



James "Rip" Westray lays out the rules for the NVSO women's 8-ball pool Competition.

## Senior Sharks Face off at Olympics

PAGE 5

## Boots, BBQ and BINGO (& DJT)

PAGE 3

## Dogs, Costumes and Cider for a Cause

PAGE 7

APPETITE, PAGE 7 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY SHIRLEY RUHE

ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL  
REQUESTED IN HOME 9-26-19

PRSR STD  
U.S. POSTAGE  
PAID  
EASTON, MD  
PERMIT #322





## Bank Where You Breathe

- ◆ Convenient Mobile and Online Banking
- ◆ Get access anywhere, anytime
- ◆ Check balances, deposit and transfer funds



1000 N. Highland Street, Arlington, VA 22201  
703-218-5180 • [mstreetbank.com](http://mstreetbank.com)

Member FDIC

## NEWS

# Arlington Sets Ambitious Goals in Energy Plan

The Arlington County Board today adopted an update to the Community Energy Plan that sets ambitious targets for transforming the county's energy sector.

"This plan is bold, because nothing less than a bold response from every community across this nation and across the globe is essential to address the dire threat posed to our planet by climate change," said Arlington County Board Chair Christian Dorsey. "Arlington's updated Community Energy Plan is based on the latest climate science and views energy decisions through the lenses of energy security, economic competitiveness, environmental commitment and equity." The board voted unanimously to adopt the update.

The plan incorporates goals for buildings; resilience; renewable energy; transportation, county government actions, and education and human behavior. It envisions a carbon neutral Arlington by 2050 that will be more resilient, where all electricity will come from renewable sources, where more residents will drive electric vehicles and more will use transit, and where homes and buildings will be more energy-efficient.

With a goal of lowering total building

energy use in Arlington by at least 38 percent from 2016 levels, despite the growth in the number of households and corresponding economic activity, the plan calls for numerous steps, including more stringent energy codes; expanding investment in energy efficiency programs and land use and transportation approaches that promote energy efficiency; and pursuing funding opportunities and partnerships for energy efficiency programs and projects that reflect local and regional needs.

With a goal of ensuring Arlington's energy resilience, the plan calls for seeking opportunities to develop or facilitate projects that enable Arlington's energy infrastructure to prepare for and adapt to changing conditions and more quickly recover from disruptions like storms and floods.

The policy targets of 50 percent renewable electricity for government operations by 2022 and 100 percent by 2025, and a goal for the community achieving 100 percent renewable electricity by 2035. In addition, Arlington plans for the installation and use of 160 megawatts of on-site solar electricity.

SEE ENERGY PLAN, PAGE 5

**Same Company, Same Employees,  
Same Great Value - Now Celebrating 20 Years!**

## **TWO POOR TEACHERS** Kitchen and Bathroom Remodeling

**10% down**  
nothing until the job  
is complete for the  
past 17 years



- Master Plumber
- Master Electrician
- Master HVAC

Fully Insured & Class A Licensed  
Since 1999



**Free Estimates**

**703-999-2928** Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)



# NEWS



PHOTOS CONTRIBUTED

**DJ T.J. Schultz puts on tunes for the crowd at the annual Thrive BBQ.**



**Thrive Board Member Jasmine Rogers calls bingo at the Thrive barbecue last year.**

## Get Out Your Inner, Cowgirl for Arlington Thrive

### Event offers a chance to recycle eyeglasses, electronics

BY EDEN BROWN  
THE CONNECTION

It's that time of year again. The 4<sup>th</sup> Annual BBQ, Boots & BINGO fall fundraiser will happen on Saturday, Sept. 28, from 11 a.m. to 3 p.m., at the Columbus Club of Arlington, 5115 Little Falls Road, Arlington.

This is a family-friendly event featuring picnic fare, moon bounces, face painting, crafts, bingo, music and more. Music will be provided by "DJTJ" Schultz. TJ has been a DJ in the NOVA area for two years and is also the Fan Zone DJ for the Washington Spirit women's soccer team.

"Arlington Thrive provides critical services to the residents of Arlington County during

an unexpected time of crisis. This contribution will help individuals, children, and families meet basic needs in desperate times," said Garrett McGuire, Regional Director for External Affairs at AT&T. AT&T is one of this year's co-presenting sponsors, along with the Arlington Rotary Club. Both organizations say they are committed to advancing education, strengthening communities and improving lives. Through its community initiatives, AT&T has a long history of investing in projects that create learning opportunities; promote academic and economic achievement; and address community needs.

Sherry Barndollar Rock, Arlington Rotary Educational Foundation president, wants the Arlington community to know: "The

Arlington Rotary Club is honored to support Arlington THRIVE in the essential and life-changing services it provides to our community and we look forward to continuing our long-established relationship as long as we can be helpful to such a needed organization."

As part of the Rotary Club's own efforts within the Arlington community, they are collecting unwanted or broken electronic devices and they will have a collection box for these devices at Arlington Thrive's BBQ, Boots, and BINGO fundraiser. In addition to safely recycling electronics that can be harmful to the environment, the money they raise through this collection will go towards the Arlington Rotary Educational Foundation ([www.arlingtonrotaryclub.org](http://www.arlingtonrotaryclub.org)).

The Arlington South Lions Club and the Lions Eyeglass Recycling Center of Northern Virginia (LERC NOVA) are new sponsors this year and will be collecting used eyeglasses and hearing aids at the event.

Arlington Thrive is the only nonprofit in Arlington that provides same-day emergency financial assistance to Arlington residents who cannot pay their bills for rent, utilities or medical care. Often, those receiving aid are able to pay back Thrive when they get back on their feet. To learn more, go to [arlingtonthrive.org](http://arlingtonthrive.org)

Tickets (adult \$20; child \$10; or family \$50) are available online at [www.arlingtonthrive.org/donate](http://www.arlingtonthrive.org/donate). The ticket price includes admission, food, beverages, all activities and BINGO. All funds raised will go directly to support Arlington neighbors in need. For more information, please call 703-558-0035.

## Arlington Resolves to Achieve Equity

The Arlington County Board committed to developing an equitable approach to decision-making, with the goal of eliminating disparities in outcomes. The Board unanimously adopted a resolution committing the County to establishing equity targets. The county will develop an equity scorecard as part of an Equity Action Plan. The County plans to collaborate with Arlington Public Schools, the Community Progress Network, the Arlington Community Foundation, Virginia Humanities and others on initiatives to address inequities and foster equity. "Arlington is rightfully

proud of our successes on many fronts," Arlington County Board Chair Christian Dorsey said. "Yet disparities exist. This resolution commits County government to partnering with individuals and entities to lead our highly educated, engaged community in eliminating disparities and ensuring that all Arlingtonians have access to opportunities and community conditions needed to reach their full potential and experience optimal well-being." The resolution kicks off County Government's participation this fall in a nine-month Metropolitan Washington Council of Government (COG) Racial Equity Cohort. Senior County and Arlington Public Schools

staff will join a learning cohort that brings together representatives from jurisdictions beginning or expanding work on racial equity in their communities. The program will inform the County's development of its plan for addressing equity issues. COG has engaged the Government Alliance on Race and Equity, <https://www.racialequityalliance.org/> a national network of governments working to achieve racial equity and advance opportunities for all, to facilitate the program. Racial Equity Tool The Board directed the County Manager to present a Racial Equity Tool to the Board in September 2020. The tool will be used in

policy, practice, program and budget decisions as developed through the COG Racial Equity Learning Cohort. Through this tool, the County may identify pilot projects to demonstrate where to start achieving racial equity outcomes in Arlington; a capacity building plan and organizational structure to institutionalize equity within the County and a framework for a Racial Equity Action Plan for the County to implement. The Board also directed the Manager in operating budgets and Capital Improvement Plan to provide a supplementary analysis that considers and addresses: Who benefits? Who is burdened? Who is missing? How do we know?



# Arlington Free Clinic to Hold Annual Benefit Gala, An Autumn Affair

Oct. 26, 2019 at the Ritz-Carlton, Tysons Corner

This year's event will celebrate the Clinic's commitment to providing free, high quality healthcare to low-income uninsured Arlington County adults. The Clinic provides primary and specialty care, mental health counseling, physical therapy, pharmacy, and dental and wellness services to uninsured residents of Arlington County.

The revenue generated from the Annual Benefit Gala is integral to the continuance of Clinic operations. Sponsorship and/or attendance at the Gala is a vital investment in the Clinic and in the health of the Arlington community.

This festive, typically sold-out evening will begin with a cocktail reception and silent auction, which includes fabulous getaways, art and photography,

sports items, and much more. In addition to the underwriting opportunities, sponsorships for the Gala are available at many levels, and individual tickets are \$325 each.

For event details and to purchase tickets and sponsorships, please visit [www.gala.arlingtonfreeclinic.org](http://www.gala.arlingtonfreeclinic.org).

WHAT: Arlington Free Clinic Annual Benefit Gala  
Black-Tie Optional

WHERE: Ritz-Carlton, Tysons Corner  
Tysons Galleria  
1700 Tysons Boulevard  
McLean, VA 22102

WHEN: Saturday, October 26, 2019 from 6pm to Midnight

# Sorensen Oldest Mexican Train Competitor at 96

She already competed this year in the 60-meter track, bowling and cribbage.

Five women sit around a table at Goodwin House at Bailey's Crossroads on Thursday, Sept. 19 concentrating on their pile of white domino tiles. Four other competitors sit at a nearby table.

Eva Sorensen from Alexandria says, "I have been playing in Northern Virginia Senior Olympics (NVSO) since 2011. I've got a box this big of medals." At 96-years-old she is oldest competitor in this year's Mexican train dominoes competition. Sorensen has already competed this year in the 60-meter track event, bowling and cribbage.

Meredith Raine from Springfield says this is her first year competing. "I didn't even know it existed." But she plays with her old college friends a couple of times a year. "We didn't use these rules at all. We played that everyone could start a Mexican train."

"No," Ruth Krulfeld who lives at The Jefferson in Arlington, assures her. "Just one Mexican train." She says the rules really sound a little complicated at first but you get used to it. Sorensen asks to see a copy of the rules to refresh her memory.

Virginia Biafore, who also lives in Arlington at The Jefferson, says she plays in a weekly group there, "and I really enjoy it."

Riley Geary, the events coordinator, tells the group to draw 14 dominoes each instead of the usual 15 since there are five players at the table. "Otherwise there are not enough dominoes left for the bone pile. Who is going to be the scorekeeper?"

Julia Jeffries who also lives in Arlington says, "I guess I'll do it. I do it a lot." Jeffries is in her second year of competing at Mexican train dominoes. "It's fun. There's always someone better than you."

Raine replies, "That's what I'm afraid of."

Each lady draws 14 dominoes and sets them up in a row so none of the other players can see them.



PHOTO BY SHIRLEY RUHE/ARLINGTON CONNECTION

**Ninety six-year-old Eva Sorensen from Alexandria is the oldest competitor in Mexican train dominos in this year's Northern Virginia Senior Olympics held at Goodwin House.**

Krulfeld says, "it's partly a game of strategy but a lot is the luck of the draw. O.K. we go clockwise." She says she plays Mexican dominoes for fun. "I say it has to be fun or don't do it."

Each woman has drawn a double twelve and begins her own domino train in the center of the table. The game has begun.

SEE SORENSEN, PAGE 11



PHOTO COURTESY OF MACY'S

## Macy's Gives to Doorways

On Saturday, Sept. 22, Macy's colleagues at Fashion Centre at Pentagon City presented a check for \$10,000 to Doorways for Women and Families. Doorways helps to create paths out of homelessness, domestic violence, and sexual assault that ultimately lead to safe, stable, and empowered lives. The donation will be used towards providing immediate crisis intervention, counseling, housing, and employment support for those in need.

### BULLETIN BOARD

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

#### THROUGH OCT. 1

**AC Works.** The month-long employment and financial literacy series will focus on how experienced 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.

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).

#### 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).

#### 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.

#### 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/teep](http://www.apsva.us/teep).

#### 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

#### THURSDAY/SEPT. 26

**All About Hearing Aids.** 11 a.m.-noon at Westover Library, 1644 N.

SEE BULLETIN, PAGE 11



# Senior Sharks Have A Ball at NVSO

Women's 8-ball pool competition is one of 60 events in 25 venues for the Northern Virginia Senior Olympics

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

The room is silent except for the crack of the pool balls at Lincolnia Senior Center on Monday, Sept. 16. It is the women's 8-ball pool competition, one of 60 events hosted in 25 venues by the Northern Virginia Senior Olympics (NVSO).

James "Rip" Westray, event coordinator, lays out the rules. "No coaching by husbands or friends or you are automatically disqualified although you may help your opponent if you choose." Also he explains to start the game you may choose flipping or lagging.

Kanchan Garg, from Arlington is paired against Britanya Rapp, also from Arlington, in the 60-69-age category. Garg says she has been playing off and on for eight years. "Somehow I had a fancy for it."

Diane Hill from Springfield is paired against Betty Roadcap from Ashburn in the 80s age category. Hill says she has been playing for more than ten years. "My husband took it up when he retired and I took it up, too, because I liked being with him." She adds, "At first I was afraid of it."

Roadcap says she has been playing pool for 35 years.

Strategy? Hill says, "I just feel lucky when I can hit the ball."

The game begins with the snap of 15 balls, seven striped balls and seven solid and one eight ball.

Steve Slinker, husband of one of the contestants explains, the first person to get all of her balls in the pocket and then the eight



**Kanchan Garg from Arlington sets up a pool shot at the Lincolnia Center 8-ball pool competition Sept. 16.**

ball wins. "But if you accidentally hit the 8 ball first, you lose." Slinker says it is a good game for old people. You have to stretch and walk a lot and be coordinated."

NVSO began Saturday, Sept. 14 at 8 a.m. with the 3-mile walk at Thomas Jefferson Community Center followed by the open-



PHOTOS BY SHIRLEY RUHE/ARLINGTON CONNECTION

**Britanya Rapp from Arlington sets up a difficult shot.**

ing ceremony. The final events are badminton singles, doubles and mixed doubles at Northern Virginia Badminton Club on Saturday, Sept. 28.

In between are the softball hit and throw, swimming and diving, tennis and horse-shoes, corn hole toss, bocce and the fastest growing sport, pickleball. If you'd rather sit and think, there is duplicate bridge, cribbage, Bunco, scrabble and jigsaw puzzle, a new game this year. Or you could challenge 96-year-old Eva Sorenson in Mexican train dominoes (if you dare.)

The senior games are for seniors 50 years or older in the cities of Alexandria, Falls Church, and the counties of Arlington, Fairfax, Loudoun, Fauquier and Prince William. NVSO began in 1982 with about 80 competitors. In 2019 the registrants broke the record with over 800 registrants.



**Shelley Wade from Arlington is practicing her pool shots before her competition arrives.**

## Arlington Sets Ambitious Goals in Energy Plan

FROM PAGE 2

The energy plan has specific targets for reducing the amount of per capita carbon produced each decade through 2050. The County also will produce a plan that describes what it would take to transition away from internal combustion engines and increase the use of alternative and public transportation to reduce vehicle miles traveled.

County government operations will become carbon neutral by 2050 and energy security will be improved throughout county operations.

The County plans to engage individuals to reduce energy use; to increase the level of professional expertise and work force in

the community related to energy; to recognize extraordinary efforts made to help the community reach the energy goals; to increase transparency about energy use, and to put in place programs that address energy equity issues, including seniors, the underserved, low-to-moderate income or disadvantaged communities and challenges in the rental market.

The goal is to provide have a proposed implementation plan by June 2020.

On Saturday, outside of the Arlington Government building where the County Board was discussing the energy plan, more than 50 supporters, organized by the Sierra Club Virginia Chapter, celebrated Arlington's historic commitment to 100 percent clean electricity.

Speakers gave context for why the CEP goals are so meaningful, sharing different perspectives on why a purposeful transition to clean energy is critical.

"You're trying to figure out why in the world is the NAACP talking about climate change," Karen Nightengale, executive director of the Arlington NAACP, said. She went on to explain the urgency of environmental and climate justice: "Our current fossil fuel energy system has long represented a form of hidden violence against brown and black communities. Historically, people of color have been disproportionately impacted by air and water pollution."

Dr. Neelu Tummala with the Virginia Clinicians for Climate Action told a story of one of her first patients, a 14 year-old boy

who she described as "one of the many faces of the climate crisis." Due to worsening asthma, Michael had to give up his passion of playing soccer, and leave a team that was central to his identity and social belonging as a teenager.

Arlington is now the 145th locality in the U.S., and the first in Virginia, to make a 100 percent clean energy commitment.

"By making such an ambitious commitment, Arlington is making a strong statement to both our state government and Dominion Energy. Restrictive energy policies have long held Virginians back from reaping the benefits of the clean energy future we need," said Alice Redhead, Clean Energy Organizer for the Sierra Club Virginia Chapter.



Celebrating 36 years of serving Alexandria.  
We thank you for your patronage and  
look forward to continuing to serve you.

# Le Refuge

## Restaurant

### Seasonal Specials

#### Fresh Soft Shell Crabs

- Cold Soup Trio
- Cold Salmon Platter
- Stuffed Avocado with Crab Meat
- Bouillabaisse
- Beef Wellington
- Rack of Lamb
- Dover Sole
- Frog Legs

Patio seating available  Find us on Facebook

127 N. Washington St., Alexandria • 703-548-4661  
Smoke-Free Restaurant  
www.lerefugealexandria.com

## Senior Living

# Exploring Art in Retirement

Seniors get a chance to pursue their passion.

By MARILYN CAMPBELL  
THE CONNECTION

It was in third grade when Barb Cram first discovered her artistic talent. Her teacher asked to use one of her drawings as an example to teach a technique to other students.

Though she was lauded for her artistic talent from elementary school through high school, upon graduation, she says she put that interest on hold and engaged in educational pursuits that she was told were practical.

“When my generation as growing up it was all about getting skills like typing, bookkeeping and stenography so that you could get a job after you graduate said Cram, now 72.

After a long career, which included a stint in the White House, Cram has reengaged with her creative side. Now as President of Falls Church Arts, she is helping other retirees live out their passion, discover their talent or simply learn to appreciate art.

“Art can do so much for seniors. It’s like a vacation for the mind,” she said. “Whether as an artist, a teacher, a docent or an art student, there’s place for everyone.”

Retired clinical psychologist, Carolyn Jackson Sahni, spent her career practicing in settings ranging from state universities to non-profit organizations. Retirement has offered her the opportunity to explore her creative interests.

“I have never been employed as an artist or in a specific art related field, [but] art has always been my first love, said Jackson Sahni, who lives in Vienna. “I see art as our ultimate means of personal expression. I have an overwhelming preference for beauty and nature. Art has been my way of indulging this preference.”

Sahni says that art has given her the gift of living out her dedication to life-long learning. “I believe in ... growing, expressing and discovering, she said. “While I am not quite ready to accept the definition of senior that I am, I cherish every day of my seventy-one years.”

Though she spent 32 years as a government employee working in a variety of agencies including the National Institutes of Health and The Department of Homeland Security, Cynthia Miller had always wanted to explore visual arts. A few discouraging childhood experiences left her afraid to try.

“I have been interested in art my whole life, but my hands were frozen until I found my courage” she said. “I decided at age 70 that it was my time to learn and explore my desires as an artist.”

Not only is Miller an artist, but she volunteers her time as a docent, sharing her passion with others. “I often speak with others who are seniors with few outside interests,” she said. “They think I am brave in approaching my art as another career. I have a love of life, and feel I have a gift yet to develop and offer to others.”

McLean resident Sallie Evans once worked as a recreation therapist, in retirement she works as an art instructor at Falls Church Arts teaching. “I love



Sallie Evans of McLean loves teaching art and helping students experience the job of creating art.

PHOTOS COURTESY OF FALLS CHURCH ARTS



Cynthia Miller, who says that she enjoys experimenting with angles and shades, describes her art as abstract explosion.

teaching because it allows me to be an active participant when students experience the joy and absolute empowerment of making art. Teaching not only children, but she leads art projects for Fall Church Art’s Memory Café, a social and recreational gathering of individuals with memory loss and their caregivers, friends, and family.

Deborah Conn, 70, retired from a career in marketing and began taking lessons in watercolor at the Art League in Alexandria. These days she’s an active and prolific artist. Her medium is watercolor, frequently on textured paper that she makes by crinkling tissue paper and gluing it on the painting surface. Humans are the subjects of most of her work, but as one of the resident artists at Palette2 restaurant in Shirlington, she sketches dogs for patrons while they eat.

“I’ve been experimenting with making parts of my paintings less defined so viewers can fill in with their own mind,” said Conn, who teaches art out of her home studio and works as an art curator. “In the last ten years or so, painting and art have become enmeshed in nearly every area of my life. Many of my closest friends are artists.”

  
ALEXANDRIA  
Symphony Orchestra

## 19/20 Season

### IMAGINARY SYMPHONY

  
SATURDAY,  
OCT 5, 2019 • 8 P.M.

  
SUNDAY,  
OCT 6, 2019 • 3 P.M.

  
The ASO’s season opens with Beethoven’s Triple Concerto featuring soloists Rita Sloan (piano), Nicholas Tavani (violin) and Alan Richardson (cello) under the direction of Maestro James Ross.

Adult: \$20-\$85 Student: \$10 Youth: \$5  
(703) 548-0885 • www.alexsym.org



# APPETITE

## Cider, Canine Costumes to Take Center Stage at Shelter Fundraiser

BY HOPE NELSON

**C**raft hard cider is taking the beverage world by storm. Sharing a pint of cider while hanging out with your furry Fido friends? Heaven.

That's just what the Animal Welfare League of Arlington has in mind with a new fundraiser, hosted by Alexandria's Lost Boy Cider. Taking place on Oct. 29 "Sit, Stay, Cider" is the first pairing between the shelter and the cidery and one of the shelter's newest ticket-limited events. Both dogs and humans are welcome at the cidery for a tasting, costume contest, tours and more.

"This is a new fundraiser for AWLA; we're trying to host some more medium-sized events in lots of different venues," said AWLA communications specialist Chelsea Jones.

And unlike some of AWLA's other more "free-for-all" events, the ticket quantity to this event is capped. Only 65 regular tickets and 16 VIP tickets are available for the event, ensuring a more intimate crowd (and more space for the pups). Regular tickets include a pass for a pint of Lost Boy's flagship cider; VIP tickets include a tour, early admission and a pint of one of the cidery's specialty drinks.

"We're super-excited to work with (Lost



**Dress up your pup and enjoy a taste of craft cider at the Animal Welfare League of Arlington's fundraiser at Alexandria's Lost Boy Cider.**

Boy)," Jones said. "Their space is dog-friendly, so people can bring their dogs to the event, which is great."

While guests sip on cider, they (or their pooches) can also participate in a doggy costume contest. Once solely the domain of the pups in question, many humans have begun to coordinate costumes with their pets to create a more "dynamic duo" affect. Both dog-only and pairs entries are accepted, Jones said.

"A lot of our supporters are really into this

and they dress up with them," she said.

The funds raised from the Lost Boy event will go into AWLA's general fund, Jones said: "That means the money can be used to wherever it's needed the most."

Such needs include caring for animals who enter shelter care with extensive medical needs, including heartworm treatment and emergency surgeries. Spay-neuter surgeries and adoption services are also funded from the general account.

"It enables us to do those above-and-be-

### IF YOU GO

Sit, Stay, Cider event at Lost Boy Cider, 317 Hooffs Run Drive, Alexandria  
 When: Tuesday, Oct. 29, 6:30-9 p.m.  
 Tickets: \$45 for "Cider Sipper" ticket; \$75 for "Cider VIP" ticket.  
 How to register: Visit the AWLA's event website at <https://www.awla.org/event/sit-stay-cider/>

yond things we do here," Jones said.

One hundred percent of ticket sales go to AWLA, and Lost Boy is also earmarking 10% of to-go sales that evening for the shelter.

Along with the costume contest, cider tasting and tours, food trucks will be on hand to offer up meals and a live musician will take the stage to round out the event. All of the above, paired with the AWLA's mission at hand, is sure to yield a fun night, Jones said.

"Just hanging out and knowing that by coming to this fun party, you are helping us to save more animals!" she laughed. "What could be better?"

*Hope Nelson owns and operates the Kitchen Recessionista blog, located at [www.kitchenrecessionista.com](http://www.kitchenrecessionista.com). Email her any time at [hope@kitchenrecessionista.com](mailto:hope@kitchenrecessionista.com).*

INDEPENDENT LIVING // ASSISTED LIVING // MEMORY CARE // LONG-TERM CARE // SHORT-TERM REHABILITATION // HOME CARE



THANK YOU ALEXANDRIA FOR ALL YOUR SUPPORT OVER ALMOST 4 DECADES!

## STUDIO ANTIQUES IS CLOSING

OUR ENTIRE INVENTORY IS ON SALE!

*18th & 19th Century Furniture  
 Boxes\*Bronzes\*Tea Caddies  
 Leather Bound Books\*Rugs  
 Other Accessories and Over 500 Paintings*

Visit Us at 524 N. Washington St., Alexandria,  
 Online at [StudioAntiques.Net](http://StudioAntiques.Net),  
 Email us at [StudioAntiques@comcast.net](mailto:StudioAntiques@comcast.net),  
 or call us at 703-548-5188



**BE** *Inspired*

Embarking on an inspired transformation, Westminster at Lake Ridge is redesigning and enhancing our community to reflect the very best in community living. See our plans for the new *Center for Healthy Living*, plus extraordinary new amenities throughout. Discover your inspiration to live life to the fullest.

**Westminster at Lake Ridge—be inspired.**



703-291-0191 // [www.wlrva.org](http://www.wlrva.org)

  
 Westminster at Lake Ridge is a not-for-profit, CARF accredited, SAGECare certified, life plan community.



# 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 Reisch 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 [bgallery@marymount.edu](mailto:gallery@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 Schneider 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.fredschneidergalleryofart.com](http://www.fredschneidergalleryofart.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



Miss Oliver's Class, 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. An opening reception is planned for Friday, Sept. 6, 5-8 p.m. Free. Visit [galleryunderground.org](http://galleryunderground.org) or call 571-483-0652.

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 Miniter.** 6-8 p.m. at The Ritz-Carlton – The Ambassador Room, Pentagon City, 1250 S. Hayes St. Frank Miniter: 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 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.; Sunday, 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).

## SATURDAYS/THROUGH-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. 25-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.

## 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.

## 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 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 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

SEE CALENDAR, PAGE 9



## SEASONAL FUN

# Signature Produces “Escaped Alone”

Story of amiable chitchat with a side of apocalyptic horror in a British garden, perfect for the season.

BY STEVE HIBBARD  
THE CONNECTION

**T**alk about tea and calamity. Signature Theatre is presenting the Washington premiere of “Escaped Alone” from Sept. 24 – Nov. 3, 2019. In a serene British garden, three old friends are joined by a neighbor to engage in amiable chitchat — with a side of apocalyptic horror. The women’s talk of grandchildren and TV shows breezily intersperses with tales of terror in a quietly teetering world where all is not what it seems.

Acclaimed D.C. actress Holly Twyford, who is directing the show, said she was flattered that Signature’s Artistic Director Eric Schaeffer sent her the script and asked if she’d be interested in directing. “Not only am I a big (playwright) Caryl Churchill fan but I had just been reading about the Royal Court production of ‘Escaped Alone’ and was already intrigued. I knew I wanted to do it,” she said.

She said the challenge was that it’s a Caryl Churchill play. “No, seriously. It is essential when working on any Churchill play, whether as an actor or a director, to try to understand as many layers as possible. She is a dense playwright, and by that, I mean that even a play only 50 minutes long has layers and layers of ideas to it that need to be explored,” she said.

She added: “It’s exhausting and so gratifying. Technically, a lot of the challenges were quite literally ‘You’re saying this to her but who are you saying that line to?’ and ‘Is that line a question or a statement?’ and ‘This line is cut off ... so what are you about to say?’ Caryl Churchill loves playing with language and her dialogue is rarely straightforward, especially in this play.”

“People have said that Caryl Churchill is a playwright of ideas,” said Twyford. “While many playwrights use their plays to make a point about something, I think Churchill says ‘Here are a bunch of ideas that are relevant today and I’m thinking about them.’ I hope that audience members walk away with these ideas swirling about in their heads and that it leads to something for which I think Caryl Churchill is an advocate: communication and the success of language.”



**Helen Hedman**



**Holly Twyford**

Actress Helen Hedman plays the role of Sally, a retired doctor who practiced closer to London and now keeps busy with her friends and grandchildren. “The play takes place in my garden, where three friends have been getting together for tea since they reached retirement. We’re joined by a fourth woman about the same age. Over a series of afternoons, we chat. But the whole lot is going on. Or sometimes not. And sometimes the fourth woman steps out beyond my garden and renders views of an apocalypse,” she said.

Hedman added: “One of the biggest challenges was the structure itself. When you read the script, it’s just fragments of sentences, one seemingly unrelated to the next. And Caryl Churchill gives us zero stage directions — which became a good thing, actually. Our director Holly Twyford and the cast could puzzle it out together. And let’s talk about no punctuation! It’s a good day when you get a period or a question mark!”

As far as audience takeaways, Hedman said: “I hope people will take away all kinds of different things. There’s a quiet strength found here in the garden. Maybe it’s this: it’s not that everything is going to be completely all right, it’s that they are given the assurance that THEY are going to be all right. And sometimes, that’s all you need.”

Signature Theatre is presenting “Escaped Alone” from Sept. 24 – Nov. 3, 2019. Show times are Tuesdays through Saturdays at 7:30 and 8 p.m.; Sundays at 2 p.m. and 7 p.m. Tickets are \$40 to \$90. The venue is located at 4200 Campbell Ave., Arlington, Virginia 22206. Visit the website at [www.sigtheatre.org](http://www.sigtheatre.org).

Association. \$75 through Sept. 20; \$90 at [www.arlcf.org](http://www.arlcf.org).

### 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 Farmers 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.

## CALENDAR

FROM PAGE 8

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



## BURGUNDY'S FALL FAIR

SATURDAY, OCTOBER 19TH

11AM UNTIL 3PM

3700 Burgundy Road, Alexandria



FREE ADMISSION

Activities require tickets; buy online at [burgundyfarm.org](http://burgundyfarm.org). Service animals only, please.



Burgundy Farm Country Day School  
3700 Burgundy Road, Alexandria, VA  
703.960.3431 | [burgundyfarm.org](http://burgundyfarm.org)

Proceeds benefit student financial aid, so spread the word!

# HOG & OYSTERS

SUNDAY, OCT 20, 2PM

## WHOLE ROASTED PIG

Fresh from Southern Maryland with Plenty of Side Dishes

**OYSTERS...** On the Half Shell, Stewed, Rockefeller'd, Fried and Pot Pie'd

Featuring Wine Pairings from *Unico Zelo of Australia*

Reservations Req'd - \$75 NOT INCL. TAX AND GRATUITY

New FALL MENU Starts Sept. 24

*River Bend*  
Bistro @ Wine Bar

7966 Fort Hunt Road

Call 703-347-7545

[RiverBendBistro.com](http://RiverBendBistro.com)



**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.

**Legals**

**ABC LICENSE**

SLOPPY MAMA'S, LLC trading as Sloppy Mama's Barbeque, 5731 Lee Highway, Arlington, VA 22207-1424. 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.

**Cleaning Service**



**Nais's Cleaning Services LLC**

Great Service  
Residency Cleaning  
Laundry & Cleaning  
Attention To Detail  
Very Thorough  
**Weekly, Bi-Weekly, Monthly**  
**703-992-3907**

**Announcements**

**Employment**

**HAVE A Pickup?  
Need a Second Job?**

Hiring for PT Night trash collection in apartment complexes. Up to \$20/ hourly with pickup. Sunday- Thursday, 8pm- 11pm. To apply, text (346) 313- 9238.

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

**-Werner Heisenberg**

**Announcements**

**NEWS**

**Events coordinator Riley Geary explains the rules of the game to the table of five competitors.**

PHOTO BY SHIRLEY RUHE/ARLINGTON CONNECTION



**Sorensen Oldest Mexican Train Competitor at 96**

FROM PAGE 4

"We need a bone yard we can reach over here. Could someone move the dominoes closer so we can all reach them on this side of the table?" Krulfeld announces, "I'm going to start a Mexican train. That gives people two options."

Geary says it will take about an hour and the winners will go to the final round which will also take about an hour.

Geary is the event coordinator for five of the NVSO events this year.

"Yesterday we had 30 competitors in the jigsaw puzzle event, a new game this year. "Each person got a picture of their puzzle and the pieces to complete it."

They had two hours to complete as much of the puzzle as they could. "Seven completed their whole puzzle."

**27th Annual OBX Parade of Homes Oct 10-13**



**Corolla-Nags Head  
Tickets \$10  
Good All 4 Days**

**TOUR  
17 Select  
Outer Banks  
Homes**

Preview: [obhomebuilders.org](http://obhomebuilders.org)



**ESTATE SALE - LOG HOMES  
PAY THE BALANCE OWED ONLY!!!**

**AMERICAN LOG HOMES IS ASSISTING JUST RELEASED  
ESTATE & ACCOUNT SETTLEMENT ON HOUSES.**

**4 Log Home kits selling for BALANCE OWED, FREE DELIVERY**

- 1) Model # 101 Carolina \$40,840...BALANCE OWED \$17,000
- 2) Model # 203 Georgia \$49,500...BALANCE OWED \$19,950
- 3) Model # 305 Biloxi \$36,825...BALANCE OWED \$14,500
- 4) Model # 403 Augusta \$42,450...BALANCE OWED \$16,500

**BEFORE CALLING: VIEW at [www.loghomedream.com](http://www.loghomedream.com)  
Click on House Plans**

**NEW - HOMES HAVE NOT BEEN MANUFACTURED**

- Make any plan design changes you desire!
- Comes with Complete Building Blueprints & Construction Manual
- Windows, Doors, and Roofing not included
- NO TIME LIMIT FOR DELIVERY!

BBB  
A+ Rating

\*OFFER NOT AVAILABLE TO AMERICAN LOG HOME DEALERS\*

**SERIOUS ONLY REPLY. Call (704) 602-3035 ask for Accounting Dept.**

**Announcements**

**Donate A Boat  
or Car Today!**

**BoatAngel**

**"2-Night Free Vacation!"**

**800-700-BOAT  
(2628)**

**www.boatangel.com**

sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN

**Announcements**

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or call 703-778-9431



**Announcements**

**Buy! Sell!**

**1,300 Tables! Trade! Appraisals!**  
**Largest Gun Show in Metro DC!**  
**Over 2 Miles of Guns, Knives & Accessories!**

**THE NATION'S GUN SHOW**

**SEPTEMBER 27, 28 & 29 • DULLES EXPO**

4320 Chantilly Shopping Center, Chantilly, VA 20153  
**FRI: 3-8 | SAT: 9-5 | SUN: 10-5**  
**Beto O'Rourke said,**  
**"Hell, Yes, we're going to take your AR-15, your AK-47,"**  
**at the Democrat presidential debate September 12, 2019.**

540-951-1344 | 540-951-2344  
[info@showmastersgunshows.com](mailto:info@showmastersgunshows.com)  
[www.thenationsgunshow.com](http://www.thenationsgunshow.com)  
[www.showmastersgunshows.com](http://www.showmastersgunshows.com)

**\$1 Off One Adult Admission**

**Announcements**



## BULLETIN BOARD

FROM PAGE 4

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.

### WEDNESDAY/DEC. 4

**Narcan Training Sessions.** 6-7 p.m. at Phoenix House, 46 S. Glebe Road, 3rd Floor, Arlington. 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 Siqueland at 703-228-0913 or [esiqueland@arlingtonva.us](mailto:esiqueland@arlingtonva.us) or visit [health.arlingtonva.us/opioid-awareness](http://health.arlingtonva.us/opioid-awareness) for available training sessions. Registration is not required but it is recommended. Visit [www.chrisatwoodfoundation.org/naloxone](http://www.chrisatwoodfoundation.org/naloxone) to register.

### DONATIONS

**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/s2FuFdaYWdZm4tPw2](http://goo.gl/forms/s2FuFdaYWdZm4tPw2).

# BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

<b>LANDSCAPING</b> <b>A&amp;S CONSTRUCTION</b> SOD, Mulch, Clean-Up Leaf Removal Hauling. <b>703-863-7465</b>		Good is not good, where better is expected. <b>-Thomas Fuller</b>		<b>IMPROVEMENTS</b>   <b>IMPROVEMENTS</b>  <b>RN. CONTRACTORS, INC.</b> Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic <b>Phone: 703-887-3827</b> <b>E-mail: <a href="mailto:rncontractorsinc@gmail.com">rncontractorsinc@gmail.com</a></b> <b><a href="http://www.rncontractors.com">www.rncontractors.com</a></b>	
<b>ELECTRICAL</b>   <b>ELECTRICAL</b> <b>K &amp; D ELECTRIC</b> COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...		Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 <a href="mailto:lektrkman28@gmail.com">lektrkman28@gmail.com</a>		<b>LANDSCAPING</b>   <b>LANDSCAPING</b> <b>Quality Tree Service &amp; Landscaping</b> Reasonable prices. Licensed & insured. <b>Summer Cleanup...</b> Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates <b>703-868-5358</b> <b>24 Hour Emergency Tree Service</b>	
<b>GUTTER</b>   <b>GUTTER</b> <b>GUTTER CLEANING</b> Gutters and Downspouts Cleaned Small Repairs • Gutter Guards <b>PINNACLE SERVICES</b> Lic/Ins 703-802-0483 free est. email <a href="mailto:jamie@lawnsandgutters.com">jamie@lawnsandgutters.com</a> web: <a href="http://lawnsandgutters.com">lawnsandgutters.com</a> Friendly Service with a Friendly Price!		<b>A&amp;S Landscaping</b> <ul style="list-style-type: none"> <li>• All Concrete work</li> <li>• Retaining Walls • Patios</li> <li>• Decks • Porches (incl. screened) • Erosion &amp; Grading Solutions</li> <li>• French Drains • Sump Pumps</li> <li>• Driveway Asphalt Sealing</li> </ul> <b>703-863-7465</b> LICENSED Serving All of N. Virginia		<b>TILE / MARBLE</b>   <b>TILE / MARBLE</b> <b>BATHROOM REMODELING</b> by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. <b><a href="http://www.brennan-tile.com">www.brennan-tile.com</a></b> <b>703-250-2872</b> Licensed • Bonded • Insured	
<b>LANDSCAPING</b>   <b>LANDSCAPING</b> <b>Patios &amp; Drainage</b> Your neighborhood company since 1987 <b>703-772-0500</b>		<b>J.E.S. Services</b> Free Estimates • Fully Licensed & Insured <ul style="list-style-type: none"> <li>• Planting &amp; Landscaping Design</li> <li>• Drainage &amp; Water Problems</li> <li>• Concrete Driveways, Replacement or New</li> <li>• Patios and Walks • Masonry Work or Dry Laid</li> <li>• Paver, Flagstone, Brick, any style you choose</li> <li>• Retaining walls of all types</li> </ul> All work Guaranteed		Find us on Facebook and become a fan! <b><a href="http://www.facebook.com/connectionnewspapers">www.facebook.com/connectionnewspapers</a></b>  Newspapers & Online The Connection to Your Community <b><a href="http://www.connectionnewspapers.com">www.connectionnewspapers.com</a></b>	
Sign up for <b>FREE DIGITAL SUBSCRIPTION</b> to any or all of our 15 papers <b><a href="http://www.connectionnewspapers.com/subscribe">www.connectionnewspapers.com/subscribe</a></b>					

## Engineering a Solution



By KENNETH B. LOURIE

Though not exactly "The Continuing Story of Bungalow Bill," ("The Beatles," 1968) but for those of you regular readers still interested in the presumptive outcome - in my lifetime, of my 250 year-old home's "structural integrity" - as it relates to my pending refinance application, we may now have lift off, so to speak. (Hopefully Houston, we don't have a problem.) A structural engineer came by the house yesterday at my request and examined and measured the cracks in the concrete slab which "porches" the front of my house. After which he offered his professional opinion, a more detailed version of which will be emailed to me in a few days (copies of which I will forward to all the interested parties). According to this engineer, there is a concrete solution which, cost notwithstanding (or even known yet) will secure my home's structural foundation and assuage the appraiser.

The problem, as I understand it, concerns the possibility of my house falling down, from back to front. On my porch there are five wood pillars which stand floor to ceiling equidistant across the porch. They are not embedded in the concrete (nor are they cracked or rotting). They are supporting the weight of the house, but apparently are on shaky ground. What has happened is, due to the improper preparation of the soil onto which this concrete slab was originally poured (100 years ago - or whenever), the concrete has buckled under the pressure, and the house is tilting, sort of (and/or has the potential to slip further and fall). And if this happens, neither my wife nor I will be able to get up, whether we're owners of Life Alert medallions or not.

There is a solution however, which doesn't require "a pick and shovel and 20 men" (to invoke a Three Stooges reference). Nor will it require any heavy equipment and/or cabling of my house in some way to lift it off the ground in order to break up all the length, width and depth of approximately 150 square feet of concrete (I don't know about the cubic exactly). The plan seems to be for the house to be temporarily supported by wood beams as it is raised up a bit and then one foot square sections of the concrete surrounding each of the pillars will be broken up. According to the engineer, not a major undertaking. Then piers, which are structural engineering jargon for whatever I need to have supporting the pillars, will be placed on the ground/ foundation beneath each pillar and then back-filled with concrete and Bob's your uncle: structural integrity. At least that's as much as I can understand/explain, anyway. Orthotics for the house you might say.

Now whether my description of the repair is at all accurate, the engineer was clear. Though the repair is delicate, he agreed, nobody is reinventing the wheel here, and the solution as proposed is not that complicated. (As for the "structural integrity" of our 100 year-old stable, another concern of the appraiser, the engineer said "We don't certify the structural integrity of 100 year-old buildings." Now whether this out-building situation becomes a deal-breaker, I can only hope that reasonable minds prevail. Check back to this space for future updates.)

At present, I fear there will be fits (by me) and starts (by the various external parties lining up to solve my homes structural problems) to get me to the refinance finish line with some financial integrity still intact. I won't lie, there's a bit at stake here, and I can't afford (literally and figuratively) any slip ups. As I approach my 65th birthday, my goal is to simplify my life and secure my future, not complicate my life and "insecure" my future. I had hoped this refinance would accomplish the former. I had no idea that it would lead to the latter.

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



# SPECIAL SAVINGS FOR YOUR TOYOTA



**WELCOME TO ALEXANDRIA TOYOTA'S  
PERSONALIZED CAR CARE EXPERIENCE**

**BUY 3  
TIRES  
AND  
GET  
THE  
4TH FOR** **\$1**



**See Service  
Advisor for details.  
GOT TIRES?  
INCLUDES ROAD HAZARD PROTECTION, TIRE  
WARRANTY, AND FREE COURTESY INSPECTION.**

**BONUS: ADD A 4 WHEEL  
ALIGNMENT FOR \$39.95**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

**CHECK ENGINE  
LIGHT DIAGNOSIS  
NO  
CHARGE  
INITIAL DIAGNOSIS**

**WE WILL RETRIEVE  
VEHICLE CODES  
& GIVE YOU  
AN ESTIMATE  
OF REPAIR COSTS.**



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

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



3750 Jefferson Davis Hwy • Alexandria, VA 22305

**SAFETY FIRST ALWAYS!  
Have Your Vehicle Checked  
for Open Campaigns/Recalls  
Recall Hotline: 703-684-0710**

**SERVICE & PARTS DEPT HOURS:**  
Monday - Friday, 7:00am to 7:00pm  
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF.  
THAT'S EXACTLY WHY WE DON'T!**



**ToyotaCare  
Customers**

Don't Forget Your **FREE** Service.  
5,000 • 10,000 • 15,000 • 20,000 • 25,000



**Mile Services**  
Call your ASM for details

**ToyotaCare Plus \$329<sup>00</sup>**  
Covers up to 4 years/45,000 miles

## OIL & FILTER CHANGE

**\$24<sup>95</sup>**

NON-SYNTHETIC

**\$34<sup>95</sup>**

SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil\*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

## BRAKE SPECIAL

**\$79<sup>95</sup>**

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.  
MACHINE ROTORS ADDITIONAL.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

## SIGHT LINE WIPER BLADES

**BUY 1  
GET 1  
FREE**

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 9/30/19.

## FREE

### BATTERY CHECK-UP

Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

## TRUESTART™ BATTERIES



**\$129<sup>95</sup>**

INCLUDES BATTERY INSTALLATION  
Includes: 84 month warranty, 24 month free replacement,  
24 month free roadside assistance.  
Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

## ALIGNMENT SPECIAL

**\$69<sup>95</sup>**

Your car's alignment suffers, and can cause uneven tire wear and steering problems.  
INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.



**ALEXANDRIA TOYOTA**

## CLEAN AIR A/C INSPECTION & VENTILATION SPECIAL

**\$129<sup>95</sup>**

Includes: Replace cabin air filter, and Toyota Evaporator Service using anti-bacterial foam cleanser and odor eliminator.  
Bring back that new car smell!

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 9/30/19.

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