



The Arlington Connection

David McDowell stands by as Alexandra Hawkins and Amory Rauhala, second graders at Glebe Elementary School, practice their pretend driving skills in his Batmobile at the Ballston Improvement District (BID) Cars and Coffee event Oct. 16.

Plenty to Investigate At Cars and Coffee

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PHOTOS BY SHIRLEY RUHE / THE CONNECTION

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Domestic Violence Calls Escalate During COVID

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Phone calls for help to the 24-hour Domestic & Sexual Violence hotline went down during COVID according to Diana Ortiz, president and CEO of Doorways.

“Everything was locked down and everyone sent home. Clients were still living with abuse but didn’t have the opportunity to get help. We saw a drop down in domestic violence and sexual assault calls.”

But when the first wave of COVID started winding down and things started reopening, “We saw an increase not only in numbers but in lethality. When people called, they needed to get out right now.” She said Doorways saw the highest number of families in their emergency shelter, up to 50 families with 80 individuals when normally there would be closer to 40 families. This was a record high in Doorways history. “They were running away from harm—weapons used, physical injury, strangulation.”

Ortiz says, “We don’t have a wait list. We are their last resort. We cannot turn people away.”

Paid staff and volunteers who have taken at least 40 hours of training man the domestic hotline. There is also always a supervisor available to triage or offer additional assistance. Sometimes the caller is a police officer responding to a domestic dispute with the victim in one room and the offender in another room.

“They patch us through to talk to the victim, to do an assessment and to offer assistance. Do they need to go to the hospital? But sometimes they are fearful and if they aren’t ready to engage we can’t make a decision on their behalf.”

Arlington County Police Department says they have made 223 arrests for domestic assault in 2020.

Sometimes the caller doesn’t know if he/she is in an abusive domestic relationship and needs to talk it through. Other times they may want to leave but are not ready. They want to know their options and may want to be connected to counseling. “It can be very difficult to make these decisions.

Maybe we can help them with safety planning if they aren’t ready to leave. Are any weapons locked up; do they have their phone and some money in a handy place; is there a place for the children to spend the night?”

A person or family can stay at the emergency shelter for varying lengths of time depending on services needed. “But we know a shelter isn’t ideal so we try to make it as short as possible until they can safely find another place to stay. It could just be a day or a night,” Ortiz says. One client stayed several months. “People should not be worried about where they are going to sleep tonight.” She says, “The shelter is the first stop, not the end result but a stepping stone to a better life.”

Doorways also supports the Freddie Mac foundation family home which is a safe longer-term temporary home providing comprehensive services to help families and youth work toward stability. The capacity is 22 beds and 10 bedrooms that house 6-9 families. Services are available including the customized counseling and support for those experiencing trauma.

The next step is HomeStart Supportive Housing Program that provides rental subsidies and support services so families or individuals can transition into a home of their own when they graduate from Doorways. Doorways housed and supported 114 people in 46 households last year.

Doorways also employs two full time bilingual court advocates to help clients understand the court system. Over 50 percent of the clients don’t speak English “and the paperwork is so daunting. We also work closely with pro bono lawyers.” Ortiz estimates they handle about 300 protective orders a year.

When COVID hit, Doorways had to shut down the group shelter and family home and operate out of hotels for a year. “Imagine how much that cost at \$125 per night per room.” Now they have gradually moved some families back into the family housing and a few into the emergency shelter. She says, “Our staff is so resilient. We had to be open when everyone else was closed. We had no choice.”

There was the issue of physical distanc-



PHOTO CONTRIBUTED

Anna Bartlett (left) and Lauren Rosenthal, high school students on a buying spree last year to purchase holiday gifts for children at Doorways.

October Is Domestic Violence Awareness Month

According to the Virginia Sexual and Domestic Violence Action Alliance statistics in 2020, 70,252 survivors received help from hotline services.

In total 5,762 adults and children received shelter for a total of 216,968 nights last year in Virginia.

In Arlington at least two residents a day reach out for crisis support services related to a domestic violence incident.

Doorways hotline answered 1,067 crisis calls, including 859 where Doorways advocates provided crisis and supportive counseling for adults and children experiencing domestic and/or sexual violence.

Doorways Revive provided supportive counseling and safety planning for 212 people with counselors providing 2,074 individual therapy sessions

Doorways court advocates assisted 293 individuals with services to obtain legal protective orders

Doorways 24-hour domestic abuse hotline number 703-237-0881.

<https://www.doorwaysva.org/>

ing but also how to implement vaccination. “There was a lot of ambivalence about getting the shot, and frankly it wasn’t the first thing on their mind.”

“What I would say is that these are interesting times. I’m exhausted from being in crisis. But it’s not over for our clients. Economically, emotionally the impact of COVID will stick with our clients for a long time. It’s going to take time to rebuild.” Ortiz adds, “I don’t think people understand. It doesn’t impact everyone the same way.”

October is Domestic Violence Awareness Month; “Normally we see an uptick of people calling the hotline in October and November. When there is a lot more outreach and connection, we see the trend of reports go up.” The Arlington County Police De-

partment is focusing on Domestic Violence Awareness month with a series of pop-up events hosted with project PEACE and other community partners throughout the month. On Thursday, Oct. 21 they are encouraging the public to join them in wearing a purple ribbon in support of survivors of domestic violence.

Doorways is a community-based organization, which advocates for the rights and needs of survivors of violence and homelessness. It is funded 50 percent by state and local government and 50 percent by foundations and individual donors. Ortiz says, “The community keeps us going.”

Doorways 24-hour domestic abuse hotline number 703-237-0881.

<https://www.doorwaysva.org/>

ACPD Creates New Latino Liaison Officer

BY SHIRLEY RUHE
THE CONNECTION

Corporal J. P. Montoya was appointed to a new position of Latino Liaison Officer for the Arlington County Police Department (ACPD) on Oct. 15. According to the U.S. Census Bureau, 15.6 percent of Arlington’s population identifies as Hispanic or Latino, and in conversations with the community in recent



J.P. Montoya, new ACPD Latino Liaison Officer conversation in September.

FILE PHOTO BY SHIRLEY RUHE

months, there were requests for additional outreach within that community.

The Department recognizes that crimes may go unreported due to suspicions about the police department, sometimes a legacy carried with Latinos to the U.S. from their home countries, or immigration concerns. One of the responsibilities of the Latino Liaison Officer will be to build trust and to ensure equitable access to police assistance. These efforts will include

information on state and local laws, Constitutional rights, how to report and to prevent crime. This is part of a wider commitment to strengthen community engagement practices across Arlington.

Born and raised in Medellin, Colombia, Corporal Montoya moved to the United States when he was 19 years old. Corporal Montoya joined the ACPD

SEE ACPD CREATES, PAGE 8



The 110x20-foot mural will welcome visitors and commuters to National Landing, and is scheduled for completion in late October.

Massive Mural to Welcome in National Landing

Artist Lisa Marie Thalhammer is the winner of National Landing's Business Improvement District's public art design challenge, to create a reimagined wall mural in the Crystal City Metro Plaza.

Thalhammer's design – which will feature her signature usage of the harmonious color spectrum – will be implemented on the metro plaza's expansive west wall, measuring approximately 115 feet in length and 20 feet in height. The mural will welcome visitors and

commuters to National Landing, and is scheduled for completion in late October.

The 25-color concept aims to calm the nervous system and inspire a sense of joy and wonderment for viewers.

Thalhammer's design was chosen unanimously from more than 30 submissions by the BID's public art selection committee comprised of business, government and community stakeholders.

"As part of the BID's ongoing mission to upgrade and activate

public spaces in our community, we are hopeful that this project will make people feel welcome as they return to riding transit, while providing them with an impactful and attractive arrival into National Landing," said Tracy Sayegh Gabriel, President and Executive Director of the National Landing BID.

"Inspired by explorations of subtle energy, my newest mural design entitled "Harmonize" infuses the landscape with a spectrum of color, producing a pleasing meditative energy that embraces commuters

in a hug of color," said DC artist Lisa Marie Thalhammer.

As a feminist activist and member of the LGBTQ+ community, Thalhammer's artworks frequently communicate messages of strength and hope.

The mural is scheduled for completion in late October and will serve as a dynamic part of a major update to the existing public plaza at the Crystal City Metro station entrance being spearheaded by the BID in partnership with JBG SMITH. Other improvements,

planned for implementation this fall, will include new contemporary seating, enhanced landscape, accent lighting, and a more open layout.

The National Landing Business Improvement District (BID) is a public-private partnership established to promote and activate the area's business, retail, restaurant and residential community through placemaking, public art, transportation, economic development, events, marketing and promotion. NationalLanding.org

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PHOTOS BY SHIRLEY RUHE

Car enthusiasts have plenty to investigate with over 60 cars at the Cars and Coffee event in Gold's Gym parking lot on Saturday, Oct. 16.



Leo, a 4-1/2 year-old Samoyed, gives a lick of appreciation to his owner for his turn in the driver's seat of the Batmobile. His owner declares Leo's driving record is clean.

Indulge Your Fantasies At Cars and Coffee

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Blink twice. You thought you just saw an Edsel drive by in the parking lot. You thought they went out of production in 1960 after two short disastrous years. And there seems to be a Batmobile parked and open for exploration. These are just two of 60 muscle cars, collectibles and antiques on display at Cars and Coffee in the Gold's Gym Ballston parking lot on Wilson Boulevard on Oct. 16.

Leo, a 4 1/2 year old Samoyed, wedges himself into the driver's seat of the Batmobile which is based on a 2016 Polaris slingshot.

Alexandra Hawkins and Amory Rauhala, both second graders at Glebe Elementary, scoot into the Batmobile next and practice their driving skills. David McDowell, the owner, says he bought the vehicle at a dealership in Bristol. "I bought it without a roof on it and drove it all the way back and couldn't get out of the sun." He likes his Batmobile because he can sit in it instead of on top of it, like a motorcycle. He explains he had a motorcycle accident.

Michael Fitzpatrick, organizer of the event, says he was there at 6 a.m. getting the parking lot ready for the event. Today's event is part of a series of biweekly events from

SEE INDULGE YOUR, PAGE 6

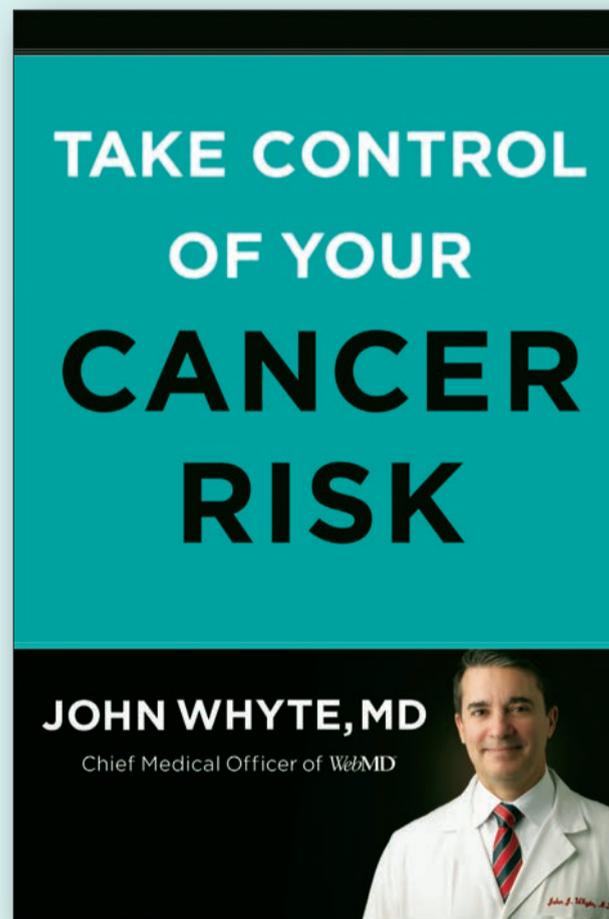
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Cindy Skinner, counselor at Ashlawn Elementary, with members of Mrs. Boothby's second grade class.



Ravi Shultz



Julia Kosseff



Charlie Andreae

Aspirations for Halloween

Second graders from Ashlawn Elementary share what character they hope to be, and what they hope to eat.

BY SHIRLEY RUHE
THE CONNECTION

Excitement runs high in Mrs. Boothby's second grade class at Ashlawn Elementary School as Halloween approaches.

Charlie Andreae is going to dress as a black Ninja for Halloween. He says it is one of the good colors for Halloween. "You can sneak up on people (like his little four-year-old sister) in the dark. ... It's going to be fun." He says he goes trick or treating in his neighborhood. "There are a lot of us. We go together." His favorite treat is chocolate. "Any kind of chocolate."

Ravi Shultz is going to be an Ender Dragon from Minecraft, the legendary beast with large black wings and spikes that inhabits the End dimension. He says he won't go trick or treating in the neighborhood this year but maybe next

year if they get the COVID vaccine. But he says they may go trick or treating around the house where "I hope I get candy corn which is my favorite."

Julia Kosseff plans to be the Greek sea goddess Amphitrite and go trick or treating with a big group in the neighborhood where the parents dress up along with the kids.

Her two favorite treats are both yellow, lollipops and sour patch kids. "Lemon I think or maybe banana." She will wear her costume in the school parade but she admits that Christmas is really her favorite holiday.

Dominga Aradena Vellegas is going "to be Rae, a character from Star Wars, with the blue lightsaber." (A couple of the other kids volunteer that Star Wars is too violent for them.) Rae was a gifted pilot and trained to be a Jedi.

Dominga says she lives in an apartment so won't go trick or treating around the neighborhood but "we're having a Halloween party in the park on Oct. 30. We will invite our friends and have candy."

Mae Murphy is going as Frankenstein "and I am going to make my own costume." She explains she will start with a white sheet and "then cut it a little bit and put blood on it. I'm going to dye my hair black and white and paint my face green." She explains, "My dad is going as Frankenstein, too." She adds that they have chosen Frankenstein because her dad's name is Mark and her name is Mae "and they both rhyme with monster." Mae says they have a Halloween party and walk with neighbors. She is hoping to get Reese's peanut butter cups.

Cindy Skinner, an Ashlawn counselor sits with the kids in the



Mae Murphy



Dominga Aradena Villegas

class in the outdoor yard area to help control excess energy on the sunny autumn day. Skinner interjects that she is going as a gradu-

ate. "I wear my gown and my hat with tassels from high school, college and graduate school. I mean what else can you do with them?"

Indulge Your Fantasies At Cars and Coffee

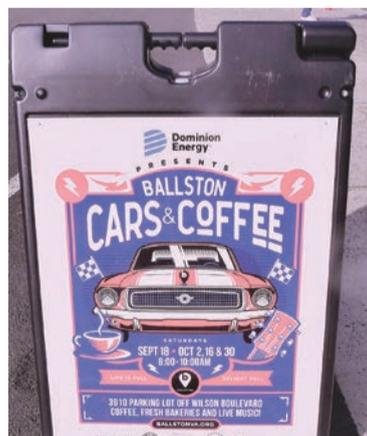
FROM PAGE 5

Sept. 18-Oct. 30. "On Oct. 30 we'll have a DJ and Halloween theme. I'm going to wear a costume," says Fitzpatrick, "for the first time in 40 years. I think I might be the Elf, like from the movie.

I wonder if I can even find an Elf costume."

The Cars and Coffee series is a free family-friendly event open to all car owners and car

enthusiasts, no matter what age. The series features live local music and complimentary coffee and baked goods provided by Gold's Gym. It is presented by Dominion Electric in partnership with Ballston Improvement District (BID). BID is a 25-block neighborhood with more than 8.3 million SF of retail space and 8,000 residential units. For more information www.ballstonbid.com



Cars and Coffee presented by Dominion Energy in partnership with the Business Improvement District.



This could be your only chance to see an Edsel, in production for only two years and then discontinued due to bad design and customer dissatisfaction.

The Arlington Connection

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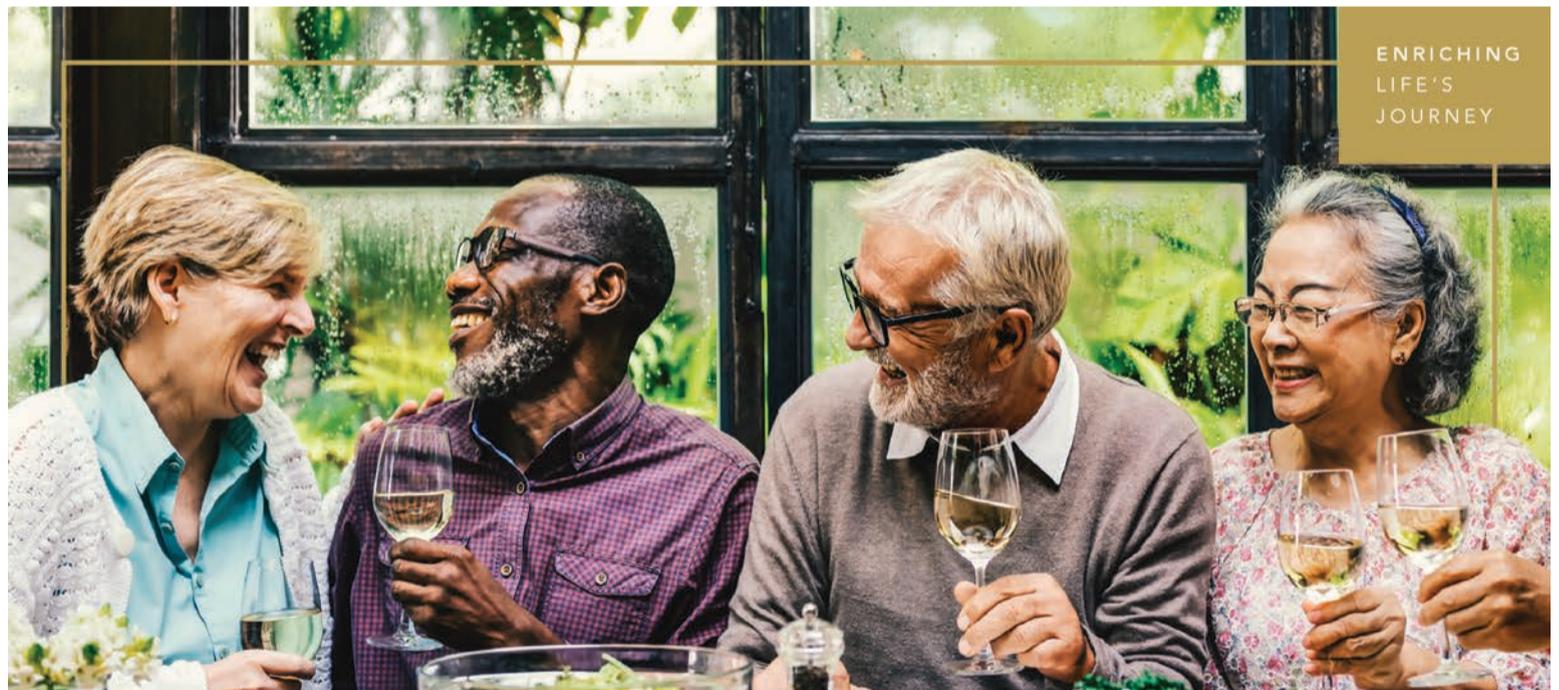


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HALLOWEEN HAPPENINGS

NOW THRU NOV. 6

Workhouse Haunt. 7-11 p.m. At Workhouse Arts Center, 9518 Workhouse Way, Lorton. This year's Workhouse Haunt immerses guests through a highly-themed walk-through experience, as creepy characters deliver contactless scares in multiple scenes. Guests will travel in small groups for a frightening 30-minute experience that brings them next to the site's abandoned, historic buildings and into the dark woods where they will encounter terrifying characters and sights that are not for the faint of heart. Cost is \$25. Occurs Friday, Saturday, and Sunday each weekend from Oct. 3 through Nov. 6. Visit the website: <https://www.workhousearts.org/workhouse-events/2021-workhouse-haunt-the-collection-2/>

OCT. 1-31

Ghost & Graveyard Tour. 7:30 p.m.; Fridays and Saturdays additional tours at 8:30 and 9 p.m. Admission: \$15 per adult; \$14 for seniors, military and law enforcement; \$10 per child. Tour departs from Alexandria Visitor Center, 221 King St., Alexandria. Follow an 18th-century costumed guide by lantern light through the charming streets of Alexandria's historic district known as Old Town. On this entertaining tour, you'll hear ghost stories, legends and folklore. You will also hear about unsolved mysteries, tales of romance and angry ghosts looking for revenge. Appropriate for ages 9 and up. Visit alexcolonialtours.com

THROUGH OCT. 31

"The Madness of Poe." At Synetic Theater, 1800 South Bell Street in Arlington. "We watch how Poe, the inventor of American horror, created some of the most frightening and disturbing stories the world has ever known," said Synetic Theater founder Paata Tsikurshvili. Thursdays, Fridays and Saturday at 8 p.m. and Sundays at 2 p.m. Industry Night is Monday, Oct. 25, at 8 p.m. Tickets \$10-\$60, www.synetictheater.org, or in-person at the box office located in the underground Crystal City Shops, or via phone at 703-824-8060 x117.

THROUGH OCT. 31

Ongoing Halloween Display. At 2508 Halterbreak Court, Herndon. Come see the punny skeletons, which are cooking up fun and ghostly apparitions appear in the windows and yard. Animated skeletons (Queen, Bruno Mars 24 karat magic, and Rick James Superfreak), talking witches and jumping spiders come out on Oct 31.



A 75-year tradition, the Vienna Halloween Parade is Oct. 27. This year's theme is the "Roaring 20s."

COX FARMS FALL FESTIVAL THROUGH NOV. 7

Giant slides, hayrides, rope swings, farm animals & their babies, Cornfield adventure, farm chores, kiddie zone, apples & cider, food, entertainment, Imaginature Trail, over 90 acres. <https://coxfarms.com/fall-festival/festival-attractions/>.

Fields of Fear. Not recommended for children under 12 years old. When night falls on the farm, it's time for Fields of Fear. Friday and Saturday nights until Nov. 3. Fields of Fear, the Dark Side Hayride and the Cornnightmare. The Firegrounds feature several bonfires, a six-lane slide, music, karaoke, entertainment, tasty treats, Foamhenge, and more. All under age 14 must be accompanied by a parent or guardian (18+). Tickets required. Last admission at 10pm Come alone or in a group. Buy your tickets online or same-day at the door. Proof of age required. See <https://fieldsoffear.coxfarms.com/> for more details on timed entry assignments, rain policy, food options, and complete list of attractions.

OCT. 16 TO NOV. 6

"Wait Until Dark." 8 p.m. At The Little Theatre of Alexandria, 600 Wolfe St., Alexandria. Set against the socially turbulent 1960s, "Wait Until Dark" follows the story of Suzy, a blind woman who, while left alone in her apartment, becomes embroiled with a group of con men hatching an elaborate scam. As the tension mounts, Suzy must fend for herself, but the phone line is cut, and the house is plunged into darkness. Can Suzy outwit her

murderous visitors? Note: All patrons are required to wear a mask (even if vaccinated) for the duration of the performance. Admission: \$21 to \$24 per person. Visit the website: thelittletheatre.com.

THURSDAY/OCT. 21

Halloween Ball and Anniversary Celebration. 7:30 to 10 p.m. At Barkhaus, 529 E Howell Ave, Alexandria. Celebrate Barkhaus's first birthday with a Halloween ball. Guests will dress formally and add their own Halloween twists to their costumes. Dogs are encouraged to dress up as well. Enjoy hors d'oeuvres, drinks, puppuccinos for dogs, a limited-edition Barkhaus anniversary shirt and more. Admission: \$75 per person. Visit the website: brewskisbarkhaus.com

OCT. 22, 23, 29, 30

Grief & Ghost Tour at Lee-Fendall House. At 7, 7:30, 8:30 and 9 p.m. At Lee-Fendall House, 614 Oronoco St., Alexandria. Celebrate Halloween with a look at Victorian mourning traditions coupled with stories of tragic deaths and mysterious occurrences at the Lee-Fendall House. Customs such as draping the mirrors after a death, funeral practices, hair mementos, mourning clothing and séances will be explored. These tours offer a rare opportunity to see the house after dark. Tours groups will be limited to 10 participants and tickets must be purchased in advance. Face masks are required. Admission: \$15 per person. Visit leefendallhouse.org

SATURDAY/OCT. 23

Old Town Trick or Treat by Old Town Business Association. 11 a.m. to 5 p.m. At various locations throughout Old Town Alexandria. Bring your little ghouls and goblins to historic Old Town Alexandria for tricks and treats from your favorite boutiques and restaurants. Check the event website for more details and a trick or treat map. Visit the website: oldtownbusiness.org

SUNDAY/OCT. 24

8th Annual Doggie Trick or Treat. 1 to 5 p.m. Meet at The Dog Park, 705 King St., Alexandria. Bring your costume-clad four-legged friends to historic Old Town Alexandria for tricks and treats from your favorite boutiques. Winners receive gift cards from The Dog Park in three different categories. Visit the website: thedogparkva.biz

SUNDAY/OCT. 24

Del Ray Halloween Parade. 2 p.m. Parade begins at Mount Vernon Ave., south of E. Bellefonte Ave., Alexandria. Del Ray's annual Halloween Parade begins at Mount Vernon Ave., south of E. Bellefonte, and continues down to the Mount Vernon Recreation Center play fields. Children, pets and strollers in costumes are invited to march and show off their finest and scariest Halloween garb; awards are given for Best Pet Costume, Best Decorated Business, Best Decorated Home and Best Decorated Stroller. visitdelray.com/halloween

OCT. 24, 30, 31

Halloween Pet Portraits and Trick or Treat. At Village at Shirlington, and Westpost (formerly known as Pentagon Row.) Federal Realty invites kids in costumes to trick o' treat (tickets go on sale October 15th and are required), and complimentary Halloween pet portraits by Pooch Portrait Studios. This photography experience welcomes pets in costumes to capture a Halloween moment. Details: Sunday, October 24, 2021 at Pooch Portraits at Westpost Plaza (1201 S Joyce Street in Arlington) from 10 a.m.-1 p.m. Pike & Rose on Saturday, October 30, 2021 with PIKEkids Trick or Treat from 10 a.m.-12 p.m. (*Tickets required). Sunday, October 31, 2021 a Bark Social Halloween Puppy Parade at 2 p.m. (*Tickets required at www.barksocial.com) Village at Shirlington on Arlington Mill Drive in Arlington. Saturday, October 30, 2021, Pooch Portraits on the Plaza at Arlington Mill Drive from 12 p.m.-3 p.m. Dogma Bakery Puppy Trick or Treat from 2-4 p.m. Sunday, October 31, 2021 a Kids Trick or Treat from 10 a.m.-12 p.m.

ACPD Creates New Latino Liaison Officer

FROM PAGE 5

in 2018 after serving in the Marines for 10 years.

In 2009, while deployed to Camp Ramadi, Iraq, he became a US Citizen with more than 200 military service members during a ceremony held at Camp Victory, Baghdad, Iraq. While deployed to Delaram II, Afghanistan in 2011, Corporal Montoya sustained an injury during combat and was subsequently awarded a Purple Heart.

He served the remainder of his service in Washington, D.C. where he supported the 2013 Presidential Inauguration, more than 100 funerals and 115 evening and sunset parades at the Marine Barracks.

Since joining ACPD as a patrol officer in 2018, he has served as a member of the Department's honor guard and actively works with recruitment to provide information at career fairs, military bases and community sessions to attract prospective applicants.

To contact the Latino Liaison office as a resource, email ACPDLatinoLiaison@arlingtonva.us. Emergency calls or crimes in progress should use the Emergency Communications Center at 703-558-2222 or 911.

WATCH: Meet Cpl. Montoya | ACPD Latino Liaison Officer

MIREN: Les Presento el Cpl. Montoya | ACPD Oficial del Enlace Latino

<https://www.youtube.com/watch?v=A8NtOT9xjuY>



Corporal J. P. Montoya with local children.

PHOTO CONTRIBUTED

CALENDAR

NOW THRU OCT. 29

"Water" Barry Keith. At Gallery Underground, 2120 Crystal Drive, Arlington. "Water," a solo show of large-scale acrylics by artist Barry Barnett Keith. Keith is a native of Alexandria, and a product of Alexandria City Public Schools. He began drawing Marvel and D.C. comics superheroes at a very early age for friends in grade school. After graduating from TC Williams High School in 1978, Keith went on to the University of Delaware art school, where he majored in Painting, Drawing and English. Visit the website: <https://galleryunderground.org/>

NOW THRU OCT. 31

"Proof." 8-10 p.m. At Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. Peter's Alley is back with the Pulitzer Prize Winning "Proof" by David Auburn, and what better way to commemorate the rebirth of Live Theater than with this witty classic of contemporary American theater? Cost is \$20. Preview performance is Thursday, 10/7; Opening Night Friday, 10/8 at 8 p.m.; 10/9, 10/15, 10/16, 10/22, 10/23, 10/28, 10/29, 10/30 at 8 p.m.; Sunday 10/17, 10/24, 10/31 at 3 p.m. Visit the website: <http://www.petersalley.com>.

OCT. 12 TO NOV. 30

Forty + Project. 12:30 to 1:30 p.m. Jane Franklin Dance, 3700 S Four Mile Run Drive, Arlington. Forty+ celebrates the collective creativity of people past the age of 40. Each project features a different choreographer. The goal is a unique tapestry of collaboration between choreographer and performers. Cost: \$160 for the 8 session series Visit the website: <https://janefranklin.com/adult-dance/forty-plus>

NOW THRU OCT. 25

Arlington Restaurant Week. Some 47

restaurants in Arlington have signed up for this event. Through this event, diners will enjoy some of the best food Arlington has to offer at special prices. Arlington Restaurant Week is a great opportunity for diners to explore Arlington's diverse restaurant and to find a new go-to place for dining out. Restaurants pick their own price point, market their menu on the website, and offer both dine-in and carry-out options. The Arlington Chamber is pleased to offer free participation for member restaurants, courtesy of its sponsors. Visit the website: <https://www.arlingtonchamber.org/arlington-restaurant-week.html>

OCT. 24, 30, 31

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Sunday, October 31, 2021 a Kids Trick or

Treat from 10 a.m.-12 p.m.

FRIDAY/OCT. 29

Halloween Vampire Ball. At Synetic Theater, 1800 S. Bell Street, Arlington. Doors open at 7:30 p.m.; Show starts at 8 p.m. Synetic Theater, in association with the National Landing Business Improvement District, JBG SMITH, and The Freshman, is throwing a VAMPIRE BALL. The festivities start with a performance of The Madness of Poe followed by an indoor/outdoor dance party with all the food, drinks, and candy that a ghoul could ask for. Expect aerialists, Edgar Allan Poe-themed cocktails, dancing, physical theater, spooky Georgian remixes, fun-sized candy bars, and more. Tickets are \$95-\$125 and are available at synetictheater.org.

NOV. 2-4

November Day Camps. 10 a.m. to 4 p.m. At Arlington County Cultural Affairs Building, 3700 S Four Mile Run Drive, Arlington. Explore movement, theater elements and visual art projects in these nifty day camps directed by the education staff at

Jane Franklin Dance. Fantastic Animals Day Camp on Nov 2nd and Transformer Day Camp on Nov 4th. Tuition: \$75/Day (ages 7-11); C.I.T \$40/Day (ages 12-14). Visit the website: <https://janefranklin.com/family>

SATURDAY/NOV. 6

Annual Craft Fair. 10 a.m. to 4 p.m. At 700 S. Buchanan Street, Arlington. The Woman's Club of Arlington will have their annual craft fair. Margaret's Food truck will be on site. New vendors and lots of pre Christmas gifts. Pottery, jewelry, stuffed animals, make up, wooden items.

BULLETIN BOARD

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

OCT. 21-25

Arlington Restaurant Week. Some 47 restaurants in Arlington have signed up for Arlington Restaurant Week. Through this event, diners will enjoy some of the best food Arlington has to offer at special prices. Arlington Restaurant Week is a great opportunity for diners to explore Arlington's diverse restaurant and to find a new go-to place for dining out. Restaurants pick their own price point, market their menu on the website, and offer both dine-in and carry-out options. The Arlington Chamber is pleased to offer free participation for member restaurants, courtesy of its sponsors. Visit the website: <https://www.arlingtonchamber.org/arlington-restaurant-week.html>

FRIDAY/OCT. 22

How to Care for Houseplants. 10-11:30 a.m. Online. Interested in bringing your gardening hobby indoors or looking to add a little green to your space? Join Extension Master Gardener Interns Evin Morrison and Rebecca Secula to learn about getting plants to thrive in your home. Evin and Rebecca will cover a variety of topics including ideal lighting conditions, potting soil recipes, and how to deal with pests. This presentation is geared toward the beginner houseplant owner but will be a great refresher for anyone looking to make their houseplant ventures more successful. Free. RSVP at <https://mgnv.org/events/> to receive a link to participate.

SATURDAY/OCT. 23

Live-In Arlington Info Fair. 11 a.m. to 4 p.m. At Lubber Run Community Center, 300 N. Park Drive, Arlington. LAIF -Live in Arlington Info-Fair- is a great place to get free and useful information about housing and health opportunities in Arlington. The event provides an excellent opportunity to talk with health and housing professionals including mortgage lenders, real estate agents, apartment rental professionals and many other service providers, and representatives of government and not-for-profit organizations. Call the Housing Division at 703-228-3765 or the LAIF team at 301-328-3292 or visit www.arlingtonlife.org.

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FLOURISHING AFTER 55

55+ Programs are virtual and outdoors. A 55+ Membership is required to participate (\$20 annual fee). To join or register, go to registration.arlingtonva.us or call 703-228-4747.

55+ Programs
Folk music sing-along, Monday, Oct. 25, 1:30 p.m., Madison Community Center, 3829 N. Stafford Street. Drop-in, no need to register.

Is it normal aging or dementia? Lindsey Vajpeyi, Insight Memory Care, will discuss warning signs of a memory problem, Monday, Oct. 25, 1 p.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. Registration # 911500-14.

Scale Down is a weight loss support group, private weigh-ins, interesting programs, Monday, Oct. 25, 1:30 p.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. Drop-in, no need to register.

Arlington Neighborhood Villages executive director Wendy Zenker, will discuss the Village concept and ways to get involved, Monday, Oct. 25, 11:30 a.m. Virtual program. Registration # 911400-28.

Aurora Hills Book Club members will discuss, "What the Bishop Saw" by Vanetta Chapman, Monday, Oct. 25, 11:30 a.m., Aurora Hills 55+ Center, 735 S. 18th Street. Drop-in, no need to register.

Famous artists techniques revealed, Monday, Oct. 25, 10:30 a.m. Registration # 911301-2.

Ukulele class, basic strumming, Tuesday, Oct. 26, 4:30 p.m., Arlington Mill 55+ Center, 909 S. Dinwiddie Street. Registration # 911702-3.

Happiness 101, session on how to keep smiling, Tuesday, Oct. 26, 2 p.m., Arlington Mill 55+ Center, 909 S. Dinwiddie Street. Registration # 911500-16.

What is aging in place? Learn how a few changes can make lives safer at home, Tuesday, Oct. 26, 10 a.m., Lubber Run 55+ Center, 300 N. Park Drive. Registration # 911500-15.

Open art studio for artists to share thoughts and ideas, material and instruction not provided, Wednesday, Oct. 27, 10 a.m., Arlington Mill 55+ Center, 909 S. Dinwiddie Street. Drop-in, no need to register.

Documentary showing/discussion of "The Social Dilemma," Wednesday, Oct. 27, 1 p.m., virtual program. Registration # 911402-18.

Movies and Critics group to review and discuss, "Cruella," Thursday, Oct. 28, 1 p.m., Arlington Mill 55+ Center, 909 S. Dinwiddie Street. Registration # 911704-2.

Prague, one of the world's most haunted cities, Thursday, Oct. 28, 1 p.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. Presented by Michele Patrick, author of "Haunted Prague: Stories of Spirits, Sorcerers and Supernatural." Registration # 911400-29.

Virtual painting projects with community arts programmers, Thursday, Oct. 28, 10 a.m. Registration # 911301-16.

Improving Parent-Teen Relationships

Adolescence can be challenging, but living with constant discord is not the only option.

BY MARILYN CAMPBELL
THE CONNECTION

“Why do you hate me?”
“You’re the worst mother in the world!”
These are some of what Kate Hoyle hears from her 14-year-old daughter.

“It’s like she went from being a sweet girl to a raging teen overnight,” said the Woodbridge-based parenting coach and mother of two. “It was like getting slapped in the face.”

As children become adolescents, they often begin to push away parents and crave independence. Topics of conversation that were once pleasant now can be volatile. Some parents may question their parenting abilities.

“Adolescents naturally become more autonomous and shift somewhat to peer influence after looking exclusively to parents for the answer. But a smart parent learns to shift their approach and skills with the onset of this stage of development,” said Hoyle. “This change can be gradual or it can be sudden and is sometimes the result of a major life change. It is important to get to know the parents of your child’s friends.”

Recognizing and understanding the change in behavior that is associated with this developmental stage can help parents to navigate it, says Bethesda-based therapist Carol Barnaby, LCSW. “Tweens and teens begin to develop their autonomy by questioning, testing, and for some violating the rules parents set for them,” she said. “They express strong opinions about politics, clothing, music, and social relationships. They begin to yearn for their freedom to do adult-like things. They may lose interest in previous hobbies, be easily embarrassed, and have emotional ups and downs.”

It is not uncommon for teens to act like they know best and to dismiss a parent’s guidance. “It can be annoying, but it shows confidence,” said Hoyle. “Enjoy debates and discussion with them. They need to develop independent analysis and thought.”

However frustrating for a parent, this stage is necessary for a child’s transition from adolescence to adulthood. “It’s when they’re entering the final phase of childhood, where they are working on being able to self-govern and grow into an independent functioning adult,” said Barnaby. “Kids begin to enter this phase around the age of 12 to 14 and want more and more independence and less need for parent connection. Instead, they might see who they are in the eyes of their peers.”

SURVIVING THE TEEN YEARS

1. Avoid trying to control
2. Spend time together without electronics
3. Withhold judgement
4. Offer sincere praise
5. Maintain open communication
6. Allow independence, but set boundaries
7. Give teens personal space

Though they might appear to push away parents, teens still need to feel connected to them. Simple conversations can help recreate that bond. At times, parents must create opportunities to spend time without phones or electronics with their child, advises Ameila Muench, Psy. D., a child psychologist in Alexandria. “Do something together that they enjoy and try to keep the time consistent,” she said. “This can quickly become your special time away from other family members, and it allows them to open up.”

“Routine and ritual help maintain open communication,” added Hoyle. “Your child gets to know when you are available and you get to understand when they are most likely to be open to talk. Car rides work well because it removes the intensity of a sit-down conversation requiring eye contact.”

Listen without judgment or criticism and resist the urge to offer unsolicited advice, advises Muench. “Use active listening, which means being able to repeat back to them what they have just said,” she said. “Take note of the language they are using. What are they really trying to tell you? Ask questions to find out rather than instantly responding with your view. Listen rather than instruct.”

While establishing rules and setting boundaries are necessary, trying to control a teen might lead to rebellion, says Hoyle. “Get curious, not furious,” she said. “When your teen makes an unhealthy choice or does something you don’t agree with, getting mad or telling them you’re disappointed will further your disconnection. Their behavior is trying to get one of six core emotional needs met: acceptance, affection, appreciation, attention, autonomy, or connection. Which one is it? Look beneath the surface.”

Allowing teens to have a certain amount of personal space and feel that they are trusted can strengthen the relationship between a parent and an adolescent. “Continuous tracking and distrust can affect their mental health that can lead to depression,” said Hoyle.

Self-doubt is common among teens, so praise helps build confidence if offered sincerely. “They’re trying to find their place in the world, so focus on attributes not attainment,” said Muench. “If teens and tweens learn that they only get praise when they look a certain way or achieve through academic endeavors or sports, they can become people pleasers or unhappy perfectionists.”

Remember that this stage in a child’s life is only temporary. “One of the biggest things we can encourage in a child is curiosity. Talk to them as the person you want them to be,” said Hoyle.

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Hardly the Same Thing



By KENNETH B. LOURIE

It may not have been the miracle I was hoping for: shrinkage or tumor disappearance, from my most recent diagnostic scans but no growth and/or new metastases is nothing to be taken for granted. However, I did experience a miracle of sorts when the envelope I received at home from the “State of Maryland, Maryland SafeZones Automated Speed Enforcement” authority specifying and picturing yours truly exceeding the speed limit by 12 mph was for information purposes only. It was not an invoice. It was a warning. And the \$40 fine associated with this kind of infraction was left on the cutting room floor. Perhaps this is the extent of the miracle that Solange was able to perform when she prayed for me and my burned feet - and thyroid cancer, on July 20 in the Houston airport. Though this outcome was not exactly the delusional outcome I was hoping for, when we consented to her extremely kind offer to pray for me. Nevertheless, a win is a win. And though a shrinking/disappearing cancer tumor would have been an amazing - albeit unlikely outcome, the tumors remained “stable” and I saved a \$40 outlay. On balance, not a bad day’s work.

For which I am extremely grateful. Soon after I entered the cancer-patient world, I learned that any not-automatically-bad news - whether internally or externally to that world, should be acknowledged and appreciated. Any port in a storm you might say. Moreover, I always sought to find the positive in this sea of negativity. Whatever I could see - through any rose-colored glasses I could find, served its purpose to emotionally support me for the many long and lonely nights that followed. Certainly, there’s family and friends to help share the burden brought on by a “terminal” diagnosis, but at the end of the day, literally, it’s sort of you and your thoughts. Finding a way to navigate this minefield of unpredictable results and anxiety is paramount. On the one hand, you can’t take what the doctors and radiologists say as seriously as a cancer diagnosis obviously is, but neither can you pretend that you’re not in the fight of your life. That being said, one must be open to new ideas and unexpected offers. Filtering and interpreting whether any of the suggestions made by your doctors and/or your well-meaning friends and family becomes your lot in life. And it’s an awful lot at that.

Still, a cancer diagnosis is not nearly the death sentence as it used to be for the previous generation. Though it would be naive to characterize a cancer diagnosis as an opportunity, nevertheless unceasing research in a variety of hospital/cancer centers, medical schools, clinical trials, pharmaceutical companies and the like have led to an evolution in the treatment in cancer, particularly non small cell lung cancer which is the type of cancer I was originally diagnosed with in late Feb., 2009. (Though I am now being treated for papillary thyroid cancer as you regular readers know. As to whether I ever had lung cancer, the jury is still out, not literally.)

And since I have an incurable form of thyroid cancer, as written about numerous times in this space, I am forever open to new experiences that might create a path forward for me. The underlying problem in my situation is the odd circumstances that ultimately led to my more recent diagnosis. Since I had years of heavy-duty chemotherapy while treating my presumptive lung cancer, I have suffered kidney damage which only manifests itself in lab work and in what medications/treatment I can be given. As such when I went to the hospital after my thyroidectomy for post-surgical eradication of the remaining thyroid cancer that the surgeon was unable to remove, the dose of nuclear isotopes I was given was only one-third the dose it should have been had I not been so previously chemotherapy-damaged. As a result, I’m sort of stuck. I have a usually curable type of thyroid cancer which is now considered incurable. The solution? I need to find a clinical trial for patients who have been treated for lung cancer for nine years, perhaps mistakenly, suffered irreparable kidney damage from those years of toxicity, who now has been diagnosed with thyroid cancer and who is now unable to process the medicine likely to cure him and thus is: incurable.

You bet I need a miracle, and sooner rather than later. Maybe I should fly back to Houston.

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



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