

# The Arlington Connection

Encore Stage & Studio presents "Enchanted Bookshop Christmas" on Dec. 3-5 in Arlington.



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## Seven Tips for Holiday Mental Health

**P**RS, a local nonprofit that helps individuals living with serious mental health issues and facing life crises, continues to field more client inquiries and callers through its 24/7 hotline from those experiencing crisis or severe anxiety due to the pandemic. The upcoming holiday season can exacerbate these feelings. In response, the nonprofit has put together a list of seven tips to help more people cope and manage the holiday season better.

“The pandemic has added stress, grief, and uncertainty for most. For those who already suffer from mental health challenges, it can be even harder,” said Joseph Getch, CEO, PRS. “With the holidays upon us, a time of emotional highs and lows, we wanted to share tips that can be helpful for everyone to navigate the season during the ongoing public health crisis.”

Seven tips to help anyone manage mental health during the holiday season:

**Evaluate Rituals:** If you’ve lost a loved one, it’s important to take time to acknowledge

that holidays are full of rituals you may have shared with your loved one. Determine what feels better: to continue with the structure of how things used to be or to make it different this year.

**Prepare:** Control the things you can by planning in advance for holiday meals and purchases. Also, delegate to family members and guests to reduce your burden.

**Turn Off and Tune Out:** The 24/7 nature of media and social media can increase anxiety. Be purposeful about turning off the TV, radio, cell phones and tuning out for several hour increments every day to help provide perspective and calm.

**Keep in Touch:** Connecting virtually by phone, Zoom or in person with loved ones and friends is a great way to reduce stress and remember what is important during the holidays.

**Stay Active:** Being physically active is important to maintain overall health. Take a break and work out or go on a walk to reduce stress during the holidays.

**Help Others:** Many nonprofits need help delivering services for others who are struggling. Helping others helps provide purpose.

If you cannot give or volunteer, then help a neighbor who may need a chore done or errand run.

**Call/Text/Chat:** Calling or texting a local hotline or chatting online with the Lifeline is always an option if stress and anxiety seem insurmountable. Call: 800-273-TALK [8255], Text: “CONNECT” to 855-11 or logon to [SuicidePreventionLifeline.org/chat](http://SuicidePreventionLifeline.org/chat).

PRS ([www.prsinc.org](http://www.prsinc.org)) is a regional nonprofit helping those living with serious mental health issues and anyone who faces life crises achieve independence and self-sufficiency. PRS provides clients with skill training and support to help them recover and rebuild their lives through programs such as: Recovery Academy Day Programs, Community Support Services, Employment Services, Community Housing, Coordinated Specialty Care and CrisisLink. CrisisLink is a 24/7 phone, chat and text hotline. For 24/7 support from CrisisLink, call 1-800-273-TALK or text ‘Connect’ to 855-11. For 24/7 chat support, visit <https://suicidepreventionlifeline.org/chat/>

## Children’s & Teens’ Connection 2021

Please send all submissions via email by Friday, Dec. 3. This edition publishes Dec 15.

**D**uring December of each year, this newspaper devotes its pages to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families.

We welcome contributions from public and private schools, art classes, families, individuals and homeschoolers. We publish every kind of artwork that can be submitted to us as a jpeg, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

Pandemic planning has made for a short deadline, and, like everything else, the 2021 Children’s Connections will be different than in the past.

For 2021, please send a curated collection of art from your class. We will do our best, but we are unlikely to be able to print every item submitted. Please include the first and last name of the student with each submission.

We ask that all submissions be digital so they can be sent through email. Writing should be submitted in .docx format or in google doc. If you are sharing a google doc with us, please turn on link sharing so that anyone with the link can edit the document and share with [kimm.mary@gmail.com](mailto:kimm.mary@gmail.com). Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions, but different ideas are welcome:

To be published, we must have the full first and last name of the student artist or writer.

Identify each piece of writing or art, including the student’s full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location.

Home schoolers’ contributions are welcomed.

Please send all submissions via email by Friday, Dec. 3, 2021. The Children’s & Teens’ editions will publish on Dec. 15, 2021.

You can see the 2019 editions (pre-pandemic) by visiting [www.connectionnewspapers.com/PDFs/](http://www.connectionnewspapers.com/PDFs/) and scrolling down to Children’s

Email submissions for the Children’s Editions to [kimm.mary@gmail.com](mailto:kimm.mary@gmail.com).

For advertising information, email Debbie Funk at [debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com).

For more, see <http://www.connectionnewspapers.com/news/2021/nov/17/childrens-teens-connection-2021/>

**Mary Kimm**  
Editor and Publisher



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LIFE'S  
JOURNEY

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### Be a part of our:

**Wellbeing** pages, the first week of every month.

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

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

**Senior Living**, fourth week of every month.

#### Questions?

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

**THE CONNECTION**  
NEWSPAPERS

## Happy Thanksgiving! We're Grateful

It's been a two-year wait but it's Thanksgiving again.

BY SHIRLEY RUHE

Some are large, and some are small but all are grateful for their families at Thanksgiving. Several students at Randolph Elementary School on S. Quincy share their thoughts about Thanksgiving plans and favorites. Sometimes it was a little difficult to remember about the holiday since last year Thanksgiving was caught in the COVID lockdown.

**Steven Martinez Molina** says he goes to his cousin's house for Thanksgiving Day. He says, "We have chicken and turkey but I don't like turkey very much." Steven says his mom and dad and his little sister drive what seems like a long time to get there. But Chester, the dog, stays home. "You know why we named him Chester? He is black with white spots like a chess game." Steven explains one of his favorite things to do at Thanksgiving is to play chess, that is when he isn't playing in the really big backyard where he swings very high.

**Ella Jessup** will be going to grandma's house this year, which she says is nearby. Ella says it is her dad's part of the family because most of her cousins are too far away. Ella will help her mother with the turkey, and they have gravy and cranberries. "That is my favorite; I like fruit a lot." Ella is grateful for her family this Thanksgiving "because that's where I get all of my toys, with dolls being my



Steven Martinez Molina



Ella Jessup



Makayla Simpson



Louisa Wedekind



Randolph Elementary students shiver outside as they pose for a picture without masks November 22. They share Thanksgiving plans. Left to right: Makayla Simpson, Louisa Weekend, Ella Jessup, Steven Martinez Molina.

favorite."

**Makayla Simpson** says she is grateful for her family and she

will help her mom and dad with the cooking and the cleanup for Thanksgiving Day. She says mom and dad do the cooking together. "I

also clean the living room and decorate and set the table." Makayla says she draws a sign which she puts outside her door inviting ev-

eryone to have a Happy Thanksgiving and puts more signs inside. Thanksgiving will be at her house with so many people, including some of her friends, that they have a long table and another table, too. The kids can sit anywhere they want, but they usually like to sit together. "My aunt brings pupusas and rice, and my other aunt brings mac and cheese." They also have a turkey and stuffing.

**Louisa Wedekind** will help her mom cook Thanksgiving dinner at home with her specialty being the cranberries. She moves her arm in a circle as she demonstrates, "I stir them in the pan." Also she cuts cucumbers and sometimes carrots for an appetizer. "We have roast chicken with mashed potatoes and gravy and rice and also stuffing." Louisa says they have a little family with her mom and dad and her little brother so they have a lot to do. She is grateful for her family and friends and her marble run game and cookies; "M&M is the kind that I like."

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

## Doorways To Receive \$2.5 Million

Doorways, community-based nonprofit providing shelter and services for survivors of domestic violence and sexual assault, as well as youth and families experiencing homelessness, today announced that it has been selected to receive a \$2.5 million grant from the Bezos Day 1 Families Fund. It's the largest private grant in Doorways' history. Launched in 2018 by Amazon founder and executive chair Jeff Bezos, the Day 1 Families Fund issues annual leadership awards to organizations and civic groups doing compassionate, needle-moving work to provide shelter and hunger

support to address the immediate needs of young families.

"Thanks to the Day 1 Families Fund, Doorways is ready to launch our next chapter by implementing innovative and cutting-edge practices, from shelter to housing stability. We are especially committed to continuing our efforts to remove barriers that prevent historically marginalized communities of color, immigrants and people with disabilities from accessing services and getting housed quickly," said Diana Ortiz, President and CEO of Doorways. "By increasing our capacity and adding more doorways into housing and our comprehensive wraparound services, our youngest clients and their parents

will overcome the trauma of family homelessness and gender-based violence."

This one-time grant will allow Doorways to increase its capacity to provide high-quality, low-barrier shelter to families and double the number of families they transition to housing. This grant coincides with Doorways' current strategic initiative to determine the ideal model for sheltering families with complex needs, including survivors of domestic violence. This grant will help Doorways bring this vision to life. Doorways was selected as a Day 1 Families Fund grant recipient by an independent advisory board comprised of homelessness experts with experience in policy,

advocacy, racial equity, child welfare and housing and service delivery, as well as firsthand experience in homelessness.

This year, the Day 1 Families Fund issued a total of \$96.2 million in grants to 32 organizations across the country.

"In one of my darkest years, Doorways has been the light that kept me going when I felt like I had no more energy to fight for myself and my children," said a client of Doorways. "Thank you to the donors and to all the staff that have been supporting and taking care of us during this pandemic."

The Bezos Day One Fund made a \$2 billion commitment to focus on making meaningful and lasting

impacts in two areas: funding existing non-profits that help families experiencing homelessness, and creating a network of new, non-profit tier-one preschools in low-income communities. Since 2018, the Day 1 Families Fund has issued 130 grants totaling more than \$398 million to organizations around the country working to combat homelessness and help families gain housing support and stability.

The vision statement comes from the inspiring Mary's Place in Seattle: no child sleeps outside. For more information, visit [www.BezosDayOneFund.org/Day1FamiliesFund](http://www.BezosDayOneFund.org/Day1FamiliesFund).

# Need for Holiday Toy Donations Grows During COVID

## ACPD organizes 7th annual fill the cruiser toy drive

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

Police car lights blink in the Harris Teeter parking lot to pinpoint the location of the Arlington County Police Department (ACPD) 7th annual Fill the Cruiser Holiday Toy Drive Wednesday night. Boxes wrapped with festive green and purple dinosaur paper line the path set up for the drive-thru toy donation. Participants stay in their vehicles until their turn to drive up to the unloading area, and police officers help unload their donations.

Ten-month-old Police Service dog FRK9 Brooks stands nearby, tail wagging with each passing car. His handler, Regina Ryan, says they have been together since his arrival last July. Brooks arrived from 1st Responder Canine and has been assigned to the Community Outreach unit where he will

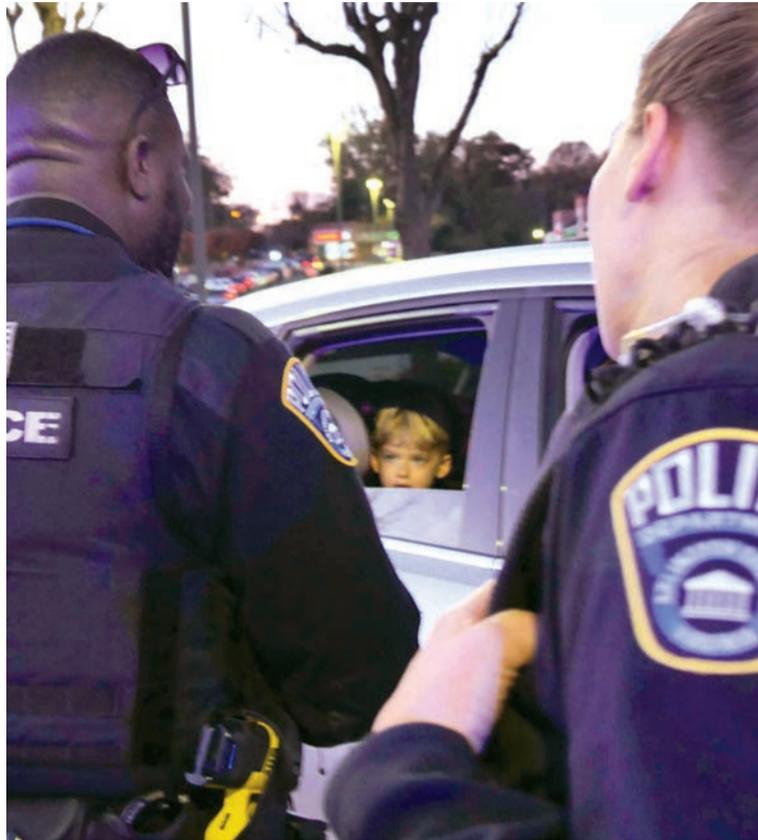
interact with the community at ACPD events.

A small boy looks wistfully out his window as two police officers accept his family's donations through the car window.

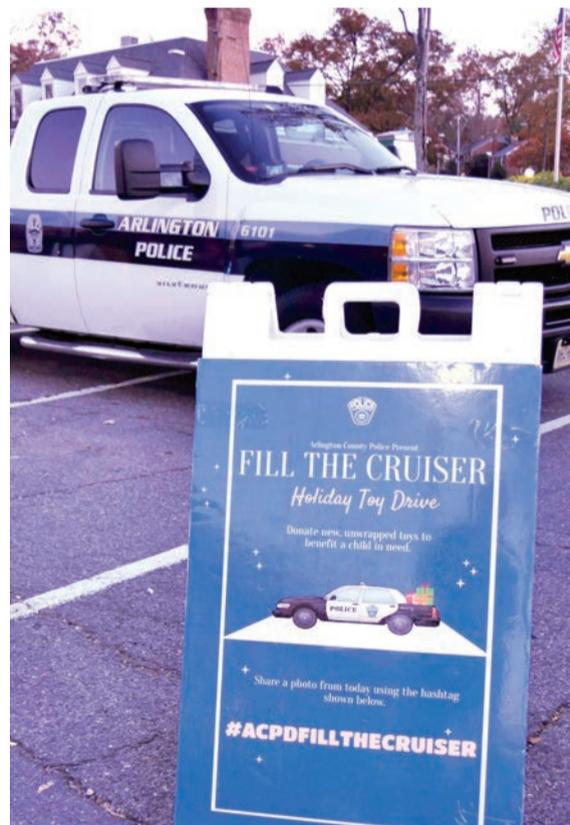
In pre-COVID years small children would skip around the parking lot clutching their puzzles, books, Legos and gaily dressed dolls and head to deposit the toys themselves.

The ACPD toy drive began Nov. 11 at Ballston Quarter and ends Dec. 3 at Arlington Assembly of God at 4501 N. Pershing Drive. The seventh annual toy drive requests new unwrapped toy donations, which will be distributed to community organizations throughout the month of December. In the past the trunks of the police cruisers would fill up quickly and have been replaced this year with a police trailer.

Toys may also be donated at police headquarters located at 1425 N Courthouse Road at the second floor Administrative Support Unit front counter until Dec. 10.



FRK9 Brooks with his handler Officer Regina Ryan, both assigned to the ACPD Community Outreach unit.



Officer Carly Hirschman just joined the ACPD Community Outreach unit six months ago, and this is her first toy drive event.

### Fill the Cruiser Events

Tuesday, Nov. 30 at Our Lady of Lourdes Church, 6 p.m. – 8 p.m.; 830 23rd Street S.  
Friday, Dec. 3 at Arlington Assembly of God, 5 p.m. – 7 p.m.; 4501 N. Pershing Drive  
<https://www.arlingtonva.us/About-Arlington/News/Articles/2021/Police-Host-7th-Annual-Fill-the-Cruiser-Holiday-Drive-Events>

ACPD holds its 7th annual Fill the Cruiser Holiday Toy Drive at the Lee Harrison Shopping Center location Wednesday, Nov. 17.

### BULLETIN BOARD

#### FILL THE CRUISER HOLIDAY TOY DRIVE EVENTS

Help spread joy this holiday season by donating new, unwrapped toys during the Arlington County Police Department's (ACPD) seventh annual Fill the

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

Cruiser Holiday Toy Drive. This year, with families impacted by the COVID-19 pandemic, the need for donations may be greater than ever and your generosity helps ensure

the holidays are bright for some of our most vulnerable community members – children in need. Contactless Donation Drop-Off Locations: Officers will collect new, un-

wrapped toys for children ages newborn to 17 at the following locations: Tuesday, Nov. 30 at Our Lady of  
SEE BULLETIN, PAGE 5

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## SENIOR LIVING

# History Revisited

Local African-Americans in their 80s and 90s say Rittenhouse verdict shows that Jim Crow is still alive and well.

By MARILYN CAMPBELL  
THE CONNECTION

The memory of being told that her father was dead is still vivid in the mind of 89-year-old Kit Lewis. He had been lynched and was found hanging from a tree. The men who murdered him were not charged with a crime, says Lewis, who lives in Alexandria, but was born in Mississippi. Learning that Kyle Rittenhouse had been acquitted of murder after claiming his actions were in self-defense, conjured up memories of her father's murder.

"I thought those days were behind us," she said. "That verdict goes to show that our lives are not valued and are not equal to those of white. If a black man had done that and claimed self-defense, he would probably have been sentenced to life behind bars."

African-American octogenarians and nonagenarians, who came of age in the 1920s and 30s, often feared for their lives and freedom because of a justice system that placed a much higher value on the lives of whites than blacks. They now fear for the lives of their children and grandchildren, and say that Kyle Rittenhouse's acquittal proves that the justice system that they experienced as young men and women is still in place.

After 87-year-old Ethyl Norris's daughter passed away from breast cancer, leaving behind two young children, Norris began raising them. Marvin and Carmyn are now 21 and 19 respectively. Both of her grandchildren, who are now in college, are planning to drive home for the Thanksgiving holiday. Norris has mixed emotions about grandson traveling this year.

**"It's not fair, but it's real. Rittenhouse is just more proof that Jim Crow is still alive and well."**

— Hattie Jackson, 92

While she loves to see him, she always worries when he's driving on the highway.

"Marvin is a smart, educated and talented young man, but because he's 6'2" and black, some people, when some people look at him, especially the police, they will see him as a threat," said Norris, who lives in Vienna "He's doing everything right. He graduated from high school, m

ade good grades, is still making good grades and wants to go medical school when he graduates. But

the cards are still stacked against him."

When Marvin is driving, Norris has warned him to wear a shirt or sweatshirt with his college logo and place his school books on both the front and back seat of his car. His driver's license, car registration and insurance card are kept on the sun visor.

"I want him to be able to get those documents with his hands visible at all times," said Norris. "If he's stopped by the police, I pray that doing those things will keep him from becoming another victim of police brutality or arrested for something that he didn't do. Whether folks will admit it or not, everyone knows that Rittenhouse's verdict shows that black men are guilty until proven innocent, but white men are given the benefit of the doubt."

Always ask for a receipt and a bag when making a purchase is a lesson 92-year-old Hattie Jackson of Silver Spring tells grandchildren and great grandchildren. "I don't care about reducing waste, saving and protecting the environment. I am more concerned about saving the lives and protecting my babies, protecting from the police and judges."

"If a white man walked out of a store without a bag or receipt, a policeman would believe him when he said trying to avoid waste and save the planet," said Jackson. "But if my black grandsons walk out of the same store without a receipt to prove they paid for it, they might end up handcuffed in the back of a police car. It's not fair, but it's real. Rittenhouse is just more proof that Jim Crow is still alive and well."

### BULLETIN BOARD

#### FROM PAGE 4

Lourdes Church, 6:00 p.m. – 8:00 p.m.  
830 23rd Street S.  
Friday, Dec. 3 at Arlington Assembly of God, 5:00 p.m. – 7:00 p.m.  
4501 N. Pershing Drive  
Those wishing to donate toys, but unable to attend the Fill the Cruiser events can drop off donations at Police Headquarters, located at 1425 N. Courthouse Road, until Friday, December 10 at the 2nd Floor Administrative Support Unit Front Counter from 8 a.m. – 4 p.m., Monday thru Friday.

#### NOV. 26-28

Christmas Tree Sale. At St. Andrew's Episcopal Church, 4000 Lorcom Lane, Arlington. They are selling 200 trees of all sizes, freshly cut and delivered from

Barre, Vermont. Sale hours: Friday (November 26) and Saturday (November 27): 9 a.m. to 5 p.m.; Sunday (November 28): 11:30 a.m. to 5 p.m. They will continue the sales the following weekends (same hours) until all the trees are sold. Get your tree early! In 2020, they sold 85% of the trees on the first weekend.

#### NOV. 17 TO DEC. 14

Citrus-Pecans-Maple Products. Hosted by Lions Charities Northwest Arlington. Order online at nwarlion-scitrus.fwffb.net. Maple products at: purintonmaple.com. Maple Promo Code: "nwarlions" at check out. Delivery direct to you by Christmas. Phone (703) 528-1130/ Text (703) 772-3784

#### DEC. 3-4

Help Plant Daffodils. At Culpepper Garden in Arlington. Looking for

an opportunity to get outside and connect with nature? This fall, Culpepper Garden is hosting a variety of community planting days as they plant 3,000 daffodils in preparation for our Spring Daffodil Walk. Dates include: 12/3, and 12/4. Masks and social distancing will be required. To volunteer, contact Ashley Gomez, Volunteer Manager at agomez@culpeppergarden.org.

#### THURSDAY/DEC. 9

Ashton's Heights Century. 7-8:30 p.m. At Reinsch Library Auditorium, Marymount University, 2807 North Glebe Road, Arlington. Ashton Heights resident, Peter Dickson, as he discusses one of Arlington's oldest neighborhoods. Mr. Dickson will discuss how Ashton heights came

SEE BULLETIN, PAGE 6

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PHOTO BY SHIRLEY RUHE/ THE CONNECTION

The cast of “Enchanted Bookshop Christmas “ gathers after a successful performance by Encore Stage & Studio Nov. 19. It is four days before Christmas and Miss Margie, the scatterbrained owner of the shop, gets a visit from her sister and niece. Her sister, who was laid off as an astronomy professor, accidentally encounters a high tech space billionaire who stops in the shop and wants to hire her. But the plot thickens when the bookmark with his phone number disappears, and it takes some magic and some luck to turn up a happy ending. Performances continue at Gunston Arts Center Theater 2700 S. Lang Street in Arlington, Dec. 3-5.

## ‘Enchanted Bookshop’

“Enchanted Bookshop Christmas.” At Encore Stage & Studio, Gunston Arts Center - Theatre One, 2700 S. Lang St., Arlington. When an important holiday present disappears at the bookshop, it’s up to our come-to-life book characters to solve the mystery of the missing bookmark and save the day — all without giving away their magical ex-

istence. Characters include the Nutcracker Prince, Amy March, the Velveteen Rabbit, the Little Match Girl, and even Ebenezer Scrooge himself. Tickets \$15 for Adults, \$12 for Children, Students, Military and Seniors. Concessions are available for pre-order. Tickets are available online at [www.encore-stage.org](http://www.encore-stage.org).

## HOLIDAY CALENDAR

### HOLIDAYS IN THE MOSAIC DISTRICT

At 2910 District Ave., Fairfax.

#### Santa at Mosaic

Nov. 26 to Dec. 23

#### Holiday Toy Drive

Nov. 26 to Dec. 13

#### Santa on Relay Shuttle

Nov. 29 at 7 p.m.

#### Menorah Lighting

Dec. 5 at 5 p.m.

#### Santa’s Motorcade

Dec. 17 at 5 p.m.

### NOV. 27 TO DEC. 19.

Holiday Lights on the Farm.

Fridays thru Sundays 5:30 to 8 p.m. At Frying Pan Farm Park, 2739 West Ox Road, Herndon. What is “Holiday Lights on the Farm”? It’s where you tour Frying Pan Farm Park in the safety and warmth of your car and see an amazing display of holiday decorations lighting up the 135-acre park. The cost is \$20 per private vehicle. Or you can take the tour on a tractor-drawn wagon ride with up to 20 of your family or friends for \$150 per group. Last year this event sold out, so

get your tickets early at <https://bit.ly/FPLights>.

### NOW THRU JAN. 2

Ice & Lights: The Winter Village at Cameron Run, 4001 Eisenhower Ave., Alexandria. Open nightly 5 to 10 p.m.; January 8 to February 27, 2022 (ice skating only), open Saturdays, Sundays and holidays, 11 a.m. to 5 p.m. Featuring an ice rink, multiple new holiday light displays perfect for Instagramming, a retail area, food, music and more. Admission: \$9 for general admission to Village; \$22 for village admission and skating; beginning January 8, \$14 for ice skating; free ages 2 and under. Visit [novaparks.com/events/ice-lights](http://novaparks.com/events/ice-lights)

### FRIDAY/NOV. 26

Reston Holiday Parade and Tree Lighting. 11 a.m. At Market Street in Reston Town Center. Reston Town Center launches the season with the annual Reston Holiday Parade celebrating its 30th year. The one-hour, half-mile parade along Market Street also welcomes the arrival of Santa and Mrs. Claus in a horse-drawn carriage. After the parade, enjoy Mini-Train rides until 4:30 p.m. The Clauses will return

for the Fountain Square Tree Lighting at 6 p.m. Afterward, on Market Street, horse-drawn carriage rides continue from 6-10 p.m.

### NOV. 26-27; DEC. 3, 4, 10, 11, 19

Mount Vernon by Candlelight. At George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Hwy., Mount Vernon. Take a candlelit guided tour and learn about holiday traditions in 18th-century Virginia. Visit with Mrs. Washington and other 18th-century residents of Mount Vernon in a 45-minute candlelit tour of the Mount Vernon estate, followed by a reception. Hear stories of Christmases past from costumed character actors portraying Washington’s family, friends, and enslaved or hired staff. Admission: \$36 for adults (ages 12 and up); \$28 for youth (ages 6-11); for members, \$26 for adults; \$18 for youth. Visit the website: [mountvernon.org/candlelight](http://mountvernon.org/candlelight)

### SUNDAY/NOV. 28

“The Elf on the Shelf.” 3 p.m. and 7 p.m. At Capital One Hall, 7740

SEE HOLIDAY CALENDAR, PAGE 8

FROM PAGE 5

to be and its first 100 years. Visit the website: <https://arlingtonhistoricalsociety.org/>

### EVENTS WITH ARLINGTON NEIGHBORHOOD VILLAGE

\* “Coffee and Conversation” speaker series. Everyone is invited to join the conversation via Zoom. Bring your own coffee, learn interesting things about the community and hear from the speakers listed below. Visit [www.arlnvil.org](http://www.arlnvil.org).

Wednesdays, Dec. 1st, 8th, 15th, 22nd and 29th at 10-11 a.m. Zoom Link below (except for the in-person event on 12/29, see below).

Dec. 1, 2021: Taming your financial records. Christine Dolan, principal, will explain how organizing our financial lives can help reduce stress, improve efficiency, and give us more control over our income and expenses. Christine welcomes our questions - from automatic bill payments, to organizing our records for estate planning.

Dec. 8, 2021: Welcoming asylum seekers, Special Visa holders, and refugees in our area. Laura Thompson Osuri, Executive Director, will describe how Homes Not Borders provides resettlement tools and the comforts of home for refugee families. This new nonprofit is growing quickly as it provides friendly support for Afghanistan newcomers and others.

Dec. 15, 2021: Roving Naturalist for NOVA Parks, Matt Felperin, finds inspiration for public programs and service across the wide variety of parks in the three-county regional park system. He’ll tell us about this nonprofit group established in the 1950s and let us know what’s waiting for us just outside our doors.

Dec. 22, 2021: Community leader and activist, Tannia Talento, will give an overview of the community efforts and partnerships offered to the Hispanic and Latino community in Arlington. Tannia is a former chair of the Arlington Public Schools board and is a co-founder of Arlington Schools Hispanic Parents Association, helping families with issues beyond the classroom.

Dec. 29, 2021: Let’s celebrate New Year’s 2022 a little early! ANV members and volunteers who are vaccinated are welcome to get together in person for treats and fun. Virginia Square Condominium Community Room. Registration required through the ANV office (703-509-8057).

Zoom link for Coffee and Conversation: <https://us02web.zoom.us/j/88948577106?pwd=eW0rN-1RTTU5ITmJ5NnF2QXZIN-mdUQT09>

### ARLINGTON PARKS ACCREDITED

Arlington County joins the ranks of elite park and recreation agencies across the country by earning accreditation through the Commission for Accredi-

tation of Park and Recreation Agencies (CAPRA) and the National Recreation and Park Association (NRPA). CAPRA accreditation is the only national accreditation for park and recreation agencies, and is a measure of an agency’s overall quality of operation, management and service to the community. This mark of distinction indicates that an agency has met rigorous standards related to the management and administration of lands, facilities, resources, programs, safety and services.

As part of the accreditation process Arlington Parks & Recreation had to demonstrate compliance with 154 recognized standards and document all policies and procedures. Often the process helps identify efficiencies and heighten areas of accountability, all of which translate into higher quality service and operation to benefit the community.

### DONATIONS

Pet Food Bank. AWLA has established a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner’s ability to afford pet care, the AWLA Pet Food Bank program’s goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit [goo.gl/forms/s2FuFdaYwDZm4tPw2](http://goo.gl/forms/s2FuFdaYwDZm4tPw2).

### 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

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, virtually. 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](http://www.www).

SEE BULLETIN, PAGE 11

## GIVE LOCALLY IN ARLINGTON

# Arlington Nonprofits Deserve Your Help

## Give Locally in Arlington this holiday season.

❖ 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. 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 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 companion animals find homes; enjoy their lively social media presence. [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. 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 the region. [www.cf-nova.org/for-donors/donate-now](http://www.cf-nova.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@friendsofguesthouse.org](mailto:info@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.allianceforhousing.com/>

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

SEE GIVE LOCALLY, PAGE 11



## Northern Virginia Joint Transportation Meeting

Wednesday, December 15, 2021, 7 p.m.

<https://www.virginiadot.org/novatransportationmeeting>

You are invited to participate in a virtual joint public meeting held by the Commonwealth Transportation Board (CTB), Virginia Department of Transportation (VDOT), Virginia Department of Rail and Public Transportation (DRPT), the Office of Intermodal Planning and Investment (OIPI), Northern Virginia Transportation Authority (NVTA), Northern Virginia Transportation Commission (NVTC) and Virginia Railway Express (VRE). According to Virginia Code, these organizations shall conduct a joint public meeting annually for the purposes of presenting to the public, and receiving public comments on, the transportation projects proposed and conducted by each entity in Planning District 8 (Northern Virginia).

The virtual meeting will begin with a brief presentation followed by a public comment period. During the presentation you can learn about various transportation initiatives, including:

- Virginia's Multimodal Project Pipeline Program
- NVTA's updates to TransAction and the FY2022-2027 Six Year Program; the NVTA Transportation Technology Strategic Plan; and the Regional Multi-Modal Mobility Program (RM3P) in partnership with the Commonwealth of Virginia
- NVTC's Commuter Choice program
- DRPT's funding opportunities, Six-Year Improvement Program and the Virginia Passenger Rail Authority (VPR) Program
- VRE project updates

The meeting will be held as a **virtual/online meeting**. Information for accessing and participating in the meeting will be posted at <https://www.virginiadot.org/novatransportationmeeting>. The team of VDOT, DRPT, OIPI, NVTA, NVTC and VRE representatives will make a presentation beginning at 7 p.m. highlighting their transportation programs, regional collaboration and receive public comments about Virginia's transportation network.

**Give your comments** during the joint meeting after the presentation concludes or submit your written comments by **January 7, 2022** by mail to Ms. Maria Sinner, Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or email [meetingcomments@VDOT.virginia.gov](mailto:meetingcomments@VDOT.virginia.gov). Please reference "Northern Virginia Joint Transportation Meeting" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775



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# ENTERTAINMENT

## NOW THRU NOV 30

Forty+ Project. 12:30 to 1:30 p.m. Jane Franklin Dance, 3700 S Four Mile Run Drive, Arlington. Forty+ celebrates the collective creativity of people past the age of 40. Each project features a different choreographer. The goal is a unique tapestry of collaboration between choreographer and performers. Cost: \$160 for the 8 session series Visit the website: <https://janefranklin.com/adult-dance/forty-plus>



Jane Franklin Dance will perform Saturday, Dec. 11 at Theatre on the Run in Arlington.

## NOV. 27 TO DEC. 26

"Cinderella." At Synetic Theater, 1800 South Bell Street, Arlington. World premiere production of Maria Simpkins' "Cinderella," with choreography by Janine Baumgardner\* and compositions by Konstantine Lortkipanidze. A creative team of all women brings the magical tale of a striking clock, a glass slipper, and a brave young woman who dares to pursue her wildest dreams. A modern re-telling of the classic story of family feuds, class rifts, and finding the courage to discover who you truly are. Special Event: Princess Tea Party on Saturday, Dec. 11 at 1 p.m. Tickets are \$15-\$30 and are available at [https://synetictheater.org/event\\_pages/cinderella/](https://synetictheater.org/event_pages/cinderella/).

unframed works and more. Friday, December 3, 3-8 p.m., opening reception 6-8 p.m.; Saturday, December 4, 10 a.m. - 5 p.m.; Sunday, December 5, 10 a.m.-3 p.m.

"Enchanted Bookshop Christmas." At Encore Stage & Studio, Gunston Arts Center - Theatre One, 2700 S. Lang St., Arlington. When an important holiday present disappears at the bookshop, it's up to our come-to-life book characters to solve the mystery of the missing bookmark and save the day — all without giving away their magical existence. Characters include the Nutcracker Prince, Amy March, the Velveteen Rabbit, the Little Match Girl, and even Ebenezer Scrooge himself. Tickets \$15 for Adults, \$12 for Children, Students, Military and Seniors. Concessions are available for pre-order. Tickets are available online at [www.encorestage.org](http://www.encorestage.org).



Encore Stage & Studio presents "Enchanted Bookshop Christmas" on Dec. 3-5 in Arlington.

## DEC. 1-31

Small Works of Great Importance. At Gallery Underground's Focus Gallery, 2100 Crystal Drive, Arlington. An all-member show of little pieces that pack a powerful punch. Members were asked to create works measuring no larger than 8 x 10 inches; smaller in size but proving that good things come in small packages. The exhibition features works by a variety of artists working in a range of mediums including both 2-d and 3-d works. Visit: <https://www.arlingtonartistsalliance.org/gallery-underground>

## DEC. 3-5

Artful Weekend at Fort C.F. Smith Park. At 2411 24th Street, North, Arlington. An Arlington Artists Alliance art show with 37 local artists featuring paintings of many genres, ceramics, jewelry, sculpture, glasswork, artist's cards,

## SATURDAY/DEC. 11

Jane Franklin Dance. 7:30-8:30 p.m. At Theatre on the Run, 3700 S Four Mile Run Drive, Arlington. Jane Franklin Dance returns to in-person performances at Arlington's Theatre on the Run with exciting new works by award-winning choreographers. This mixed-bill performance promises an exciting evening of dance by some of the DMV's finest movement artists. Visit the website: <https://janefranklin.com/in-place>

holiday favorites together for the family. The festivities include Leroy Anderson's "Sleigh Ride", "Chanukkah Festival" and "Rejoice" from Handel's "Messiah", Strauss Waltzes, the gorgeous music from Tchaikovsky's "The Nutcracker" and more. Young Artist Piano Competition winners will join the ensemble to perform following the competition finals on Dec 4. A Carols Sing-Along concludes the program to get everyone in the holiday spirit. Holiday Cheer features Sharon Christman (soprano), artistic director/violinist Leo Sushansky, Natasha Dukan (piano), Jorge Orozco (violin), Uri Wassertzug (viola) Vasily Popov (cello), 2021 Piano Competition winners, outstanding young guest string players. Visit <https://www.nationalchamberensemble.org/tickets.htm>.

## SATURDAY/DEC. 18

NCE Holiday Cheer Concert. 7:30 p.m. At Unitarian Universalist Church of Arlington, 4444 Arlington Blvd, Arlington. National Chamber Ensemble Concert highlights the finest classical and contemporary masterpieces and

## HOLIDAY CALENDAR

FROM PAGE 6

Capital One Tower Road, Tysons. Travel to the North Pole to glimpse the magical lives of Santa's Scout Elves. Tickets start at \$32.95 with VIP packages available for \$87.95 at [CapitalOneHall.com](http://CapitalOneHall.com).

## TUESDAY/NOV. 30

Clarendon Menorah Lighting. 6 p.m. At Chabad Lubavitch of Alexandria-Arlington. Come out for the Clarendon Menorah Lighting and Community Celebration as you experience the festival of lights. There will be a lighting of a giant 9-foot Menorah, lively music, hot Potato Latkes (pre-packaged), Hot Cocoa, Donuts, (Pre-packaged) Chocolate Gelt and Dreidels for all.

## THURSDAY/DEC. 2

Chanukah on Ice. 6-8 p.m. At Pentagon Row (Outdoor Rink), 1201 South Joyce Street, Arlington. Lighting of a Giant 6-foot Menorah. Eat Dinner: Hot Latkes, Kosher Hot Dogs and Refreshments. Admission: Prepay by November 25th: \$10; After the 25th: \$13 Includes skate rental.

## DEC. 3-5

"Enchanted Bookshop Christmas." At Encore Stage & Studio, Gunston Arts Center - Theatre One, 2700 S. Lang St., Arlington.

When an important holiday present disappears at the bookshop, it's up to our come-to-life book characters to solve the mystery of the missing bookmark and save the day — all without giving away their magical existence. Characters include the Nutcracker Prince, Amy March, the Velveteen Rabbit, the Little Match Girl, and even Ebenezer Scrooge himself. Tickets \$15 for Adults, \$12 for Children, Students, Military and Seniors. Concessions are available for pre-order. Tickets are available online at [www.encorestage.org](http://www.encorestage.org).

## DEC. 3-19

"A Child's Christmas in Wales." Presented by the Vienna Department of Parks and Recreation and Vienna Theatre Company. From a story by Dylan Thomas and adapted to the stage by Jeremy Brooks and Adrian Mitchell. Dates: Fridays and Saturdays, Dec. 3, 4, 17, 18 at 7 p.m.; Sundays, Dec. 5 and 19 at 2 p.m.; and Saturday, Dec. 18 at 10 a.m. Visit the website: [www.viennatheatrecompany.org](http://www.viennatheatrecompany.org).

## DEC. 3-4

Scottish Christmas Walk Weekend and Parade. Taste of Scotland: Friday, December 3 at 6:30 p.m. Parade: Saturday, December 4, at 11 a.m. Campagna Center is thrilled to celebrate the 50th Anniversary Scottish Walk Weekend in Alexandria. In 1749, the City of Alexandria was established by Scottish merchants.

Dozens of Scottish clans dressed in colorful tartans parade through the streets of Old Town, joined by pipe and drum bands from around the region, as well as terriers and hounds. The weekend kicks off with the Taste of Scotland Scotch Tasting on Friday evening in the Atrium Building. The parade will depart from St. Asaph St. heading north, head east from Queen St., head south from Fairfax St., and head west from King Street, ending right in front of City Hall. Admission: Free to view; \$75 registration fee to march in parade; \$200 and above for Taste of Scotland Scotch Tasting. Visit the website: [Campagnacenter.org](http://Campagnacenter.org)

## SATURDAY/DEC. 4

Holiday Festival at Torpedo Factory Art Center. 2 to 8 p.m. At Torpedo Factory Art Center, 105 N. Union St., Alexandria. Torpedo Factory Art Center joins the fun on Alexandria's most festive weekend of the year. Santa and Mrs. Claus arrive by fire boat around 3:30 p.m. on the Waterfront. Music fills the halls and the waterfront, beckoning people to browse three floors of open artists' studios. Visit the website: [torpedofactory.org](http://torpedofactory.org)

## SATURDAY/DEC. 4

Alexandria Holiday Boat Parade of Lights. Old Town's historic waterfront will shine for the 21st annual Alexandria Holiday Boat Parade of Lights sponsored by Amazon. Pa-

rade begins at 5:30 p.m.; Dockside festivities 2 to 8 p.m. at Waterfront Park (1A Prince St.). Parade viewing areas along one mile of the Old Town Alexandria waterfront stretching from Founders Park (351 N. Union St.) to Ford's Landing Park (99 Franklin St.) Boat parade dockside festivities will entertain parade-goers from 2 to 8 p.m. in Waterfront Park at the foot of King Street. Festivities include a pop-up beer garden from Port City Brewing Company. At 3:30 p.m., Santa and Mrs. Claus will arrive by fireboat at the Alexandria City Marina before attending the annual Torpedo Factory Art Center Holiday Festival. Admission: Free; \$ for food/drink and some activities Visit [AlexandriaVA.com/boatparade](http://AlexandriaVA.com/boatparade).

## SATURDAYS, DEC. 4, 11, 18

Holiday Market and Winter Village at The Parc in Tysons. At 8508 Leesburg Pike, Tysons. Save the date to purchase your holiday gifts from local artisans and small businesses.

## DEC. 4-5

"The Nutcracker." 12 p.m. and 5 p.m. At The Rachel M. Schlesinger Center for Performing Arts NOVA Alexandria Campus, 4915 East Campus Drive, Alexandria. Enjoy this exciting Metropolitan School of the Arts production as Clara fights the evil Mouse Queen and her army of fierce mice to save the handsome and kind Nutcracker doll. On this great adventure,

Clara will be transported to a fantastical land where she will meet the dazzling Snow Queen, dancing snowflakes, the Sugar Plum Fairy and many more wonderful characters. Visit the website: [metropolitanarts.org](http://metropolitanarts.org)

## SUNDAY/DEC. 5

Living Nativity. 4-6 p.m. At Clifton Presbyterian Church, 12748 Richards Lane, Clifton. The Clifton Presbyterian Church and Clifton Betterment Association invites the community to its Living Nativity. Park in town and walk to the church. CBA kids holiday gathering. Stop by the barn, after the live nativity scene at CPC, to see Santa and have some hot chocolate by the fire.

## BEGINNING DEC. 5

Old Town Boutique District's Holiday Week. At various boutiques throughout Old Town Alexandria. Head into December with the first-ever OTBD holiday week, kicking off Sunday, December 5. Look out for a kick-off event at Hummingbird, tastings, trunk shows and doorbuster deals, and spend the holidays in the most magical place on earth. Visit [oldtownboutiquedistrict.com](http://oldtownboutiquedistrict.com)

## SUNDAY/DEC. 5

Town of Herndon's Holiday Arts & SEE HOLIDAY CALENDAR, PAGE 9

# HOLIDAY CALENDAR

FROM PAGE 8

**Craft Show.** 10 a.m. to 4 p.m. At the Herndon Community Center, 814 Ferndale Ave., Herndon. Over 70 artisans and crafts people will exhibit and sell their handmade work at this annual arts and crafts show sponsored by the Herndon Parks and Recreation Department. Visit [herndon-va.gov/recreation](http://herndon-va.gov/recreation).

**SUNDAY/DEC. 5**

**Community Menorah Lighting at Mosaic District.** 5-7 p.m. At the Mosaic District in Fairfax. It's Chanukah time in the Mosaic District – and they're bringing the celebration to all those that join as they light the candles, sing songs, provide entertainment, spin the dreidel and more! This special event is done in conjunction with the JCC of Northern Virginia.

**SUNDAY/DEC. 5**

**Inclusion Committee Chanukah Celebration.** 2 p.m. At Temple Rodef Shalom Falls Church. Celebrate the Festival of Lights together! Enjoy making a Chanukah craft, hear a Chanukah story, share traditions, and enjoy some Chanukah music as we gather.

**DEC. 10-11**

**Colonial Holiday Nights at Carlyle House.** 5 to 8 p.m. At Carlyle House, 121 N. Fairfax St., Alexandria. Experience the holiday season with Carlyle House focusing on how the Carlyles and their enslaved workers observed the holidays during the 18th century. Stay tuned for updates about live

music. Tours offered of the first floor with timed entry on the hour and half hour. Space is limited and reservations are required. All participants including those under the age of 5 must be registered. Visit [novaparks.com](http://novaparks.com)

**SATURDAY/DEC. 11**

**Civil War Christmas in Camp.** 12 to 4 p.m. At Fort Ward Museum & Historic Site, 4301 W. Braddock Rd., Alexandria. Get in the holiday spirit with a patriotic Union Santa Claus, reenactors in winter camps celebrating the season, period decorations, soldier-led fort tours and kids' crafting activities. Visit the website: [alexandriava.gov/fortward](http://alexandriava.gov/fortward)

**SATURDAY/DEC. 11**

**"Klezmer Hanukkah"** with Seth Kibel and the Kleztet. 7 p.m. McLean Community Center Hanukkah comes early this year, but Seth Kibel and the Kleztet keep the party going with festive Klezmer tunes and a little jazz thrown in. Chag Sameach!

**SATURDAY/DEC. 11**

**Herndon Winter Market.** 12 to 7 p.m. At 777 Lynn Street, front of Herndon Municipal Center, Herndon. A traditional German-style Christmas Market with a family focus supporting the Town of Herndon and surrounding communities. This is open and free to the public. Visit the website: [www.herndonwintermarket.com](http://www.herndonwintermarket.com)

**DEC. 11, 12, 18, 19**

**Tall Ship Providence Christmas Story**



The Alexandria Holiday Boat Parade of Lights will be held Saturday, Dec. 4 in Alexandria.

Time. At 12 p.m., 1 p.m. and 2 p.m. At Tall ship Providence, 1 Cameron St., Alexandria. Come aboard the tall ship Providence for a special Christmas story time. This year's tale will be "The Christmas Ship," the true story of the schooner Rouse Simmons, the ship that for years supplied Christmas trees to the people of Chicago by making a dangerous winter crossing of Lake Michigan. This story is sure to delight young sailors ages 5 to 12. Check in at the Gazebo on the G-H Pier next to Founder's Park. Visit the website: [tallshipprovidence.org](http://tallshipprovidence.org)

**DEC. 17-18**

**Christmas Illuminations at Mount Vernon.** 5:30 to 8:30 p.m. At George Washington's Mount Vernon, 3200 Mount Vernon Memorial Hwy.,

Mount Vernon. Kick off the holiday season with fireworks overlooking the Potomac River. Tour the Mansion to learn about holiday celebrations during Washington's time with live 18th-century music. See the lantern-lit historic area, the Mansion aglow in beautiful amber light, and the Upper Garden and Greenhouse dazzling in blue and lavender with moving wintry light patterns. Admission: \$60 adult/\$38 youth with mansion tour; \$58 adult/\$36 youth without mansion tour; for members, \$50 adult/\$28 youth with mansion tour; \$48 adult/\$26 youth without mansion tour. Visit [mountvernon.org/illuminations](http://mountvernon.org/illuminations)

**DEC. 17-18**

**Civil War Christmas at Carlyle House.**

5 to 8 p.m. At Carlyle House, 121 N. Fairfax St., Alexandria. Discover how Christmas was celebrated when the Green family lived at Carlyle House and the Mansion House Hotel was being used as a Civil War hospital. Stay tuned for updates about live music. Tours offered of the first floor with timed entry on the hour and half hour. Space is limited and reservations are required. Visit the website: [novaparks.com](http://novaparks.com)

**FRIDAY/DEC. 17**

**Alexandria Symphony Orchestra Presents: Home for the Holidays.** 7:30 to 9:30 p.m. At The Rachel M. Schlesinger Center for Performing Arts NOVA Alexandria Campus, 4915 East Campus Drive, Alexandria. This December, the ASO brings back the joy of live holiday music that audiences yearned for in 2020. ASO will accompany dancers from BalletNOVA with selections from Tchaikovsky's Nutcracker. Alexandria Choral Society joins the ASO for choruses from Händel's Messiah and will lead the audience in popular holiday carols. Visit the website: [alexsym.org](http://alexsym.org)

**SATURDAY/DEC. 18**

**Caroling on Horseback.** Town of Clifton. 1:15 p.m. Caroling and Procession. The route through Clifton will follow Main Street to Chapel Road, then Water Street to School Street and back to Main Street. Costumed judging and sharing refreshments will occur after the procession in the floodplain. Visit [www.clifton-horsesociety.org](http://www.clifton-horsesociety.org).

THE CONNECTION Alexandria Gazette Packet Mount Vernon Gazette Potomac ALMANAC

**Children's & Teens' Connection 2021**

**Advertising Opportunity**

During the last weeks of each year, this newspaper devotes its pages to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection (including Children's Gazette and Children's Almanac) is a long-time tradition.

With high visibility, this is a great advertising opportunity for every industry, so give us a call about rates and ad sizes at 703-778-9431 or email [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com).

To submit art, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts, please email [kimm.mary@gmail.com](mailto:kimm.mary@gmail.com).

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## FLOURISHING AFTER 55

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.

Senior Adult Transportation (SCAT) offers Arlington residents 55+ years of age and older pre-arranged taxicabs to and from 55+ Center locations for \$2.50 each way. For more information and an application, call 703-892-1900.

### 55+ Programs

Folk music sing-along, Monday, Nov. 22, 1:30 p.m., Madison Community Center, 3829 N. Stafford Street. Drop in; no need to register.

Scale Down, weight loss support group, private weigh-ins, interesting programs, Monday, Nov. 22, 1:30 p.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. Drop in; no need to register.

Yarn Crafters group at Aurora Hills 55+ Center, meet to make hand-knit and crocheted items for babies, children and the elderly, Monday, Nov. 22, 10 a.m., 735 S. 18th Street. Drop-in; no need to register.

Tai Chi practice Monday, Nov. 22, 12:30 p.m., Wednesday, Nov. 24, 1:30 p.m., both at Lubber Run 55+ Center, 300 N. Park Drive. Drop in; no need to register.

Genealogy 101, led by experienced genealogist Eileen Bogdanoff, Tuesday, Nov. 23, 11:30 a.m., Lubber Run Community Center, 300 N. Park Drive. Registration # 911400-57.

Drumming circle, reduce stress, improve motor skills, Tuesday, Nov. 23, 1:30 p.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. Drop in; no need to register.

The Rocking Chairs, a grown up garage band, open rehearsal, playlist includes hits from the 50s through the 70s, Wednesday, Nov. 24, noon, Madison Community Center, 3829 N. Stafford Street. Drop in; no need to register.

Seated exercise class, \$60/15 session punch pass or \$4 drop in, Wednesday, Nov. 24, 9 a.m. No need to register.

Drop in basketball for women, bring white and dark shirts and a basketball, Wednesday, Nov. 24, 7 p.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. No need to register.

Ancient movement dance assists in gaining balance, core strengthening, flexibility, Wednesday, Nov. 24, 2 p.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. Drop in; no need to register.

Showing of the film, "Annie Hall," Wednesday, Nov. 24, 12:30 p.m., Aurora Hills 55+ Center, 735 S. 18th Street. Registration # 911704-6.

Folk music sing-along, Monday, Nov. 29, 1:30 p.m., Madison Community Center, 3829 N. Stafford Street. Drop in.

Open art studio for artists working at their own pace, materials not pro-

vided, Wednesday, Dec. 1, 10 a.m., Friday, Dec. 3, 11 a.m., Arlington Mill 55+ Center, 909 S. Dinwiddie Street. Drop in.

Morning meet-up with fellow 55+ members, BYOC (bring your own coffee), casual conversation, Wednesday, Dec. 1, 9:30 a.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. Drop in.

Youthful movement dance with fusion of ancient art, low impact, helps with balance, Wednesday, Dec. 1, 2 p.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. Drop in.

Local history discussion group will feature the Lee House, Wednesday, Dec. 1, 1:30 p.m. Registration # 912402-10.

Online printing projects, demonstration by Emily Braxton, Wednesday, Dec. 1, 3 p.m. Registration #912300-01.

Opera appreciation group to listen to "Aida" with discussion to follow, led by George Cecchetti, Wednesday, Dec. 1, 1:30 p.m., Lubber Run 55+ Center, 300 N. Park Drive. Registration # 912300-11.

Travel Trivia game, Thursday, Dec. 2, 11 a.m. Registration # 912601-01

Arlington Mill Trekkers, easy paced walk along the W&OD and Four Mile Run Trails, Thursday, Dec. 2, 9 a.m., Arlington Mill 55+ Center, 909 S. Dinwiddie Street. Drop in.

SEE FLOURISHING, PAGE 11

### Legals

#### NOTICE TO RELOCATE A BRANCH

Notice is hereby given that TD Bank, N.A., 2035 Limestone Road, Wilmington, DE 19808, has applied to the Office of Comptroller of the Currency on or about November 24, 2021 as specified in 12 C.F.R. §5 for permission to relocate a branch from 3101 Wilson Blvd., Arlington, VA 22201 to a new TD Bank branch to be located at 3028 Wilson Blvd., Arlington VA 22201.

Any person wishing to comment on this application may file comments in writing with the Director for Large Bank Licensing, Office of the Comptroller of the Currency, 400 7th Street SW, Mail Stop 10E-2, Washington, DC 20219 within 15 days after the date of this publication. Written requests for a copy of the public portion of the application should be sent to the Director for District Licensing.



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# GIVE LOCALLY IN ARLINGTON

## Arlington Nonprofits Deserve Your Help

FROM PAGE 5

❖ 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.clotheslinearlington.org/](http://www.clotheslinearlington.org/)

❖ Potomac Riverkeeper Network works to protect the public's right to clean water in our rivers and streams; to stop pollution to promote safe drinking water; to protect healthy river habitats; and to enhance public use and enjoyment.

3070 M Street, NW, Washington, DC 20007. (202) 888-2037  
[www.potomacriverkeepernetwork.org](http://www.potomacriverkeepernetwork.org)

### FLOURISHING AFTER 55

FROM PAGE 10

Line dance class, easy for beginners, Thursday, Dec. 2, 1 p.m., Arlington Mill 55+ Center, 909 S. Dinwiddie St.; Friday, Dec. 3, 10:30 a.m., Aurora Hills 55+ Center, 735 S. 18th Street. Drop in.

Armchair travel, watch New Mexico video, discussion to follow, Friday, Dec. 3, 3 p.m. Registration # 912400-06.

Explore painting with community arts programmer Jim Halloran, Friday, Dec. 3, 1 p.m., Aurora Hills 55+ Center, 735 S. 18th Street. No experience necessary; materials provided.

### BULLETIN BOARD

FROM PAGE 6

[seniorhelpers.com/arlington-alexandria-va](http://seniorhelpers.com/arlington-alexandria-va) for more.

Online Salary Negotiation Work shop. 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 [health.arlingtonva.us/opioid-awareness/](http://health.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.

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

Arlington County, in partnership with the Human Rights Commission's Equality Task Force, has launched a web page with resources for the LGBTQ community. The new webpage com-

❖ Potomac River Conservancy, 8403 Colesville Road, Suite 805, Silver Spring, MD 20910, 301.608.1188 [potomac.org](http://potomac.org), seeks to improve the Potomac River's water quality by building an impassioned base of river advocates to impart change at the local level. [www.potomac.org](http://www.potomac.org)

❖ PRS, Inc. is a non profit providing mental health, crisis intervention and suicide prevention services in Northern Virginia and Washington, D.C. Seeking to change and save lives in our community by empowering hope, safety, recovery, wellness, independence and community integration.. PRS also provides crisis counseling and connection to supports CRISISLINK When crisis calls, we answer 24/7 Call: 800-273-TALK [8255] Text: "CONNECT" to 85511 <https://prsinc.org/>

Registration # 912303-23.

Just Play'n Country, traditional mountain music, Friday, Dec. 3, 1 p.m., Madison Community Center, 3829 N. Stafford Street. Drop-in.

Intergenerational pen pals, seniors and high school students from an Honor English Club, Friday, Dec. 3, 1 p.m. Registration # 912300-02.

GrandDay and snowflake craft demonstration with grandparents and grandchildren, create new memories, Saturday, Dec. 4, 10 a.m., Arlington Mill 55+ Center, 909 S. Dinwiddie Street. Registration # 912310-01

piles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth — such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit [topics.arlingtonva.us/lgbtq-resources](http://topics.arlingtonva.us/lgbtq-resources).  
Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit [www.facebook.com/agingmatterswera](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. 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. now on Zoom. Organization brings together political and business leaders for humanitarian services. Listen to guest speakers on various topics of interest. Visit <https://arlingtonrotaryclub.org/>

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## "Cancerependity"



By KENNETH B. LOURIE

It seems clear that being re-diagnosed with thyroid cancer after initially being diagnosed with non-small lung cancer, stage IV is a good thing. As to whether it's a beneficial thing, 10+ years past my original lung cancer diagnosis remains to be seen. Some damage may have been done and the presumptive friendliness of thyroid cancer (often referred to as "the friendly cancer" because of its cure rate) no longer applies to me, given the miscellaneous damage I've referred to in previous columns: kidney damage being the most significant. Still, according to my oncologist, thyroid cancer is better to have than lung cancer.

'Better' might mean less traumatic (physically, emotionally, psychologically), and let's be brutally simple: less "terminal" as well - by a long shot. So when my newly referred doctor, an endocrinologist (specialty is thyroid, among others) confirmed that my existing diagnosis had changed to papillary thyroid cancer, and suggested that I might never have had lung cancer, a wave of relief swept over me. However, I subsequently learned, as I have shared previously with you regular readers, that I'm still in serious trouble and that my life expectancy is not at all what I hoped. Though the change in diagnosis certainly looks great on paper and the treatment is very manageable, the previous 10 years of mostly infused, toxic chemotherapy has left its mark. Among a number of other life-changing effects, because of the kidney damage, there's only certain medications and dosages I can take.

Rewind to the first attempt to eradicate my thyroid cancer, surgery. I had a thyroidectomy: usually an out-patient operation with the patient back home that same day. The surgery was to remove my thyroid glands and parathyroid glands - and presumably kill any remaining cancer. This surgical operation occurs after the patient goes on a strict no iodine diet for 30 dirty days prior to the procedure. This is because thyroid cancer cells contain iodine and the medicine injected at the hospital contains radioisotopes specifically engineered to kill anything with iodine in it. The less extraneous iodine, the more the iodine attaches to its intended target: the thyroid cancer cells. My operation was scheduled to last two hours. It lasted seven-plus hours. Why? Because the cancer had been allowed to grow untreated for so long (due to the evolving diagnosis), it embedded itself under my collarbone and despite the doctor's best efforts to remove all the cells (he said this was the longest thyroidectomy he had ever performed), he couldn't. That was the purpose of the radioisotopes: to kill any remaining cancer. However, because the radioisotope dose I received was one-third that normally prescribed dosage - due to kidney considerations, the one-third dosage was insufficient to kill the remaining thyroid cancer cells. Thus, I am now left with papillary thyroid cancer that is in effect, incurable. At this juncture, after the surgery and radioisotope injection, there of course is medication to take: Lenvimo. It's a daily pill with side effects, of course, but nothing compared to the side effects from the heavy-duty chemotherapy I had been on for years (every three weeks at the Infusion Center). Unfortunately, and this is where we get to the nub of the issue, the medicine has a two to three year window. As of now, I'm about 15 months into my window. And as you might imagine, this scenario is hardly common in the cancer trial world. To quote my friend Winslow: I'm bereft." Or to use my own expression: "I'm s.o.l."

Nevertheless, I see no advantage to marking the calendar. I'm lucky to be alive. If I had been asked at any time during my lung cancer daze if I would trade lung cancer for thyroid cancer, knowing what I've learned, absolutely, I would have made the trade. Though the trade was never proffered - or possible, obviously, I still have been impacted by the future considerations.

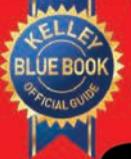
Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.



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