

The Arlington Connection

Goats headed home after a long morning of "Down goat, goat's pose, and Gotus pose" at the Arlington County Fair."

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PHOTO BY EDEN BROWN/THE CONNECTION

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New Season of Singers

Registration is open for Encore Creativity for Older Adults for any adult 55 or older.

BY MARILYN CAMPBELL
THE CONNECTION

Singing in his church choir as a child and taking a mandatory class in middleschool was the extent of Don Greenwood's musical training. Growing up in Arlington, the 74 year old father of two adult sons and one grandchild has always been passionate about music but never took lessons. The extent of this connection to music was singing along with the radio. He pursued a career as an architect with Fairfax County's Building Design and Construction Division and after he retired he began to search for hobbies that were both enjoyable and challenging.

"I didn't want to sit around watching Netflix," he said.

His wife suggested that he consider music and suggested that try Encore Creativity for Older Adults, a choral organization for Adults over 55.

Those, like Greenwood, who find pleasure in music will have a chance to warm-up their vocal chords and start crooning. Encore's new season begins next month with groups in Arlington, Fairfax and Montgomery counties.

"When you age people stop having expectations of you, but I always was quite demanding of the singers and they really appreciated that. It made them feel important."

— Jeanne Kelly, Encore founder

Registration is now open and students can join either Encore Chorales, a group whose vocalists learn music that spans a wide range of styles and eras or Encore ROCKS with a repertoire that includes true rock & roll music from the 50s through the 80s. Auditions are not required.

Though Encore is open to all singers regardless of their skills or abilities, founder Jeanne Kelly envisioned an organization in which the chorales are filled with serious singers. Since



PHOTO COURTESY OF ENCORE CREATIVITY FOR OLDER ADULTS

Since its founding, the chorales of Encore Creativity for Older Adults have performed at Strathmore Hall, the Kennedy Center and locations throughout Europe.

its beginning, her chorales have performed at Strathmore Hall, the Kennedy Center and locations throughout Europe.

"Encore has expectations of our singers," said Kelly, who is now retired. "When you age people stop having expectations of you, but I always was quite demanding of the singers and they really appreciated that. It made them feel important."

Chorales are led by professional conductors and rehearsals and concerts are structured to cultivate musical excellence. "My first rehearsal was an eye opener. I felt like a deer in the headlights," said Greenwood. "I didn't have experience with multi-part arrangements. I didn't understand sheet music, but during the rehearsals we deconstructed each song, the conductor gives us feedback so I learned pretty quickly in an environment where you're encouraged."

In addition to music Kelly hopes that Encore singers will find that music protects and strengthens their cognitive abilities and helps them make social connections which are often difficult to build and maintain as

one ages.

"When you retire, you gradually drift away from the friends you had at work and you eventually lose those connections," said Kathleen Lyman, a retired Navy captain who lives in Springfield. "I've met new friends through Encore and we often go out to lunch after rehearsals."

Kelly expanded her vision of removing some of the barriers that make music inaccessible to some when she created a choral group called the Sentimental Journey Singers that is free and open to those with dementia, Alzheimer's and other similar conditions and their caretakers. "My mother passed away from Alzheimer's and she always found joy in music," said Kelly. "There was always music in our house and I majored in music."

Greenwood said that his Encore experience motivated him to delve into writing song parodies and satires. "Some people have to get over the hump of thinking that they can't sing," he said. "In retrospect, I wish I'd joined earlier."

"FLOURISHING AFTER 55"

Office of 55+ Programs

55+ Programs are in person at 55+ Centers, unless otherwise noted. A 55+ Pass is required to participate (starting at a \$20 annual fee). To join or register, go to registration.arlingtonva.us or call 703-228-4747.

Registration open for 2022 Northern Virginia Senior Olympics, Sept. 10-24. Register online by Aug. 31 at www.nvso.us, \$20 for unlimited events. Go to website for events, rules, eligibility, photos, past results. For information, email nvso1982@gmail.com.

Afternoon movie showing of "Dune" (2021) (PG-13), Oscar winning sci-fi film, Thursday, Aug. 18, 1 p.m., Lubber Run 55+ Center. Registration # 914804-02.

Movies & Critics group to review "Free Guy" (2021) (PG-13), Thursday, Aug. 18, 1 p.m., Arlington Mill 55+ Center. Registration # 914804-06.

Tasty tomato recipes demonstrated by a Virginia Cooperative Extension Master Food Volunteer, Thursday, Aug. 18, 11 a.m., Langston-Brown

55+ Center. Registration # 914501-07.

Credit scores and reports, discussion by Virginia Cooperative Extension Master Financial Education Volunteers, Thursday, Aug. 18, 1 p.m., Walter Reed 55+ Center. Registration # 914400-25.

Acoustic Hour in the Park with musicians Ed Girovasi and Phil Rosen, Friday, Aug. 19, 1 p.m., Virginia Highlands Park, 1600 S. Hayes Street. Registration # 914301-05.

Social ballroom dance, including the tango, waltz, foxtrot and swing, spacious dance floor, Friday, Aug. 19, 1:45 p.m., Lubber Run 55+ Center. No instruction provided. Drop-in.

Scale down, weight loss support group, Monday, Aug. 22, 1:30 p.m., Langston-Brown. Drop-in.

Dragonflies and Damselies up close, Tuesday, Aug. 23, 11 a.m., Gulf Branch Nature Center. Registration # 914106-18.

Summer sing-along with musician Carl Gold, Tuesday, Aug. 23, 2 p.m., Lubber Run 55+ Center. Registration # 914304-04.

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NEWS



Emily Teran didn't make it up the ladder but she had fun.



Doug Krietemeyer, Environmental Planner at the Solid Waste Bureau educated fairgoers on recycling and handed out free compostable food scraps buckets with bags. One of the fairgoers who was from Maryland took one because she had seen compost save a tree that was dying.



The Richmond Fine Arts Museum brought its art to fairgoers in a traveling exhibit. This painting by Edward Le Bas of a "Lady Reading" was painted by an impressionist artist many did not know.

PHOTOS BY EDEN BROWN/THE CONNECTION



Emily (6) and Kaitlyn Teran (10) finish up the ladder game after five tries to get up the ladder and go on to the next thing.

Arlington County Fair: Free, Fun, and Friendly

Arlington's community-focus is highlighted in fair events.

BY EDEN BROWN
THE CONNECTION

Like all county fairs, there were funnel cakes, scary rides, kiddie rides, a lucky fish pond, cotton candy, and carnies hawking their games, taking tickets and smiling as child after child attempted to win a giant stuffed animal. But unlike other county fairs, there were Washington Capitals offering fathers and sons the chance to hit pucks into a giant inflatable goal.

And there was Goat Yoga. There was the Richmond Fine Arts Museum truck. And there was the "Arlington Way" side of the fair: Tree Stewards, Composters, an Arlington Agency on Aging table, school board candidates, bike Arlington stands, the American Conservation Coalition, and beekeepers, among many others. Even the Arlington Treasurer's Office was there.

"I'm so glad the county fair approached us about coming to do goat yoga, because it's great to have at least one agricultural exhibit here. That was the whole point of county fairs when they started — you showed off your prize livestock," said Maureen Roberts, owner of the goats. "We have gotten too far away from that natural world." That is why Roberts partners with Beth Wolfe, who runs the yoga part of the event, to give people that great feeling of being around animals. Wolfe teaches Trauma Informed Yoga in Arlington, mostly to help heal people with PTS(D) (Post Traumatic Stress) and or those suffering from anxiety after an assault, or general mental health issues. She does traditional yoga, too, and enjoys bringing the



Emily and Kaitlyn Teran prepare to tackle the ladder climb, where you get five tries to climb up, press the button twice, and win a stuffed animal. The operator of the game said people do win ... but not very often.

goats to town for yoga. She does yoga in unusual places like the National Building Museum. Roberts trucks in the goats from her farm near Roanoke. She bought Walnut Creek Farm because it was the only farm she could afford, and she raises goats — not as meat or milk — but as companion animals who are more pets than livestock. She works full time outside the farm and says it would be too hard to carry on a real goat farm while working, but she often assists others with goat needs, to make goat health prod-



Whoops! Emily made it up a few rungs on the ladder but like the 8 children before her, fell as the ladder twisted sideways. The secret of the game, according to the man running it, is: "Just use the opposite hand, opposite leg and you gotta keep balance."

ucts or goats to reduce weeds and brush.

"Goats can turn those bushes over there into a nice clean area in no time," she says, pointing to scrub that has taken over one side of the field. Roberts knows all the goats by name, and has hand-raised each one to be social with humans, only bringing them to Goat Yoga when she is sure they will be happy being around people.

As the rain threatened to arrive on Sunday afternoon, parents could be seen taking



Maureen Roberts, who provides the goats for Goat Yoga, brings them in the goat mobile from their farm in Roanoke. Everyone was feeling zen after an hour of yoga with goats.

tired, sugar-fueled children home on their shoulders. Teenagers who had been dropped off to explore the fair on their own revealed in the excitement of scary rides and the carnival vibe. It was one big party. Arlington's fair is one of the biggest free events in the country, and it was made possible by many local donors.

See: www.arlingtoncountyfair.org for a full list of those who made the fair possible.

And for goats and yoga, follow @Bethawolfe or @walnutcreekfarm

MORE PHOTOS ON PAGE 4

Arlington County Fair: Free, Fun, and Friendly



Nardi Gonzalez and Elizabeth Pham are Arlington women who came back again this year for Goat Yoga. "It was everything I expected," said Gonzalez. And what was that? "I expected it to be relaxing, to be something different, and it was both those things. Being around animals is always peaceful."



Beth Wolfe is an Arlington-based yoga teacher who specializes in Trauma Informed Yoga, as well as unusual yoga experiences like yoga with kittens and puppies, yoga at the National Building Museum, and of course, Goat Yoga.



Max Green, aged two-and-a-half, loved his time "driving" a big truck. He wanted to push all the red and green buttons too. His mother thinks it is pretty cool to have a fair in her neighborhood.

Photos by Eden Brown/The Connection



This father was showing his son hockey skills as he whacked the puck into the goal. A smaller stick was available for the little ones.



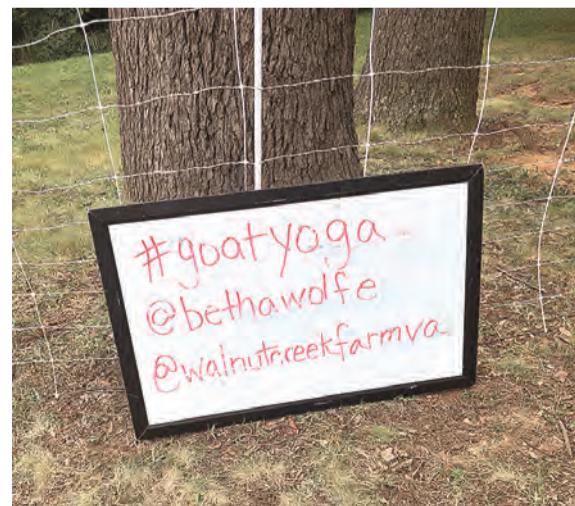
Jim Wolfe is a self-described "long suffering goat yoga husband." But you can tell he enjoys every minute of hanging out with the goats.



An old fair standby: the fishing game. Only this time, it was sharks!



Goats headed home after a long morning of "Down goat, goat's pose, and Gotus pose."



Country-style helpful information: how to reach the Goat Yoga people.



The Super Shot was the ride most popular among kids who met the height requirement. Parents videoed the kids' horrified expressions as they were dropped from the top.



The fair had everything a fair should have. Carnies, scary rides, funnel cakes, and farm animals.



**SEALED BID SALE
SALE OF REAL ESTATE**
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PMI 6798

Sealed bids will be accepted by the Virginia Department of Transportation (VDOT) in the office of the Northern Virginia District Right of Way and Utilities Division located at 4975 Alliance Drive, Fairfax, Virginia 22030, until, but no later than, September 27, 2022 for the following property:

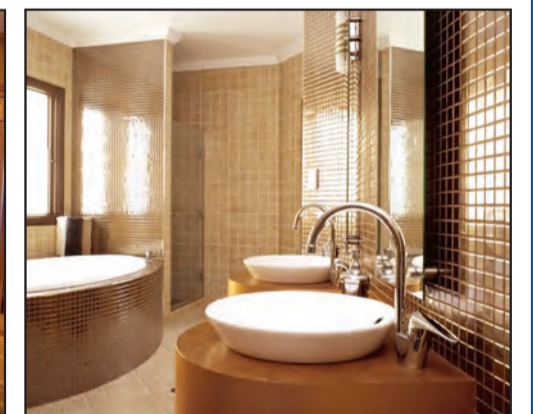
Wooded lot, located at 8846 Ox Road (Tax Map #1062-02-0001C) in the Springfield Magisterial District of Fairfax County, on the corner of Route 123 and Rommel Drive. The lot consists of 0.4484 acre, more or less, land, is relatively level at an elevated grade with a slight slope towards the rear of the property. Percs for a conventional three bedroom septic system.

The value placed on this parcel is \$298,000.00.

Employees of VDOT, their immediate families or any person employed with the valuation and/or acquisition of this property are ineligible to bid. The property is being sold "as is" with conveyance by deed without warranty. For further information and proposals, contact VDOT at the above address or call Jordan Cheresnowsky at (703) 259-2971.

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ENTERTAINMENT

2022 NORTHERN VIRGINIA SENIOR OLYMPICS

Sept. 10-24. Register online at www.nvso.us, \$20 for unlimited events. Go to the website for events, rules, eligibility, photos, past results. For information, email nvso1982@gmail.com.

CHECK OUT THESE PLANT CLINICS

The Arlington Central Library Plant Clinic is open from 6:00-7:45 p.m. every Wednesday through September 28 and is located in the East Lobby of the Library, 1015 N. Quincy St. The Arlington Farmers Market Plant Clinic, open Saturday mornings from 7:45-11:15 a.m., operating through September 24, is located at N. 14th St. and N. Courthouse Rd. The Del Ray Farmers Market Plant Clinic, located at 203 E. Oxford Ave., Alexandria is open on Saturdays from 8:30-11:15 a.m., and will operate through September 24. The Alexandria Old Town Farmers Market Plant Clinic, located at 301 King St., Alexandria, operates on Saturdays from 7:00 - 9:30 a.m., through September 24. The Small Space Garden Plant Clinic, located at the back of the Fairlington Community Center at 3308 S. Stafford St., Arlington, is open on Sundays from 9:00 - 11:00 a.m., coinciding with the Fairlington Farmers Market.

NOW THRU SEPTEMBER

Witness the Changing of the Guard. At the Tomb of the Unknown Soldier, at Arlington National Cemetery, Arlington. From April-September, the ceremony occurs every 30 minutes, on the hour and half-hour. For more information, visit: <https://arlingtoncemetery.mil/Explore/Changing-of-the-Guard>

2022 COLUMBIA PIKE MOVIE NIGHTS

All movies start at sunset (between 8 and 8:30 pm) and are shown in English with Spanish subtitles. Attendees are encouraged to bring their own chairs/blankets, etc. Leashed pets are welcome. Alcohol is NOT permitted at Arlington Mill or Penrose Square.

Fridays at Arlington Mill. Arlington Mill Community Center is located at 909 S. Dinwiddie St., Arlington, VA. Aug. 25 at 8 p.m. -- "West Side Story"

Saturdays at Penrose Square. Penrose Square is located at 2501 9th Road South, Arlington, VA. Aug. 27 at 8 p.m. -- "Cruella" Visit the website: columbia-pike.org/movienights-2022

VIRGINIA HOSPITAL CENTER CLASSES FOR SEPTEMBER

Health fitness classes begin new sessions throughout the week of Sept. 12. For those ready to return to in-person classes, VHC has classes at Faith Lutheran Church and at the main campus of VHC Health in Arlington. In-person classes include Tai Chi, Body Sculpt, Fitness Fusion, Zumba, Beginner Yoga, Senior Strength and Stretch and more. Based on demand, VHC Health also continues to offer a wide variety of virtual classes on Zoom. Virtual classes include Prenatal and Postpartum Yoga, Feldenkrais, Boost Your Balance, Gentle Pilates, Core Challenge, Cardio Strength Circuit, Seniorcise and more. View the full schedule and register online: <http://www.vhchealth.org/healthy>. The Health Promotion Department can answer any questions about community fitness classes. Call 703-558-6740.

SATURDAY/AUG. 27

The Comedy Karaoke Trivia Funtime Show. 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. The Capital City Showcase, the variety show that features the DMV's best performing artists and hosted by Christian Hunt, returns with its new one-of-a-kind blend of entertainment: The Comedy Karaoke Trivia Funtime Show. Bring a team or fly solo and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle!



The Rosslyn Jazz Fest 2022 will take place Saturday, Sept. 10 at Gateway Park.

Rosslyn Jazz Fest 2022

1-7 p.m. At Gateway Park, 1300 Langston Blvd., Arlington, Four fantastic acts will take to the stage: CimaFunk, Mwenso & The Shakes, Delvon Lamarr Organ Trio, and Groove Orchestra. Jazz Fest is free and registration is not required, but strongly encouraged, as there are capacity limits at Gateway Park. Join us at Gateway Park for an afternoon of food, music, and fun in partnership with Arlington Arts!

SATURDAY/AUG. 27

Public Safety Block Party. 12-5 p.m. At Kenmore Middle School, 200 S. Carlin Springs Road, Arlington. First responders from the Arlington County Police Department (ACPD), Arlington County Fire Department (ACFD), Arlington County Sheriff's Office (ACSO) and Department of Public Safety Communications and Emergency Management (PSCM) invite community members to join them at the 2022 Arlington County Public Safety Block Party.

Attraction Highlights
Opening Ceremony at 12:30 p.m. - Presentation of Colors by the Combine Public Safety Honor Guard

Behind the Badge - Back by popular demand, the 'Behind the Badge' experience allows participants to step into the role of a first responder as they engage in a simulated roll call and experience real-life scenarios handled by officers, deputies and dispatchers. Registration is required upon arrival.

KidZone Presented by the Department of Parks and Recreation TEAM Amusements - This family-friendly area allows participants to try on uniforms and view equipment that first responders use on a daily basis, learn about fingerprinting, participate in activities such as rock climbing, jump in the moon bounce and play a virtual reality video game. Participants can also receive a complimentary hair cut so that they're ready for back to school.

Distracted Driving Course - Conducted by members of the Virginia State Police, test your focus and learn about the dangerous effects of impaired driving as you navigate a golf cart through this cone course with special goggles to simulate intoxication.

Vehicle Expo - Explore vehicles used by law enforcement, firefighters and partner agencies to ensure public safety. Highlights include spraying a firehose (ACFD), sitting on police motorcycles, a helicopter (Fairfax County Police Department) and even mounted horses (United States Park Police)!

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Thank you to the hundreds of supporters who helped to keep all your Connection Newspapers alive throughout Alexandria, Fairfax County, Arlington County and Potomac, Md. along with affiliated websites and digital media. Now we need help again in 2022.

Each local newspaper's mission aspires to provide greater community service, and we do know that our communities are better off if we continue to publish. Last year's financial support from readers and supporters like you bridged the shortfall before Federal PPP funding arrived, and both made our survival possible. We now await a decision for a grant from Rebuild Virginia in early February that we hope will help us in 2022 and beyond. But we need help to survive the first quarter, always a brutal time for cash flow in weekly newspapers. Thank you.

Please, help save these historical papers. All gifts will be used to fund our printed newspapers and websites and to meet obligations to our loyal and patient employees, writers, contractors and suppliers.

The ongoing pandemic continues to crush many newspapers across the country, and our newspapers continue to be at risk. The Northern Virginia area's best read and most trusted source for community news includes the Alexandria Gazette Packet, Mount Vernon Gazette and all Connection Newspapers in the metropolitan region.

The pandemic has hit small businesses hard, which in turn has reduced advertising revenue that keeps these local newspapers alive to provide hyper-local news to residents. It feels like no small miracle to be looking forward into 2022.

The pandemic has been a bear, financially and otherwise. Revenue plummeted at the beginning in 2020. Some beloved advertisers have stayed the course supporting us throughout, and many more have done what they can. In the fall of 2021 we saw the return of some advertising for events and Grand Openings, but now omicron clouds the horizon in so many ways. Revenue still remains short of expenses despite our greatly curtailed costs.

Connection Newspapers has been offering these local newspapers to residents for over 200 years. Countless residents have grown up with these papers covering significant moments in the lives of family and children, news, community events, school activities, and even pictures of your dogs and cats. Internet news and large national newspapers cannot provide the local connection or historical connection that local papers like Connection Newspapers and the Alexandria Gazette Packet provide. If your child, dog, mother, father, neighborhood, school has been featured, you understand the value of local community newspapers.

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Four Weeks and Counting



By KENNETH B. LOURIE

To invoke one of my late mother's favorite expressions, which most definitely applies to this patient's current tenure in the hospital: "It's enough already." But it's not, unfortunately. It is about slow incremental progress which enables the doctors to contemplate a more substantive plan going forward. The next two steps (not literally) involve the patient being able to breathe on his own, and in so doing, disconnect him from the ventilator. Then, and in what order I haven't a clue, eliminate the need for kidney dialysis. Once the patient can breathe normally and exhibit stable kidney function, he will have succeeded where none of the doctors initially treating him in SICU thought he would. I remember one critical care doctor's assessment of this patient very clearly: "He's the sickest patient in the hospital." (At last check, there are over 900 beds in this hospital.) And yet, here we are, relative calm with the patient getting better every day or so it seems (comparatively speaking). As his recovery continues to improve, a different physician from his treatment past and present: critical care, internal medicine, pulmonology, cardiology, nephrology, general surgery, and burn surgery to the physical, occupational, and respiratory therapists, and of the course all the nurses who have seen him at his worst; and to a man/woman, they are all amazed at how far he's come. Apparently, septic shock is all it's cracked up to be.

We are so proud of his will to survive and we're constantly reminding him of how amazing his progress has been. Nevertheless, it's not having the desired effect. Oddly enough, the better and more back to normal he gets, the more aware he is of situation/hospital confinement. Though he's hooked up to a lot less stuff (at one time, he had eight different I.V.s connected to his body, plus a feeding tube, a 24-7 dialysis machine, a heart monitor with a 24-7 heart rate, pulse, and oxygen measures, along with a full time blood pressure cup, a ventilator and a wound vac for the leg where the infection that precipitated this near disaster in the first place and what am I forgetting? Something, I'm sure. In addition, his arms are still restrained (because he's pulling at - and out, some of his tubes) and so he can hardly move and certainly hasn't had any food or water down his throat because of the trach tube inserted just below his Adam's apple. And what's worse, as he improves every day and becomes more aware of his current condition, he is becoming increasingly frustrated by his limitations. And what's even worse, we can't do anything about any of it except talk and try to reassure and encourage him. But as they say: "Talk don't feed the bulldog."

Moreover, I know he's sick of us talking, trying to keep his spirits up. We try to keep him current on news, weather, and sports, to the minimal extent to which he's interested. But mostly, he wants his car keys so he can go home. (To say that's not possible is the understatement of the year.) The dilemma is that what's likely to lead most to a speedy recovery and return home, is exactly what he or the doctors absolutely can't rush: time. Until his body/bodily functions become more normal, he can't do anything but lay in waiting, so to speak. There is a television in the room but his interest in watching anything is negligible. We can tell however that his mind is beginning to process information as he's asking more questions, especially the existential kind: "What am I doing here?" But it's only over time that we'll be able to put his thoughts, plans, hopes and dreams into practice. And on his best day, before any of this happened, he's kind of impatient. On his worst days: now; well, let's just say it's becoming increasingly more difficult to placate him (understandably so). He's come so far, but I worry that these next few steps (some literally, actually), might be his toughest yet. However, from what I've witnessed over this last month, I have no doubts that he'll be up and at'em eventually. It just won't be soon enough for him. Still, he's lucky to be alive, really, and you can be sure that we'll tell him, repeatedly.

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

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