

The Arlington Connection

Kim Alderman from Arlington competes in the Northern Virginia Senior Olympics diving events Sunday, Sept. 19 at Chesterbrook Swimming and Tennis Club in McLean. Kim's wife Karen also competes.



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PHOTOS BY SHIRLEY R. UHE / THE CONNECTION

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Down with Plastic Bags

Arlington County, the City of Alexandria, and Fairfax County are simultaneously taking steps to reduce the negative environmental impacts of single-use plastic bags by adopting local plastic bag tax ordinances in each jurisdiction.

The Alexandria City Council and Arlington County Board adopted their ordinances during public hearings held Saturday, Sept. 18, which followed Fairfax County's adoption of their ordinance on Tuesday, Sept. 14. The plastic bag tax ordinance authorizes the jurisdictions to impose a five-cent (\$0.05) tax for each disposable plastic bag from grocery, convenience and drugstores.

"A decrease in plastic bags will lessen our environmental impact and improve quality of life for our Eco-City by reducing the plastic bags littering our roads and local waterways," said City of Alexandria Mayor Justin Wilson. "This action, coupled with continuing outreach and education that empowers our residents as active partners in these efforts, is one of the many important steps Alexan-

dria and our neighboring jurisdictions are taking toward achieving environmental sustainability."

The effective tax date would be Jan. 1, 2022, for all three jurisdictions.

The City of Alexandria, Arlington County and Fairfax County have been working closely with the Northern Virginia Regional Waste Management Board to align outreach, education, timelines and common language for the localities to ensure consistency and clarity.

"Arlington is proud to take this step to reduce plastic bag waste in our community and to do so with our regional partners," said Arlington County Board Chair Matt de Ferranti. "We have long sought the legal authority for this small fee as a way to protect our environment and become a more sustainable community. We look forward to working with residents and neighbors on implementation."

In 2020, the Virginia General Assembly adopted Virginia Code 58.1-1745, which authorizes any county or city in Virginia to impose a tax of five cents per bag on disposable plastic bags provided to

customers by convenience stores, drugstores, and grocery stores. The Virginia Department of Tax Administration published final Guidelines for the Virginia Disposable Plastic Bag Tax on Sept. 1, 2021. <https://www.tax.virginia.gov/guidelines-virginia-disposable-plastic-bag-tax>

The tax would not apply to plastic bags intended for reuse; plastic bags solely used to wrap, contain or package certain items (ice cream, meat, fish, poultry, produce, unwrapped bulk food items or perishable food items); plastic bags for dry cleaning or prescription drugs; or multiple plastic bags sold in packages for garbage, pet

waste or leaf removal.

"Working collaboratively with Arlington and Alexandria to address the issue of plastic pollution makes perfect sense," said Jeff McKay, Chairman of the Fairfax County Board of Supervisors. "Environmental issues like pollution and water quality don't respect political or geographic boundaries, they are shared concerns that affect all of us equally. I hope not a single person will need to pay this tax as it is completely avoidable. I congratulate my peers in both Arlington and Alexandria on the adoption of their plastic bag tax ordinances. We look forward to working together to reduce pol-

lution locally and to improve our natural environment in the years to come."

Until Jan. 1, 2023, for the first year in effect, retailers will be able to retain two cents for every five cents collected on each plastic bag. After Jan. 1, 2023, the amount will decrease to one cent.

Collected taxes may be used for environmental cleanup; providing educational programs designed to reduce environmental waste, mitigating pollution and litter; or for providing reusable bags to recipients of either Supplemental Nutrition Assistance Program (SNAP) or Women, Infants, and Children Program (WIC) benefits

Small Business Grants in Arlington

The Arlington County Board voted 5-0 to approve the Small Business GRANT 2.0 program, which will provide direct financial assistance to small businesses as they continue to recover from the often devastating impacts of the COVID-19 pandemic. The GRANT 2.0 program will provide funds to businesses and nonprofits to aid in their short-term recovery and will focus on hard-to-reach businesses, as well as those industries most affected by the Gov-

ernor's stay at home orders who were not eligible or could not quickly pivot to respond to other grant opportunities. A total of \$2 million is being allocated to the program through the American Rescue Plan Act.

"From a health and economic standpoint, the pandemic is not over. It continues to be a significant source of challenges for our small businesses," said Matt de Ferranti, chair of the Arlington County Board.

SEE SMALL BUSINESSES, PAGE 8



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SENIOR LIVING

Let the Games Begin

Northern Virginia Senior Olympics competitions are going on around the region.

BY SHIRLEY RUHE
THE CONNECTION

It is a bright sunny day at Chesterbrook Swimming & Tennis Club in McLean on Sunday, Sept. 19 as the Northern Virginia Senior Olympics (NVSO) diving competition leads off two weeks of events.

"Much better than the usual inside diving venues," according to Kim Alderman, a long-time competitor. He explains the diving boards are much better.

"And it's nice in the sunshine," according to his wife Karen Alderman, also a long-time competitor.

Kim and Karen are from Arlington where there were no swimming pools available for practice during Covid. But Kim says he was lucky to find Montgomery Pool. However, Karen had Covid and had to recover for a while.

Mandy Whalen, who lives at Goodwin House in Falls Church, says she had no pool available for 18 months. "I was back in the water for the first time when we started to practice for this."

This year the 12 competitors are from all over the N. Virginia area including Guinevere Meyer, Alexandria; Carol Mackela, Springfield; Carlos Rodriguez, Dumfries; Douglas Bell, Vienna; Mandy Whalen, Falls Church; Stephen Neal, Chantilly. The games

are held at venues all over the area and are open to competitors who will be 50 years and over by December 2021.

The diving event is divided into age groups with the 50-54 and 55-59 required to do 6 dives or skills; 60-64 and 65-69 required to do 5 dives or skills and 70-74 and older required to do four dives or skills.

Carlos Rodriguez from Dumfries says, "I'm 81 so there are only two of us oldies in my category." He is entered in 15 NVSO events this year. "I've been competing in the NVSO for 10 years and every year I add 2-3 events. This year I'm entered in diving, swimming, field events and horseshoes." In 2019 he entered in seven events in the National Senior Olympics in Albuquerque and is planning for the Nationals next year in Ft. Lauderdale where, he has relatives.

Jeanne Moscarillo from Lovettsville says, "I am competing for the first time this year. I haven't dived since high school but someone just gave me a form in the Community Center so here I am."

Five judges line the side of the pool with their flash cards ready to flip open after each dive. Kim explains all judging is relative and styles change. Twenty years ago a full out with 2 1/2 somersaults and 2 twists wasn't judged very high. He explains it's not pretty but when they started using it in the Senior Olympics, the judging changed.

"Judges are supposed to judge in the same manner but it changes from year to year. You wonder how they are going to judge today." He doesn't know if they'll age-adjust today.

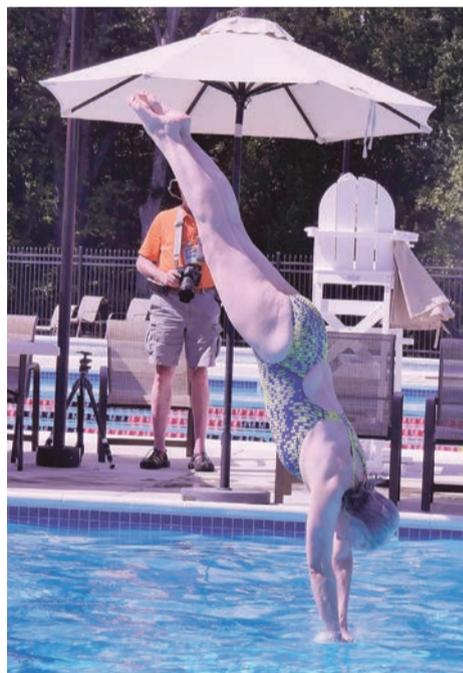
Carol Mackela is from Springfield, a long-time local as well as national and international competitor. She carefully adjusts the fulcrum on the diving board before starting her dive.



Kim and Karen Alderman from Arlington compete in the Northern Virginia Senior Olympics diving events Sunday, Sept. 19 at Chesterbrook Swimming and Tennis Club in McLean.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Carol Mackela, Springfield, long-time Northern Virginia Senior Olympics, national and international diving competitor.



Guinevere Meyer, Alexandria, practices several dives before settling on her final five for the competition in the Northern Virginia Senior Olympics.

Karen Alderman explains the fulcrum controls the springiness of the board. "I can only do my back dives with the fulcrum tight."

The practice is complete and judges sit ready. The announcer calls out "the diving order is as follows." And the medals sit on the table ready for the final ceremony.



Mandy Whalen, a resident of Goodwin House, just took up diving several years ago.



Judges sit ready with flip cards to record their score for each dive in the Northern Virginia Senior Olympics diving events Sunday, Sept. 19 at Chesterbrook Swimming and Tennis Club in McLean.



Jeanne Moscarillo, Lovettsville, is competing in her first NVSO diving event. She hasn't dived since high school.



Carlos Rodriguez from Dumfries has entered 15 Northern Virginia Senior Olympics events this year although in the 81-year-old category "there aren't too many competitors!"

COVID Pain Reaches Far

Va. Employment Commission processed 136,000 unemployment claims in 2019, but that number surged by ten times to 1.4 million in 2020.

BY KENNETH R. "KEN" PLUM

The trauma of the COVID-19 pandemic continues to extend its painful reach. The number of COVID cases in Virginia continues to move towards a million cases, over 35,000 hospitalizations, and over 12,000 deaths. Fairfax County alone has had more than a thousand deaths. There is a glimmer of hope as the vaccination rates of eligible persons now exceeds sixty percent.

Beyond the medical issues and deaths, the pandemic has had a profound impact on our economy, our institutions, and our way of life. A serious additional profound impact has been on the workforce. People lost their jobs and their businesses as the pandemic spread. The Virginia Employment Commission processed 136,000 claims in 2019, but that number surged by

ten times to 1.4 million in 2020 with the advent of the pandemic.

Virginia has historically had a low unemployment rate over the years. The impact of COVID was like a tsunami. The relatively small agency increased its staff overtime by 1,600 percent and hired a net of 473 full-time staff between January 2000 and August 2021 in an attempt to respond to the surge of unemployment claims. At the same time the federal government added six additional programs that provided financial relief to those previously ineligible. For those in need of financial support for the first time in their lives, the system was not able to keep up.

The Joint Legislative Audit and Review Commission (JLARC) which I chair has had its staff of nonpartisan researchers taking a



Del. Ken Plum

hard look at the Virginia Employment Commission during this turbulent year to determine how to improve the services of the agency to be more responsive to those filing claims. An interim report was made by the JLARC staff earlier this week that laid out in detail the challenges the agency has had and what is being done to improve performance. A copy of the interim report is at <http://jlarc.virginia.gov/reports.asp>.

The report came as no surprise to legislators. My legislative office as well as the offices of all delegates and senators have been inundated with requests by constituents seeking help with the paperwork and processes of getting benefits for which they are eligible and which they needed because their jobs had been eliminated and no other work

was available.

My legislative assistant and staff persons in other legislative offices have been spending nearly full time intervening for constituents who deserved better instructions and faster turn-around on their requests. The federal court intervened to require the state to take care of its case backlog.

Slow progress is being made, but still too many people are waiting for the relief for which they are eligible and which they need for survival. An antiquated computerized system is finally being replaced and will eliminate the need for far too many manual processes.

It is probably inevitable that this unfortunate circumstance becomes politicized. Finger pointing will not solve it, however. Application of needed resources and a commitment to meet the challenge are essential to address this aspect of COVID-related pain.

Supporting Puerto Rico Statehood

BY ISABELLA GULICK

In November 2020, I voted for the first time in the U.S. Presidential election. As a natural born U.S. citizen, I have always known I would be able to vote once I turned 18. Having the opportunity to vote in such an important election made me feel represented as a citizen. Yet another group of natural born U.S. citizens are denied the right to vote in U.S. elections, the people of Puerto Rico.

Puerto Ricans live under U.S. laws, but in 2020 they weren't able to vote for President or for a voting representation in the U.S. Congress in a critically important election that affected them greatly. And in some ways, the stakes of the presidential election could not have been higher for Puerto Ricans since, according to the former Chief of Staff of the Department of Homeland Security, former President Trump asked if he could "trade Puerto Rico with Greenland" as a territory.

Some have made the argument that Puerto Ricans shouldn't be allowed to vote because they would vote for Democrats. Not only is it impossible to gauge where the majority of Puerto Ricans would

ultimately fall on the political spectrum, silencing them perpetually by restricting their votes on the basis of their potential political affiliation is simply undemocratic. As a Virginian, I find that argument to be lazy and abhorrent. Virginia is currently a blue state and has been so in the past four elections. If our voting rights were to suddenly be denied based on the fact that the majority of our state voted for Democrats, I'm sure many people would see a huge problem with that.

People born in Puerto Rico have been U.S. citizens since 1917. For far too long, people have lived and died under the unequal territorial status, never having voting rights. For Puerto Rican veterans, this inequity is even more tragic. People who have fought and bled while serving under the U.S. flag are still treated unequally. More than enough time has passed for the U.S. to make a decision about what we want to do. The most reasonable and timely option at this point would be to offer full equality and democracy for our fellow U.S. citizens by passing the Puerto Rico Statehood Admission Act, H.R. 1522 in the House and S. 780 in the Senate. This is the option the majority of Puerto Rican voters want.

At the same time stateside voters were electing the President last year, Puerto Ricans went to the polls and voted on the status of their island in a non-binding referendum. Statehood won with 52.5% support. The majority of American citizens living in Puerto Rico have decided what they want, and the U.S. government needs to honor that by passing the Puerto Rico Statehood Admission Act. I would like to see my Representative, Con-

gresswoman Jennifer Wexton, and my Senators Mark Warner and Tim Kaine show that they respect the will of Puerto Rico's voters by supporting and co-sponsoring H.R. 1522 and S. 780.

Isabella Gulick

Is a supporter of the Puerto Rico Statehood Action Network.

She currently attends Northern Virginia Community College and is a resident of Chantilly, VA.

Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name. Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors.

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Long Bridge Aquatics Center Community Celebration

Celebrate the new Long Bridge Aquatics & Fitness Center at the free community celebration on Saturday, Sept. 25, noon-8 p.m.

Long Bridge Aquatics & Fitness Center
333 Long Bridge Drive
Arlington, VA 22202

Programming happening from noon-5 p.m.:

- ❖ Arlington Art Truck
- ❖ Art Project: David Hockney Swimming Pools (noon-3 p.m.)
- ❖ DJ
- Drop-In Fitness Classes for ages 13+
12:30-1 p.m.: Cycle
- 2-3 p.m.: Fitness Equipment Orientation
- 3:30-4 p.m.: Muscle Blast

4-4:30 p.m.: Limber Up

- ❖ Exhibitors
 - Abrakadoodle
 - Animal Welfare League of Arlington
 - Arlington County Child & Family Services Division, Prevention Unit
 - Arlington Masters Swim Team
 - Arlington's Car-Free Diet
 - Go Bananas Dancing
 - Nature Centers
 - Office of the Arlington County Treasurer
- Facility Tours every half hour from noon to 7 p.m.
- ❖ Fire Truck
- Food Trucks
- ❖ BBQ At Its Best

- Colombian Station
- El Encanto Latino (noon-3:30 p.m.)
- Kona Ice (1-5 p.m.)
- ❖ Inflatables – Obstacle Course and Criss-Cross Basketball
- ❖ Lawn Games – Cornhole, Giant Checkers, Giant Connect Four, Giant Inflatable Ring Toss, Giant Jenga
- ❖ Rock Climbing Wall

From 5-8 p.m., the National Landing BID will host a concert and beer garden. As Virginia's largest walkable downtown, National Landing is building the region's next great innovation and entertainment district. Join them for a festive fall Beer Garden and live entertainment featuring Virginia native and Hot 99.5 Rising Artist Winner, Jerel Crockett beginning at 5 p.m. The night will include a

diverse lineup of some of the DMV's hottest DJs Farrah Flosscett and King Iven, as well as a surprise cover band playing all your favorite songs from the 80s, 90s and today.

The Center is open during the event so check out the pool schedule and bring your suit! Daily pool passes start at \$5.

Long Bridge, home to Arlington County's only 50-meter pool with one-, three- and five-meter diving towers and tiered spectator seating overlooking the pool, is the new go-to facility for competitive swimming and diving events, community lap swimming, aquatics and fitness classes and other activities. The center also houses a leisure pool, featuring a water slide, indoor sprayground, lazy river and additional lanes for community lap swimming. <https://parks.arlingtonva.us/long-bridge-aquatics-and-fitness-center/amenities/>

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Virtual & Outdoor Programs:

Climate Change in Virginia, Virginia's citizens and businesses are not exempt from climate change. Learn more about it. Thursday Sept. 23, 1:30 p.m. Registration # 911400-17.

Explore Drawing, Join Jen Droblyen from DPR's Office of Community Arts

for an afternoon of drawing. Friday Sept. 24 1-2:30 p.m. at Arlington Mill Community Center 909 S. Dinwiddle St. Registration # 911301-7

About Washington with John Kelly, 'Meet' John Kelly the well-known Washington Post columnist who writes John Kelly's Washington. Friday Sept. 24 1:30 p.m. Registration # 911400-18

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OBITUARY



Kemal Kurspahic with the editorial staff of the Sarajevo newspaper Oslobođenje in 1993.



Legendary editor Kemal Kurspahic died Sept. 17 at the age of 74.



Kemal Kurspahic, center, welcoming then-Senator Joe Biden to the ruins of the bombed headquarters of the Sarajevo newspaper Oslobođenje in 1993 at the frontline of the besieged city.

‘Courage in Journalism’ Kemal Kurspahic dies at 74.



Kemal Kurspahic with sons Mirza, left, and Tarik.



Kemal Kurspahic with his wife Vesna.



Kemal, Vesna, Mirza and Tarik Kurspahic on the Charles river in 1994.

BY JEANNE THEISMANN
THE CONNECTION

Kemal Kurspahic, the managing editor of The Connection Newspapers, died unexpectedly Sept. 17 as a result of a stroke he suffered after a minor surgery. He was 74, a resident of McLean.

“We are heartbroken and devastated,” said Connection Newspapers publisher Mary Kimm. “There aren’t words for what having Kemal as our heart and anchor at the Connection has meant to us, or how crushed we are by losing him.”

Kurspahic was the acclaimed editor-in-chief of Oslobođenje, Sarajevo’s daily newspaper, from 1988-1994. He oversaw the publication of the newspaper during the three-year siege of the city in the 1990s. During that time he survived grievous injuries suffered during a car crash while under intense sniper fire.

“Global journalism lost a hero today,” said NPR correspondent Tom Gjelten upon learning of Kurspahic’s death. “He published Sarajevo’s newspaper every single day during the siege, holding a multi-ethnic staff together in the midst of interethnic strife.” See sidebar.

“Global journalism lost a hero today.”

— Tom Gjelten,
NPR correspondent

Kurspahic was born Dec. 1, 1946, in Mrkonjic Grad, Bosnia

Herzegovina. He became a correspondent for Oslobođenje as a high school freshman in Sanski Most in October 1962. At Belgrade University Law School, he was an editor of the weekly magazine Student during student protests that swept Europe in 1968. He continued as a correspondent for Oslo-

bodjenje in Belgrade in 1969, and since then was a correspondent in Jajce (1971-1973), editor of Sports, Politics and Newsroom departments in Oslobođenje (1974-1981), the UN correspondent in New York (1981-1985), and deputy editor-in-chief (1985-1988).

SEE KEMAL, PAGE 7

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Kemal Kurspahic Dies at 74

FROM PAGE 6

In December 1988 he became the first editor-in-chief elected by the editorial staff of *Oslobodjenje*.

Under his leadership, the paper waged three battles for freedom of press: breaking from the League of Communists control; defending its independence against nationalist parties in power in 1991; and publishing daily from an atomic bomb shelter during the siege of Sarajevo, 1992-1996.

For his efforts, Kurspahic received numerous awards, including the Courage in Journalism Award in 1992 (International Women's Media Foundation); the International Editor of the Year (World Press Review) and the Bruno Kreisky Award for Human Rights in 1993; the World Press Freedom Hero in 2000 (International Press Institute); and the Dr. Erhard Busek Award for Better Understanding in the Region in 2003 (South Eastern Europe Media Organization).

In 2000, Kurspahic was named one of the 50 Press Freedom Heroes from the last 50 years by the International Press Institute, citing "significant contributions to the maintenance of press freedom and freedom of expression" and "indomitable courage."

Kurspahic was a Nieman Fellow at Harvard University, a Clark Fellow at Cornell University, and a Senior Fellow at the U.S. Institute of Peace. He held lectures and seminars at universities across the U.S. and advised the highest-level decision makers of U.S. foreign policy, including President Bill Clinton and then-Senator Joe Biden.

In recent years, Kurspahic served as the Managing Editor of *The Connection Newspapers* in Northern Virginia. Former editor Steven Mauren was a longtime colleague of Kurspahic.

"When publisher Mary Kimm first received Kemal's resume with his international stature for a position as a community newspaper editor at the Connection, she thought we could benefit just from meeting him, never thinking he would join," Mauren said. "He did; and our newsroom benefited inestimably from his depth of experience, his collegial leadership, and his always unruffled, reassuring demeanor."

Kurspahic was the Chairman and Founder of the Media in Democracy Institute, based in the Washington, D.C., area. He was the author of four books: "Prime Time Crime: Balkan Media in War and Peace" (US Institute of Peace Press, 2003); "As Long as Sarajevo Exists" (Pamphleteer's Press,

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Kemal Kurspahic with President Bill Clinton in Washington in April, 1993, six weeks after Biden visited Kurspahic and his paper in Sarajevo.

PHOTOS CONTRIBUTED

'Global Journalism Lost a Hero Today'

Tom Gjelten www.facebook.com/tgjelten

"Global journalism lost a hero today. Kemal Kurspahic, the legendary editor-in-chief of *Oslobodjenje*, Sarajevo's daily newspaper, died as an exile in northern Virginia after suffering a stroke following minor surgery. I met Kemal in Sarajevo in 1993. He oversaw the publication of his newspaper every single day during the three-year siege of his city by murderous Serb nationalists who were determined to shut the city down. Kemal negotiated with the U.N. for newsprint and with local warlords to get fuel on the black market to keep his presses running. He promised his staff that *Oslobodjenje* would continue publishing "as long as Sarajevo exists," and he kept that promise. The paper got smaller and the press run was limited, but *Oslobodjenje* under his leadership became a symbol for Sarajevo of its own determination to survive. But not just as a symbol of perseverance. It represented as well the city's commitment to its own multi-ethnic identity. A Muslim married to a Serb, Kemal presided over a multi-ethnic staff, and the newspaper thereby stood for Sarajevo's remarkable cosmopolitan character. He also insisted that his reporters tell the war story honestly and accurately, even when it meant challenging his own government's interpretation of events. I was so inspired by the *Oslobodjenje* story under Kemal's leadership that I wrote a book about it, seeing its struggle as representing the ideological element of the larger Bosnian war story. After suffering grievous injuries during a car crash under intense sniper fire, Kemal went into exile and wrote his own book, titled appropriately "As Long As Sarajevo Exists." Remarkably, he ended up in northern Virginia as editor-in-chief of the Connection newspapers, serving a suburban DC population that exemplified the same multi-ethnic character he had defended in Bosnia. His journalistic and human values are an example for journalists everywhere. RIP, Kemal."

1997); "Letters from War" (Ideje, Sarajevo 1992). and "The White House" (*Oslobodjenje*, Sarajevo, 1984).

As a diplomat he worked for five years (2001-2006) for the United Nations Office on Drugs and Crime, first as the Spokesman in Vienna and then as the Caribbean Regional Representative, responsible for 29 states and territories.

Kurspahic is survived by his high school sweetheart and wife of 52 years Vesna Kurspahic of McLean,

their two sons Tarik (Mary Beth), of Lexington, Mass., and Mirza (Kristine), of Centreville, and four grandchildren (Andrew, Brynna, Rory, and Nev).

"Having a leader like Kemal in our newsroom was special magic," Kimm said. "He was always teaching, sometimes directly, always by example."

He embraced community journalism and helped reinforce how important local reporting is to the community."



The AVAST Artist's Tour will take place Sept. 25-26 in Arlington.

SATURDAY/SEPT. 25

Celebrate the new Long Bridge Aquatics & Fitness Center at the FREE community celebration on Saturday, Sept. 25, noon-8 p.m. From 5-8 p.m., the National Landing BID will host a concert and beer garden. The Aquatic Center is open during the event so check out the pool schedule and bring your suit. Daily pool passes start at \$5.

enjoying paintings, ceramics, metals, photography, and more.

SUNDAY/SEPT. 26

InViolata Concert. 3 p.m. At St. George's Episcopal Church, 915 N. Oakland, Arlington. NOTA BENE viol consort featuring Joanna Blendulf, Wendy Gillespie, Sarah Mead, and Emily Walhout. The musical moods and modes of Josquin's era, sung instrumentally on Renaissance strings. Nota Bene plays a matched set of Renaissance viols; Mark Rimple joins them playing Renaissance lute. Visit capitollearlymusic.org.

SEPT. 24-OCT. 3

"The Hobbit." At Thomas Jefferson Community Theatre, 125 S. Old Glebe Road, Arlington. Encore Stage & Studio presents "The Hobbit" Sept. 24-October 3, 2021. Performances will be held at Thomas Jefferson Community Theatre.

FRIDAY/OCT. 1

The View From Here. 7:30 p.m. At Lubber Run Amphitheatre, 200 N. Columbus Street, Arlington. Jane Franklin Dance presents The View From Here, a program of new and recent works that resonate with Arlington's outdoor venue, Lubber Run Amphitheatre. With a premiere work by award-winning choreographer Rob Priore, a season opening commission by Philip Baraoidan, and a recent work inspired by Arlington itself, sit back and embrace fall at Lubber Run.

SATURDAY/SEPT. 25

Clarendon Day. 12 to 6 p.m. At 3100 Clarendon Blvd., Arlington. Clarendon Day is one of Arlington's best loved and most diverse street festival, with several music stages, a large kid's area, arts and crafts vendors, business and nonprofit exhibitors from Clarendon and the region, plenty of great food from local and regional restaurants, Craft beers and Virginia wines, and more.

SEPT. 25-26

AVAST Artist's Tour. 11 a.m. to 5 p.m. At artists' studios throughout Arlington. (AVAST address: 932 South Walter Reed Drive, Arlington). Some 49 Arlington artists to open their workspaces to the public. The Arlington Visual Art Studio Tour (AVAST) will return to its in-person format with masking, social distancing, and limits on numbers of visitors. Participating artists will invite visitors to see their work, processes and studio spaces, many of which are rarely open to the public. Art lovers of all ages can meet and chat with the artists while

OCT. 1-29

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

BULLETIN BOARD

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

THURSDAY/SEPT. 23

Getting to Carbon Neutrality. 7-8 p.m. Online. A discussion on carbon neutrality and how we get there. The webinar will cover how Arlington can address the climate crisis and become a resilient, equitable, and prosperous community. Free. Visit the website: www.ecoactionarlington.org/get-involved/events/

11:30 a.m. Did you know that Fall is the ideal time to plant trees, shrubs, and perennials? This class offers easy tips for planting, onsite composting, providing winter habitat and food for wildlife, and end-of-season care of tools and equipment. We'll help you identify opportunities to learn from this year's successes and failures (we all have them) to lay the groundwork for next year. Speakers are Extension Master Gardeners Joan McIntyre, who leads the VCE-MGNV Neighborhood Champions program that supports Master Gardeners as they offer gardening expertise to their neighborhoods, and Molly Newling, who excels

FRIDAY/SEPT. 24

Putting Your Garden to Bed. 10 -

SEE BULLETIN, PAGE 9

SENIOR LIVING

It Takes a Village

Senior Villages ease aging in place.

BY JEANNE THEISMANN
THE CONNECTION

A generation or two ago, many Americans assumed that, when they grew older and frailer, they would go to a nursing home or assisted-living facility. But aging looks different now. According to a recent AARP survey, today's older Americans — 88 percent of those 65+ — prefer to stay in their home and community for as long as possible.

Villages are nonprofit, community-based organizations committed to helping people live and thrive in their own homes, surrounding them with the extra help they need to stay active and engaged. This “extra help” is provided by volunteers who share a passion for helping their neighbors age well in their homes. A Village offers many of the benefits of a traditional retirement community — all in the comfort of the family home.

Villages provide a way for seniors to stay connected, safe and engaged. Now especially, during and after the pandemic, Villages are a lifeline for seniors, providing transportation, grocery shopping, errands, and help both inside and out of their homes. Villages stay in contact with their members — providing regular check-in phone calls to their more vulnerable members and offering engaging social activities, in person or online as circumstances dictate.

Loneliness and social isolation are linked to serious health conditions, and seniors are at the greatest risk. Perhaps the most essential Village offerings are the engaging online and in-person activities and events: book groups, current



Arlington Neighborhood Village volunteer delivering groceries for a member during COVID-19. Village volunteers stepped up to help members with contactless grocery shopping and medication pickup during the pandemic in 2020.



Pre-pandemic volunteer driver from Mount Vernon At Home getting ready to take a member to a medical appointment. Volunteers and members adhered to all the necessary safety protocols during COVID-19.



At Home in Alexandria executive director Cele Garrett, left, helps an At Home in Alexandria member with plant shopping.

events discussions, virtual art tours, birthday celebrations, educational talks with guest speakers, and much more that keep seniors connected with one another. Villages are an essential component of a community's senior safety net.

The Washington area leads the country in the growth of senior villages, going from about five in 2010 to 60 that are up and running or in development today. In Northern Virginia, you can find villages in the City of Alexandria, Arlington, Mount Vernon, and elsewhere

relying on volunteers to provide the extra help and connection that makes aging-in-place possible.

Arlington Neighborhood Village, Mount Vernon At Home and At Home in Alexandria are three of the Washington area's more than 60 senior Villages.

More information can be found at: Arlington Neighborhood Village — www.arlnvil.org; Mount Vernon At Home — www.mountvernonathome.org; and At Home In Alexandria — www.athomeinalexandria.org.

Small Business Grants in Arlington

FROM PAGE 2

“This assistance targets small businesses that have not received federal or state assistance and gives special consideration to businesses that have vaccinated their employees and/or will commit to do so.” The grants are small, \$10,000 grants for businesses with 50 or fewer employees.

The GRANT 2.0 program will provide 200 grants of \$10,000 each to eligible businesses and nonprofits with fewer than 50 employees and that have not re-

ceived federal or state funding for COVID-19 relief — though Arlington businesses that received funding through Arlington's previous Small Business Emergency Grant program last year are eligible. Businesses may use the grants for employee salary and benefits, as well as for other business capital and operating expenses directly related to the impacts of COVID-19. Special consideration will be given to those businesses whose staff is fully vaccinated or that follow COVID-19 testing protocols.

“Eighteen months into this global pan-

demic, and we are still seeing the effects it has on our business community,” said Arlington Economic Development Director Telly Tucker.

“While many of our businesses were hit hard, it's our small businesses that have suffered the biggest impact.”

Eligible businesses and nonprofits must be in the following industry sectors: arts and entertainment, child care, hotel and accommodations, personal services, restaurants and food service (including food trucks) and retail; have their primary location in

Arlington County; operate from a physical brick-and-mortar location in a commercially zoned area; have a current 2021 Arlington business license; and be current on their tax obligations. Applications will need to be submitted electronically. Grants will be awarded at random to eligible businesses. The goal is to have the application process up and running in early October.

Visit www.arlingtoneconomicdevelopment.com/covid-19 to become familiar with available resources.

Arlington County Board Adopts New Logo

In an effort to find a new symbol that represents Arlington's values and assets as a community, the County Board voted 5-0 to adopt a new logo. <https://www.arlingtonva.us/new-logo/> The final choice, which represents Arlington's close relationship with DC and Alexandria and echoes how Arlington was formed from the original Capital borders, comes after a months-long community engagement process in which residents were encouraged to submit ideas and then submit their preferences on top options that aligned with the County's guidelines. More than 16,000 Arlingtonians shared their top choices in the most recent round of public engagement.

Last year, the County Board approved a process to replace the County logo and seal, which depicted Arlington House, The Rob-



ert E. Lee Memorial. For many residents, the home of the Confederate general is a painful representation of the slavery that took place in our region. Community members submitted hundreds of ideas for Arlington County's

new logo during two rounds of submissions earlier this year, which was then evaluated by a Logo Review Panel and further enhanced by a professional design firm to find images that best depicted the assets and values of the County and presented for public input.

Outdoor Dining

The Board also authorized a Request to Advertise a public hearing to amend the Continuity of Government Ordinance related to Temporary Outdoor Seating Areas (TOSAs) for County food establishments to continue to provide temporary outdoor seating and ensure that affected businesses have sufficient time to plan following the end of emergency-granted allocations. Staff are working on a strategic plan to explore

whether the flexibilities provided as part of the TOSA program initiated in response to the COVID-19 emergency should be incorporated into established regulatory provisions for outdoor dining. This future process would also include public hearings prior to any formal Board action.

Stormwater

The Board approved a fund transfer to APS in the amount of approximately \$15.1 million for construction of Phase II of stormwater infrastructure at Cardinal Elementary School, located at 1644 N. McKinley Road. These funds will be used to create an underground stormwater management facility that will help mitigate the impacts from flooding for the Torreyson Run Watershed. This project is expected to begin in November.

BULLETIN BOARD

FROM PAGE 7

at teaching the fine points of pruning, among her many other gardening talents. Free. RSVP at <https://mgmv.org/events/> to receive a link to participate.

SATURDAY/SEPT. 25
Arlington Drive Electric Day. 10

a.m. to 3 p.m. At Kenmore Middle School, 200 S. Carlin Springs Road, Arlington. Arlington Drive Electric Day is an opportunity to see electric cars and speak with owners. Learn from owner experience what it is like to own and drive an electric car. Visit the website: <https://driveelectricweek.org/event.php?eventid=2782>

SUNDAY/SEPT. 26
AutumnFest. 10 a.m. – 3 p.m. At Glencarlyn Library Community Garden, 300 South Kensington Street, Arlington. Come to the Glencarlyn Library Community Garden AutumnFest for a lively celebration of Fall. There will be three mini-workshops on gardening. At 11 a.m., "Climate Conscious Gardening"

will offer ideas for earth-friendly gardening practices. At 12 noon, head over to the historic Colonial Ball Sellers House across the street from the library to learn about the selection, placement and uses of plants in "Colonial Gardens." Need a refresher on how to sharpen and care for your garden tools? At 1 p.m., "Tool Time" will provide

answers. Consult with Audubon at Home Ambassadors and Extension Master Gardeners and peruse the native plants from Hill House Nursery and the many craft vendors. For the kids, a Naturalist will discuss critters from 10 a.m. – Noon. Free. For more information, SEE BULLETIN, PAGE 10

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Let us know about an upcoming event

connectionnewspapers.com/Calendar

FROM PAGE 9
email glencarlynlbrarygarden@gmail.com.

SEPT. 27-OCT. 1
Act on Addiction Summit. Virtual Event. Join the Inova Health Foundation and Fairfax County Public Schools for a free, online webinar series focused on mental health and addiction awareness. As part of Addiction Awareness Month (September), the Act on Addiction Summit: Tools for Fostering Success at Home, In School, and Throughout Life webinar series will provide information and tools for mental health wellness and management of stress and anxiety. Additionally, the event will provide resources and information for individuals and loved ones struggling with substance use disorder. Visit www.actonaddictionnow.org.

THURSDAY/SEPT. 30
Watch Party. 7-8:30 p.m. Watch the video "Making a Living and a Life; Empowering Young People with an All Careers Approach" and discuss how to build a green economy. Visit the website: <https://www.ecoactionarlington.org/>

DONATIONS

- 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/s2FuFdaYwDZm4t-Pw2.

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.

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SENIOR LIVING

Can Mentally Challenging Games Prevent Cognitive Decline?

Consistent brain fitness connected to improved memory, reasoning and processing.

By MARILYN CAMPBELL
THE CONNECTION

Every Sunday evening after church, 78-year-old Roger Knight has dinner with his two children and five grandchildren at his home in Alexandria. He plays chess with his 16-year-old grandson and does crossword puzzles with his 8-year-old granddaughter.

"Playing games is a way of having fun with my grandchildren," he said. "They keep me feeling young, especially when I beat them."

In the same way that exercise is credited with maintaining physical health, mental exercise has been linked to slowing down cognitive decline that can come with age.

"Memory, reasoning and processing ... are three cognitive domains which do decline with age," said Catherine Diaz-Asper, Ph.D., Department of Psychology at Marymount University, who studies mild cognitive decline and Alzheimer's disease. "However, I think the message here should be that by engaging in mentally stimulating activities you are helping your brain, irrespective of what those activities may be."

Programs like ElderLink, a nonprofit partnership between Inova Health System and the Fairfax Area Agency on Aging Programs, can provide resources for seniors who are looking for mentally challenging activities. "We recognize that brain exercises reduce the risk of cognitive decline," said Trina Mayhan-Webb, director of the Fairfax County Department of Family Services' Adult and Aging Division. "We provide evidenced-based, structured, fun activities to enhance cognitive memory skills."

"Research demonstrates that there are several steps aging adults may take to maintain and support brain functioning," said Tracey Smith-Bryant, Professor of Psychology at Montgomery College. "Remaining mentally engaged is essential. Think of the brain as a muscle and activate it daily." She recommends apps like Lumosity and Elevate, and activities like chess, sudoku or working cross-

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word puzzles.

AARP offers a brain health program called Staying Sharp, but cautions against believing that en-

gaging in mentally challenging games is a magic formula for eliminating cognitive decline.

"Games can be fun and engaging, but they are not the answer to prevent dementia the way many people think due to advertisements they have seen for brain games," said Sarah Lenz Lock, AARP senior vice president of policy, and Global Council on Brain Health executive director.

"People who use their brain like a muscle, exercising it by thinking, learning new things and challenging themselves seem to build up [their] cognitive reserve as they age

so they might be more resistant to adult cognitive diseases," Lock said.

Engaging in activities that stimulate your brain could delay onset of the symptoms of decline that some people experience as they age, said Lock. "Scientists describe that as cognitive resilience," she said. "If you truly want to slow cognitive decline, choosing a healthy lifestyle with habits like regular exercise and physical activity, a heart healthy diet, regular sleep, social interaction, and effectively managing stress combined with engaging your brain is recommended."

There are a variety of games that target specific areas of concern such as memory or processing. "Certain games help you practice particular skills," said Lock. "If a game encourages you to work on a particular skill enough, and ... what you do to play it becomes progressively more difficult, you will likely get

better at those skills over time. That is even true for skills that generally seem to get harder as we age, like recalling names or the ability to pay attention."

"While the science is still developing on this issue, there is some evidence that high

quality cognitive training can help you maintain your abilities because of the practice effects, and because that training becomes progressively more difficult so that you continue to learn new things," said Lock.

"My recommendation would be to seek out varied activities that interest you and really make you think," added Diaz-Asper. "You don't need to invest in expensive apps or computer training programs to see benefits."

By engaging in mentally stimulating activities you are helping your brain, irrespective of what those activities may be."

— Catherine Diaz-Asper, Ph.D.,
Marymount University

"Remaining mentally engaged is essential. Think of the brain as a muscle and activate it daily."

— Tracey Smith-Bryant,
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You Wanna Bet?



By KENNETH B. LOURIE

No. Not really. Ever since I asked my father for \$10 to pay off a gambling debt (from a card game) I incurred in fifth or sixth grade some 50 plus years ago owed that I owed to Joey Friedman, older brother of Barry Friedman, my best friend at the time, I have been penny-wise and rarely pound/dollar foolish. The card game we were playing was called "Split the Up-rights." Two cards were drawn and placed on the table and similar to Black Jack/"21" it was mostly arithmetic (I realize that's minimizing the strategy involved.) The hope was to have the next card drawn from the deck being numerically between the two cards facing one another, #2 and a #10 as an example, and thus needing a 5 or any other number greater than 2 and less than 10 to win the cash. There was no strategy per se, just the level of risk one is willing to assume to bet on the random card to be drawn to be in-between the two facing cards. Then you win. How I ended up owing Joey Friedman so much money is beyond me, other than the fact that my card's number kept falling outside the numerical perimeters. But they most certainly did, and to a related effect, I sort of learned my lesson. A lesson which has mostly lasted a lifetime. Other than proposing to my wife, Dina, I've rarely wagered anything of value over all these intervening years.

Oh sure, over the years I've occasionally dabbled in football point spreads, over/under point totals, Super Bowl squares and NCAA brackets, but never had I ever extended myself as I had all those many years ago. And I've mostly been true to myself in this regard. However, now comes online betting services like Fanduel, DraftKings, Caesar's Palace and MGM Grand, among others and regular, recurring television and radio advertising offering all sorts of unheard/impossible-to-lose enticements attempting to lure in us unsuspecting punters: "If any basketball team hits a '3,'" if any football team scores a touchdown," or if any tennis player hits an ace, as but a few of their hard-to-lose bets. Now granted, you can't actually get the cash this initial bet made you, but you can parlay that into another bet where your risk of loss is much greater and your dollars are likely to make less cents. They don't call it gambling for nothing. Nor are they in business to reward your betting acumen with huge payouts. But unlike the local Lotto's motto where you have to play to win, with the online services, there is no motto other than play at your own risk. (And if you develop a gambling problem, call 1-800-IGAMBLE. And if you do indeed want some help, you better listen very carefully as the spokesperson speaks this advisory incredibly fast.)

So far however, unlike the Borg, resistance has not been futile. I have not as yet taken the bait as I fear it will be a "Roach Motel" kind of outcome: I won't die, but I'll go in/place my bet, but never come out alive/realize any profit. What I will realize is that I'm likely betting uphill, with very little reliable information at my disposal to help me win the day and enable me to actually take my winnings in cash rather than an amount of money with which I can continue to bet. Presumably, their business model doesn't show the bettors winning. It bets that once bitten we'll eventually throw whatever caution we had not just out the window but onto our credit card. Wham bam. Can you say Joey Friedman? I can and I have said so for many years. It won't simply be good money after bad. It will be any and all money for a chance to get whole again. The problem is, I doubt the online gambling services are interested in my ever getting whole again. I refer to this as "The Whole Truth."

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



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MODEL# 5402. MSRP \$35,635. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 36 MONTHS, 10K MILES/YR & \$2999 DUE AT SIGNING. SECURITY DEPOSIT WAIVED. PLUS TAX, TAGS, FREIGHT AND \$789 PROCESSING FEE. FACTORY PROGRAMS SUBJECT TO CHANGE.

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BATTERY SPECIAL **FREE**

BATTERY CHECK-UP
INCLUDES: CHECK COLD CRANKING AMPS AND VISUAL INSPECTION OF BATTERY CONDITION. INCLUDES BATTERY CONDITION PRINT OUT.

TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 09/30/21.

LUBE, OIL & FILTER SPECIAL **\$39.95**

\$44.95 FOR SYNTHETIC OIL CHANGE
INCLUDES: CHANGE OIL (UP TO 5 QTS.), INSTALL GENUINE TOYOTA OIL FILTER, INSPECT & ADJUST ALL FLUID LEVELS AND COMPLIMENTARY MULTI-POINT INSPECTION WITH 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 ENDS 09/30/21.

ALIGNMENT SPECIAL **\$89.95**

4-WHEEL ALIGNMENT
INCLUDES: 4-WHEEL ALIGNMENT, INSPECT SUSPENSION, BALL JOINTS, STRUTS & SHOCKS, TIRE CONDITION AND SET TIRE PRESSURE.

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BRAKE PAD SPECIAL **\$99.95**

BRAKE PAD REPLACEMENT
INCLUDES: INSTALL GENUINE TOYOTA FRONT BRAKE PADS, INSPECT FRONT & REAR ROTORS AND/OR DRUMS, CHECK TIRE CONDITION AND INSPECT ALL HARDWARE. TCMC PADS ONLY. MACHINE ROTORS AN ADDITIONAL \$199.95

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TOYOTACARE PLUS **\$329.00**

SPECIAL
MAINTAIN PEACE OF MIND BY EXTENDING YOUR TOYOTACARE COMPLEMENTARY MAINTENANCE PLAN TO 4 YEARS/45,000 MILES!

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SERVICE VARIABLE DISCOUNT

THE MORE YOU SPEND, THE MORE YOU SAVE!
\$10 OFF... WHEN YOU SPEND \$50-\$99
\$15 OFF... WHEN YOU SPEND \$100-\$199
\$20 OFF... WHEN YOU SPEND \$200-\$499
\$50 OFF... WHEN YOU SPEND \$500+

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