

The Arlington Connection

WELLBEING
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Members of the Arlington Babe Ruth baseball league walk in the Washington Nationals World Series victory parade Nov. 2 in DC.

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PHOTO BY MARK MOGLE/ARLINGTON CONNECTION

N-A-T-S Nats Nats Nats! Woo!

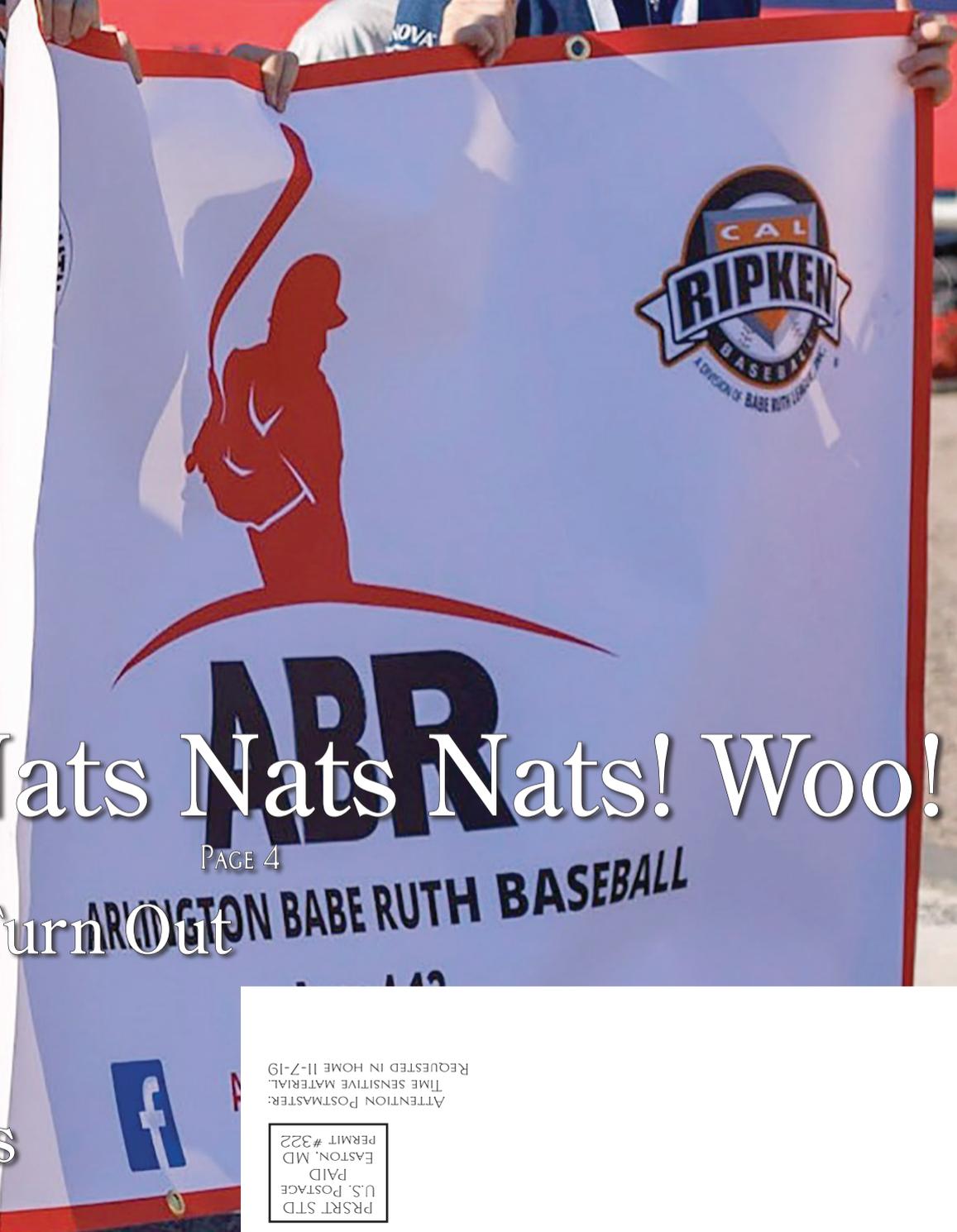
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RUNNING



PHOTO COURTESY FORMULA RUNNING CENTER

The 1800-square-foot workout area offers plenty of space for both treadmill and strength workouts.

Formula Running Center Strides Into Clarendon

BY HOPE NELSON
ARLINGTON CONNECTION

By all accounts, Arlington is a runner's city. The Marine Corps Marathon crisscrosses it coming and going. Venture out any morning, afternoon or evening and you'll find a number of runners barreling around town, solo or in or-

ganized groups, putting in the miles while throwing down the gauntlet.

So it's only natural, then, that Clarendon has become the home of the area's first running-specific training center. The Formula Running Center opened its doors last weekend, and classes began this week.

"What we're trying to create here is a com-

SEE RUNNING CENTER, PAGE 5

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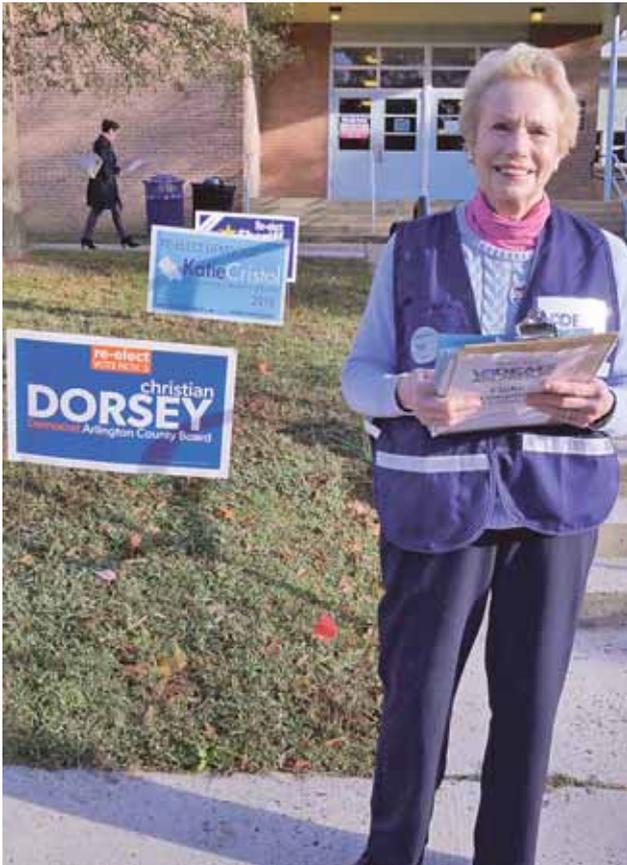
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Judy Connally, former Virginia State Delegate, hands out sample Democratic ballots at Madison Community Center voting site. She says although there has been a steady stream of voters, the absentee vote was very healthy this year.



Joan Blake stands ready to hand out stickers to voters at Culpepper Garden.



Mark Riley greets voters at Culpepper Garden polling site and hands out sample ballots.

PHOTOS BY SHIRLEY RUHE/ARLINGTON CONNECTION

Voters Turn Out Early Despite Few Contests

Many Arlington races unopposed on Election Day.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Virginia is one of only four states holding elections this year with all 140 seats in the General Assembly on the ballot. Republicans are hoping to hold on to their slim majority in both chambers with Democrats hoping to flip them from red to blue.

In 15 races, including all in Arlington, Republicans, aren't running a candidate leaving Democrats Del. Mark Levine, 45th District; Del. Rip Sullivan, 48th District; Del. Patrick Hope, 47th District; and Del. Alphonso Lopez, 49th District, unopposed on the ballot. In addition, State Senators Barbara Favola, 31st District; Adam Ebbin, 30th District; and Janet Howell, 32nd District; are running unopposed.

Virginia Republicans are hoping to hold on to their slim majority in both chambers with Democrats hoping to flip them from red to blue.

The Commonwealth's Attorney, Sheriff, Commissioner of Revenue, Treasurer, two County Board seats and School Board are also on the ballot with the only challenge for County Board seats. Independents Audrey Clements and Arron O'Dell are challenging incumbents Katie Cristol and Christian Dorsey for two County Board seats on the ballot.

A construction worker is caulking the floor along the hallway to the newly renovated Community room at Culpepper Garden as voters filter down the hall

toward the voting site. A biker is taking the elevator downstairs to the site and a wheelchair accessible taxi is waiting by the front door.

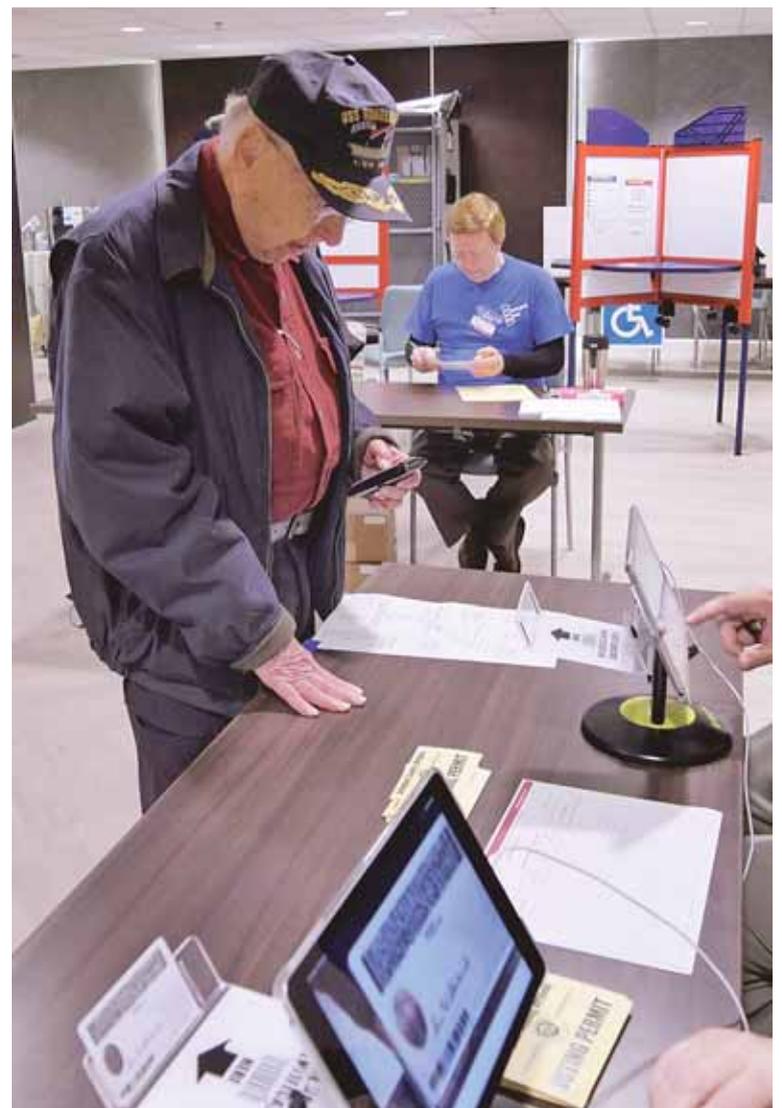
At 7:30 a.m. the polling site reported 131 voters so far. "They were slow the first hour but picked up the second." Both parties offered rides to the polls. A representative of the Republican Party indicated they had not yet received any requests for rides this year. The Arlington Dems indicated they have been coordinating rides for over a decade and have contacted voters who have requested rides in the past to see if they need rides again. Many of these voters have accessibility needs.

The polls are open from 6 a.m.-7 p.m.

The Connection went to press while polling places were still open on Tuesday, Election Day. For results see www.elections.virginia.gov/2019-election-results/ and visit our

website at www.connectionnewspapers.com

Alfred Skolnick lines up to check in and present his ID at the new polling site located in the renovated multi-purpose room at Culpepper Garden, an affordable senior residential facility. The new space was closed for renovation at the beginning of 2019 and reopened on Oct. 31, just in time for the election. The space will also be used for resident programs and volunteer-led activities.



N-A-T-S! NATS NATS NATS! Woo!



Members of the Arlington Babe Ruth baseball league walk in the Washington Nationals World Series victory parade Nov. 2 in DC.



Arlington-based T.A.P.S. families and volunteers participate in the Washington Nationals World Series victory parade Nov. 2 in DC.

‘Fight Finished’

Nationals fans celebrate World Series.

BY JEANNE THEISMANN
THE CONNECTION

Some of Arlington’s littlest baseball players were on hand as the Washington Nationals celebrated the franchise’s first World Series Championship Nov. 2 during the team victory parade through the streets of DC.

Members of the Arlington Babe Ruth Baseball League for ages 4-12 were among the featured parade participants that marched ahead and cheered the Nationals players. Tens of thousands from

around the region turned out in full force to catch a glimpse of the parade that included a shirtless Brian Dozier, star reliever Sean Doolittle and his lightsaber, Gerardo Parra and a herd of baby sharks, and the two-fisted Bud Light guy on his own float.

Families and volunteers of Arlington-based T.A.P.S. were also featured in the victory parade that followed a route swelled with red, white and blue-clad fans along Constitution Avenue and the National Mall. Some fans sported homemade posters reading “19-31” reflecting the team’s dismal record at the beginning of the regular season. But as Parra’s trademark “Baby Shark” and team rallying cry played in the background, the “Fight Finished” theme of the parade prevailed.



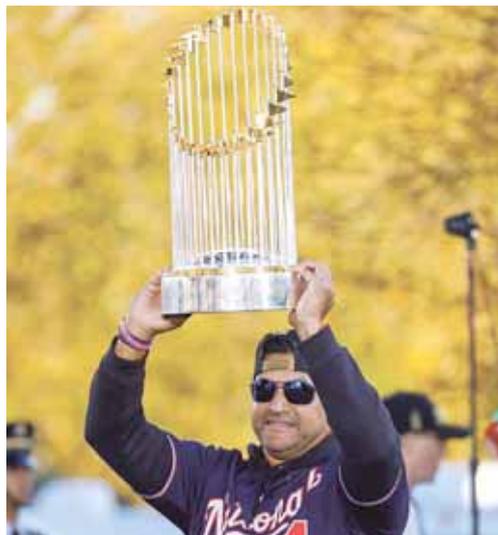
Washington Nationals players ride in the World Series victory parade Nov. 2 in DC.



Racing President Abe Lincoln cycles along the parade route.



Gerardo Parra and his signature baby shark.



Team manager Davy Martinez with the World Series trophy.



Pitcher Stephen Strasburg.

The
Arlington
Connection

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RUNNING

Running Center

FROM PAGE 2

plete training experience for runners and other endurance athletes as well," said Formula Running Center's Christopher Hoffman, who owns the facility with his business partner, Nicole DonVito.

A walk through the center shows the breadth of its offerings. From a diet and overall biometrics facility to a cryotherapy chamber, massage room and soaking tub, the Formula Running Center leaves no stone unturned in terms of both preparation and recovery.

But it's the main workout room that is perhaps the most impressive: The expansive, 1800-square-foot space is lined with 24 state-of-the-art Woodway treadmills, with televisions hoisted high above the space and interspersed throughout the gym-style room.

But those TVs are providing data for the workouts themselves, which are led by trainers to keep the room on pace, similar to a cycling spin class. Along the opposing wall from the treadmills sit more than a dozen workout stations, offering a number of non-running options.

"We'll also have a class called a tread-and-train class, where it's split between running on treadmills and working out on our workout floor," Hoffman said.

While every class is aimed at meeting participants where they are, there will also be a specific class just for newbies, DonVito said.

After class, or on rest days, participants can take part in yoga,

IF YOU GO

Formula Running Center,

3101 Wilson Blvd., Suite 100
Price: \$30 for a single credit; packages vary up to \$499.

Try this: The cryotherapy chamber. "It's essentially a two-to-three-minute cold freeze," says owner Christopher Hoffman.

foam rolling and stretching classes within a separate studio. On nice days, the classes might move outside to the Formula Running Center's outdoor space, which will also serve as an outdoor pit stop for running clubs, Hoffman said.

Once a runner's classes are done for the day, it's time to recover. And there are a multitude of ways for athletes to do so, ranging from a stint in the infrared sauna to some time in compression sleeves, from the cryotherapy chamber to the cold-water soaking tub. "We can set (the tub) up as low as 42 degrees; it stays cool on its own, it's essentially a one-person pod," Hoffman said.

Participants can gain access to the workouts, recovery spaces and biometrics consultations in several ways: Credit packs start at \$142.50 a month.

The Formula Running Center is aimed at runners and athletes from all walks of life, from the elites to the rookies, Hoffman said.

"Whether you've never run a day in your life, whether you just want to get out and walk your first mile or whether you're training for your ultramarathon, we can handle anything here," he said.



PHOTO COURTESY FORMULA RUNNING CENTER

The Formula Running Center offers a number of workout options, many of which are running-focused.

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WELLBEING

Diffusing Holiday Drama

Sanity-saving strategies to
get us through the
not-so-silent holiday nights.

BY MARILYN CAMPBELL
THE CONNECTION

Later this month, Thanksgiving will usher in the holiday season, family gatherings and expectations of celebrations that are reminiscent of Currier and Ives-type scenes. For those who deal with difficult family members be they cousins, siblings, in-laws or outlaws, the most wonderful time of year can be met with dread. Having a few sanity-saving strategies can help get us through the not-so-silent holiday nights.

"Often, those closest to us can unfortunately spark the most amount of stress" said Nathan Leslie, Professor of Creative Writing at Northern Virginia Community College and author of the book "Hurry Up and Relax."

Focusing on one's own behaviors and responses rather than those we find difficult can offer a sense of empowerment "That's because in the end you cannot control how anyone else acts during this time, or ever," said Lorente. "The only thing that you really can control is how you react and respond to different people and situations. Being aware of your behavior and changing your mindset might be the best — and only way to survive the holiday drama this season."

Whether it's a feeling of obligation or hope for holiday cheer, before you head over the river and through the woods, know the reason for your trip. "First know why you are choosing to be around family members who might be difficult," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College. "This helps you to take ownership and control of the situation. I think that a lot of the negative feelings stem from feeling out of control, obligated, and frustrated."

Setting boundaries and having an exit strategy can be sanity-saving. "[For example,] 'when we start talking about topics such as my parenting style, or my politics, or my hair, I will leave the room,'" said Lorente. "Not with anger but with a sense that I am control of me not of my family member."

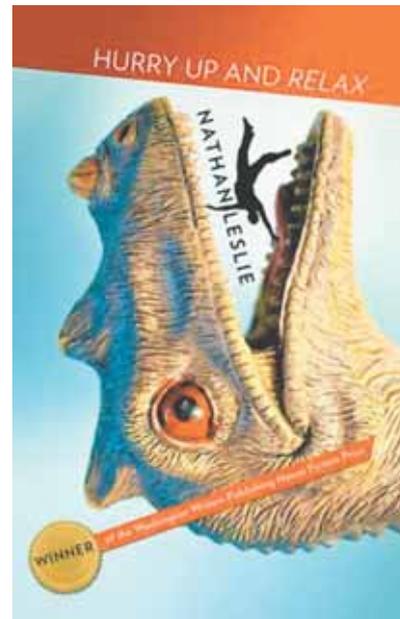
A family ally can offer support or an exit strategy if family gatherings turn sour. "You can even develop a code word or phrase you can say to prompt your ally to intervene, politely interrupt, or help you get out of the situation promptly," said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College. "A family ally is also a good person to have for support."

For those who know that difficult family situations are unavoidable, set time limits. "Plan ahead to organize your time spent in this situation, and avoid staying at family members' homes if your relationship is challenging," said Bagshaw. "Also, structure your time, make sure there's not a lot of downtime that can lead to awkward conversations."

Choosing to give attention to the positive aspects of one's familial relationships can help diffuse tension, suggests Lorente. "Focus on gratitude, fun, and the good things that this time may bring," she said. "You and your Mom may not agree on certain adult issues but look at what a great grandmother she is to your children."

"First know why you are choosing to be around family members who might be difficult. This helps you to take ownership and control of the situation."

— Carolyn Lorente, Ph.D Northern Virginia Community College



COURTESY OF NATHAN LESLIE

Nathan Leslie, author of the book, "Hurry Up and Relax," says journaling can help relieve stress during the holidays.

"Focus on gratitude, fun, and the good things that this time may bring."

— Carolyn Lorente, Ph.D Northern Virginia Community College

Putting pen to paper can help relieve stress. "Journaling is an excellent way to relieve stress and make sense out of chaos," said Leslie. "Writing...can be useful in giving mental order to the disorientation that the holidays might bring."

Visualize family events going well. Positive thoughts lead to positive feelings, advises Jerome Short, Ph.D., Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason

University. "Be curious instead of critical," he said. "Wonder how others are thinking and feeling, and why," said Short. "Give others the benefit of the doubt."

"Wait before speaking if you have negative thoughts," continued Short. "Take a deep breath, visualize a favorite place, or walk away if you might regret what you say in the moment."

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Volunteer Program Assists Wounded Warriors

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Chuck Toftoy thinks back to 2004 when five members of his West Point class of 1958, led by Lee Miller, started an informal program to help Wounded Warriors at Walter Reed National Military Medical Center focus on life after the military.

The program has grown into a national nonprofit with a one-on-one relationship between the mentor and the wounded warrior in transition to life after military. This non-governmental organization does not solicit funds and is run entirely with volunteers. Over the years the program has assisted 3,000 Wounded Warriors with 600 trained mentors.

Since then Toftoy has mentored twelve wounded warriors. “They try to link you up with someone who makes sense because of your similar backgrounds.” In 2015 Toftoy was assigned to mentor Sgt. Robert Easley because of Toftoy’s experience as a paratrooper and an Army Ranger, and because he had been wounded twice himself in Vietnam. “When you both have a Purple Heart, it makes it easier because you immediately have something in common.”

“We first had lunch in the cafe at Walter Reed with his wife. Easley was in a wheelchair.” He had lost both legs above the knees. “He was a very depressed guy.” Toftoy remembers talking to him about his VA benefits, about taking his aptitude tests to identify interest for future employment. But what really clicked was when he figured out that Easley loved to play Sled Hockey.

Now Easley plays with the USA Warriors sled hockey team. Toftoy says, “My wife and I went to a game at Ballston where the Washington Capitals practice. You should see these guys; they really went at each other. Easley’s whole family was there from Pennsylvania. He went from depression to dynamic. Sled hockey turned him around.”

After 6 months-2 years, Toftoy loses his



Rob Easley playing sled hockey with USA Warriors sled hockey team

Wounded Warriors as they move away from the D.C. area. “But I just got an email from Easley yesterday. I check in to make sure things are going well. It gives me a chill.”

Sgt. Justin Burdette had lost both legs below the knees. “We met in a little suite in the hospital. I met his wife, a wonderful nice young woman in her 20s.” Toftoy says he met with Burdette for six months. “I wasn’t getting anywhere. He had a hard time. Sometimes he was depressed; sometimes he was hopeful. Finally I said, ‘Justin, what are you interested in?’” It turns out that Burdette loved to fish.

Toftoy says he hit on the answer. The key question was to find the interest of the person he was mentoring. After some research Toftoy found Rose River Farm Fly Fishing in Virginia. “They really take care of them out there.”

When Toftoy was ready to lose him, Burdette moved to Dustin, Florida where the VA provided a specially equipped house

for Burdette. “Here is where I am a little helpful. I taught in the Business School at George Washington for 17 years so I told him to build a business plan and turn his garage in Florida into a business where he could sell fishing poles and flies and other equipment. Let people know you will be the guide.” Now Burdette has a business. “You feel good when you help them.”

Toftoy said he had a Captain who was on a suicide watch. The Captain didn’t have a purple heart because his wound was mental, not physical. “I was afraid he would jump off the Rappahannock Bridge. He lost his wife.”

“But it turned out to be a lovely story. I remember we were sitting on a bench in the hallway at Walter Reed. I’ll never forget. He said, ‘you know I really like kids.’ So the next time we met I gave him a little business plan.”

Toftoy said the captain wanted to start his own business so a few days later when

they met again, the captain came “with a folder this thick.” Toftoy says the captain started as the CEO of his own business in D.C., and his wife came back to him.

Toftoy did have one person he just couldn’t reach. “We’d both been in the 82nd Airborne Division. He had TBI and PTSD.” Toftoy said the sergeant had said he wanted a mentor. But the first meeting was a disaster. I couldn’t reach that guy at all.” Toftoy says the sergeant just couldn’t pay attention. “Finally he said, ‘I just can’t do this anymore. I can’t be around people.’” Toftoy says, “I never had a chance to get started with him.”

Toftoy says, “You live with these guys inside you.”

For further information on the Wounded Warrior Mentor Program contact <http://wwmp.us>

PHOTOS BY SHIRLEY RUHE/ARLINGTON CONNECTION



Charles Toftoy, Wounded Warrior mentor

You can read any of this week’s 15 papers digital editions here:

www.ConnectionNewspapers.com/PDFs



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—Chief Seattle (1788-1866)
Suquamish/Duwamish chief



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ENTERTAINMENT

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

ONGOING

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.

All That Jazz. Saturdays through Oct. 26, 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.

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.

Basketball Shooting Clinics. Sundays through Nov. 3, 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.

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

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. An opening reception is scheduled for Saturday, Sept. 21, 6-9 p.m. Visit www.arlingtonartscenter.org or call 703-248-6800.

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.

NOW THRU DEC. 14

Musical Theatre & Movement. 11 a.m. to 12 p.m. at Arlington County Cultural Affairs Building, 3700 S. Four Mile Run Drive, Arlington. Musical Theatre and Movement is a youth dance class open to ages 6-11. In this class, students will work with music from

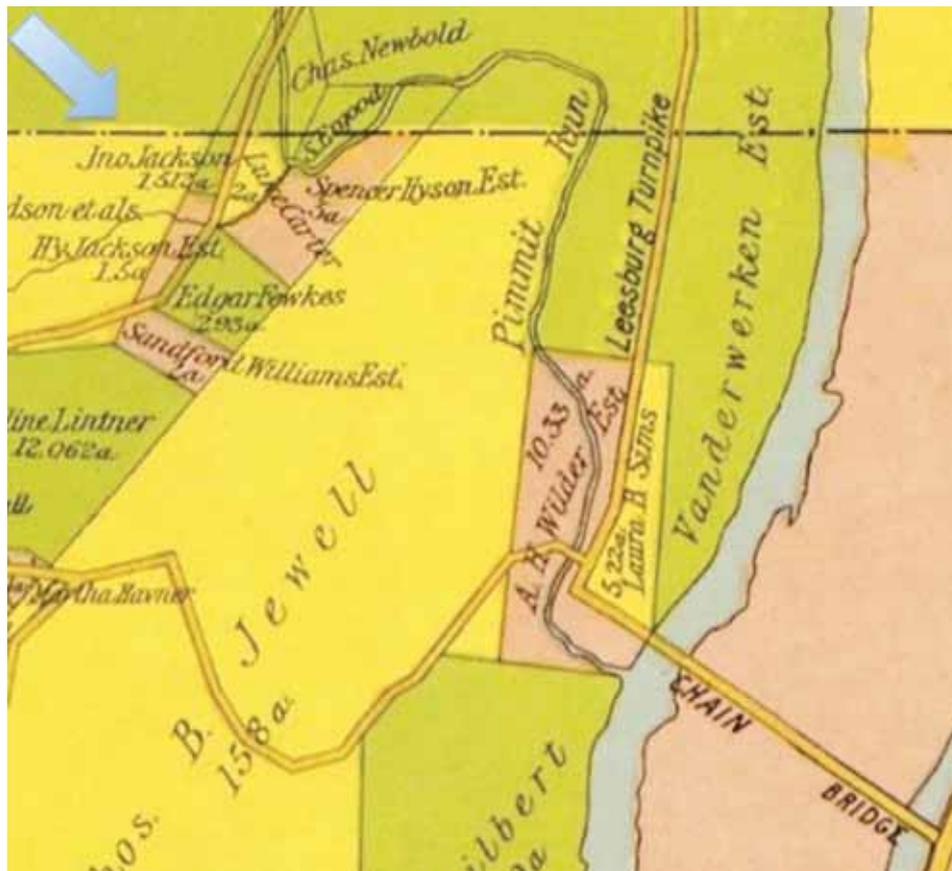


PHOTO BY CENTER FOR LOCAL HISTORY

Land records show ownership of The Bottom African-American enclave.

THURSDAY/NOV. 14

The Bottom: An Arlington African-American Community

Uncovered. 7-9 p.m. At Reinsch Library Auditorium, Marymount University, 2807 N Glebe Rd., Arlington. Local historian Jessica Kaplan brings to life one of Arlington's oldest African American enclaves located along Pimmit Run near Chain Bridge. Using Civil War drawings, and Southern Claims documents she provides a window into the lives of this small community

established before the Civil War by free African Americans that offered sanctuary to families struggling to earn a living and create a safe community. Free. Visit the website: <https://arlingtonhistoricalsociety.org/events>

popular musicals. The group will develop characters and a simple story line. Tuition: \$105 for 6 class session. Visit the website: <https://www.janefranklin.com/classes>

NOW THRU DEC. 21

Re/Seen Photography Exhibit. 12-5 p.m. At Fred Schneider Gallery of Art, 888 N. Quincy Street, Suite 102, Arlington. Re/Seen: Photographs by Jason Horowitz presents a "then and now" collection of work representative of how the artists' interests in abstraction and representation have continued throughout his career as the technology he uses to create the work has evolved. The exhibit shows Horowitz's earlier still-life photographs which resemble underwater space scenes. Inspired by his pet fish in their aquariums, micro-photography, among other things, Horowitz suspended plants and flowers in gelatin as if they were trapped in amber. An opening reception will be held Friday, Nov. 1, 2019 from 6-8 p.m. Visit the website: www.fredschneidergalleryofart.com

WEDNESDAY/NOV. 6

Northern Virginia Bird Club Walk. 8:30 - 11 a.m. at Long Branch Nature Center, Arlington. Adults. Join members of the Northern Virginia Bird Club for one or all of these informal walks through Long Branch and Glencarlyn Park in search of resident and migratory birds. Experienced and beginning birders welcomed. Bring binoculars and field guides if you have them. Call 703-228-6535.

NOV. 7-17

Northern Virginia Jewish Film Fest. The 19th annual NVJFF, powered by the Pozez JCC of Northern Virginia (Pozez JCC), will present a lineup of 22 films in select venues across Northern Virginia. The selection of contemporary international films and accompanying programs will explore the

expansive scope and rich texture of Jewish life, culture and global identity. The films include: Back to Marcanã, Between Worlds, Love in Suspenders, Leona, Sustainable Nation, Sirens, Kippah, Offspring, Inner Flame (I to Eye), Prosecuting Evil: The Extraordinary World of Ben Ferencz, Box for Life, The Light of Hope, The Keeper, The Unorthodox, Golda's Balcony, The Film (2019), The Tobacconist, My Polish Honeymoon, Hava Nagila (The Movie), Old Camera Man, Picture His Life, Stockholm, The Mammoniks. Tickets are only available through the Pozez JCC, festival venues do not sell NVJFF tickets. Single screening tickets are \$12; Group tickets available in advance; an all-access pass is \$118; Festival Four ticket to use as patrons like (except on opening and closing nights) is \$40. Opening night tickets cost \$18 and include complimentary popcorn. Tickets available online at theJ.org/nvjff. Call the Pozez JCC box office at 703-537-3000.

FRIDAY/NOV. 8

Fall Fungi 101 Hike. 3-5 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Adults. Don't be stumped by spores or mystified by mycelium. Get to know these ancient organisms and the basics of mushroom identification. Then they'll walk the park to find some native fungi and practice some ID skills. Teens age 15 and up are welcome but must be accompanied by a registered adult. Call 703-228-3403.

SATURDAY/NOV. 9

Birding Fort C.F. Smith. 8-9:30 a.m. At Fort C. F. Smith Park, 2411 N. 24th Street, Arlington. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Bird watching in autumn provides opportunities to see many exciting species, including migrants like sparrows, warblers and thrushes. We'll have a quick refresher on using binoculars and field guides,

then practice our new skills on the trail at Fort C. F. Smith. Beginners and experts welcomed. Loaner binoculars are available. Call 703-228-3403.

Remove Invasive Plants. 9:30-11:30 a.m. Meet at Gulf Branch Nature Center, 3608 Military Road, Arlington. Adults, teens and families ages 8 and up. Want to restore habitat and increase species diversity right here in Arlington? Work parties are held every month. They are making a real difference, with the return of ferns and wildflowers, and the animals that depend on them, in areas once covered in destructive invasive plants. Call 703-228-3403.

Thanksgiving Food Drive. 10 a.m. to 1 p.m. At Trinity Presbyterian Church, 5533 16th Street, North, Arlington. Basketball youth get a free session on the state-of-the-art Dr. Dish CT basketball shooting machine with food donation. Register and get info at Bulldawgbasketball.com. Visit the website: bulldawgbasketball.com

Civil War Discoveries: Skirmish Drills. 11 a.m. - 12 p.m. At Fort C.F. Smith Park, 2411 N. 24th Street, Arlington. Ages 7 to 11. Skirmishers played a special role in Civil War armies. Learn their functions and practice their drills. Cost is \$5. Call 703-228-4775.

Civil War Discoveries: Build a Fort. 1-2 p.m. At Fort C.F. Smith Park, 2411 N. 24th Street, Arlington. Ages 7 to 11. They'll investigate how and why forts were built in Arlington during the Civil War. Then we'll work as a team to design forts to defend the city. Cost is \$5. Call 703-228-4775.

Free Play Days. 1:30-3 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Ages 5 to 9. Give kids unstructured time they can call their own. Your child will love this chance to explore our woods, make mud pies, throw rocks in the creek and just be free. Dress to get wet and dirty, and wear closed-toe shoes. Call 703-228-3403.

Family Skate Nights. 6:30-9 p.m. At Thomas Jefferson Community Center, 3501 2nd Street, S, Arlington. With a live DJ, moon bounces and snack bar, this is a great night for the entire family. Skate rental is \$3, skating is \$2, and moon bounce and concessions extra. Cash only. To save time, bring your own skates and have exact change.

Full Moon Night Hike. 7-8 p.m. At Fort C.F. Smith, 2411 24th Street, N, Arlington. Adults. Come out for a hike under the stars. Have you ever wondered what animals are in our local parks at night? Experience our trails under the moon, learn a constellation, and meet nocturnal critters. Call 703-228-3403.

SATURDAY/NOV. 9, 16, 23

Jane Franklin Dance. 7:30-8:30 p.m. At Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. Mix It Up, a concert series at Theatre on the Run in Arlington features dance, music and movement by distinctive Washington, D.C., area artists. Each week look for a different up-close performance. Who will perform and when? Mix It Up takes place with performances by Jane Franklin Dance, Forty+ by Kelsey Rohr, Light Switch Dance Theatre and choreography by Emily Crews and Rachel Luebbert. Cost is \$22. Visit the website: <https://www.janefranklin.com/mix-it-up>.

SUNDAY/NOV. 10

Walking Tour of Jewish Sites. 10 a.m. At Arlington National Cemetery, Arlington. Experience Arlington National Cemetery through a lens of Jewish history. Discover the Jewish stories embedded in monuments such as the Challenger and Columbia memorials, and learn about some of the many Jewish leaders and military heroes buried in this historic cemetery. Tour includes two miles of walking, some of which is uphill. Sponsored by National Museum of American Jewish Military History. Call 202-265-6280.

Notable Nature. 3-4 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. Join for lessons in nature journaling and sketching. They'll construct own nature journals, hone writing and drawing skills, and talk about the season while hiking. Call 703-228-6535.

NOV. 12 TO JAN. 14, 2020

Forty+ Dance Project. 11:30 a.m. to 1:30 p.m. At Theatre on the Run, 3700 S Four Mile Run Drive, Arlington. Cost is \$160. Forty+ Project is an eight week series of creative rehearsals to develop new dance work. Directed by professional dance choreographer, Carly Johnson, Forty+ celebrates the collective creativity of people past the age of 40. Forty+

SEE CALENDAR, PAGE 9

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.

13th Annual 

Alexandria Film Festival

This Weekend!

Celebrating Independent Film for 13 Years!

November 7-10

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DROP-OFF SITES FOR GLASS

Arlington residents have three more drop-off sites for recycling used glass jars and bottles. Customized purple-and-green bins now stand ready at:

- ❖ Aurora Hills Community Center/Branch Library, 735 18th St. S.
- ❖ Cherrydale Branch Library, 2190 N. Military Rd.
- ❖ Lee Community Center, 5722 Lee Highway.

Residents are now formally asked to keep glass out of single-stream "blue cart" recycling collected weekly at the curb. (Other troublesome items to keep out of the blue carts: plastic bags, shredded paper, wire hangers and garden hoses. Try the County's Where Does It Go? database for a particular type of item.)

ONGOING

Digital Photo Map of Arlington in 1920.

The Arlington Historical Society has unveiled the first-ever interactive "StoryMap" showcasing photos of how Arlington looked in 1920, the year a state law changed its name from Alexandria County to Arlington. Coordinated by local columnist and history enthusiast Charlie Clark and numerous volunteers, the StoryMap shows homes, schools, churches, government buildings, stores and transportation infrastructure that would have been encountered by an Arlingtonian traveling local streets in 1920. The StoryMap uses the software created by Esri of Redlands, Calif., to present vintage and modern photographs in a format that allows the user to adjust sizes and zoom in on locations. The StoryMap can be found at <https://arlingtonhistoricalsociety.org>.

THURSDAY/NOV. 7

League of Women Voters Meeting. 6:30-8 p.m. At Arlington Central

Library, 1015 North Quincy Street, Arlington. The League of Women Voters of Arlington will hold an organizing meeting for election 2020 to brainstorm ideas for ensuring that 100% of Arlington and Alexandria City residents who can vote, DO vote in the November 2020 election. The 2020 elections are coming up quickly. Voter registration for Super Tuesday ends on February 10, 2020! All are invited to learn how to get involved. We want to be sure that we leave no stone unturned in 2020. Visit <https://www.lwv-arlingtonva.org/>

WEDNESDAY/NOV. 13

The Grass is Always Greener at Nats Park.

6:30 p.m. At Knights of Columbus, 5115 Little Falls Road, Arlington. Better Sports Club of Arlington Dinner Meeting where John Turnour, Director of Field Operations for the Washington Nationals, will go behind the scenes of Nats Park and give us a peek at how his crew prepared for the World Series home stand. Admission is \$25 per person, and \$30 for guests. Reserve by contacting Rick Schumann at BSCRSPV@gmail.com or 703-241-0390.

Affordable Housing: Is Density Our Destiny?

8 p.m. At Marymont University, Phelan Hall, 2807 N. Glebe Road, Arlington. Arlington is experiencing a shortage of affordable housing. One idea worth examining is to adjust the zoning laws to allow greater variety of housing types in single family areas (e.g., duplexes or fourplexes) to allow for the development of multi-family properties along transportation corridors. Join in to hear from these speakers about challenges and possible solutions:

Michelle McDonough Winters, Executive Director of the Alliance for Housing Solutions;

Peter Rousselot, former member of the Central Committee of the Democratic Party of Virginia and former Chair of the Arlington County Democratic Committee;

Jeannette Chapman, Deputy Director, The Stephen S. Fuller Institute at the Schar School, GMU.

NOV. 15-18

Arlington Memorial Bridge Closure Postponed.

The National Park Service (NPS) has postponed the previously announced weekend closure of Arlington Memorial Bridge. The closure is now scheduled to begin at 10 p.m. on Friday, Nov. 15 and will last until 5 a.m. on Monday, Nov. 18. The change will allow the construction contractor to resequence work to prepare for the next phase of construction. Check online for updates at go.nps.gov/MemorialBridge.

NOV. 18-25

Drop-Off Sites for Christmas Project.

At Chinese Christian & Missionary Church, 6901 Williamsburg Blvd., Arlington. Sites in the area will be among 5,000 U.S. drop-off locations collecting shoebox gifts for children overseas during Operation Christmas Child's National Collection Week, Nov. 18-25. Families, churches and groups are transforming empty shoeboxes into fun gifts filled with toys, school supplies and hygiene items. The Samaritan's Purse project partners with local churches across the globe to deliver these tangible expressions of God's love to children affected by war, disease, disaster, poverty and famine. For many of these children, it will be the first gift they have ever received.

THURSDAY/NOV. 21

SEE BULLETIN, PAGE 10

CALENDAR

is frequently seen in concerts presented by Jane Franklin Dance and for organizations serving older adults. This project culminates with a performance at Theatre on the Run on Jan. 25, 2020. The project is open to people of all physical facilities. No previous performance experience is necessary. Visit the website: <https://www.janefranklin.com/adult-dance/forty-plus>

THURSDAY/NOV. 14

The Bottom: An Arlington African-American Community Uncovered. 7-9 p.m. At Reinsch Library Auditorium, Marymount University, 2807 N Glebe Rd., Arlington. Local historian Jessica Kaplan brings to life one of Arlington's oldest African American enclaves located along Pimmit Run near Chain Bridge. Using Civil War drawings, and Southern Claims documents she provides a window into the lives of this small community established before the Civil War by free African Americans that offered sanctuary to families struggling to earn a living and create a safe community. Free. Visit the website: <https://arlingtonhistoricalsociety.org/events>

Deep Dive: Poison vs. Venom. 8-9 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Adults. Take a deep dive into natural history that scratches more than just the surface. Poison and venom enter the body two very different ways. Explore how these substances arrive in our bodies and what they can do to us and to their intended prey. Discover the surprising places you can find poison and venom right here in Arlington. Call 703-228-3403.

SATURDAY/NOV. 16

Bird Walk for Beginners. 9-10:30 a.m. At Long Branch Nature Center, 625 S Carlin Springs Road, Arlington. Bird watching makes a great family activity! Learn the basics, including binoculars, field guides, identification, and when and where to find birds. After covering the fundamentals, we'll get a little birding practice around the nature center. Then you can practice all winter and be ready for spring migration next year. Loaner binoculars are available. Families ages 6 and up. Register children and adults; children must be accompanied by a registered adult. Call 703-228-6535.

Fall Colors Walk. 1-2 p.m. At Long Branch Nature Center, 625 S Carlin Springs Road, Arlington. Explore the colors of fall during an easy walk on the trails around the nature

center. Along the way, we'll make leaf rubbings and learn where those colors come from. Families ages 6 and up. Register children and adults; children must be accompanied by a registered adult. Call 703-228-6535.

First Thanksgiving Campfire. 5-6 p.m. At Long Branch Nature Center, 625 S Carlin Springs Road, Arlington. The whole family is invited to join us at the Long Branch amphitheater for lots of old-fashioned fun. This engaging program will be filled with entertaining activities that may include stories, special animal guests, games, songs and of course, S'mores! Families. Cost is \$5. Register children and adults; children must be accompanied by a registered adult. Call 703-228-6535.

Family Skate Nights. 6:30-9 p.m. At Thomas Jefferson Community Center, 3501 2nd Street, S, Arlington. With a live DJ, moon bounces and snack bar, this is a great night for the entire family. Skate rental is \$3, skating is \$2, and moon bounce and concessions extra. Cash only. To save time, bring your own skates and have exact change.

NOV. 16-17

Artist Co-op Party. Saturday 6-9 p.m.; Sunday 2-5 p.m. At Columbia Pike Artist Studios, 932 S. Walter Reed Drive, Arlington. Columbia Pike Artist Studios, an artist cooperative in South Arlington, will celebrate its 30th anniversary with a free open studio event. More than 25 artists will present new work in a wide range of media (painting, drawing, photography, printmaking, and sculpture). The 26 participating artists, some of whom are new and some of whom have been with the co-operative organization since its founding in 1989, approach a wide range of subject matter and employ highly individualized styles. All of the artists will be available to discuss their processes and answer questions. Their paintings, drawings, sculptures, prints, and photographs will be available for purchase, and refreshments will be served.

SUNDAY/NOV. 17

Yoga in the Nature Center. 10-10:45 a.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ages 7 to 10. They will start with a fun short walk, then return to the nature center to practice poses representing the plants and animals found, ending in a short relaxation. No prior experience needed, if you have a Yoga mat bring it, but not required. Call 703-228-6535.



ALEXANDRIA Symphony Orchestra 19/20 *Season*

AUTUMN CELLO & DVOŘÁK

SATURDAY, Nov 16, 2019
8 P.M.

SUNDAY, Nov 17, 2019
3 P.M.

The ASO welcomes the changing of the seasons with Elgar's Cello Concerto in E minor with cellist Wolfgang Schmidt and Dvořák's Eighth Symphony under the direction of Maestro James Ross.

Adult: \$20-\$85 Student: \$10 Youth: \$5
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FROM PAGE 9

Juvenile Detention Center

Meeting. 7-8:30 p.m. At Arlington Central Library Auditorium, 1015 N. Quincy Street, Arlington. The City of Alexandria, City of Falls Church, and Arlington County will host community meetings to obtain public input for a study examining the future of the Northern Virginia Juvenile Detention Center. The facility, located in Alexandria, is operated by the three jurisdictions through a regional Juvenile Detention Commission. An independent criminal justice consulting firm, The Moss Group (TMG), is conducting the study. TMG is evaluating what changes, if any, could be made to the center to make it more efficient while still meeting the needs of the juvenile population and communities at large; or whether the center should be closed due to underutilization, and youth detained in another center in Northern Virginia.

TUESDAY/NOV. 26

Fall Street Smart Campaign. 4:30-5:30 p.m. At Columbia Pike Corridor. The arrival of Fall in the region means cooler temperatures and less daylight during commuting hours. To promote safe use of our roadways, law enforcement throughout the region will participate in the Metropolitan Washington Council of Government's Fall Street Smart campaign. The Street Smart campaign leverages education and enforcement efforts to identify and change unsafe behavior patterns among pedestrians, motorists, bicyclists and scooter operators, with the goal of reducing the number of traffic related crashes and injuries on our roadways.

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 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.

FRIDAY/DEC. 6

Arlington Chamber Meeting. 11:30 a.m. to 2 p.m. At Sheraton Pentagon City Hotel, 900 S. Orme Street, Arlington. Amazon's Brian Huseman, Vice President of Public Policy at Amazon, will serve as the keynote speaker at the 95th Annual Meeting. With 300 attendees anticipated, the 95th Annual Meeting is a key event for the Arlington business community that will celebrate the Chamber's 2019 accomplishments, while looking ahead to 2020. Visit www.arlingtonchamber.org.

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:

- ❖ 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

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 Siqueland at 703-228-0913 or esiqueland@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,



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Announcements

Employment

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Announcements

Legals

ABC LICENSE

Joha Jang Inc trading as River Place Market, 1117 Arlington Blvd., Arlington, VA 22209-3201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer off Premises license to sell or manufacture alcoholic beverages. Yong Chang, President. 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

AL NUUR INC trading as BURGERIM, 3811 FAIRFAX DR, ARLINGTON, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a WINE AND BEER ON PREMISE license to sell or manufacture alcoholic beverages. TRUPTHI LAKSHMAN, DIRECTOR. 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

HCC Hotel Owner L.P. trading as Hilton Crystal City, 2399 Jefferson Davis Highway, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Hotel Wine and Beer On Premises /Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Robert Geimer, Senior Vice President. 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

PUBLIC NOTICE

AT&T proposes to replace an existing 32' light pole with a new 34' light pole and install a top-mounted antenna at 38.25' at 951 N Nelson St, Arlington, VA (20191701). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.



CALENDAR

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Announcements

Announcements

NOTICE OF OLD DOMINION ELECTRIC COOPERATIVE AND ITS MEMBER DISTRIBUTION COOPERATIVES TO SEEK WAIVER OF CERTAIN PURPA OBLIGATIONS FROM THE FEDERAL ENERGY REGULATORY COMMISSION

Take notice that on or after December 2, 2019, Old Dominion Electric Cooperative (ODEC) intends to file with the Federal Energy Regulatory Commission (FERC) a Petition requesting waiver of certain obligations in FERC's rules implementing Section 210 of the Public Utility Regulatory Policies Act of 1978 (PURPA), on behalf of itself and the following ODEC member distribution cooperatives which are regulated by the Virginia State Corporation Commission (VSCC): A&N Electric Cooperative, BARC Electric Cooperative, Community Electric Cooperative, Mecklenburg Electric Cooperative, Northern Neck Electric Cooperative, Prince George Electric Cooperative, Rappahannock Electric Cooperative, Shenandoah Valley Electric Cooperative, and Southside Electric Cooperative (collectively, the "Members").

The Petition will request waiver of FERC's regulations to allow ODEC and the Members to jointly implement their respective obligations under Section 210 of PURPA and under Part 292 of the FERC's regulations, 18 C.F.R. Part 292, as set forth in the PURPA Implementation Plan between ODEC and its member distribution cooperatives. PURPA Section 210 was enacted to encourage production of electric energy by qualifying cogeneration and small power production facilities (QFs). Part 292 of FERC's Regulations sets forth the requirements regarding arrangements between electric utilities and QFs. Part 292 requires electric utilities to purchase and sell energy and capacity from and to QFs. The PURPA Implementation Plan provides that (1) any QF may interconnect with the electric distribution systems of ODEC's Members or to ODEC's transmission system to the extent such QF is entitled to interconnection under Part 292 of the Commission's Regulations; (2) ODEC will purchase capacity and energy from QFs with a net capacity in excess of 100 kW and up to 20 MW as made available by such QFs, at ODEC's avoided cost; (3) each of the Members will sell supplementary, back-up and maintenance power to QFs on a firm or interruptible basis, upon request, at rates that are non-discriminatory, just and reasonable, and in the public interest; and (4) no QF will be subject to duplicative charges for interconnection or wheeling as a result of selling to ODEC and buying from a Member. By Order issued on August 9, 2019, in its Case No. PUR-2019-0047, the VSCC granted ODEC's motion for authorization to state that the VSCC endorses the Petition with respect to the Members.

Copies of the PURPA Implementation Plan will be sent to interested parties upon request. FERC will publish notice of the Petition in the Federal Register following receipt of the filing. That notice will specify that any person desiring to be heard in this matter can make the appropriate filing with the FERC.

Inquiries or comments concerning this matter should be addressed to:
Old Dominion Electric Cooperative • 4201 Dominion Boulevard •
Glen Allen, VA 23060 • (804) 968-4021 • Attn: General Counsel

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

BULLETIN BOARD

FROM PAGE 10

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/arlinton-alexandria-va for more.

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

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

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

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

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

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

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

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

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

Vajrayogini Buddhist Center offers "Meditations for a Meaningful Life" for the general public Tuesdays, 7:30-8:30 p.m. at St. George's Episcopal Church, 915 N. Oakland St., Arlington.

Gen Kelsang Varahi, an American Buddhist nun, leads teachings and guided meditations on life. \$10 (\$5 unemployed, full-time students, 65 and older). Visit <http://meditation-dc.org/arlinton/> for more.

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

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Please Relief Me



By KENNETH B. LOURIE

Or let me go. So sang Engelbert Humperdinck way back in 1967 about having lost that loving feeling. His lost loving feeling was not about his mortgage. The lyrics: "I have found a new love dear" imply if not clearly state that there's a woman involved. My lost loving feeling is about my mortgage. And contrary to Engelbert, I can't leave it, and believe me, I've tried, though I've never sung about it, only droned on about it in print. To invoke the legendary Ricky Ricardo, aka Desi Arnaz, from "I Love Lucy," originally broadcast in the mid- to late-50s: Let me 'splain.

It's been over 15 years since my last successful refinance. Twice in the intervening years I've tried to refinance. In each case, I've been denied even though I've had upwards of 50 percent equity and an 800 or so credit rating.

Between multiple problems with the house (lead paint on the exterior, broken windows, etc.) and less than ideal income documentation, debt to income ratio, yada, yada, yada, we've regularly been kicked to the curb, which we also don't have, so I gave up; and have proceeded over the years to fix some of the problems mentioned which unfortunately has not led to an acceptable resolution.

Time has passed, and after years of television advertisements by Henry Winkler, Fred Thompson and most recently, Thomas Magnum himself: Tom Selleck, promoting reverse mortgages for those nearing retirement, I buckled under the pressure of these years of paid celebrity endorsements and made a few inquiries. It turns out that given my age — and circumstances semi-unique to us (no kids, lots of equity, need the money), we're perfect candidates. So we applied to company number one (denied) which led to company number two: denied. The second time the denial was not about income documentation and so forth as it was with the first "reverse-mortgager." No. It wasn't even about the house. This time it was about an out-building on our property, specifically the foundation of a "shed"/stable standing derelict in its duties and of no use to anyone. Not however of 'no use' to the appraiser, apparently, who mentioned its condition in his report to the mortgage underwriter who now has because of those findings, slam-dunked us (put our application on hold) pending the shed's disposition.

To summarize and recall another legendary figure from the 50s: author Joseph Heller, I'm in a bit of a "Catch-22." I can't refinance the house and get access to its equity because I can't meet the financial qualifications. And I can't reverse-mortgage the house — to gain access to the equity I need to live on, because the out-building on my property ("Belly Acres" as I call it) is a shell of its former self, so to speak, and needs upwards of \$100,000 of repairs (I've gotten an estimate), money that if I had/could even get to, I'd need to live on, not spend on a building I'll never use/don't need. And neither can I sell the house (nor do we want to quite frankly) because the "shed" would be part of any deal, which means its repair would still be required. And one more thing, because the house is registered with the Federal Government as "Historic," we can't demolish this out-building either. In effect, we are stuck between a rock — as in those missing and cracked in the 100 year-old shed's foundation — and a hard place: the underwriter's intransigence and the Historic Preservation's rules. Let's call it a Catch-22 "A."

At this point, I don't really know which way to turn. I'm not exactly damned if I do, I'm more damned because I can't. I don't think I'm asking for any kind of special dispensation. I'm not involving the Pope. I just want, to quote singer/songwriter Nick Lowe from his 1974 song, ("What's So Funny 'Bout Peace, Love and Understanding," some 'peace, love and understanding.' I'm not looking to make any trouble. In fact, I'm looking for the opposite: serenity, now and forever, with or without Seinfeld reruns. And I can afford it if the powers that be, won't be less omnipotent and help a fella out. I swear I won't bother them if they won't bother me. Make the approval a Festivus-type occasion except it won't be for the rest of us, it will be just for me and my wife. I promise I won't tell a soul.

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

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