

# The Arlington Connection

Entrance to the Bon  
Air Rose Garden.

## NEWCOMERS & COMMUNITY GUIDE

2021-2022

PHOTO BY EDEN BROWN/THE CONNECTION

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

**Learn to Ride the ART Bus,** Have you wanted to take the bus but aren't sure where it goes or how it works? Join Arlington's Car-Free Diet's Ken Matthews on a free ART bus tour. Wednesday Sept. 29, 11 a.m. at Langston-Brown Community Center, 2121 N. Culpeper St. Registration #911404-2.

**Almost-Forgotten Women,** Learn about the pioneering women suffragists scientists political figures athletes artists entertainers and more who made a difference between 1840 and 1940. Thursday Sept. 30, 10 a.m. Registration #911400-20.

**55+ Social Art Swap,** Bring your own artwork or art supplies to create a piece onsite to swap. Thursday Sept. 30, 10:30 a.m. at Arlington Mill Community Center, 909 Dinwiddie St. Registration #911300-3.

**Be Prepared to Vote on November 2!** Find out what's on the ballot this November and how to vote early. Thursday Sept. 30, 1:30 p.m. Registration # 911400-03 (in-person) 911400-04 (virtual).

**Sudoku,** Looking for new techniques and skills for solving Sudoku puzzles? Join us in solving challenging Sudoku puzzles in a group setting. Thursday Sept. 30, 2:00 p.m. Registration #911601-6.

**Spellbinders,** Arlington Spellbinders is a group of volunteer storytellers who engage young people in the magic of tales in the classroom library and recreation settings. Thursday Sept. 30, 9:30 a.m. at Langston-Brown Community Center, 2121 N. Culpeper St. Registration #911300-5.

**Movie Classics,** Enjoy some of the best movies ever made! Oct. 1 – American Graffiti (PG) (1973). Friday Oct. 1, 12:30 p.m. at Aurora Hills Community Center, 735 18th St. S. Registration #911704-1.

**Avoiding Gift Card and Cryptocurrency Scams,** Find out more about how these most recent tactics work how you can avoid them and where to report them if you do fall victim to one of these scams. Monday Oct. 4, 1:30 p.m.. Registration #911400-22.

**Upping Your Instant Pot and Crockpot Game,** Kristin McGill registered dietician and Giant in-store nutritionist will help you to up your game and show you how to use these two handy kitchen tools. Tuesday Oct. 5, 11 a.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Registration #911500-10.

**Dust Off Your Bike,** Join Phoenix Bikes staff to learn basic tips and tricks on

cleaning and maintaining your bike to make sure it's ready to ride. Tuesday Oct. 5, 11:30 a.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Registration #911400-24.

**Ukulele,** Strumming a ukulele is therapeutic and fun. Volunteer Sandy O'Shea will teach basic strumming. Limited ukuleles available. Tuesday Oct. 5, 4:30 p.m. at Arlington Mill Community Center 909 S. Dinwiddie St. Registration #911702-2.

**Zumba Gold** is a fun cardio-dance class for active adults looking for a lower intensity Zumba workout. Wednesday Oct. 6. 3:00 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Registration #911100-6.

**Travel Trivia,** Travel the far reaches of the globe with this stimulating trivia challenge. Connect with 55+ friends and meet new people along the way. Thursday Oct. 7, 11:00 a.m. Registration #911601-2.

**Meet Zoe for a Virtual Pet Visit,** Meet Zoe a smart Yorkshire terrier who is a registered certified therapy dog and loves to entertain. Thursday Oct. 7, 10:30 a.m. Registration #911400-25.

**Meditate and Create Relaxation,** Reduce stress lower your blood pressure and change lifestyle habits that sap your energy. Thursday Oct. 7, 2:00 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Registration #911500-11.

**Explore Painting,** Join Jim Halloran

from DPR's Office of Community Arts for an afternoon of painting. Friday Oct. 8, 1:00 p.m. at Aurora Hills Community Center, 735 18th St. S. Registration #911301-10.

**All About Amazon,** Learn about all the features Amazon offers for consumers as Nick Englund technology guru discusses shopping music videos eBooks devices like Kindle and Fire TV and much more. Tuesday Oct. 12, 11:00 a.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Registration #911403-3.

**Asian American Immigrant Voices,** Russell Nauman operations manager of the Angel Island Immigration Station Foundation will discuss the history of the site conditions at the facility and stories of former detainees. Tuesday Oct. 12, 1:30 p.m. Registration #911400-26.

**Acoustic Café,** Enjoy music from the '50s to today! Meet and mingle as you listen to live unplugged music from various performers who have a love for music. Tuesday Oct. 12, 7:00 p.m. at Lubber Run Community Center, 300 N. Park Dr. Registration #911802-2.

**Music Streaming,** Spotify and other music streaming services are changing how we listen and discover music new and old discover them with us. Tuesday, Oct. 12, 7:00 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Registration #911403-4.

**Memory Boost,** Join Virginia Coopera-

tive Extension to learn more about these foods and get some recipes to help boost your memory. Wednesday, Oct. 13, noon at Aurora Hills Community Center, 735 18th St. S. Registration #911500-12.

**Andean Adventures: A Life of Service,** Prepare to be inspired by this remarkable life story of global public service and adventure. Allan J. "Alonzo" Wind retired Senior Foreign Service Officer from the U.S. Agency for International Development (USAID). He will share his story and the powerful lessons he learned about life's meaning and purpose. Wednesday Oct. 13, 1:30 p.m. Registration #911400-28.

**Acoustic Afternoon,** Join Arlington residents Ed Girovasi and Phil Rosen for an Acoustic Hour featuring classic pop folk and blues tunes from across the decades. Wednesday Oct. 13, 2:30 p.m. at Langston-Brown Community Center, 2121 N. Culpeper St. Registration #911802-5.

**Genealogy Discussion Group,** Join local genealogist Susan J. Court to discuss your questions and challenges regarding researching and chronicling your family history and to share your discoveries and techniques with fellow genealogists. Wednesday Oct. 13, 3:00 p.m. Registration #911402-5.

**Movie Discussions,** We're calling all cinema lovers to meet to discuss a new film every month, the movie will be Notorious. Thursday Oct. 14, 3:00 p.m. Registration #911402-8.



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# NEWCOMERS & COMMUNITY GUIDE



Yenís Moreno was busy posing for pictures at the rose garden. The Bon Air Rose Garden is a wonderful “old world “ park for picnics, photos, getting married, and relaxing. Don’t forget to smell the roses.



Virginia Grijalva visited the Bon Air Rose Garden with friends; here she is pictured with another young lady, Strawberry, a poodle who happened to be visiting the park.



Trade Roots offers warm woolen mittens for adults and children. Trade Roots has a café in front and a store full of fair trade goods made in far off places.

## “A few of my favorite things”... in Arlington

Take a cue from the “Sound of Music” and then you won’t feel so bad.

BY EDEN BROWN  
THE CONNECTION

**Y**ou’ve just moved, and moving is on the list of the top five worst stressors in life. How do you get to feel “at home” in your new area? Or, you’ve just surfaced after almost two years of pandemic isolation: what’s comforting and in keeping with some of the lessons of the pandemic: being outdoors is healthy, family is important, being in your hometown isn’t so bad. Take a page from Julie Andrews! And Richard Rogers...

“Raindrops on roses” - Visit the Bonair Rose Garden, 850 North Lexington St., Arlington.

“and whiskers on kittens” - Foster a kitten or puppy at the Animal Welfare League of Arlington, 2650 S Arlington Mill Dr, Arlington, VA 22206

“Bright copper kettles” - Williams Sonoma has these, at 2700 Clarendon Blvd (The Crossing)

“and warm woolen mittens” - the fair trade mittens at Trade Roots, 5852 Washington Blvd, Arlington, VA 22205 are cozy.

Brown paper packages tied up with string - USPS and UPS don’t want you tying packages with string anymore but.... the UPS Store at 4532 Lee Highway is friendly and service oriented.

These are a few of my favorite things....

Cream colored ponies - Big D’s Ranch & Amusements offers children’s pony rides and ranch

parties to residents of Arlington; bigdponyrides11@gmail.com;

and crisp apple strudels-The Heidelberg Bakery, 2150 N. Culpeper Street

Doorbells and sleigh bells - Home Depot for the door, and Guitar Center for the Sleigh, both at Seven Corners.

and schnitzel with noodles - Lyon Hall, 3100 Washington Blvd, and Bronson Bierhall, 4100 Fairfax Drive.

Wild geese that fly with the moon on their wings - See wild geese along the Potomac south of Roosevelt Island near Rosslyn.

These are a few of my favorite things.....

Girls in white dresses with blue satin sashes-The Children’s Place, 1100 S. Hayes St. Arlington, VA, 22202/1100 S. Hayes St. Arlington, VA, 22202.

Snowflakes that stay on my nose and eyelashes - The Old Farmer’s Almanac says it will be a cold winter: our favorites in Arlington are Bill’s or Cherrydale Hardware stores for shovels...

Silver white winters that melt into springs - you will love the early spring here, especially if you hail



Entrance to the Bon Air Rose Garden.

from colder climes;

These are a few of my favorite things....

When the dog bites - Get him trained: Woofs, Furget Me Not, both on South Four Mile Run at 4160 and 4140 respectively, and Petco Unleashed at 5400 Lee Highway, are three Arlington dog training centers that solve biting issues.

When the bee stings - Casual Adventure Outfitters, an old Arlington staple, at 3451 Washington Blvd. has everything to prevent and deal with insect bites, and get you ready to hike in the many national and state parks within an hour’s drive from Arlington;

When I’m feeling sad.....I simply



The classic charm of the rose garden is perfect for meeting up with friends or a stroll.

remember my favorite things.... especially the Lubber Run Amphitheater which it took me YEARS to discover and there is one more free performance in the Fall...Jane

Franklin Dance presents The View From Here, on Oct. 1, at 7:30: see <https://arts.arlingtonva.us/lubber-run/spotlight/>

And then you won’t feel so bad!

## NEWCOMERS & COMMUNITY GUIDE



AWLA Arlington will be happy to teach you about rabbits.



Guinea pigs make great pets and are very popular.

# AWLA: Arlington's prime source for all-things animals

BY ASHLEY SIMPSON  
ARLINGTON CONNECTION

**W**elcome to the diverse, bustling county of Arlington, Va., where there are as many opportunities to meet amazing animals (read: potential pets) as there are to form human connections.

The Animal Welfare League of Arlington (AWLA) can speak to this, with its 75 plus year history fulfilling the important mission of “improving the lives of animals and people by providing resources, care, and protection.”

The AWLA runs a lively shelter in South Arlington, where it takes in approximately 2,200 animals every year, and AWLA team provides a number of programs and services for local pet owners and animals in general around the county.

“We have resources and programs available for every aspect of pet ownership, from low-cost spay neuter vouchers to private training classes,” Senior Communications Specialist Chelsea Jones said. “We are here as a helping hand whenever you need it.”

“For new residents to Arlington, we would definitely recommend checking out our Animal Control Team – they will be your resource for wildlife and animal-related emergencies in Arlington.”

She added you can find all the information on the Animal Control team directly at this link: <https://www.awla.org/wildlife-animal-control>.

From dogs to cats to rabbits to birds and to different types of reptiles (and more), the AWLA sees most everything.

“We are an open-access shelter, which means we are required to



Some animals come with a friend, like Amy and Timothy, who are a super affectionate pair of senior cats



Did you always wish to have a pet who would wear clothes?



So many tricks!

take in any animal from our jurisdiction that needs our help,” Jones said. “This means sometimes we get very interesting animals, so we have plenty of different options for newcomers looking for companions.”

AWLA Arlington prides itself for helping to make Arlington the pet-friendly community that it really is.

“The Animal Welfare League of Arlington is the region’s pre-eminent animal resource center,” Executive Director Samuel Wolbert said. “Whether you’re looking for a pet to add to your family, if you’ve found a sick or injured baby squirrel, if you need extra help caring for your pet – or anything and everything in between – AWLA is your go-to

source for all animal related matters.”

As knowledgeable as the AWLA team is about animals, they also understand fully how difficult it is to move to a new city. The perfect solution, they say?

Why, a pet, of course! Whether you’re looking to foster one or take one in as a permanent family member, AWLA Arlington has you covered.

“At AWLA, we believe everyone should know the love and companionship of a pet,” Wolbert said “The benefits of pet ownership are immense. Beyond physical and mental

# NEWCOMERS & COMMUNITY GUIDE



It does make sense to adopt kittens in pairs. They need energetic playmates.



## AWLA

FROM PAGE 4

health benefits – like reducing anxiety and depression or to encourage exercise and playfulness – pets immediately become part of one’s family, a best friend, and constant companion to have by your side, especially during these trying and turbulent times.”

To learn more about AWLA Arlington, visit <https://www.awla.org>.



Samuel Wolbert, executive director and CEO

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# Recycling in Arlington: What to do, What Not to do

Compostables is the latest opportunity to cut down on waste.

By EDEN BROWN  
THE CONNECTION

**A**rlington County has resolved to be Zero Waste by 2038. Several new programs are moving the county in that direction, but residents have to do their part.

Basics: Place recyclables in the blue cart, yard waste in the green cart and non-compostable trash in the black cart. Cart services, including repairs and exchanges to County-owned carts, take place on your normal collection day and may be scheduled at [recycling.arlingtonva.us](https://recycling.arlingtonva.us) or by contacting Customer Service at 703-228-6570.

What goes into recycling? For a complete guide to recycling in the county, see: <https://recycling.arlingtonva.us/residentialbrochure/> and <https://recycling.arlingtonva.us/view/where/>

The new compostables program (also known as Food Scraps Collection) is now three weeks old.

"It's too early to have data about how much organic waste is being saved by this program," said Adam Reidel of the DES (Department of Environmental Services) "but preliminary numbers should be out soon."

Putting food scraps into the countertop bucket and keeping them out of the trash reduces methane emissions from landfills and lowers our carbon footprint. It also conserves energy and resources, preventing pollution that takes place when food waste is hauled and then put in the landfill.

"The program has gotten off to a smooth start," said Reidel. "Most of the community has responded positively to the program. Our most frequent issue concerns educating residents on what can be composted. As a general rule of thumb for what can be composted: 'If it grows, it goes.' Food waste should be set out for collection in the green organics cart. If the kitchen caddy is placed curbside it will not be collected. Although we recommend securing food scraps in a compostable plastic bag or paper bag before placing them in the cart, food scraps can be placed loose in the green organics cart."

Some residents, like Shirley Ruhe, feel compostables are just too much to ask: "I already separate plastics and glass, newspaper and cardboard, and now I have to put food scraps somewhere?"

But the county hopes the specter of climate change will convince reluctant residents that the effort is worth it.



Your compostables must go in the green cart; even if you don't normally put out a green cart, you can throw a few weeds in and put the green bag on top.

"I like the extra motivation to weed," said Jamie Usrey. "I know I have to put out my green cart now so I spend a few minutes getting some green matter into the cart and it gets me to work in the garden."

So what happens to all that organic waste we are collecting?

The organic materials (both food scraps and yard trimmings) are sent to an advanced, aerated composting facility in Prince William County, VA.

Information on their composting process and technology can be found on their website at <https://www.freestatefarmsva.com/about-freestate-farms>.

Common mistakes in the recycling effort: Putting recycling in plastic bags and throwing those in the blue bin: it messes up the sorting equipment or the whole bag is taken out and not recycled. Light bulbs, no. Hangers, no. Glass of any kind, no. Wish-cycling is also common: where you wish something could be recycled so you throw it in the bin (like a cooking pot). We've all done it, but it just confuses or breaks the mechanical sorter.

To recycle plastic bags take them to local grocery stores or retail-



PHOTOS BY EDEN BROWN/THE CONNECTION

What not to do: Don't put the caddy out on its own next to the recycling. Just place it in the green cart with a branch or two.



If you don't want your caddy, you can ask a neighbor if they want a second one, or return it in the bins located near you. This one is at the glass collection site behind the Lee Community Center on Lee Highway.

ers, which all have white plastic bag recycling boxes. Other flexible plastic materials that can be recycled this way include dry cleaning bags, bread bags, flexible plastic packaging from products such as paper towels, cases of soda, cotton balls, or bathroom tissue; shipping pillows, and sealable or "zippered" plastic food bags.

Glass recycling began in earnest last year when the county asked residents to move glass outside the blue bin and take it to purple bins located at collection points around the county. Through August 2021, the County has received revenues of \$18,723 for the glass collected in the purple collection bins. Yes, it is fine to leave corks, tops and lids on the glass you put on the bin. These items will be removed during the processing of the raw material. A full list of locations for glass recycling is on the website: <https://recycling.arlingtonva.us/recycling-drop-centers/>

Arlington goes out of its way to recycle and provide pick-ups when requested. Its mulch program is much loved by the gardeners in the county.

The county websites are easy to use resources for getting rid of junk responsibly.

## NEWCOMERS

# University Of Virginia To Open NOVA Campus

UVA|NOVA will be UVA's campus in Northern Virginia, beginning with a site in the Rosslyn neighborhood of North Arlington and ultimately expanding to other sites in the region. The campus will build upon, and bring together, existing programs and serve as a platform for significantly expanding offerings – including in-person, online and hybrid instruction – targeting those who are interested in advancing in their careers.

“UVA|NOVA will be the center point of our efforts to better serve the commonwealth by bringing new academic programming and research to Northern Virginia,” UVA President Jim Ryan said. “This initiative will allow us to build on the strong foundation we have in Northern Virginia and to better meet the needs and interests of people who live and work in the region. We hope to help serve those in Northern Virginia who are looking to gain additional skills that will help further their careers.”

Gregory Fairchild, the inaugural dean and chief executive officer of UVA|NOVA, will lead UVA's growing presence in Northern Virginia. Fairchild is currently the Isidore Horween Research Professor of Business Administration at UVA's Darden School of Business. He has received a number of awards for teaching excellence at the Darden School and was named in 2018 as Poets & Quants MBA Professor of the Year. He also played a central role in the Darden School of Business' recent strategic expansion in Northern Virginia.

“Northern Virginia is an important economic, technological and academic hub for our commonwealth and our country,” Fairchild said.

In the near term, the UVA|NOVA initiative will include expanded course offerings in several schools, including the School of Engineering and Applied Science, the School of Education and Human Development, the Darden School of Business, the McIntire School of Commerce, the School of Continuing and Professional

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## Special Connections Calendar 2021

Advertising Deadlines are the previous Thursdays unless noted.

<b>OCTOBER</b>	
10/6/2021.....	Wellbeing: Senior Living Focus
10/13/2021.....	HomeLifeStyle
10/20/2021.....	A+ Camps & Schools
10/27/2021.....	Senior Living
Connection Families: Safe for Halloween	
10/2/2021.....	Election Preview
<b>NOVEMBER</b>	
11/3/2021.....	Wellbeing
11/10/20.....	HomeLifeStyle
11/17/2021.....	A+ Camps & Schools
11/24/2021.....	Senior Living
Connection Families: Celebration & Gratitude	
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# Arlington's Restaurants Have Come Back to Life



A Micky's Magic pizza (kalamata olives, sun roasted tomatoes, spinach with mozzarella and a sprinkle of basil) sits hot and ready at the customer pick up adjoining the Lost Dog Cafe in the Westover neighborhood. Lost Dog began in 1985 as a small wine, beer and cheese shop. It now has five restaurant locations in Arlington, Alexandria and McLean where Bulldog, Bow Wow and Fat Molly sandwiches, gourmet pizzas and Lost Dog penne rosa, homemade lasagnas and fettuccini alfredo can pair with a wide selection of beers. All are operated by former employees and members of the Lost Dog family.



Texas Jack's Barbecue on Washington Boulevard fills up the outside tables on a sunny fall afternoon where customers are sharing brisket egg rolls and crispy smoked wings before digging into their pulled pork sandwich with baked mac & cheese or barbecue burrito with esquites. Texas Jacks also offers a catering service and a private room for parties.

BY SHIRLEY RUHE  
THE CONNECTION

**A**rlington is back in full swing after the shutdowns and restrictions of COVID. Curb-side, dining in or enjoying outside tables. Family dining or elegant special occasion meals—you can

find it all. Arlington's rich diversity has led to choices of strip mall Caribbean chicken, bento boxes and Parisienne dejeuner, pop-off-the-metro Indian and Vietnamese, Italian pizza deliveries, family diners, and food truck pupusas and BBQ. But still best to bring a mask, just in case.



Step into France for an afternoon at Côte d'Or at 6876 Lee Highway. Chef Jacques Imperato took over Côte d'Or in February of 2016 after completing his culinary training in Nice, France in 1977. He worked in Côte d'Azur and later Washington D.C., moved back to India for three years and then returned to work and own restaurants locally in Arlington. So many good choices to celebrate your special occasion—you could choose the house paté or arugula-tomato salad, followed by a glass of nice white and the trout with lemon-thyme beurre blanc and sautéed almonds (be careful the plate is hot.) And top it off with the apple almond tart or the very French floating island and a cup of espresso.



A waiter at Ruthie's All Day at 3411 5th Street S. carries a salmon salad and the rad burger with hand punched fries to the outdoor tables where customers are enjoying an early fall day. Others have leaned toward the wings, pictured ready to serve in the kitchen, or brisket sandwich with braised greens and smoked tomato and finally the decadent butterscotch pudding. "I never leave here without it." Chef and owner, Matt Hill, says Ruthie's opened right in the middle of COVID "a year ago tomorrow." He said they had begun construction in 2019 and couldn't stop in the middle with too much debt accumulating. But due to a generous outdoor seating area with heaters, an enthusiastic and talented chef, and an interesting Southern-leaning menu, Ruthie's quickly became that new place you just had to try.



Guapo's outdoor seating is packed on a Friday afternoon with customers enjoying a margarita before their platanos fritos and sizzling fajitas. There is a choice of seven different ceviche ranging from the ceviche clasico with marinated fish, lime ginger and garlic to the ceviche nikkei with fish and shrimp marinated in teriyaki, Arequipa onions, tomatoes and garlic. No time to sit? Pick up your 16-ounce or 32-ounce cadillac margarita to go. The Rincon family arrived in Virginia in the late 1970s, and all four children graduated from Fairfax schools and universities. Guapo's is located on Campbell Avenue in the Village of Shirlington with other branches of this family-owned chain in Maryland, D.C. and other Virginia locations.



Bronwyn McGowen sits just inside the door of Palette 22 on Campbell Avenue at Shirlington Village. She is one of the working artists who sit in residence once a week where she works on her glass creations that line the windows of the restaurant. "The sailboats sell but people really like the abstracts." Palette opened on the corner of the restaurant strip in Shirlington several years ago. Palette 22 offers small plates tapas-style inspired by global flavors. You can order Moroccan lamb meatballs, short ribs empanada, crispy shrimp tacos, crispy Brussels sprouts with enough to share.



# Recovery Month, Drug Disposal

September is National Recovery Month with the purpose of educating communities about recovery from mental health, substance use, and co-occurring disorders; the effectiveness of treatment and recovery support services; and that recovery is possible.

Arlington stands alongside its recovery community and reminds residents of their valuable role in eliminating stigma associated with addiction and recovery by building social connections, providing family support, and strengthening neighborhood relationships – which are all directly linked to wellness, resiliency, and recovery.

“Arlington County and its Community Services Board <https://commissions.arlingtonva.us/community-services-board/> are proud to support our recovery community and continually expand partnerships to lower barriers to recovery support, create inclusive spaces and programs, and broaden our understanding of what recovery means for people with different experiences,” said Deborah Warren, Executive Director of the Arlington County Community Services Board, which consists of community members appointed to oversee services provided by the Department of Human Services to persons challenged by mental health, developmental disabilities and substance use.

The Recovery Research Institute conduct-

ed a nuanced, five-year study that explored the ways in which substance use disorder impacted families, communities, and cultures, and how recovery in those spaces created opportunities to rebuild. The study affirmed that opportunities to share experiences of personal recovery translate into collaborative recovery when the individual begins to see their story as part of a larger story.

## Recovery Is for Everyone: Every Person, Every Family, Every Community

Community members are invited to celebrate National Recovery Month by attending a special virtual event where people who live with mental health and substance use challenges will share their experiences and their recovery. This event is for all members of the community.

Wednesday, Sept. 29, 2021, 7 – 8 p.m.

Watch on Facebook and YouTube <https://www.facebook.com/ArlingtonVA/videos/>

This year’s theme, “Recovery is for Everyone: Every person, Every Family, Every Community,” reminds people in recovery and those who support them, that recovery belongs to all of us and benefits everyone. The observance will share inspiring stories to help all people find the path to hope, health, and wellness.

For information on Arlington’s mental health and substance use programs and treatment options, visit the County’s Behavioral Healthcare webpage <https://health.arlingtonva.us/behavioral-healthcare/>

## Arlington Drug Disposal

On Saturday, Oct. 23, 2021, from 10 a.m. to 2 p.m., the Arlington County Police Department (ACPD) and the Drug Enforcement Administration (DEA) will provide the public the opportunity to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs.

This disposal service is free and anonymous, no questions asked.

A concerning trend has emerged in the opioid crisis as ACPD has investigated more fatal overdoses in 2021 than any other year since we began actively tracking incidents involving opioids in 2014.

<https://health.arlingtonva.us/opioid-awareness/police-investigated-incidents-involving-opioids/> That’s why it’s more important than ever that members of the public take advantage of this potentially lifesaving program as well as other treatment resources available in Arlington County and through the Department of Human Services. <https://health.arlingtonva.us/opioid-awareness/treatment-resources/>

### MORE: Arlington’s Comprehensive Opioid Response

Contactless Drive-Thru Disposal Locations  
ACPD Officers will collect prescription medications at the following sites on Oct.

23:

Arlington County Police Department  
1425 N. Courthouse Road  
Arlington, VA 22201

Fire Station #5  
1750 S. Hayes Street  
Arlington, VA 22202

Upon arrival, participants should stay in their vehicle until they reach the unloading areas, where officers will be on hand to remove items for disposal from their vehicle. A separate area will be available for those arriving by bike or foot.

**Please note:** The DEA and its partners will collect tablets, capsules, patches, other solid forms of prescription drugs and vape pens or other e-cigarettes after the batteries are removed from the devices. But they will not accept liquids (including intravenous solutions), syringes and other sharps, or illegal drugs.

To safely dispose of sharps, Arlington County recommends placing the item in a hard-plastic container, such as a detergent bottle, securing the container and placing it in your trash cart.

### Permanent Drug Take-Back Locations in Arlington County

Community members unable to attend the National Prescription Drug Take-Back Day are reminded that Arlington County has four permanent drug take-back boxes available.

Since implementing the permanent drug take-back program in June 2018, over 7,000 pounds of unneeded prescription drugs have been safely disposed of. Free drug deactivation bags are also available through the Department of Human Services.



## Get a 24-step vehicle inspection for just \$20

Since 1933, the Safety Inspection Program has helped keep Virginia’s motorists safe, with affordable annual checkups that ensure your car – and all those around you – are roadworthy, reliable and ready to go. Learn more at [vasafetyinspection.com](http://vasafetyinspection.com).

## University of Virginia To Open NOVA Campus

FROM PAGE 5

Studies, and the School of Data Science. UVA will also offer a new degree beginning in the fall of 2022: a part-time MBA program in the Darden School.

The launch of UVA|NOVA is just the beginning of the University’s plans for growth in the region. Fairchild and University leaders are already developing new academic offerings in the area. UVA|NOVA will also be a “Grounds away from Grounds” for local students, alumni and community members to gather with each other and University leaders

through meetings, conferences and other events. “UVA’s growing presence in Northern Virginia is a big opportunity for several University schools and programs to expand the reach of our academic programming and research, and to serve more students along the way,” Robert C. Pianta, dean of the UVA School of Education and Human Development, said.

University Provost Liz Magill added, “The UVA|NOVA campus will allow this University to take the next step forward as a leader in one of the most important economic regions in the nation.”

### BULLETIN BOARD

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

#### 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/>

#### SATURDAY/OCT. 2

Native Seed Collection. 1-3 p.m. At Lubber Run Park, 200 N. Columbus Street, Arlington. Replenish the forests by collecting nuts and seeds for reforestation projects. They will identify trees and their seeds. Free. Visit the website: <https://www.ecoactionarlington.org>.

#### WEDNESDAY/OCT. 6

Information Night for Spring 2022 Extension Master Gardener Volunteer Training Program.

SEE BULLETIN, PAGE 13

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

# NEWCOMERS GUIDE

## About the Connection in 2020

This year, 2021 in the time of the pandemic, has been brutal for so many.

More than 21,000 residents of Fairfax County have tested positive for COVID-19, and more than 600 people here have died.

Life is vastly different than it was pre-pandemic.

Families of all backgrounds are facing food insecurity and demand at food pantries has skyrocketed.

Thousands of families could be facing eviction.

Many small businesses are still in economic crisis, and some employees facing unemployment.

Local newspapers, including the Connection newspapers, are facing an existential threat from the combination of nationwide downturn in newspaper advertising that has been worsening over several years, compounded by the economic crisis of coronavirus.

We turned to GoFundMe at a critical point, and our readers answered, raising nearly \$50,000 to get us through a terrible time until we received some PPP funding. We thank all who gave, as well as all who wished us well.

Now, though, we are back to great difficulty. Revenue has not nearly rebounded to pre-pandemic levels, and we are going to need more help to keep going. We have applied for Rebuilt VA funds, but the timing is uncertain and certainly not when we needed it (in the summer). We will renew calls for contributions shortly to try to carry on. We will also likely begin a membership program soon, so watch for new links. Here is the link to the past GoFundMe which is still working. <https://www.gofundme.com/f/save-americas-oldest-newspaper>

**IN THE MIDST** of this, we at the Connection hear the call to continue to serve our communities. We still seek to fulfill our mission by continuing to publish, even with reduced resources. It's still our mission to provide information about where to get help and how to help; to disseminate information about the virus and efforts to stem its spread; to tell the stories of those who are helping, of those who are hungry; of those who have gotten sick with the virus, of those who are caring for the sick; and those who are performing essential jobs, from grocery clerk to firefighter to nurses and doctors. It's still our mission to tell the stories of those working for social and racial justice, and battling income inequality in the time of COVID.

Perhaps most of all, it is still our mission to deliver the local news you need, to help make sense of

what is happening in your community, to advocate for community good, to provide a forum for dialogue on local concerns, and to record achievements, milestones and events in the community and people's lives. It is still our mission to cover the normal news of the local communities.

We publish photos and notes about personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries. Tell us: how are you surviving in the pandemic?

We also publish notes about news and events from local businesses. Notes about openings, new employees and anniversaries are welcome.

For many months, there were no calendar listings in our papers. Everything was cancelled. Now there is a return of many face-to-face events. If you are planning an event, we appreciate getting notice at least two weeks ahead of the event, and we encourage photos.

Your community Connection newspaper is published by the independent, locally owned Local Media Connection LLC, serving the suburbs of Metropolitan Washington in Northern Virginia and Potomac, Md. Our flagship paper, the Alexandria Gazette Packet, is one of the oldest continuously publishing papers in the country, beginning publication in 1784.

At the Connection, we suffered a tragedy recently, the unexpected death of our beloved Managing Editor Kemal Kurspahic. He died of a stroke following minor surgery.

Kemal Kurspahic was the legendary wartime editor of the daily newspaper in Sarajevo, Oslobodjenje. You can read some of the story of his life and how we came to be lucky enough to have him in our newsroom for decades in his obituary, <http://www.connectionnewspapers.com/news/2021/sep/22/courage-journalism/>.

### CONTACT

For advertising and marketing information, see [www.connectionnewspapers.com/advertising](http://www.connectionnewspapers.com/advertising) email [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or call 703-778-9431.

Send news to: [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

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Alexandria Gazette Packet: [@AlexGazette](http://www.twitter.com/AlexGazette)

MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## THESE FLOWERS HAVE A LOT OF FIGHT IN THEM.

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don't stop when something's in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia.

It's time to add your flower to the fight.



JOIN US AT  
[ALZ.ORG/WALK](http://ALZ.ORG/WALK)



Additional Walks available. Find one near you at [alz.org/walk](http://alz.org/walk)

OCTOBER 9 THE NATIONAL MALL  
OCTOBER 24 RESTON TOWN CENTER

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## TWO POOR TEACHERS

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## GIVE LOCALLY IN ARLINGTON

# Arlington Nonprofits Deserve Your Help

### Give Locally in Arlington

❖ Arlington Free Clinic provides free, high-quality health care to low-income, uninsured Arlington County adults through the generosity of donors and volunteers. [www.arlingtonfreeclinic.org](http://www.arlingtonfreeclinic.org) 2921 11th St. South, Arlington, VA 22204, 703-979-1425

❖ A-SPAN provides services for Arlington's street homeless. Its mission is to secure permanent housing for one of Arlington's most vulnerable populations. P.O. Box 100731 Arlington, VA 22210, A-SPAN strives to end homelessness in Arlington through housing and ongoing case management. Learn more about our housing programs; medical, employment and Day programs. A-SPAN provides shelter and shelter-based supports. 703-820-4357, [www.a-span.org/](http://www.a-span.org/) and [www.facebook.com/aspan.org/](https://www.facebook.com/aspan.org/)

❖ Arlington Thrive provides one-time, same-day emergency financial assistance to Arlington residents facing a financial crisis, and also has programs to help prevent homelessness. 703-558-0035, [www.arlingtonthrive.org](http://www.arlingtonthrive.org)

❖ Bridges to Independence - Bridges to Independence leads individuals and families out of homelessness and into stable, independent futures. They offer a continuum of aid and support for all family members, helping them attain financial security and move forward into self-sufficiency. [www.Bridges2.org](http://www.Bridges2.org)

❖ Animal Welfare League of Arlington - Since 1944 the Animal Welfare League of Arlington has worked to improve the lives of animals. Help them create a world where all com-

panion animals find homes; enjoy their lively social media presence. Rabies & Microchip Clinic, Oct. 8 @ 6:30 pm - 8:30 pm by reservation only. Sign-ups for each date will open a week before the clinic date. Rabies shots are \$10, microchips are \$35. [www.awla.org/event/drive-up-rabies-microchip-clinic-3/](http://www.awla.org/event/drive-up-rabies-microchip-clinic-3/) 703-931-9241, [www.awla.org](http://www.awla.org)

❖ OAR (Offender Aid and Restoration) Offender Aid Restoration (OAR) community based nonprofit working with individuals returning to the community from incarceration and offering alternative sentencing options through community service. 1400 N. Uhle Street, Suite 704. 703-228-7030 [www.oaronline.org](http://www.oaronline.org)

❖ Doorways for Women and Families provides services to help women out of domestic violence and homelessness toward safe and stable lives, Arlington, [www.doorwaysva.org](http://www.doorwaysva.org), 703-504-9400.

❖ The Arlington Food Assistance Center provides supplemental food assistance to Arlington County residents, distributes groceries to over 2,300 families every week. More than 35 percent are children. 2708 South Nelson Street, Arlington, VA 22206, [www.afac.org/](http://www.afac.org/), 703-845-8486.

❖ Habitat for Humanity of Northern Virginia, Arlington, 703-521-9890.

❖ Arlington Partnership for Affordable Housing (APAH) has expanded its Resident Emergency Fund to help more than 4,000 low-income neighbors hit the hardest by the economic repercussions of COVID-19. Donations to this fund go directly to struggling households to help them meet

their basic needs like putting food on the table, paying their rent or utility bills, keeping infants and toddlers in diapers, filling prescriptions, and picking up personal hygiene items. <https://apah.org/>

❖ Just Neighbors provides immigration legal services to low-income immigrants in Washington D.C., Maryland and Virginia, especially those who are most vulnerable. 7630 Little River Turnpike, Suite #900, Annandale [justneighbors.org](http://justneighbors.org)

❖ The Lost Dog & Cat Rescue Foundation helps homeless pets find their way into loving homes through rescue and adoption. We offer same-day adoptions and two-week trial periods. ALL pets are spayed or neutered prior to adoption. [www.lostdogrescue.org/](http://www.lostdogrescue.org/) P.O. Box 50037, Arlington, VA 22205; To donate [www.lostdogrescue.org/donate-now/](http://www.lostdogrescue.org/donate-now/) or email [giving@lostdogrescue.org](mailto:giving@lostdogrescue.org) 703-295-DOGS

❖ Northern Virginia Family Services, 571-748-2500, [www.nvfs.org](http://www.nvfs.org), Employment and job training, healthcare, housing, mental health, foster care and Healthy Families.

❖ Second Story — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182. 703-506-9191, [second-story.org](http://second-story.org). Second Story (formerly Alternative House) provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children.

❖ Comfort for America's Uniformed Services (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive

concrete signs of appreciation for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, 703-591-4965, [cause-usa.org](http://cause-usa.org)

❖ Neighborhood Health Clinics [www.neighborhoodhealthva.org](http://www.neighborhoodhealthva.org), Improving health and health equity in Alexandria, Arlington, and Fairfax by providing access to high quality care regardless of ability to pay.

❖ Literacy Council of Northern Virginia, 703-237-0866, [www.lcnv.org](http://www.lcnv.org), Teaches adults the basic skills of reading, writing, speaking and understanding English.

❖ The Community Foundation of Northern Virginia works to respond to critical needs and seed innovation in our region. [www.cfnova.org/for-donors/donate-now](http://www.cfnova.org/for-donors/donate-now)

❖ TAPS, Tragedy Assistance Program for Survivors, 3033 Wilson Blvd., Third Floor, Arlington, VA 22201, Call 24/7 800-959-TAPS (8277) The Tragedy Assistance Program for Survivors offers compassionate care and resources to all those grieving the loss of a military loved one. Make a donation to support surviving military families and loved ones. You can also make a gift in honor or memory of a loved one. [www.taps.org/donate](http://www.taps.org/donate)

❖ Friends of Guest House Northern Virginia offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, [info@](mailto:info@)

[friendsofguesthouse.org](http://friendsofguesthouse.org), [friendsofguesthouse.org/](http://friendsofguesthouse.org/)

❖ Ronda A. Gilliam Clothing Bank provides free clothing, shoes and linens to individuals of all ages. Located in Arlington Presbyterian Church, 716 S. Glebe. 703-920-5660.

❖ Shirlington Employment and Education Center (SEEC) established to link employers with temporary day laborers; serves mainly low-income immigrants. At the Arlington Mill Community Center at 909 S. Dinwiddie Street, Suite 422, Arlington, VA 22204 703-933-1101 or [seecjobs.org](http://seecjobs.org)

❖ Alliance for Housing Solutions 3100 Clarendon Blvd, Arlington, VA 22201 703-859-0452, working to increase the supply of affordable housing in Arlington County and Northern Virginia through public education, policy development, advocacy and innovation. <https://www.alliancefor-housingsolutions.org/>

❖ Catholic Charities Diocese of Arlington, 200 North Glebe Road, Arlington, VA 22203 (703) 841-3895 [www.ccda.net](http://www.ccda.net)

\* Homeward Trails Animal Rescue, PO Box 100968 Arlington, VA 22210 (703) 249-5066 We find homes for dogs and cats rescued from low-income, rural animal shelters or whose owners can no longer care for them. [www.homewardtrails.org](http://www.homewardtrails.org)

❖ The Clothesline for Arlington Kids, 2704 N. Pershing Drive, Arlington, VA 22201 (703) 243-2615 Collects new and clean, gently used quality clothing from the community, and distributes it free of charge to low-income school-aged children in a welcoming space. [www.clothesline-arlington.org/](http://www.clothesline-arlington.org/)

## Arlington Offers COVID Boosters and Vaccines

**A**rlington County Public Health began offering COVID-19 vaccine boosters for the Pfizer-BioNTech vaccine to certain people by appointment only, based on guidance from the Centers for Disease Control (CDC) and Food and Drug Administration (FDA).

This new interim guidance allows for individuals who are at highest risk for COVID-19 to receive a Pfizer COVID-19 booster shot to help increase their protection, including those in high-risk occupational and institutional settings.

"Vaccine has proven to be the single most effective strategy against reducing serious illness resulting in hospitalization or death and we are grateful that boosters as CDC recommends are now available to our eligible residents," said Reuben K. Varghese, MD, MPH, Health Director for Arlington County.

The CDC recommends:

People 65 years and older

and residents 18 years and older in long-term care settings should receive a booster shot of the Pfizer COVID-19 vaccine at least 6 months after their Pfizer primary series;

People 50-64 years old with underlying medical conditions should receive a booster shot of the Pfizer COVID-19 vaccine at least 6 months after their Pfizer primary series;

People 18-49 years old with underlying medical conditions may receive a booster shot of the Pfizer COVID-19 vaccine at least 6 months after their Pfizer primary series;

People 18-64 years old who are at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting may receive a booster shot of the Pfizer COVID-19 vaccine at least 6 months after their Pfizer primary series.

People can talk to their healthcare provider about whether getting a Pfizer COVID-19 booster shot is appropriate for them.

These recommendations only apply to people who previously received a Pfizer-BioNTech primary series (i.e., the first 2 doses of a COVID-19 vaccine); At this time booster doses are not recommended for people who got the Moderna or Johnson & Johnson vaccines.

If you are eligible, you can receive a booster dose of the Pfizer COVID-19 wherever vaccines are available. Options include community vaccination clinics, your healthcare provider, or a pharmacy.

Visit [vaccinate.virginia.gov](http://vaccinate.virginia.gov) to find an appointment near you.

Arlington County's Public Health Division will be offering Pfizer COVID-19 booster doses at its two clinics by appointment only. Individuals who qualify due to an underlying medical condition or increased risk for COVID-19 exposure because of occupational/institutional setting will be asked to attest (confirm) before receiving a booster.

Arlington Mill Community Center (909 S Dinwiddie St.)

Monday – Friday,

11 a.m. – 7 p.m.

Saturday – Sunday,

9 a.m. – 5 p.m.

Walter Reed Community Center (2909 16th St S.)

Monday – Friday,

11 a.m. – 7 p.m.

Saturday – Sunday,

9 a.m. – 5 p.m.

Both clinics will continue to offer walk-in and scheduled appointments for 1st and 2nd doses of Pfizer and Moderna, and single doses of Johnson & Johnson. All booster doses AND additional doses require an appointment.

If you need ADA accommodations or require assistance scheduling your appointment with Arlington County Public Health, call 703-228-7999. For additional assistance, call 1-877-VAX-IN-VA (877-829-4682).

Please bring your vaccination card with you to confirm the date and type of vaccine you received and so your provider can fill in the information about your booster dose. A parent or guardian must

accompany anyone under 18.

A booster shot of the Pfizer vaccine is recommended at least six months (180 days) after the second dose in the primary series. There is no need to rush to get a booster at six months and one day – supply and access are both expected to be widely available.

"Immunity wanes gradually and remains strong against serious illness. Individuals who completed the 2-dose series of Pfizer more than six months ago still have good protection against COVID-19," explained Dr. Varghese. "There is time to schedule an appointment for your booster even if it is not immediately as you become eligible."

Arlington County encourages everyone 12 and older to get a COVID-19 vaccine. Find convenient, free vaccination locations near you by visiting [vaccinate.virginia.gov](http://vaccinate.virginia.gov) or calling 877-VAX-IN-VA (877-829-4682, TTY users call 7-1-1)

# NEWCOMERS & COMMUNITY GUIDE

## Voting in Arlington

BY SHIRLEY RUHE  
THE CONNECTION

**A**rlington County officials will be elected on November 2 including one new County Board member and one School Board member. Also on the ballot will be statewide races for Governor, Lt. Governor, Attorney General and state delegates for Arlington districts 45, 47, 48 and 49.

### How to Vote

#### Early Voting in Person

Early voting in person began Sept. 17 at Courthouse Plaza, and runs through Oct. 30, M-F 8 a.m. - 5 p.m.;

Plus additional hours:

Saturday, Oct. 23 and Oct. 30 9 a.m. - 5 p.m.

Oct 24 Sun, 11 a.m. - 3 p.m.

Oct 26 - 28 Tues, Wed, Thurs, 8 a.m - 7 p.m.

Madison Community Center, 3829 N Stafford St

Walter Reed Community Center, 2909 16th St S

Oct 24 Sun, 11 a.m. - 3 p.m.

Oct 26 - 28 Tues, Wed, Thurs, 8 a.m - 7 p.m.

dropped off by 7 p.m. Election night or received in the mail by noon Friday after the election. Completed mail ballots may also be dropped off at one of the nine 24-hour drop boxes located around the County.

#### Vote in Person

Election Day with acceptable identification between the hours of 6 am-7 pm. A list of the voting locations for the 54 precincts is found on the website, along with sample ballots and more at <https://vote.arlingtonva.us/Home>

#### VOTE BY MAIL

All voters are eligible to vote by mail. Applications to vote are accepted until 5 p.m. 11 days before an election. Ballots must be

## Arlington County Board Candidates



**Takis Karantonis (Democrat-incumbent)**

Karantonis is a member of the Arlington County board who was first elected in 2020. Karantonis is an economist with over 25 years of urban and regional planning experience who began his career in Europe. He has lived in Arlington for 14 years where he has been active on a number of Arlington commissions and organizations. He was educated in Berlin, Germany where he received a Masters Degree in urban and regional economics. His vision for Arlington is centered on "equity, inclusivity, transparency, fairness and responsiveness." Karantonis is currently an economist and urban planner.



**Adam Theo (Independent)**

Theo considers himself an independent progressive libertarian who has worked as a communications consultant and video producer within the Department of Homeland Security for the past nine years. He served in the U.S. Air Force Reserves as a structural civil engineer and served as Secretary to the Ballston-Virginia Square Civic Association. His priorities are to lower taxes, prioritize public safety and COVID recovery, middle income and affordable housing, and government accountability and election reforms.



**Michael Cantwell (Independent)**

Cantwell is a 28-year resident of Arlington and lives in the Yorktown neighborhood with his wife and three children where he serves as President of the Yorktown Civic Association. Cantwell graduated from the Naval Academy and served as a naval officer before his present position as a Branch chief for the National Geospatial Agency. Cantwell's priorities are to bring an independent voice to the County Board, focus on core services, curb rapid urbanization, and support small business by lowering taxes.



**Audrey Clement (Independent)**

Clement is a 17-year resident of Arlington. She is a long-time civic activist who has lobbied at the local, state and national level on legislation promoting an environmental agenda. Clement has run for the Arlington County board a number of times and the School Board twice. Her priorities are to reduce taxes, stop up-zoning, preserve parks, trees, streams and historic places. Clement received a PhD in Political Science at Temple University. She is currently employed as a statistical programmer in the Washington D.C. area.

## Arlington School Board Candidates

School Board candidates run as Independents but the Arlington County Democrats held a caucus in May where they endorsed Mary Kadera for School Board.



**Mary Kadera**

Kadera has over 25 years experience in preK-12 education including 5 years as a classroom teacher and 7 years at PBS as well as consultant to various education programs. She is the current vice president of the Arlington County Council of PTAs. Kadera states she will bring to the Board organizational leadership, openness, empathy and listening and decisions based on data. Kadera and her husband were both graduates of Fairfax County Public Schools and Virginia universities and their two children attend Yorktown High School and Kenmore Middle School.



**Major Mike Webb**

Webb served in the United States Army from 1950-2010. He has run for Congress in the 8th Congressional District and his present occupation is political activist who is "a Christian, a conservative and Republican." His priority is to make America great again by remedying the achievement gap and mandating a quality education for all students. Webb is associated with the Army and Navy Club, the 75th Ranger Regiment Association and the Angels of Liberty. He received an undergraduate degree at Washington Lee University and took graduate classes in law and theology.

### BULLETIN BOARD

FROM PAGE 10

7-8:30 p.m. Online. Love gardening and the environment, and want to share your knowledge with our community? Then consider becoming an Extension Master Gardener! Come to Information Night and learn what EMGs do and the requirements of the volunteer training program. You will meet our Extension Agent Kirsten Conrad and Program Coordinator Leslie Fillmore, as well as many of our dedicated volunteers. You will learn how to apply to the program and be able to ask recent graduates of our volunteer training program about their experience. Free.

**THURSDAY/OCT. 7**

LWV-Arlington Candidate Forum. 7-8:30 p.m. Online. The League of Women Voters of Arlington County and their partners, AAUW of Arlington, the Virginia Interfaith Center for Public Policy, and Northern Virginia Alumnae Chapter, Delta Sigma Theta

Sorority, invite you to join their Candidate Forum for the Nov 2 Election. Meet the candidates from Arlington who will be on the ballot in November. You will be able to ask your questions to candidates in breakout rooms. Register here to get the Zoom link:

<https://lwvarlcandidateforum.eventbrite.com>.

**FRIDAY/OCT. 8**

Native Flowers, Fruits and Foliage for Fall.

10 - 11:30 a.m. Online. October marks a slowing down of the growing season, but there are still many native plants you might consider adding to your garden to introduce long-lasting blooms and colorful foliage to the fall landscape. Extension Master Gardener Elaine Mills will discuss over 40 plants native to the Mid-Atlantic region, including perennials, ground covers, vines, shrubs, and trees that will offer important support for local wildlife as well as beauty. She will describe characteristics, attributes, and maintenance tips specific to these native plants and offer ideas for landscape uses. Free. RSVP at <https://mgv.org/events/> to receive link to participate.

#### 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

SEE BULLETIN, PAGE 14

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# BULLETIN

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an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit [goo.gl/forms/s2FuFdaYwDZm4tPw2](http://goo.gl/forms/s2FuFdaYwDZm4tPw2).

## 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](http://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/](http://audubonva.org/audubon-at-home-1/) for more.

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

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 web-page 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 [arlingtonva.us/lgbtq-resources](http://arlingtonva.us/lgbtq-resources).

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their

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# CALENDAR

## 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.

## 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/>

## OCT. 8-31

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

## BULLETIN BOARD

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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](mailto:bdesai@seniorhelpers.com). Visit [www.dementiacareconnections.com/memory-cafe](http://www.dementiacareconnections.com/memory-cafe) or [www.seniorhelpers.com/arlington-alexandria-va](http://www.seniorhelpers.com/arlington-alexandria-va) for more.

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

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](http://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](http://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](http://library.arlingtonva.us/locations/central-library) or call 703-228-5990.

Arlington Rotary Club Lunches. Thursdays, 12-1:30 p.m. at the Marriott Residence Inn at Courthouse, 1401 N. Adams St., Arlington, VA. Organization brings together political and business leaders for humanitarian services. Eat and listen to guest speakers on various topics of interest. Admission is \$20 for non-members. Visit <https://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](http://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](http://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/arlington/> for more.

Arlington PFLAG Community Group. 7:30-9 p.m. on the second Tuesday of each month, PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgender people and their families. Meets at the Unitarian Universalist Church of Arlington, 4444 Arlington Boulevard. Contact [arl.pflag@gmail.com](mailto:arl.pflag@gmail.com) for more or go to [www.pflagdc.org](http://www.pflagdc.org)

Helmsmen Toastmasters meet Thursdays, 7:30-8:45 a.m. at Pentagon Library and Conference Center. Toastmasters is an international organization that helps everyone speak, think, lead and listen better. Contact Carl Sabath [carl.e.sabath.civ@mail.mil](mailto:carl.e.sabath.civ@mail.mil) or 703-695-2804 or Elizabeth Femrite [elizabeth.m.femrite.civ@mail.mil](mailto:elizabeth.m.femrite.civ@mail.mil) or 571-256-8674.

Donations Needed. Our Lady Queen of Peace Catholic Church, 2700 South 19th St., is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated, the pantry will rebag), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit [www.ourladyqueenofpeace.org](http://www.ourladyqueenofpeace.org) for more.

Soil Testing. Virginia Cooperative Extension is offering soil testing services to analyze soil and determine what is needed to condition soil for plantings. The routine soil test is all one normally needs for a fertility evaluation. Recommendations generated usually within three working days of receipt. Pick up soil sampling box at the Virginia Cooperative Extension Arlington office, 3308 S. Stafford St., 8 a.m.-5 p.m. Monday-Friday. Send filled soil sample box with form and fee to the Virginia Tech Lab for analysis. Fees vary, visit [www.soiltest.vt.edu/Files](http://www.soiltest.vt.edu/Files).

The Northern Virginia Regional Park Authority announces that cyclists and pedestrians will now have access to the W&OD Trail beyond normal daylight hours. The new W&OD Trail hours are from 5 a.m. to 9 p.m., from Shirlington in Arlington County, to the western town limit of Herndon in Fairfax County.

Pentagon Legacy Toastmasters meet Tuesdays 5:15-6:30 p.m. in the Pentagon Main Cafeteria/food court, left of Dunkin Donuts. Toastmasters is an international organization that helps people speak, think, lead and listen better. Call 703-695-2604 [www.toastmasters.org](http://www.toastmasters.org).

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## Scan Hardly Believe It



By KENNETH B. LOURIE

Life goes on. My warranty has been extended for another 90 days as all three scans from Sept. 23rd indicated stable and/or no new metastases. News with which I am extremely fond of saying, I can live. Though the radiologist's report that I received lists both non small cell lung cancer and papillary thyroid cancer as "the indication," my endocrinologist feels what I have is thyroid cancer. I wish I could say that will be for the lawyers to argue. but peculiarities of law and the three-year statute of limitations in Maryland makes a final resolution unlikely. Therefore, I will continue to live with my amazing good fortune and possible misdiagnosis as part and parcel of how I roll.

And how I roll, as you regular readers know is chemotherapy, targeted therapy, immunotherapy and targeted therapy once again - in that order, and diagnostic scans every three weeks in the beginning and eventually and presently, every three months. As such, over these nearly 13 years of being a cancer patient, I figure I've probably had at least 50 CT scans and another 20-plus MRIs, plus an occasional PET scan. The point being that over the years, I've done an awful lot of waiting for scan results with my life/immediate future hanging in the balance. And 'balance' is exactly what one needs to endure these incredibly anxious situations. Though I'm fairly experienced at this juncture, the actual moment of truth when I receive the email containing my results is oft-putting to say the least and downright heart-stopping to say the most.

However, my personality is perfectly suited for these ongoing challenges. I never presume the worst. I never woe is me. I never bemoan systemic delays in communicating the results to me. As my close friend John would most definitely say: "It is what it is, and it will be what it will be." I never put the proverbial cart before the horse. I can take it. No problem. My wife, Dina, on the other hand, cannot. For her, the results cannot arrive soon enough. Granted, immediate feedback would be much preferred. But, that's never been the process. I can accept it. Dina, not so much.

That being said, I will admit that after all these years/scans/waiting for results, I have become less able to take it all in stride. It's as if a layer of patience and understanding of the process has been worn away with time. Even though I've mostly received good news (unexpectedly given my original "13 month to two year" prognosis - in Feb., 2009), I have had my share of disappointing news. But on the whole, I've been one of the luckier cancer patients. Still, each scan I wait for results is hardly an adventure in wonderland. I am constantly wondering and worrying when the other shoe will drop (the bad news). In fact, opening up the email that contains my scan results literally takes my breath away.

Not to be negative, which I'm not, but during the Team Lourie meeting in late Feb., 2009 when I first met my oncologist and were given all the medical reports/assessments of my recent X-Rays, CT scan, PET scan and surgical biopsy from the pulmonologist, thoracic surgeon, pathologist and internist, it was clear and convincing from all these doctors that I had lung cancer. And my prognosis? Grim, and it was no fairy tale. It was surreal to hear and nearly impossible to process. I have what? When I was told the survival statistics by my oncologist of stage IV non small cell lung cancer patients (me): 2 percent survive beyond two years, my brother asked if there are exceptions. To which my oncologist replied to me: "Could you be the one? Sure." Little did I know that the doctor was being literal. One was the answer. Ever since I heard that, I felt my days were numbered. All these several years later, I'm not exactly counting days, but neither am I counting chickens. I live quarter to quarter and am grateful to do so.

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

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