

The Arlington Connection

WELLBEING
PAGE 6



James Chroninger zips down the slide of the moon bounce Fourth annual Arlington Thrive BBQ, Boots and Bingo fundraiser on Saturday. Thrive provides same day emergency help for those in need.

Fun to Benefit Thrive

NEWS, PAGE 4

Epic Walks to Experience Landscape and Culture

PERSPECTIVE, PAGE 3

Arlington's Own Restaurant Week

FOOD, PAGE 2

ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY SHIRLEY RUHE

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NEWS

Restaurant Week, Special for Arlington

Arlington Restaurant Week will be held from Monday, Oct. 21 through Monday, Oct. 28. This is the first Restaurant Week event, hosted by the Arlington Chamber of Commerce, dedicated specifically to the restaurant scene in Arlington County. Previously, the Arlington Chamber partnered with regional Chambers to produce the Northern Virginia Restaurant Week. Building off the success of that event, the Chamber is looking forward to using its strong connections to the Arlington restaurant community to showcase the many vibrant and diverse restaurants within the county's 26 square miles.

Through this event, diners will enjoy some of the best food the area has to offer at special prices. This is a great opportunity for participants to take the week to explore the diverse restaurant scene in Arlington and find a new go-to place for dining out. To promote locally to Arlington residents, business professionals, as well as tourists, the event's premier partner, StayArlington, will be providing information about Arlington Restaurant

Week before and during the Marine Corps Marathon on Sunday, October 27.

The goal of Arlington Restaurant Week is to help local restaurants gain exposure through extensive media promotion and to attract new patrons through experiencing their food. This event runs differently from your average Restaurant Week in that it is open to all restaurants from fast-casual spots to five-star dining establishments. Restaurants are able to pick a price point that fits their restaurant's style and market their Restaurant Week specials on the Chamber's website.

"The Chamber is thrilled to celebrate and showcase the diverse restaurant scene in Arlington through hosting the first Restaurant Week event specifically for the Arlington community said Kate Bates, President & CEO of the Arlington Chamber of Commerce. "This event offers participants the opportunity to try a variety of dining experiences and culinary options at discounted rates, and in return, restaurants gain exposure and are able to expand their customer base. We are proud to support the entire local restaurant community through this event."

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NEWS

Didier Rousselet escapes an angry cow defending her calves in a meadow on his walk to discover the culture, landscape and history of Great Britain.



Didier Rousselet speaks at Arlington Central Library on Sept. 23 about his 600-mile walk across Great Britain.



Former Arlingtonian Tells of Epic Walks

Rousselet discovers Great Britain's essence through 600-mile walk.

BY SHIRLEY RUHE
THE CONNECTION

Didier Rousselet hunches over with a scowl on his face imitating a cow that confronted him, gesticulating expressively like the French actor and director he is.

He explains he was in a farm field on his 600-mile walk across Great Britain and “that cow did not look happy. I learned later I had been in a dangerous situation.”

Rousselet lived in Arlington from 1992-2012 where he and his wife Monica Neagoy founded Le Leon French American theatre. They began performing in large houses in Bethesda and then moved to a tiny black box theatre on Lee Highway and eventually to the Spectrum in Rosslyn. He wrote, performed, directed and became well known around the metropolitan area.

Later Rousselet moved to Europe and now lives in France with periodic trips back to Arlington. He continues his interest in theatre and has performed in a number of countries.

There he envisioned his current project to experience the landscape and the culture,

the similarities and the differences in countries by walking through a country.

“I walked their roads and trails among people, cars, chickens, through mud, between hedges, through flowers and watching for cows.”

Rousselet has walked through Spain and through Italy and from Paris to Berlin. His most recent venture was a walk across Great Britain which he explains is three parts including Scotland, England and Wales. This fourth walk concludes the current project. Rousselet walked the 600 miles in May and June 2018 in four parts with his wife Monica accompanying him on the first and last segments.

Rousselet walked 25 kilometers a day for 50 days and produced a little book of 50 pages of 25 lines each so he explains each line for a kilometer.

Rousselet says the planning takes a lot longer than the walk. He reads for months everything he can—the history of the country, the literature. He studies the geography and he lays out the itinerary for every day. “In Great Britain you can go from one village to another, across meadows, any private property, which is not true in Ger-

many or Spain.” There he had to walk the roads since the trails are designed for leisure, “but not on the same side of the road.” When he returns from a walk, he checks his notes and his information before writing his small books.

“The whole process takes at least a year.”

Rousselet came up with the idea for his project in October 2003 when German Chancellor Gerhard Schroder had to leave the country and asked the French president to cast a proxy vote in his name. He says after years of war between the two countries this was a meaningful gesture. It was a special time in Europe. “Now they have been 74 years at peace. They aren’t grateful enough. We should celebrate that. The solitude of my walks fits very well with the idea of peace.”

Rousselet says that he first came to England when he was about 15 and learned to put catsup on everything and to drink tea. He says he has given up the catsup.

He comments at one time England was avant-guard while other European countries lagged behind. Now he observes. “England seems to me old fashioned. While Spain has moved ahead to modern times, it is old

merry England.” He illustrates an English “happy days” puzzle with scenes from the ‘50s.

His presentation was full of symbols of tattered red poppies reminiscent of the war, statues of Jean d’Arc, coffee shops and beer pubs with animal names, ceramic teapots and statues of the Queen, signs that he may encounter the faerie queene in the forest (he did not.)

But he points out there is also a melding of cultures with England and France on the same side of history in the two world wars. French street signs abound in small English towns, and on first sight some of the old village churches and architecture are indistinguishable between countries. Both France and England wanted to be a model for the world and they were in competition.

And between France and Scotland there is a special alliance dating back to 1295 where any Scottish person in France was treated as French with the reverse true in Scotland.

What’s next? Rousselet hasn’t decided yet but he knows he will continue walking, probably in Europe. Rousselet’s presentation was part of a series of lectures sponsored by Encore Learning at the Central Library.



Arlington Thrive Executive Director Andrew Schneider takes a break with TJ (the DJ) Schultz at BBQ, Boots and Bingo.



Former County Board Member John Vihstadt with Tegan Holtzman and Teresa Gido BBQ, Boots and Bingo.

Thrive Family Event Supports Emergency Assistance

BY SHIRLEY RUHE
THE CONNECTION

A mound of whipped cream melts into the chocolate chip mint hot fudge sundae and drips down the side of the cup. Beer and lemonade in plastic cups disappear in a hurry. It's a hot day at the fourth annual Arlington Thrive BBQ, Boots and Bingo fundraiser on Saturday.

"Everyone ready?" Waists gyrate as large rings spin in circles in the hula-hoop contest. A moon bounce sits nearby with a slide propelling almost four-year-old James Chroninger to the ground with a thud. TJ "the DJ" Schultz spins tunes for the crowd. He attends Swanson Middle School and has been running his business for two years.

Karen Keyes and her husband Paul Ferguson, Clerk of the Circuit Court for

Arlington County and the City of Falls Church, enjoy barbecue with coleslaw and potato salad.



Elizabeth Schneider concentrates on keeping her hoop circling in the hula-hoop contest at BBQ, Boots and Bingo, Saturday, Sept. 28 at the Columbus Club of Arlington.

Since it's hard to decide which barbecue, a taste of everything seems the best decision.

Nearby picnic tables are spread with bingo cards and colored dots to mark the numbers. N33. N43. Anyone close?

Andrew Schneider, Executive Director of Thrive, doesn't stay in one place very long, making sure



James Chroninger zips down the slide of the moon bounce at BBQ, Boots and Bingo.

everything is running smoothly and greeting people in the crowd. John Vihstadt, former Arlington County Board Member and a sponsor of the event, chats with Tegan Holtzman and Teresa Gido who are strong supporters of Thrive. Charles Meng, Executive Director of AFAC, watches his grandson slip and slide in the moon bounce.



Karen Keyes checks out the barbecue at BBQ, Boots and Bingo.

Thrive is the only nonprofit in Arlington that provides same-day emergency

assistance to Arlington residents who cannot pay their rent, utilities or medical care. All funds raised at the event will go directly to support individuals, children and families meet their basic needs as a part of Arlington's vital safety net.

The
Arlington
Connection

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NEWS

Crystal City Business Improvement District to Expand

The Arlington County Board voted to allow the Crystal City Business Improvement District (BID) to expand its boundaries to encompass the interconnected portions of Pentagon City and Potomac Yard.

The BID's new boundaries, which represent a 76 percent increase in its geographic area, will now cover approximately 12 million square feet of office space, 12,000 residential units, 5,500 hotel rooms and 1.4 million square feet of retail.

By incorporating the majority of Pentagon City to the west and the entire Arlington section of Potomac Yard to the south, the BID will be better positioned to support the district's transformation and build on the momentum that is already underway.

"We are grateful to the Arlington County Board and local property owners for their support of our longstanding goal of uniting these three vibrant communities," said Tracy Sayegh Gabriel, President and Executive Director of the Crystal City BID. "This area is in the midst of a remarkable transformation with billions of dollars committed in public and private investment. Through this BID expansion, we will be much better positioned to ensure our downtown's growth is accomplished in ways that are sustainable and enhance the area's diversity and livability."

The expanded BID will be governed by a Board of Directors of up to 26 people from a wide range of perspectives and drawn from each geography of the district. Representation from key stakeholders will be incorporated including from the office, residential, technology, hotel, retail, cultural, non-profit and civic sectors.

Strategic Plan and Community Outreach

In May 2019, the BID released its Strategic Plan, which outlines a series of initiatives designed to foster a more dynamic and cohesive urban district. While the notion of expanding the BID dates back to 2013, the strategic planning process, which engaged about 3,000 stakeholders, reconfirmed the value in seeking BID expansion at this time and developing a plan that encompasses all three distinct, but interconnected neighborhoods.

As part of this endeavor, the BID has also engaged in a place branding effort to help define the area's identity and elevate it as one of the region's most convenient, inviting, and evolving urban centers. This branding initiative began last year and has continued into 2019 with an involved committee and robust stakeholder engagement process. A community survey in August generated more than 1,000 responses in which area residents weighed in on matters such as the neighborhood qualities and visual aspects they value most. The BID will also be holding a series of focus groups to further expand the dialogue on these topics, followed by two open houses (see sidebar). The events will allow area residents, workers and stakeholders to hear more about the work of the expanded organization, the status of the place branding effort, and discuss upcoming priorities directly with BID representatives.

SEE CRYSTAL CITY, PAGE 10



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WELLBEING

PHOTOS COURTESY OF FLORENCE MURRIAN



During Breast Cancer Awareness Month, survivors like Florence Murrian and mental health professionals share insight on offering support.



Breast cancer survivors Florence Murrian gets together with friends to volunteer for a supplies drive.

Supporting Friends and Loved Ones with Breast Cancer

Choosing words and actions that don't cause additional pain or anxiety.

BY MARILYN CAMPBELL
THE CONNECTION

When Florence Murrian was diagnosed with stage two breast cancer last December, the treatment recommended by her oncologist was a lumpectomy and radiation. In an attempt to help, Murrian's sister urged her to seek multiple medical opinions and insisted she ask for a more aggressive treatment. Murrian, 54, felt overwhelmed by the barrage of advice.

"It was the friends who just listened to me as I sometimes rambled on and on that gave me comfort," she said. "There were times when I didn't want to talk about it or cry about it. I needed to feel normal and sometimes was in denial. What I didn't want is someone asking me why I wasn't acting a certain way."

When a close friend of loved one is diagnosed with breast cancer, the reaction can range from aggressive advice giving as in Murrian's case to excessive questioning to learning every detail. During October, Breast Cancer Awareness Month, some survivors and mental health professionals share insight on offering support.

"Sometimes I had conversations with friends that made me feel worse that I already felt," said Murrian who lives in Arlington. "I was so overwhelmed that I didn't want advice and I didn't want to have to cheer up my friends."

Conversations designed to convey concern can go awry. "I recommend avoiding invalidating comments

like, 'Everything happens for a reason.' or forecasting comments such as 'Everything will be fine,'" said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

Though it is natural to be concerned and want specific details about a loved one's condition, sometimes the best words are no words at all, says Professor of Psychology at George Mason University. "There may be times to mostly listen and other times to joke around," said Short. "Plan to continue enjoyable activities together, but confirm whether your loved one wants to get together."

Avoid non-specific offers to help, says Short. "I recommend taking the perspective of your friend and loved one and imagining what she might like to hear," he said. "You should express empathy and support ... prepare small meals or snacks to share. Offer to help with household tasks, errands, or caring for family members or pets."

"Everyone's situation and diagnosis is different."

— Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College

For those who are unsure, considering your loved the best source of information about her needs is more effective than making assumptions, suggests Bagshaw. "I do recommend asking how you can be of support," said she said. "One can simply say, 'Just let me know how I can help.'"

"It is good to be encouraging, but realistic," added Short. "Follow cues from your friend or loved one on how to interact."

Listening, validating and inquiring about her overall wellbeing can be more comforting than offering opinions or sharing stories about other women who've been diagnosed with breast cancer. "Everyone's situation and diagnosis is different," said Bagshaw.

"Avoid advice and assumptions unless you are asked for your opinion," added Short. "Some examples [of things] to say are, 'I am sorry that this happened to you. I want you to know that I care about you. How are you doing? I want to help'"

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Transfer of Arlington Historic Materials from the Library of Virginia

Arlington Public Library announces the return of thousands of historic materials from the Library of Virginia. Some of these repatriated records date back to the late 1840s, which make these the oldest records in the Center for Local History's collection. A goldmine for genealogical researchers, these documents provide a window into our social, economic and agricultural history.

"These early records represent a snapshot of a time in Arlington we know little about," said Library Director Diane Kresh. "We are excited to learn more as we begin to examine these records."

The acquisition includes:

- ❖ Personal property tax records dating back to the late 1840s
- ❖ Precinct and teacher registers from the early 1900s
- ❖ Election papers and other miscellaneous records

Years ago, a large quantity of historic documents was transferred to the Library of Virginia for storage and safe-keeping. The transfer included a small number of non-Circuit Court records. With the recent renovation of the Com-

munity Archives, Arlington Public Library is now able to provide space to house and catalog these historic documents.

A sampling of the collection will be on display during **two public viewings on Oct. 16, 7-8:30 p.m. and Oct. 23, 2-3:30 p.m.** at the newly remodeled Community Archives. The Center for Local History's Community Archives is an off-site storage facility which collects and preserves materials that illustrate the history and culture of Arlington County. The facility is located at the Woodmont Community Center on 2422 N. Fillmore St. in Arlington, VA 22207.

Once the records are processed, they will be made available to the public. Over time, records will be digitized as part of an ongoing effort to increase public access to government records and archival materials.

American Archives Month raises awareness about the value of archives and archivists. For more information about the new acquisition, visit library.arlingtonva.us/acquisition.



Public Meetings 2019 Fall Transportation Meetings

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with a brief open house followed by a public comment period. At the open house you can learn about various transportation initiatives, including:

- Adjustments to Virginia's project prioritization process (SMART SCALE)
- Virginia's Statewide Transportation Improvement Program
- VTrans Draft Mid-term Transportation Needs (Virginia's Statewide Transportation Plan)
- Adjustments to the Highway Safety Improvement Program.

Representatives of the Office of Intermodal Planning and Investment (OIPI) and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia's transportation network. The open house will be followed by a public comment period, during which you may provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at www.CTB.Virginia.gov.

Meeting Dates and Locations

Open House begins at 4 p.m. in each of the locations unless otherwise noted.

<p>Tuesday, October 15, 2019* Richmond District Richmond Marriott Short Pump 4240 Dominion Boulevard Glen Allen, VA 23060 *This meeting will also provide opportunity for comment on the I-95 Corridor Study Plan</p>	<p>Tuesday, October 22, 2019** Northern Virginia District Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030 **meeting begins at 6 p.m.</p>	<p>Monday, October 28, 2019*** Staunton District Doubletree Hotel Harrisonburg 1400 E. Market Street Harrisonburg, VA 22801 ***meeting begins at 3 p.m.</p>
<p>Wednesday, October 30, 2019 Salem District Holiday Inn Valley View 3315 Ordway Drive Roanoke, VA 24017</p>	<p>Monday, November 4, 2019 Lynchburg District Lynchburg District Complex Ramey Memorial Auditorium 4303 Campbell Avenue Lynchburg, VA 24501</p>	<p>Wednesday, November 6, 2019 Hampton Roads District Hampton Roads District Office 7511 Burbage Drive Suffolk, VA 23435</p>
<p>Thursday, November 7, 2019 Bristol District Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210</p>	<p>Tuesday, November 12, 2019** Fredericksburg District James Monroe High School 2300 Washington Avenue Fredericksburg, VA 22401 **meeting begins at 6 p.m.</p>	<p>Wednesday, November 13, 2019 Culpeper District VDOT Culpeper District Office 1601 Orange Road Culpeper, VA 22701</p>

Fall meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2019.

You may submit comments on any transportation projects and initiatives to OIPI Deputy Director Ronique Day, 1221 E. Broad St., Richmond, VA 23219 or PublicComments@OIPI.Virginia.gov. **Comments will be accepted until November 30, 2019.**

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

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ENTERTAINMENT

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

ONGOING

Art Exhibit: Frictional Harmony.

Through Oct. 12, Monday-Thursday, 10 a.m.-8 p.m.; Friday-Saturday, 10 a.m.-6 p.m. at The Barry Gallery, in the Reinsch Library at Marymount, 2807 North Glebe Road. Marymount University's Barry Gallery presents "Frictional Harmony," a solo exhibition of Stephanie Lane's paintings, drawings, and mixed media work. Admission is free. Visit www.marymount.edu/barrygallery or email bgallery@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 or call 703-892-2565. Visit 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 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 or call 703-841-9404.

On Stage: Escaped Alone. Through Nov. 3, 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.

Arlington Mill Farmer's Market.

Saturdays, through Nov. 23, 9 a.m.-1 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. The market features produce, meats, and dairy products from our region's top local vendors. Support local farmers and entrepreneurs. Visit columbia-pike.org/fm-arlington-mill.

Art Exhibit: Borrowed from Dust.

Through Dec. 22, 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. Visit www.arlingtonartscenter.org or call 703-248-6800.



Book It For Books 5K/1-Mile Fundraiser

Book It For Books 5K/One-Mile Run, sponsored by Reading is Fundamental of Northern Virginia, will raise funds to provide books for deserving NOVA children. Open to serious and fun runners and walkers, families, school teams, children in strollers, etc. Wear a literary character costume to add to the fun. Race takes place Saturday, Oct. 12, 9-10 a.m. at Bluemont Park, 329 N. Manchester St. Register by Sept. 26 to guarantee shirt. \$35/5K runners; \$30/5K under 17; \$20 walkers; kids/teams/family rates available. Email bookitforbooks@gmail.com or visit www.rifnova.org.

Regional Biennial: Assembly 2019.

Through Dec. 22, 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 or call 703-248-6800.

SATURDAYS/SEPT. 21-OCT. 26

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

SUNDAYS THRU NOV. 3

Basketball Shooting Clinics. 2-3 p.m. At Trinity Presbyterian Church, 5547 Lee Highway, Arlington. Register now for Sunday basketball shooting clinics using the state-of-the-art Dr. Dish CT basketball shooting machine. Cost \$20 per half hour, Register at Bulldawgbasketball.com.

THURSDAY/OCT. 3

Mega Farmers Market. 3-8 p.m. At Welburn Square Park, across from Ballston/MU Metro Station. Featuring beloved DC-based 90s cover band, White Ford Bronco and other local artists. Concurrently, the Ballston Street Bash will be held on N. Stuart Street featuring the VIDA Fitness Beer and Wine Garden and live concert with free admission. The BID has partnered with New District Brewery to pour a special edition, Ballston Bash IPA. Visit www.ballstonbid.com.

FRIDAY/OCT. 4

Latino American Festival. 5-9 p.m.

At Arlington Mill Community Center, Arlington. The Latino American Festival takes over the October Family Night @ The Mill. The event will include live performances, delicious food, dozens of vendors, free activities for kids and more.

Groovin On the Pike Dance Party.

7 p.m. At Columbia Pike Branch Library, Arlington. The Dave Kline Band kicks off the series with their blend of rock, blues, jazz and folk with the multi-cultural sounds of its diverse four piece ensemble featuring: Brit Dave Kline (electric violin), Colombian-American Fernando Mojica (electric guitar), Nigerian-American Olaolu Ajibade (drums), and Senegalese Etu Dieng (bass guitar). Guest Artists will include French Canadian chanteuse Lynn Veronneau, Ken Avis from the North of England on vocals. Free.

Squirrels Campfire. 6-7 p.m.

At Gulf Branch Nature Center, 3608 Military Road, Arlington. The whole family is invited to join in THE campfires, for lots of old fashioned fun. You'll hear campfire stories, may meet some animal guests, play games, sing songs and, of course, enjoy S'mores! Each campfire has a nature theme and promises to entertain. Visit parks.arlingtonva.us/campfires.

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.

Saving the Monarch Butterfly. 10 a.m. to noon.

At Long Branch Nature Center, Arlington. The Washington Area Butterfly Club will present a talk by the Center for Biological Diversity. Stephanie Kurose, an endangered species specialist, or Tamara Strobel, a development officer, from CBD will discuss the effort to list the monarch butterfly as endangered.



Mixed media art by Leslie Holt.

Art Exhibit : Neuro Blooms

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. The exhibit includes acrylic and embroidery pieces as well as large scale photography. Images are based on brain PET scans of people experiencing different mental health conditions. The exhibit runs through Oct. 19 at Universalist Church of Arlington, 4444 Arlington Blvd. Visit www.uucava.org or call 703-892-2565. Visit www.uucava.org or call 703-892-2565.

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

Celtic Festival. Noon to 7 p.m.

At The Village at Shirlington (Campbell Ave. from S. Randolph Street to Harris Teeter. Featuring live performances, food, games and exhibitors: live music, Irish dancers, and Irish piper performances throughout the day including 3 Members of Washington, D.C. Fire Department (DCFD) Emerald Society Pipe Band; Irish traditional music session with Peter Brice, Alex Boatright, Sarah Collins and Josh Dukes; Boyle School of Irish Dancing; Too Much Talent; The Shamrockers; Ciaran Quinn; and Aine O' Doherty. Eventbrite: <https://www.eventbrite.com/e/beckets-celtic-festival-tickets-70159949297>

SUNDAY/OCT. 6

Candidate Forum. 2:30-4:30 p.m.

At Walter Reed Community Center, 2909 16th Street South, Arlington. The League of Women Voters of Arlington, in conjunction with the Arlington Branch of AAUW, NOVA section of National Council of Negro Women, Inc., the Arlington NAACP, NOVA Virginia Interfaith for Public Policy, the Arlington LAG of OneVirginia 2021, the Alexandria LAG of OneVirginia 2021, and the Virginia Equal Rights Coalition will host a "candid-dating forum." Visit <https://www.lwv-arlingtonva.org>

SATURDAY/OCT. 12

Boundary Stone Bike Tour. 9:15 a.m.

Meet at entrance to East Falls Church Metro Station (under I-66 on Sycamore Street). Bike for 35 miles visiting boundary stones and parks. See 12 historic D.C. boundary stones in Arlington, Alexandria, and Fairfax County. Bring lunch, water and any type of bike. Leisurely pace. Sponsored by Center Hiking Club. Visit www.centerhikingclub.org. Contact Bernie Berne at 703-243-0179.

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

TUESDAY/OCT. 15

Spirit of Community Luncheon.

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

FRIDAY-SUNDAY/OCT. 18-20

Beauty and the Beat. 7:30-8:30 p.m. at Downtown Cultural Arts Center, 401 North Howard Street, Baltimore. Cost is \$25-\$30. Originally created for Capital Fringe Festival 2018 and now presented at Charm City Fringe Festival in Baltimore, Beauty and the Beat is sure to kick up recollections of neighbors, roommates, landlords or lane-changing experiences of vying for a parking space. Email: janefranklindance@gmail.com or visit the website <https://www.janefranklin.com/beauty-and-the-beat>.

SATURDAY/OCT. 19

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

SENIOR OLYMPICS

NVSO, Pickleball Offer Fun and Fitness

BY SHIRLEY RUHE
THE CONNECTION

Bryan Hess calls out, “You got the official ball. I believe we’re serving.” He and Walter Zaumsell, both from Arlington, are playing Tom Dunigan, Falls Church, and Paul Mohler Arlington, at the Northern Virginia Senior Olympics (NOVA) men’s pickleball doubles.

It is being held on Sept. 24 at Thomas Jefferson Community Center.

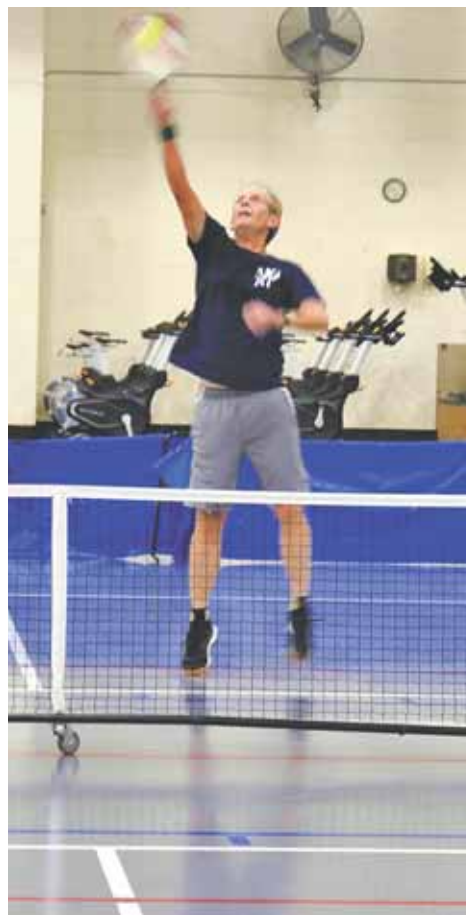
Dunigan and Mohler both say they have been playing a couple of years. Dunigan says, “I play for sociability and fitness, not necessarily in that order.” Mohler adds, “It gets your heart rate up.”

Mike Marrone, the pickleball events coordinator, is checking the brackets of participants with about 40 signed up between the 60-69, 70-79 and 80-89 year-old categories. He says tomorrow will be the women’s doubles and Thursday, Sept. 26, the men’s and women’s singles.

This year’s NVSO began September 14 with diving and track events and will conclude on Sept. 28 with a record breaking number of participants at over 880 in 2019.

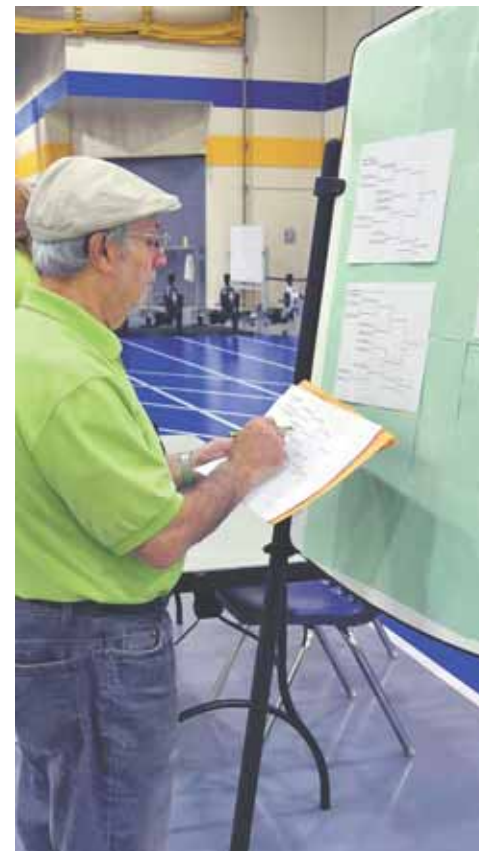


Tom Dunigan, Falls Church



Paul Mohler, Arlington

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Mike Marrone, pickleball event coordinator, double checks the brackets for the men’s doubles.

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NEWS

Crystal City Business Improvement District to Expand

FROM PAGE 5

Get Involved

“With BID expansion complete and tremendous change underway, now is the perfect time to hear directly from residents about the attributes of the community they value most and their hopes for the future,” added Ms. Gabriel. “Through this endeavor, we will be able to better take action to realize our shared vision for the future of the area.”

The Crystal City Business Improvement District (BID) is a public-private partnership established to promote the area’s vibrant business, retail, restaurant and residential community. As Virginia’s largest downtown, the Crystal City, Pentagon City and Potomac Yard - Arlington area is a dynamic mixed-use, walkable urban center that includes more than 32,000 residents, over 5,800 hotel rooms, and

The Open Houses, scheduled for Oct. 8 and Oct. 15 from 6 pm to 7:30 pm, will include opportunities to meet and discuss the expansion with BID staff and to learn more about how this strategic move affects our area’s priorities and brand story.

Open House Details:
What: Join the Crystal City Business Improvement District and our stakeholders to celebrate the expansion of our organization’s boundaries to include Pentagon City and the Arlington portion of Potomac Yard. Discuss the expansion with BID staff, learn more about how this strategic move affects our area’s priorities, explore a new organizational name, and share your feedback on a brand story. Visit www.crystalcity.org/brand

When: Tuesday, Oct. 8 or Tuesday, Oct. 15
Time: 6:00 pm to 7:30 pm

Location: Main Floor Conference Center, 251 18th Street South, Arlington, Virginia

over 400 restaurants and shops. More than \$342 million in public infrastructure investment and over \$4 billion of private projects are in the pipeline over the next five years. The BID is supporting the

exciting transformation of the area through placemaking, public art, transportation, economic development, events, and marketing/promotion. For more information, visit www.crystalcity.org.

BULLETIN BOARD

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

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.

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/ for more.

WEDNESDAY/OCT. 9

Coffee and Conversation. 10-11 a.m. at The Springs Apartments multipurpose room, 4318 N. Carlin Springs Road, Arlington. Jonathan Reed and Gilda Acosta, owners of Lady Octopus Tattoos, will describe the art of tattoos. Presented by Arlington Neighborhood Village. Bring your own coffee. No RSVP needed. More at www.arlnvl.org.

SATURDAY/OCT. 19

E-CARE Recycling Event. 8:30 a.m. to 3 p.m. At 1425 N. Quincy Street (across from Washington-Liberty High School), Arlington. The Arlington Environmental Collection and Recycling Event (E-CARE) is a biannual event at which residents can safely dispose of household hazardous materials, bikes, small metal items and other recyclable items. Small metal items can also be dropped off at the Inert Materials and Scrap Metal Drop-Off Facility. Call 703-228-5000 for an appointment. Visit recycling.arlingtonva.us/household-hazmat/e-care/.

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/ 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/ 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 Sigveland at 703-228-0913 or esigveland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness for available training sessions. Registration is not required but it is recommended. Visit www.chrisatwoodfoundation.org/naloxone to register.

DONATIONS

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

SEE BULLETIN, PAGE 11

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 or 800-552-3200.

Legals

ABC LICENSE
Q.L.L.B. LLC trading as Takeshi Sushi, 2424A Wilson Blvd, Arlington, Arlington County, Virginia, 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine & Beer On Premises license to sell or manufacture alcoholic beverages. Lin Wu, Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Employment

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BULLETIN

FROM PAGE 10

- ♦ Arlington Courthouse Farmer's Market, Saturdays 8 a.m.-noon (look for the AFAC cooler near the Master Gardener information table).
 - ♦ Rock Springs UCC Church, 5010 Little Falls Road, Sundays 9 a.m.-noon only. (Look for the donation bin on the Rock Spring Drive side of the church).
- Pet Food Bank.** AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYWdZm4tPw2.

GET MORE WITH SNAP

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

ONGOING

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

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

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

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

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, will be held on the first Friday of every month. Registration is free and highly recommended to reserve spots, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacareconnections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

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

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When Compounding isn't a Good Thing



By KENNETH B. LOURIE

Dealing with a cancer diagnosis is one thing, and certainly a big thing, but I'm much better dealing with it when the 50 million other things we all have to deal with are not having to be dealt with (ending a sentence with a preposition notwithstanding) at the same time. And not that I'm the least bit unique in having all these other tasks and concerns or even the most bit interesting in that I have them. Hardly. They are simply the elements that sometimes make living more of a job and less of an adventure. That being said, when I am uncluttered by these mundane responsibilities and am able to focus on the things I want to do rather than the things I have to do, I am so much more able to fend off the inevitable demons that haunt any of us diagnosed with a serious/in my case "terminal," disease.

The last month was, and still is, such a month. It all started with my application for a reverse mortgage. After the first company I engaged gave up, I met another, local company who so far has exhibited the wherewithal to get the application approved. However, the structural integrity problem you regular readers know about has impeded the progress I was hoping to have made by now. Not knowing yet the estimate to right this wrong, I am twisting in a bit of an ill wind, and I assure you, it is not improving my demeanor.

Yes, "Medicare is in The House," but as of September 27, it's sort of a house divided. Because even though its effective date was September 1st, I've not received an invoice. And since I haven't paid for any new coverage, am I still supposed to cancel my old, in-force "Obama Care?" Moreover, if I don't know exactly what I have, am I supposed to buy a Medicare Supplement for coverage I don't know for sure even exists? I mean, it's not as if my medical welfare/financial future depends on it. So yes, I'm even more worried, and obviously confused.

If the unresolved reverse mortgage and health insurance situations weren't sufficient enough to stress over, consider my concern for the "Diabetic Duo," our two cats with diabetes. Other than the real possibility that either, if not both, of these cats will die on our watch, the expense of sustaining their lives is past adding up. Items include insulin, syringes, prescription wet food, prescription dry food, two sizes of pee pads (because the liter box has less interest to them or they can't quite see it) and since they're eating and drinking constantly, we're buying more liter than ever before, and vet bills: diabetic boarding when we've been away for a weekend or two and glucose monitoring every week to 10 days to check their sugar level, all times two. Can you say credit card?

Two other extremely mundane tasks have also fallen on me during this time line. Both involving the M.V.A., never an easy process: emissions inspection and a driver's license renewal. Again, not Herculean tasks, but in the middle of all this other stuff. The issue? More money and possibly more hassle to resolve their respective 'issues:' possibly replacing a catalytic converter in the 29 year-old Honda Accord, which has happened previously under identical circumstances, and renewing one's driver's license, which now comes with a host of never-before identification/security requirements which if I don't have/can't prove, present another slew of potential entanglements. And of course, the eye test. I don't wear glasses. What if I fail the test and they tell me I need glasses. Then I have to see my way through that morass, and delay resolving another task.

And just to complicate matters, I am waiting for results from my bi-monthly CT scan and my wife, Dina, is waiting for results from a scan she recently completed. Though neither one of us is the least bit symptomatic, we are hardly dealing in absolutes here. Absolutely though, I will say, I am thrilled to finally check a few boxes. Once I check the rest, I'll be back to abnormal and then I can plan for the future rather than plod through the present.

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

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NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/19.

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 10/31/19.

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 10/31/19.

TRUESTART™ BATTERIES

SPECIAL OFFER
\$129⁹⁵

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/19.

ALIGNMENT SPECIAL

\$69⁹⁵

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 10/31/19.



ALEXANDRIA TOYOTA

CLEAN AIR A/C INSPECTION & VENTILATION SPECIAL

\$129⁹⁵

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 10/31/19.

VARIABLE DISCOUNT

\$15.00 OFF when you spend \$100.00 - \$199.99
\$30.00 OFF when you spend \$200.00 - \$299.99
\$45.00 OFF when you spend \$300.00 - \$399.99
\$50.00 OFF when you spend \$400.00 or more

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