-on-one, with an Arlington County Board Member on any topic. No reservation is needed. Visit [countyboard.arlingtonva.us/open-door-mondays](http://countyboard.arlingtonva.us/open-door-mondays).

## MONDAY/SEPT. 24

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

## THURSDAY/SEPT. 26

**All About Hearing Aids.** 11 a.m.-noon at Westover Library, 1644 N. McKinley Road. Are you or a loved one considering the purchase of hearing aids? Join Bonnie O'Leary from the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC) at Westover Library to learn about hearing aids from the consumer/wearer's perspective. Free. Call 703-228-6327 or visit [arlingtonva.libcal.com/event/5467115](http://arlingtonva.libcal.com/event/5467115).

## SATURDAY/SEPT. 28

**Arlington Kids' Stuff Sale.** 8 a.m.-noon at St. Andrew's Episcopal Church, 4000 North Lorcom Lane. The sale features gently used items from 100 consignors including clothes, toys, books, videos, games, puzzles and more for kids for birth to teen. There's plenty for parents as well: maternity clothes, baby gear, strollers, bottles, safety items and more. Due to stairs and tight spaces, strollers are not allowed at the sale. Cash or check only. Visit [www.facebook.com/Kids-Stuff-Sale-366296948630/](http://www.facebook.com/Kids-Stuff-Sale-366296948630/) for more.

## WEDNESDAY/OCT. 2

**Arlington County Board Candidate Forum.** 7 p.m. meet and greet; 7:30 p.m., dinner; 8 p.m., program begins at Marymount University - Phelan Hall, 2807 N. Glebe Road. The Arlington Committee of 100 hosts a candidate forum for November's County Board Member election. Hear from candidates (in alphabetical order): Audrey Clement, Katie Cristol, Christian Dorsey, and Arron O'Dell. Visit [arlc100.org](http://arlc100.org) to become a member, renew a membership, and more.

## THURSDAY/OCT. 3

**Accelerating Urban Agriculture in Arlington.** 5:30-8 p.m. Barley Mac, 1600 Wilson Blvd., Suite 100. Join Arlington Friends of Urban Agriculture for a kickoff of October Urban Agriculture Month at Barley Mac in Rosslyn. Enjoy refreshments and learn how to accelerate urban agriculture initiatives in Arlington. Special guest speaker Wythe Marshall, a national expert in vertical and indoor farming, will lead a discussion on how we can

transplant best practices from New York City and European cities to grow a sustainable, just and secure food system in Arlington. RSVP at [www.eventbrite.com/e/fouas-urban-ag-month-kickoff-event-social-hour-tickets-65494129705](http://www.eventbrite.com/e/fouas-urban-ag-month-kickoff-event-social-hour-tickets-65494129705).

## MONDAY/OCT. 7

**Community Conversation.** 7-9 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. On June 18, 2019, the Arlington County Board unanimously adopted Enriching Lives: Arlington Arts and Culture Strategy, which highlights a vision for the arts in Arlington County, a set of guiding values, and five goals. The Arlington Arts Commission wants to engage Arlington's arts and culture community in a conversation on priorities. Light refreshments will be served. Visit [commissions.arlingtonva.us/commission-arts/](http://commissions.arlingtonva.us/commission-arts/) for more.

## SATURDAY/OCT. 26

**Free Native Tree Pickup.** 8 a.m.-3 p.m. at Tucker Field - Barcroft Park Parking Lot, 4200 S. Four Mile Run Drive. The Arlington County Department of Parks and Recreation is providing 400 young native trees to Arlington residents as part of the mission to expand and enhance Arlington's urban tree canopy. Tree Stewards who work to protect, preserve and enhance the urban tree canopy will be on site to help select a tree, answer questions and share tips about caring for the tree. Free. One tree per household. Visit [environment.arlingtonva.us/register-for-your-free-tree/](http://environment.arlingtonva.us/register-for-your-free-tree/) to register.

## TUESDAY/OCT. 29

**Free Native Tree Pickup.** 5-7 p.m. at Reed-Westover Parking Lot, 1644 N. McKinley Road. The Arlington County Department of Parks and Recreation is providing 400 young native trees to Arlington residents as part of the mission to expand and enhance Arlington's urban tree canopy. Tree Stewards who work to protect, preserve and enhance the urban tree canopy will be on site to help select a tree, answer questions and share tips about caring for the tree. Free. One tree per household. Visit [environment.arlingtonva.us/register-for-your-free-tree/](http://environment.arlingtonva.us/register-for-your-free-tree/) to register.

## DONATIONS

The **Arlington Food Assistance Center** seeks local gardeners and farmers willing to grow and donate fresh produce to the AFAC food pantry for local families in need as part of the Plot Against Hunger program. Each week, approximately 2,400 client families visit AFAC to pick up supplemental groceries and fresh fruits and vegetables are in high demand. AFAC will provide free vegetable seeds to those who pledge to donate produce from community or personal gardens. Visit <https://afac.org/plot-against-hunger> or contact [puwen.lee@afac.org](mailto:puwen.lee@afac.org) or 703-845-8486. Seeds are available now at AFAC, 2708 S. Nelson St., during regular business hours: Monday-Friday 8:30 a.m.-4:30 p.m. and Saturdays 8:30 a.m.-1 p.m. Produce can also be donated at AFAC at the hours listed above or at:

- \* Arlington Courthouse Farmer's Market, Saturdays 8 a.m.-noon (look for the AFAC cooler near the Master Gardener information table).
  - \* Rock Springs UCC Church, 5010 Little Falls Road, Sundays 9 a.m.-noon only. (Look for the donation bin on the Rock Spring Drive side of the church).
- Pet Food Bank.** AWLA is establishing a Pet Food Bank to serve qualifying

residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit [goo.gl/forms/s2FuFdaYwZm4tPw2](http://goo.gl/forms/s2FuFdaYwZm4tPw2).

## GET MORE WITH SNAP

**Arlington and Alexandria Farmers' Markets** accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT customers can purchase farm fresh produce at local area farmers' markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers' markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers' Market, N. 14th and Courthouse Road (second Saturday of the month) and Columbia Pike Farmers' Market, 2820 Columbia Pike (third Sunday of the month).

## ONGOING

**Operation Fire Safe.** Through Oct. 5, 2019, Arlington County firefighters will be going door to door offering home safety checks to include inspecting smoke and carbon monoxide (CO) alarms and giving relevant fire safety tips. For homes not protected by smoke alarms, firefighters will install working smoke alarms free of charge. Visit [www.arlingtonva.us](http://www.arlingtonva.us) for more.

**Online Salary Negotiation Workshop.** AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit [salary.aauw.org](http://salary.aauw.org).

**Create a Wildlife Sanctuary.** The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit [audubon-at-home-1/](http://audubon-at-home-1/) for more.

**Naloxone (Narcan)** can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqveland at 703-228-0913 or [esiqveland@arlingtonva.us](mailto:esiqveland@arlingtonva.us) or visit [health.arlingtonva.us/opioid-awareness/](http://health.arlingtonva.us/opioid-awareness/) for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit [www.chrisatwoodfoundation.org/naloxone](http://www.chrisatwoodfoundation.org/naloxone) for details.

**Monthly Memory Café.** 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, will be held on the first Friday of every month. Registration is free and highly recommended to reserve spots, which are open on a first come first served basis. To reserve a spot, SEE BULLETIN, PAGE 15

# BULLETIN BOARD

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please call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacareconnections.com/memory-caffe or www.seniorhelpers.com/arlington-alexandria-va for more.

**Walk-Fit.** Ongoing Tuesdays and Thursdays 8:30-9:30 a.m. at Fashion Center at Pentagon City, Arlington. Participants walk at their own pace in a safe and friendly environment. Group stretch and cool down led by Virginia Hospital Center staff at 9:15 a.m. Meet on the first level by Nordstrom. Call 703-558-6859.

**Arlington County,** in partnership with the Human Rights Commission's Equality Task Force, has launched a web page with resources for the LGBTQ community. The new webpage compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth — such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit topics.arlingtonva.us/lgbtq-resources.

**Ageing Matters.** 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of ageing related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/agingmatterswera to listen to programs.

**Volunteer Bike Repair Night.** First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary.

**Public Financial Fraud, Waste and Abuse Hotline.** On Tuesday, Nov. 15, the Arlington County launched a new public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at arlingtonva.ethicaladvocate.com. The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

Created by the **Arlington Initiative to Rethink Energy (AIRE)** in partnership with the Arlington Public Library, the nation's First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools such thermal imaging cameras, energy meters and books play a vital role in achieving a "greener" home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit library.arlingtonva.us/locations/central-library or call 703-228-5990.

**Arlington Rotary Club Lunches.** Thursdays, 12-1:30 p.m. at Washington Golf & Country Club, 3017 N. Glebe Road. Organization brings together political and business leaders for humanitarian services. Eat and listen to guest speakers. Admission is \$26 for non-members. Visit www.arlingtonrotaryclub.org.

**Job Seeking Help.** 5-9 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit www.arlingtonva.libcal.com.

**The Jewish Council for the Aging** has launched a new initiative called Tech Tuesday. Windows 7, Windows 8, Excel, iPad and iPhone, Email, photos, and social media will be covered in these classes held at 1750 Crystal Drive Shops, Suite 1638B Crystal Square Arcade. Visit www.accessjca.org.

**PFLAG of Arlington.** 7:30-9 p.m. on the second Tuesday of each month, PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgendered persons and their families. Meets at the Unitarian Universalist Church at George Mason Drive and Route 50. Email aly.pflagdc@gmail.com for more.

**Vajrayogini Buddhist Center** offers "Meditations for a Meaningful Life" for the general public Tuesdays, 7:30-8:30 p.m. at St. George's Episcopal Church, 915 N. Oakland St., Arlington. Gen Kelsang Varahi, an American Buddhist nun, leads teachings and guided meditations on life. \$10 (\$5 unemployed, full-time students, 65 and older). Visit http://meditation-dc.org/arlington/ for more.

**Helmsmen Toastmasters** meet Thursdays, 7:30-8:45 a.m. at Pentagon Library and Conference Center. Toastmasters is an international organization that helps everyone speak, think, lead and listen better. Contact Carl Sabath carl.e.sabath.civ@mail.mil or 703-695-2804 or Elizabeth Femrite elizabeth.m.femrite.civ@mail.mil or 571-256-8674.

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## Medicare Is In The House



By KENNETH B. LOURIE

More like in my wallet. After worrying for the past 18 months about possibly losing my health insurance, I finally hit pay dirt — and it didn't hit back.

I have received my Medicare card and after I "disenroll" from my interim "Obama Care" within the next week or so, I will officially join the ranks of the millions who have insured their health — so to speak, with the Federal Government.

No more will I if-and-or-but about hospitals, doctors ("medical" actually) and prescription drugs (parts "A," "B" and "D" for those of you unfamiliar with the alphabet soup). Dental and vision coverage I'm not so sure about, but at present, I can live with the coverage that I know I have now because the worst case scenarios have been addressed.

And, as a former insurance broker, solving and/or protecting against worst case scenarios was always my main concern.

To invoke "Speedy" from those long-ago Alka Seltzer commercials: "Plop, Plop, Fizz, Fizz. Oh, what a relief it is." And even though I'm not plopping or fizzing, I am effervescent nonetheless at my arrival.

Reaching milestones (even destinations, sort of) is a way I've measured and evaluated my cancer experience. Not that I keep a chart or even a calendar with Xs marking the days but "I've looked at life from both sides now" (heck, I've looked at life from all sides now — and in between, too) and my glass is still half full. I remain positive about my negative and despite having never having seen Joni Mitchell in concert (although I did have tickets to see her at Cole Field House in the '70s — once on stage however, she realized she was too sick to perform and stage right she went) occasionally her songs have spoken to me.

Right now, The United States Government is speaking to me in the form of a red, white and blue card. They are telling me that I have made it to the promised land, a land whose existence was proposed in 1965 and which became law in 1966 fulfilling promises made to all Americans who reach age 65 that health insurance is their right and not because they were privileged.

Nevertheless, I feel privileged to be "Medichere." For 10 years, 10 months and 20 days, dating back to late December 2008 when I first experienced the pain in my rib cage which precipitated my visit to the Emergency Room, I have been under the proverbial gun.

Sometimes, it's been holstered. Other times, it's been locked and loaded. So far, no shots have been fired, even though occasionally I've been in very close range.

I can't say for sure whether I thought I'd actually get here, but let's be realistic, we all had our doubts. But now it's time to gear up.

A tremendous weight has been lifted from my shoulders. All I have to do now is live with the fact that I have stage IV, non-small cell lung cancer, an incurable disease if there ever was one. But here I am, alive and reasonably well.

No more will I have to worry about who, what and where I'm going to be treated. From now on, I'm in charge. (Like Charles.) As a result, I feel as if I've regained a little control of my life.

And for a cancer patient originally diagnosed as "terminal," this control is an extraordinarily wonderful feeling.

I wish I could bottle it like "Brihto." "Brihto, Brihto, makes old bodies new. We'll sell a million bottles, woo, woo, woo, woo, woo, woo." (The Three Stooges in "Dizzy Doctors," 1937.) And that's just the kind of silly enthusiasm I'll need living forward.

Hardly is the lung cancer I have on the run. I wouldn't even say I have it on the walk. A stagger, maybe. (Or maybe that's me who's staggering when I lose my balance because of the neuropathy in my feet.)

Cancer is an adversary unlike any other. It's going to do what it does. I doubt Medicare is going to scare it into remission.

Moreover, my not worrying about having health insurance anymore probably isn't going to have much effect on "the cancer" ("Forrest, Forrest Gump") either. The biggest effect will be on me, emotionally.

I just hope that's enough. Because I'm going to need all the ammunition I can muster.

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

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