

# The Arlington Connection

Ingrid Lestrud will conduct an Encore Chorales Concert Performance on Dec. 15 at the George Washington Masonic National Memorial.

## Holiday Events Underway

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PHOTO COURTESY OF INGRID LESTRUD



### No More than 5 Pets And 4 Kittens at a Time

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### Bob Hope at the Army Museum

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NOVEMBER 23-29, 2022

## NEWS

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# Be Part of 2022 Children's And Teens' Connection

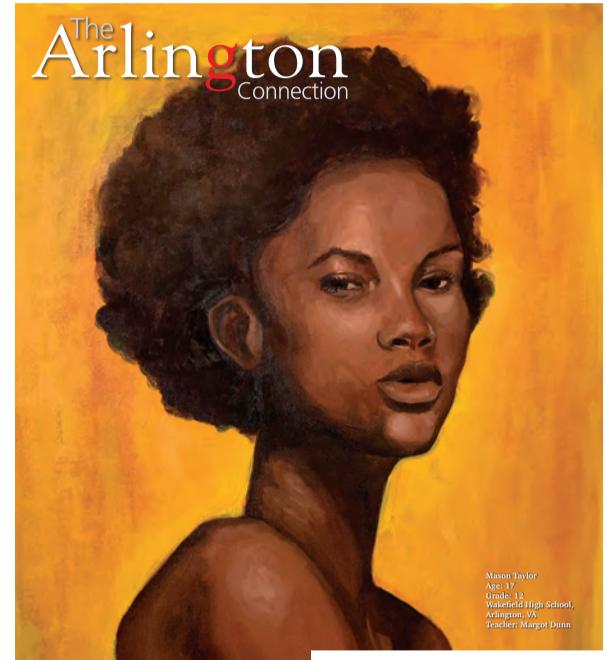
One week of December for many years, this newspaper has devoted its pages to the creativity of local students, teens and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection, including Children's Gazette and Children's Almanac, is a long-time tradition.

You can see last year's editions by visiting <http://www.connectionnewspapers.com/PDFs/> and scrolling down to Children's Edition.

We welcome contributions from public and private schools, art classes, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture, gardens and any other creative efforts.

We ask that all submissions be digital so

The Arlington Connection



Mason Taylor  
Age: 17  
Grade: 12  
Watkins High School,  
Arlington, VA  
Teacher: Margot Dunn

Children's & Teens' Connection 2021

DECEMBER 15-21, 2021

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they can be sent through email. Writing should be submitted in text format: docx or

SEE BE PART, PAGE 5

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# NEWS

# Local Conductor Prepares Singers for a Festive Performance

Encore Creativity's Northern Virginia holiday concerts coming up.

BY MARILYN CAMPBELL  
THE CONNECTION

**R**ow, Row Your Boat" was one of the first songs that Ingrid Lestrud learned as a child. The familiar nursery rhyme is among those credited with developing language skills in many a toddler. For Lestrud, an Arlington based conductor, it launched her career.

"I've always loved to sing and started getting solo parts in my church choir when I was very young," she said. "It was something that I felt I was good at. My parents were supportive and I started taking piano lessons when I was seven and voice lessons when I was eleven."

Her parents first recognized her predilection for music when she was an infant. "She would wake up crying in her crib during the night, and the only remedy was to put a record on the stereo on repeat," said her mother Mary Lestrud. "She started singing in tune when she was a year old, and, by the age of three, her babysitter complained that she sang all the time."

Lestrud entered college with a plan to study vocal performance, but It was a class that she took to fulfill a degree requirement that altered her career trajectory.

"I had to take a conducting class to finish my degree and I was

## Performances

Encore Chorales of Ashburn, Fairfax, Reston  
Dec. 11 at 4 p.m. at the Heritage Fellowship Church  
Encore Chorales of Arlington, Alexandria and Goodwin House Bailey's Crossroads  
Dec. 15 at 7pm. It will be held at the George Washington Masonic Memorial  
For a complete listing of Encore Creativity's holiday concerts [encorecreativity.org](http://encorecreativity.org)

dreading it," said Lestrud. "I ended up loving it even more than singing and it became my career."

She went on to study conducting at the graduate level, eventually completing her Doctor of Music degree at Northwestern University. A married mother of two, Lestrud is now a conductor with the Arlington Chorale and the Encore Creativity, a choral organization for older adults.

She has spent the last 15 weeks preparing her Encore singers for the organization's holiday concerts in December, including one on Dec. 15 at 7 p.m. It will be per-

**"My role as a conductor is to interpret a composer's music."**

— Ingrid Lestrud, Conductor,  
Encore Chorale of Arlington

formed at the George Washington Masonic Memorial in Alexandria jointly with the Encore Chorale of



PHOTO COURTESY OF INGRID LESTRUD

Ingrid Lestrud will conduct an Encore Chorales Concert Performance on Dec. 15 at the George Washington Masonic National Memorial.

Alexandria and the Encore Chorale of Goodwin House Bailey's Crossroads

"My role as a conductor is to interpret a composer's music," she said. "I'm collaborating with the singers. I have to train them to follow my lead. Otherwise, I'm just up there waving my arms in the air."

Singers who have performed

under her baton concur. "She has a special gift for demonstrating how each composer intends for his or her composition to be performed," said Encore singer Joe Luquire. "As a result every piece performed under her direction comes alive."

Lestrud says that each of her chorales is like a tight knit community. That connection is a necessary element of a harmonious group of singers.

"In order to wrangle all of those voices, Ingrid has taught us how to sound cohesive by focusing on how to sing on the vowels, focusing on consonants and diction, along with accurate entrances and cut offs," said Encore singer Ann Johnson. "Then come the dynamics and interpretation of the piece. It's very freeing to sing once you've worked out all of the technical stuff and can just make music together."

## BULLETIN BOARD

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

### ARLINGTON TURKEY TROT

#### 17TH ANNUAL FUN RUN

The Arlington Turkey Trot 17th Annual 5k Fun Run will take place on Thursday, November 24, 2022. The Arlington County Police Department will conduct the following road closures from approximately 7:00 a.m. until 10:00 a.m. to accommodate the race:

N. Pershing Drive, from Washington Boulevard to N. Glebe Road  
N. Oakland Street, from N. Pershing Drive to 4th Street N.

4th Street N., from N. Oakland Street to N. Nelson Street  
N. Irving Street, from N. Pershing Drive to 2nd Road N.  
2nd Road N., from N. Highland Street to the 3400 block 2nd Road S. dead end (Columbia Gardens Cemetery)  
N. Highland Street, from 2nd Road N. to 1st Street N.  
1st Street N., from N. Highland Street to N. Fillmore Street  
N. Fillmore Street, from 1st Street N. to 1st Road N.  
1st Road N., from N. Fillmore Street to N. Edgewood Street  
N. Edgewood Street, from 1st Road N. to 2nd Road N.  
2nd Road N., from N. Edgewood Street to N. Fillmore Street

N. Fillmore Street, from 2nd Road N. to N. Pershing Drive  
The public should expect to see an increased police presence in the area, and motorists are urged to follow law enforcement direction, be mindful of closures, and remain alert for increased pedestrian traffic. Additionally, other closures not mentioned above may be implemented at police discretion in the interest of public safety.

### CLICK IT OR TICKET CAMPAIGN BEGINNING NOVEMBER 16

This Thanksgiving holiday, travelers across the nation will hit the roads, eager to spend time with family and friends. To help keep travelers safe, the Arlington County Police Department (ACPD) is teaming up with the

U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) on the national Click It or Ticket campaign. Law enforcement agencies across the country will increase enforcement efforts from November 16 – 30, 2022, to work towards reducing the number of fatalities that occur when motorists fail to buckle up. Everyone wants you to reach your destination safely, so it is critical to practice safe driving habits, like buckling your seat belt, on each and every ride.

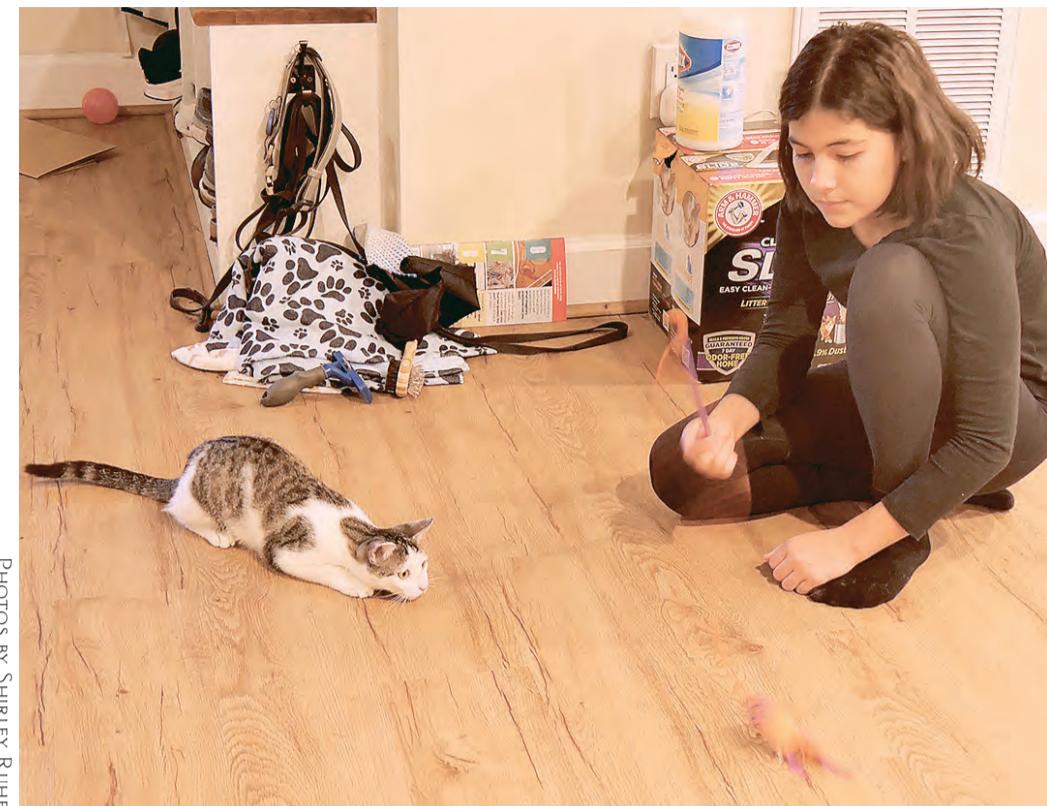
### DONATIONS NEEDED

Pet Food Bank. AWLA has established a Pet Food Bank to serve qualifying residents of SEE BULLETIN, PAGE 4

# NEWS



Nati (left) and Laura Gradzka are fostering Evie and Eggsy for a couple of weeks until they get adopted.



Nati plays with her foster kitten who is ready to pounce.

## Always a Kitten in the House, Just Not the Same One

BY SHIRLEY RUHE  
THE CONNECTION

**E**vie races across the floor and jumps onto the couch. Eggsy, flicking her tail, chases close behind. Thirteen-year-old Laura and eleven-year-old Nati Gradzka are the foster parents for these four-to-five week old kittens.

Every few weeks they get a new set of kittens that they foster until the kittens can be adopted. They have kittens there most of the time. The girls say in the beginning it was not easy to let go. The girls' mother Ewa says, "There were some tears. We hope the kittens find good families."

Ewa says it is a fantastic way to teach kids to be responsible. "Lau-

ra and Nati feed them, clean the litter box, sleep with the kittens and play with them and vacuum up after them. I don't do anything, I'm just the driver." As if to make the point Eggsy jumps up on the couch and promptly falls asleep on Nati's chest.

The kittens all have different personalities. "Evie likes taco shells," Nati explains. Ewa says, "We have a hard time keeping the kittens off the table. You have to be prepared for it. We have a little sprayer with water. I don't know what else to do. And Eggsy didn't like one cat food. I'm not sure what they fed her in the shelter."

Laura finds when she is practicing table tennis that if she drops a ball, the kittens chase it. "Everything is a toy for them," Ewa

says. And when Laura is doing her homework on the computer for the International School, which she attends with her sister, the kitten tries to walk across the keys.

Ewa explains these kittens come through Lucky Dog Animal Rescue. "We get a call when the kittens have arrived. I think these came from North Carolina. We foster them for a week or two or sometimes up to four weeks until they are adopted at a local event."

She remembers one call when they had signed up for two kittens and Lucky Do brought four "and they were only 5 weeks old." Laura remembers one of her favorites "really cuddly, the smallest one who would fit in the palm of your hand."

They started off five years ago

with a dog but Laura says, "I really badly wanted a cat, adorable and fluffy." It's been kittens since then.

These kittens have a good life with their own space where they can roam freely in a sunny basement where they have a couch, toys to chase and their food and litter. Ewa explains, "It is so much better than sitting in a cage, cold with dogs barking all around. Here they get relaxed with an increased chance of getting adopted. It's nice to see how quickly they warm up, even in a week."

Besides the girls, the kittens have lots of additional company. Laura just bought herself a new little fish—a beta, blue. Their first pet was a hedgehog. "Such a cool

pet." But so noisy with the spinning wheel Nati remembers.

They have a guinea pig who is losing its sight but is a good buddy with the dog. Most kittens stay downstairs and don't socialize with the large noisy dog with the big bark upstairs. And in the corner a hermit crab named Hermie and a bearded dragon named Freya. "I told them not more than five pets at a time," Ewa explained.

"We took the kittens last week to an adoption event but they didn't get adopted. There is an adoption event in Falls Church this weekend; maybe they will get lucky this time. We hope they will get good homes."

## Apply for a Free Tree Today Apply now for a free tree for planting in Spring 2023.

**O**wners of private property in Arlington, including single-family homes, townhouses, condos, and places of worship, can apply to get a native tree planted on their property through the Tree Canopy Fund.

The program was originally authorized by Arlington County Board in 2007. The program is administered by EcoAction Arlington in partnership with the Urban Forestry Commission. Since its inception, the program has planted more than 3,000 trees.

Applications are now being accepted through January 6, 2023.

More information on the website:

<https://www.ecoactionarlington.org/community-programs/trees/>

Residents of one of these 10 neighborhoods can apply for small trees or shrubs while they last: Arlington View, Aurora Highlands, Buckingham, Columbia Heights, Glebewood, Green Valley, John M Langston, Long Branch Creek,

Penrose, Radnor/Ft Meyer Heights

List of available species of tall, medium, and small trees, and shrubs

Apply here website (for the 10 neighborhoods listed above)

<https://www.ecoactionarlington.org/community-programs/trees/tree-canopy-equity-program/plant-trees-and-shrubs/>

Applications are being accepted through Jan. 6, 2023.

EcoAction Arlington, 3308 S. Stafford St., Arlington, VA 22206

### BULLETIN BOARD

FROM PAGE 3

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/s2FuFdawWdZm4Pw2](http://goo.gl/forms/s2FuFdawWdZm4Pw2).

Donations Needed. Our Lady Queen of Peace Catholic Church, 2700 South 19th St., is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated),

the pantry will rebag), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit [www.ourladyqueenofpeace.org](http://www.ourladyqueenofpeace.org) for more.

### ONGOING

Online Salary Negotiation Workshop. AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit [salary.aauw.org](http://salary.aauw.org).

## Be Part of 2022 Children's and Teens' Connection

FROM PAGE 2

google docs, or pasted in the body of an email. Artwork should be photographed or scanned and provided in jpeg format.

These can be submitted via google drive as well. Please share all google drive files with kimm.mary@gmail.com

Some suggestions, but different ideas are welcome:

❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

❖ Short answers: What is one thing that you would change about school? What do you want to be when you grow up? What is your

favorite animal? What is your favorite possession? What makes a good friend? What is the best gift you've ever received?

❖ Your opinion (100 words) about movies, food, music, sports, restaurants, video games, toys, trends, politics, etc.

❖ Poetry, short story or other creative writing.

❖ News stories or photos from

school newspapers.

We must be able to print the full first and last name of the student artist/writer with the submission, along with student's age, grade and school or town name.

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 by Monday, Dec. 5, 2022. The Children's Connection/Gazette will publish the middle of December, the edition with publication date Dec. 14, 2022.

Email submissions for the Children's Connection to kimm.mary@gmail.com

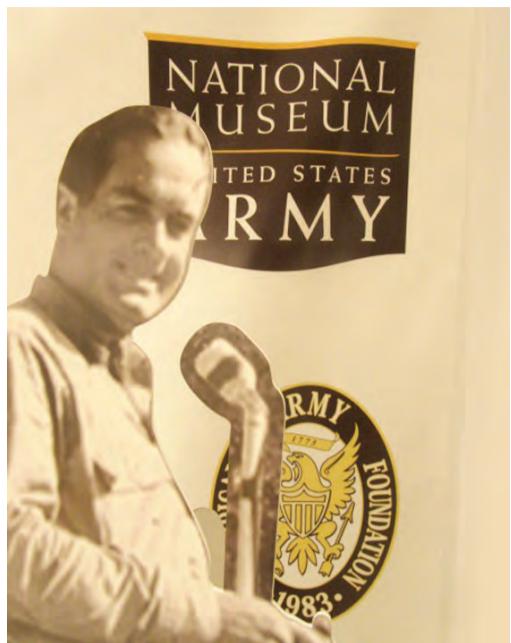
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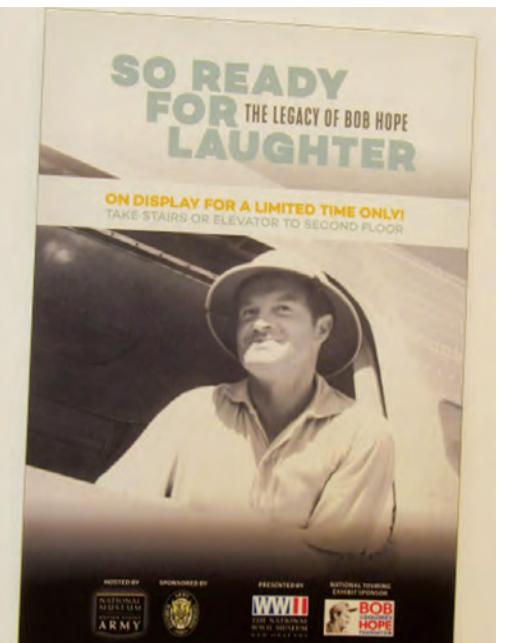
A Bob Hope cutout at the museum, Hope entertaining.



Hope entertaining the troops.



Posters of/about Bob Hope at the exhibit.



Posters of/about Bob Hope at the exhibit.

# The ‘One Man Morale Machine’

## U.S. Army Museum exhibit on Bob Hope.

BY GLENDA C. BOOTH  
THE CONNECTION

**T**he holidays can be lonely, nostalgic and stressful for military people deployed far away from home, especially overseas.

An exhibit at Lorton's National Museum of the United States Army until Feb. 1 recounts how legendary comedian and jokester extraordinaire buoyed U.S. troops around the globe for 50 years. Titled "So Ready for Laughter," through videos, artifacts and displays, the museum embeds visitors in the audience with cheering troops and Hope on stage.

From 1941 to 1991, during World Wars I and II, the Korean and Vietnam Wars and Operation Desert Shield, Bob Hope performed in 133 live United Service Organizations (USO) shows for 11 million service members all over the world. An original, 11-minute documentary produced by John Scheinfeld captures the comedian's unique talent and the troops' euphoric responses in many venues, including Hope's 1942 tour called the "Hollywood Victory Caravan," when two dozen stars raised funds across the country for the Army and Navy Relief Society.

Hope's mission was to connect directly, boost spirits and provide relief through laughter. Visitors see nearly 50 artifacts, including Hope's worn suitcase, rare and previously unpublished photographs, wartime correspondence between Hope and service members, videos of his traveling wartime troupe, programs, scrapbooks, maps of his travels and his diary from his 1944 tours. His scribbly notes reveal the origins of some jokes as they popped into his head and record some meals and hotels.

## From Leslie Townes to Bob Hope

Bob Hope was born in England in 1903 as Leslie Townes, the fifth son of seven boys. His working-class family immigrated to the United States when Hope was four and settled in Cleveland, Ohio.

Growing up, he danced for pennies and had jobs as a newsboy, shoe salesman and amateur boxer. He had no high school diploma and no military experience. In 1923, he danced in a vaudeville revue, then went to

homesick, especially during the uncertainties of World War II. Because he was a human sparkplug at lifting the spirits, some called him the "one-man-morale machine" and he earned the moniker, "G. I. Bob."

In rapid-fire succession, he told joke after joke and created American stand-up comedy, say some experts. The exhibits contend that Hope changed the rules of comedy because before Hope, comedians did the same routine over and over. Hope varied his and built his monologue around contemporary events. His quick, to-the-point delivery earned him the nickname, "Rapid Robert." He "invented all the rules for entertaining the troops," says Conan O'Brien in a video.

Hope could tailor his routine to his audience and instantly establish rapport with his audience. He liked to take on the role of the average soldier and relate to their fears, privation and at times, boredom. In one video, Hope is nestled side-by-side with a shapely Frances Langford who is wearing a bathing suit. Hope says, "I want you boys to see what you are fighting for." A cheering roar erupts. Langford was a singer and actress known as the "GI Nightingale" who often paired with Hope on stage.

Hope's heart was clearly in it. He used his talents to empathize with the troops in camps, hospital wards, barracks, and even foxholes. In an exhibit film, his daughter, Linda, explains, "He had to deal with life and death situations."

PHOTO BY GLENDA BOOTH

## A Gifted Performer

Hope's shows comforted the lonely and

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Hope's suitcase.

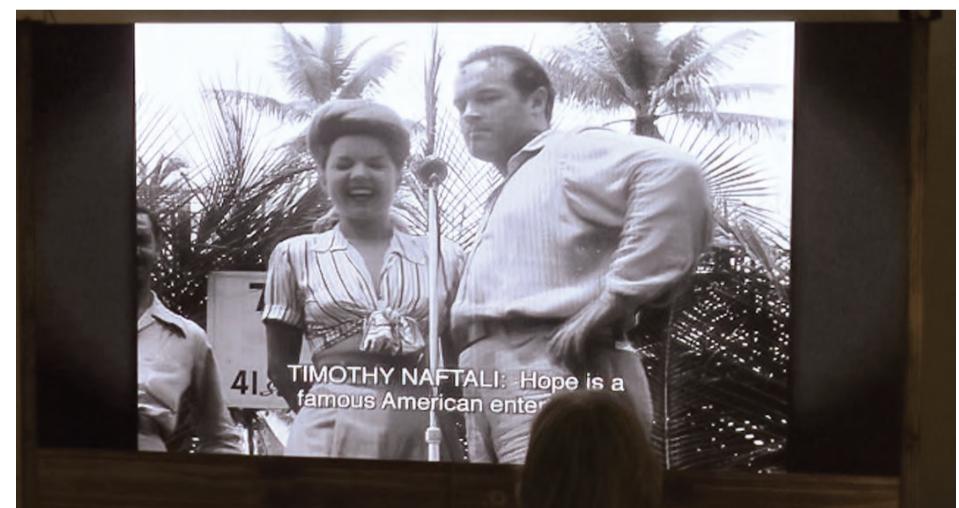


Exhibit photo of Hope on stage with Frances Langford.

## U.S. Army Museum exhibit on Bob Hope.

The Army Museum's exhibit was produced by the New Orleans-based National World War II Museum. After January 2023, it will travel to Albuquerque, New Mexico and Portland, Oregon, travel sponsored by the Bob and Dolores Hope Foundation.



Exhibit photo of Hope on his NBC radio show.



A map of one of Hope's Pacific tours.

www.CONNECTIONNEWSPAPERS.COM

## FLOURISHING AFTER 55

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.

55+ Centers will be closed Thursday, Nov. 24 and Friday, Nov. 25 in observance of Thanksgiving.

Scrabble games, friendly competition, coaching available for new players, Wednesday, Nov. 23, 1 p.m., Langston-Brown 55+ Center. Drop-in.

Local history discussed Wednesday, Nov. 23, 1:30 p.m., Lubber Run 55+ Center. Registration # 911402-14.

Open art studio for artists to work at their own pace, Wednesday, Nov. 23, 10 a.m., Arlington Mill 55+ Center. No materials or instruction provided. Drop-in.

55+ Centers will be closed Thursday, Nov. 24 and Friday, Nov. 25 in observance of Thanksgiving.

Aurora Hills Book Club members will discuss "The Expats" by Chris Pavone, Monday, Nov. 28, 11:30 a.m. Drop-in.

Introduction to line dancing, learn basic steps from instructor Suzie Pratts, Friday, Dec. 2, 10:15 a.m., Aurora Hills 55+ Center. Drop-in.

Cyber Monday at Walter Reed 55+ Center. Monday, Nov. 28, 10 a.m., "Securing the Best Deal," registration # 911403-10; "Why Won't the WiFi Work," 10:45 a.m., registration # 911403-11;

"Network Security and Scams," 11:30 a.m. Registration # 911403-12. Presented by Arlington County staff.

Astronomers' view of the Star of Bethlehem, Friday, Dec. 2, 11 a.m., Langston-Brown 55+ Center. Presented by Dr. Jennifer Lynn Bartlett, president, Friends of Arlington's David M. Brown Planetarium. Registration # 912400-25.

Intergenerational pen pals between 55+ members and high school students from an honors English Club, informational meeting, Friday, Dec. 2, 3:30 p.m., virtual. For additional information, email Elizabeth Poole, Langston-Brown 55+ Center director at [epoole@arlingtonva.us](mailto:epoole@arlingtonva.us). Registration # 912300-01.

Responsibilities of an Executor explained by Elder Law Attorney Ed Zetlin, Wednesday, Nov. 30, 11 a.m., virtual. Registration # 911404-07.

Holiday recipe exchange, get new ideas for tasty treats, Thursday, Dec. 1, 6 p.m., Lubber Run 55+ Center. Registration # 912890-01. Hosted by center director Ashley Gomez.

Who are the Windsors? Three part series exploring key members of the House of Windsor beginning Thursday, Dec. 1, 2 p.m., virtual. Presented by Ashley Craig, Library of Virginia, Registration # 912400-15.

Virtual tour of Kenilworth Park

and Aquatic Gardens with Park Guide Joe Cashman, Thursday, Dec. 1, 11:30 a.m. Registration # 912400-22.

History discussion group led by Dwight Rodgers of Encore Learning, Thursday, Dec. 1, 1 p.m., Walter Reed 55+ Center. Registration # 912402-13.

Origami class will focus on creating 3-D snowflakes, Thursday, Dec. 1, 2:30 p.m., Arlington Mill 55+ Center. Registration # 912310-01. Supplies provided.

Trivia buffs welcome to join a fun-filled Trivia challenge, Thursday, Dec. 1, 11 a.m., virtual. Registration # 912600-10.

55+ Travel group to tour the Perry Belmont House, D.C., Thursday, Dec. 1. Cost \$11, Arlington resident; \$13, non-resident. Bring \$10 donation for the tour. Registration # 902212-01.

Social ballroom dance, spacious dance floor, no instruction provided, partners not needed, Friday, Dec. 2, 1:45 p.m., Lubber Run 55+ Center. Drop-in.

Introduction to line dancing, learn basic steps from instructor Suzie Pratts, Friday, Dec. 2, 10:15 a.m., Aurora Hills 55+ Center. Drop-in.

Travel guru Lowell Nelson to share his recent trip to Alaska, Friday, Dec. 2, 1:30 p.m., Aurora Hills 55+ Center. Registration # 912400-11.

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Explore drawing with community arts programmer Jen Droblyen, Friday, Dec. 2, 1 p.m., Aurora Hills 55+ Center. No experience necessary, materials provided. Registration # 912303-01.

55+ Travel group will travel to Philadelphia, PA for a docent-led tour of the Barnes Foundation, home to one of the world's greatest collection of impressionist, post-impressionist and early modern paintings plus other artwork, Saturday, Dec. 3. Cost \$54, Arlington resident, \$62, non-resident. Registration # 902212-02.

# Tax Code Thunderstruck

Lawmakers consider easing bracket creep by making tax code more progressive.

BY MICHAEL LEE POPE  
THE CONNECTION

**V**irginia's antiquated tax brackets have not been updated since "Thunderstruck" by AC/DC was topping the charts in the early 1990s. Now a new set of recommendations from the Joint Legislative Audit and Review Commission is rocking Virginia's budget talks, outlining a plan to reduce the tax burden on low-income people who are left holding a rising share of the bill as inflation shrinks the buying power of the dollar.

"Experts call this bracket creep," said Justin Brown, senior associate director of the Joint Legislative Audit and Review Commission. "The income brackets in Virginia have been the same in dollar terms since 1990. And for a year or two that's not a big issue. But over the long term it has a pretty big impact. Income goes up over time but the brackets haven't."

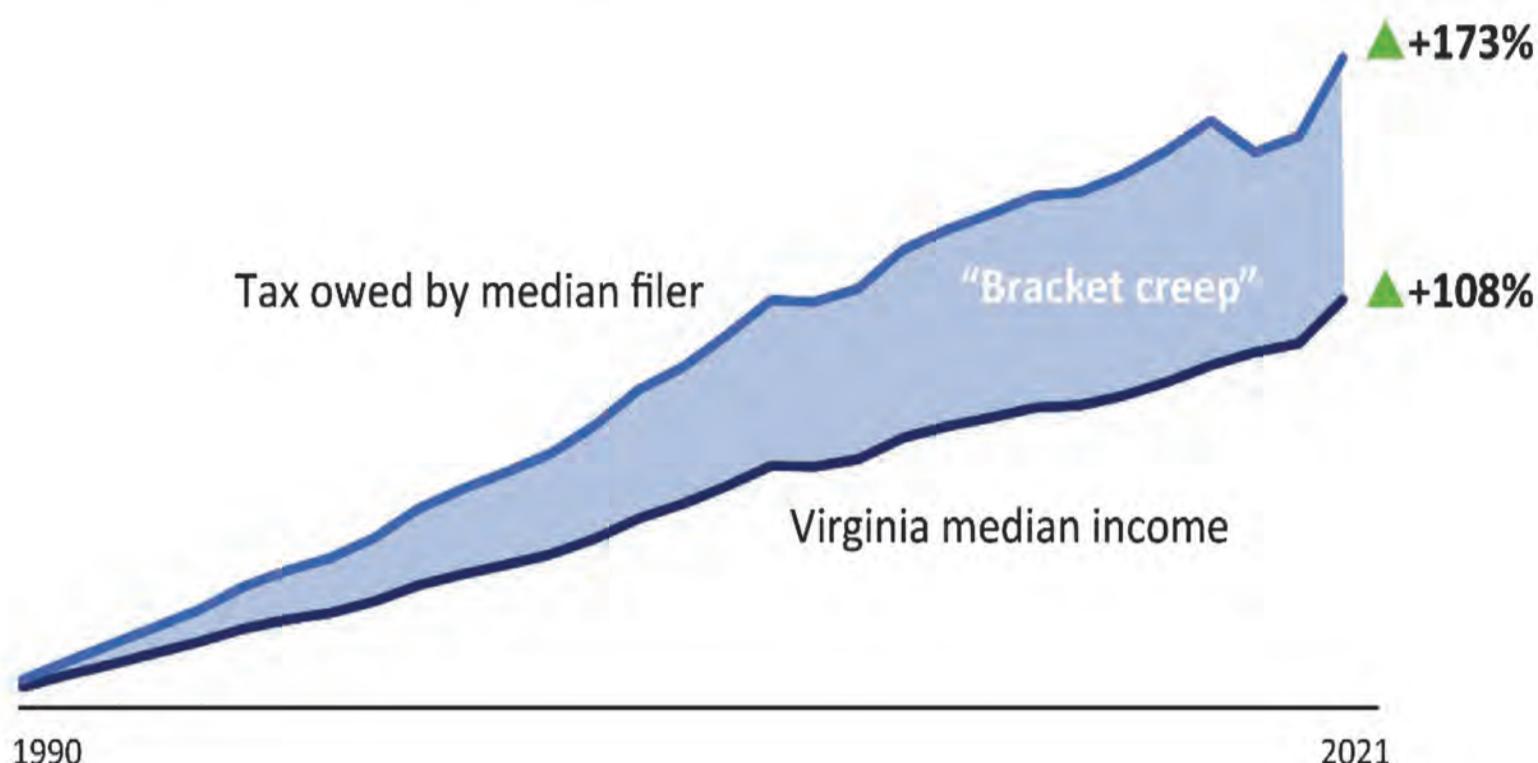
One of the recommendations to make Virginia's tax code more progressive is reducing taxes on people who earn between \$36,000 and \$68,000 a year by indexing the tax brackets to account for inflation. Virginia is one of 13 states that does not have some form of indexing their income tax brackets for inflation, and groups like the Thomas Jefferson Institute have been pushing this idea unsuccessfully for years.

"They don't want to give up the money," said Stephen Haner, senior fellow at the Thomas Jefferson Institute for Public Policy. "Inflation is a wonderful thing if you're the government because your revenue continues to grow."

The Thomas Jefferson Institute for Public Policy mission is to advance alternative policy ideas based on the Institute's belief in free markets, limited government and individual responsibility.

**SINCE THE LAST TIME** Virginia's income-tax brackets were updated, median income has increased 108 percent. But income taxes owed by a single filer with median income increased 173 percent. As

**Taxes owed have far outpaced median income, because income brackets have not been changed since 1990**



SOURCE: JLARC analysis of Virginia tax brackets and data on Virginia income, U.S. Census, 1990–2021.

NOTE: Adjusted for inflation.

a result, a much higher percentage of each filer's income is taxed at the highest rate of 5.75 percent on income of more than \$17,000.

"Incomes rise over time," the JLARC report explains, "but income tax brackets do not."

Virginia first adopted a levy on income in 1843, more than a dozen years before the Civil War. Since that time, it's been updated many times although not lately. The delay in updating the antiquated tax brackets has created an increasing burden on the poor while offering relief to the rich. Now the governor and members of the money committees will be facing an operational challenge of how to take a state as diverse as Virginia and make it work.

"You then get into the complexity of which inflation measure is the right one to use," said Terry Clower, professor of public policy at George Mason University's Schar School of Policy and Government. "Not only that, how do you make a single statewide number that really applies fairly across all jurisdictions?"

**GOVERNOR GLENN YOUN-**

from \$9,000 to \$16,000 for married couples filing jointly. The budget Youngkin signed last summer also made the state earned income tax credit partially refundable, allowing low-income filers to get a refund even if they have little or no tax liability.

"We've taken the important steps to eliminate the state's portion of the grocery tax, increase the standard deduction by 80 percent and declare the largest tax rebate in the history of Virginia," Youngkin declared at a Richmond grocery store that served as the backdrop to a ceremonial signing last summer. "Look,

this will not overcome everything, and oh, by the way, it's not everything I wanted. So we're going to go back in January and get the rest."

The JLARC recommendations for making the tax code more progressive offer a challenge and

an opportunity for the governor. The challenge is giving up the easy money that comes with inaction, which is why generations of lawmakers in Richmond have decided to kick the can down the road rather than taking action. The opportunity is striking a balance among the many interest groups demanding money.

For example, advocates for affordable housing are still waiting for lawmakers to take action on last year's JLARC recommendation on affordable housing, which included creating incentives for local governments to change zoning ordinances to encourage affordable housing.

"The General Assembly is likely to talk about increasing tax relief, but more important and more key to people on the ground is housing relief," said Sheila Herlihy, an organizer with the Virginia Interfaith Center for Public Policy. "We don't need another study to tell us that one in three Virginia families are struggling to pay for housing, and we need to allocate resources to support them."

**"They don't want to give up the money. Inflation is a wonderful thing if you're the government because your revenue continues to grow."**

— Stephen Haner,  
senior fellow at the Thomas Jefferson  
Institute for Public Policy

GKIN will present his budget in mid-December, and he's hearing from advocates on all sides of the debate over tax reform. Earlier this year, he signed a budget that nearly doubled the standard income-tax deduction from \$4,500 to \$8,000 for single filers and

# HOLIDAY FUN CALENDAR

## FRIDAY/NOV. 25

Reston Holiday Parade. 11 a.m. At Reston Town Center, Reston. Reston Town Center launches the season with the annual Reston Holiday Parade. The one-of-a-kind, one-hour, half-mile parade along Market Street also welcomes the arrival of Santa and Mrs. Claus in a horse-drawn carriage. Since 1992, rain or shine, the parade has been an annual tradition on the day after Thanksgiving. The Clauses will return for the annual Tree Lighting at 6 p.m.

## DEC. 1-23

"Snow Maiden." At Syntetic Theater, 1800 S. Bell St., Arlington. In a frozen forest, a lonely boy builds a girl from snow. When she mysteriously comes to life, mischief, laughter, and enchantment abound. But what will happen when the ice begins to melt? Told through dazzling movement, dance, and acrobatics, Snow Maiden is a magical tale of hope, friendship and the transformative power of dreams. Based on the beloved folktale Snegurochka, Snow Maiden is a holiday treat for friends and fans of all ages.

## DEC. 1-31

Home for the Holidays Art Show. At Arts Herndon, 750 Center Street, Herndon. Works by local artists on display the entire month of December. Visit [www.artsherndon.org](http://www.artsherndon.org). Call 703-956-6590.

## DEC. 2-17

The PARC at Tysons Holiday Market. Fridays and Saturdays. Celebrate the holiday season with local makers, crafters, and artisans from the Fairfax County area! Visit the holiday market at The PARC at Tysons on the first three Fridays and Saturdays of December for a pop-up shop of local artisans and small businesses offering holiday-inspired goods. The PARC will be transformed into a festive indoors and outdoors winter village, featuring a local holiday market and (free!) snowtastic activities for the whole family to enjoy! Food and beverages can be purchased onsite from local businesses as well.

## DEC. 2-18

Holiday Market. At 2704 Mount Vernon Ave., Alexandria. Del Ray Artisans 27th Annual Holiday Market offers unique handmade fine arts and crafts from local artists. Choose from wall art, pottery, photography, jewelry, glass, and much more! Plus 2023 wall calendars to support Del Ray Artisans non-profit. Free admission. Market is the first three weekends in December (Dec 2-4, Dec 9-11, Dec 16-18). Different artists each weekend! Open Fridays 6-9 p.m., Saturdays & Sundays 11 a.m.-6 p.m. Details: [delrayartisans.org/holiday-market](http://delrayartisans.org/holiday-market)

## DEC. 2-11

Fairfax City Holiday Market. Fridays, Saturdays and Sundays. The Fairfax City Downtown Holiday Market will be open the first two weekends of December on Friday, Saturday and Sunday. Shop at the market of craft vendors as you enjoy Old Town Square in the heart of Historic Downtown Fairfax covered in holiday lights. The festival will include live holiday music, hot drinks, heated tents and gourmet



The Holiday Boat Parade of Lights will take place Saturday, Dec. 3, 2022 in Alexandria.



The McLean Holiday Art & Crafts Festival will take place Dec. 2-3, 2022 at the McLean Community Center.

treats, and more!

## DEC. 2-3

Alexandria Scottish Christmas Walk Weekend. Taste of Scotland: Friday, December 2, 2022; Parade: Saturday, December 3, 2022. Campagna Center is pleased to announce a new presenting partnership for the 51st Annual Alexandria Scottish Christmas Walk Parade on Saturday, December 3. The parade will be produced by Visit Alexandria in partnership with Campagna Center and the City of Alexandria, as part of Alexandria's Biggest Holiday Weekend. Learn more about the 2022 parade at [alxscottishwalk.com](http://alxscottishwalk.com), or send questions directly to [alxscottishwalk@visitaexva.com](mailto:alxscottishwalk@visitaexva.com).

## DEC. 2-3

McLean Holiday Art & Crafts Festival.

At McLean Community Center, 1234 Ingleside Ave., McLean.

The McLean Holiday Art & Crafts Festival will feature a wide variety of high-quality handmade items just in time for the holidays. This indoor show features the work of 80 talented, juried, regional artisans. Produced by MCC in conjunction with the Northern Virginia Handcrafters Guild, the juried show will be held Friday through Sunday, Dec. 2 through 4. Show hours are 11 a.m. to 6 p.m. on Friday, Dec. 2; 10 a.m. to 6 p.m. on Saturday, Dec. 3; and 11 a.m. to 4 p.m. on Sunday, Dec. 4. Admission is \$5, free for children ages 12 or younger. The admission price is good for all three days of the show. Visit the center's website, [www.mcleancenter.org](http://www.mcleancenter.org), or call 703-790-0123, TTY: 711.

## DEC. 2-3 AND 9-10

Holiday on the Farm. 5:30-7:30 p.m. (timed entries). At Frying Pan Farm Park, 2709 West Ox Road, Herndon. See the farm as you never have before, lit up with hundreds of holiday lights. Wagon rides, indoor activities, food, animal interactions and campfires. One-hour entry in 15-minute slots starting at 5:30 p.m. For times and to register, visit [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes)

## SATURDAY/DEC. 3

Holiday Boat Parade of Lights. Old Town's waterfront will shine for the 22nd Annual Alexandria Holiday Boat Parade of Lights sponsored by Amazon on Saturday, December 3, 2022, at 5:30 p.m. when more than 50 brightly lit boats cruise along one mile of the

Potomac River shoreline. Boat parade dockside festivities will entertain parade-goers from 2 to 8 p.m. The boat parade is part of a weekend of festivities including the 51st annual Alexandria Scottish Christmas Walk Parade. Head to Waterfront Park at the foot of King Street, near the official parade start line at the Alexandria City Marina, for festivities from 2 to 8 p.m. including a pop-up beer garden from Alexandria's award-winning Port City Brewing Company, hot chocolate from Dolci Gelati, gourmet popcorn from America's Favorite Gourmet Popcorn and holiday music from 97.1 WASH-FM.

## SATURDAY/DEC. 3

Christmaside at Gunston Hall. 10 a.m. to 4 p.m. At Gunston Hall, 10709 Gunston Road, Lorton. Discover Christmases of the past through activities from the 1920s and the 1780s. See how Christmas has changed over time. Help visitors feed their curiosity by thinking about life for different people—enslaved, indentured, wealthy, and poor—at 18th-century Gunston Hall during the holiday season. This family-oriented event includes crafts, games, and live music. Visit the website: <https://gunstonhall.org/events/christmaside-at-gunston-hall/>

## SATURDAY/DEC. 3

Cookies with Santa. 10 a.m. to 2 p.m. Join Reston Association when Santa makes his first stop in Reston. Join the holiday countdown with a cookie jar full of fun and see Santa Claus before he embarks on his annual journey around the world. With a craft, cookies & cocoa and activities to jumpstart your holiday season and a letter to and from Santa will sure be a highlight. Don't forget your camera! Registration and fee is only for the child, but parents must stay at the event. Contact [Ashleigh@reston.org](mailto:Ashleigh@reston.org) or 703-435-6577.

SEE HOLIDAY CALENDAR, PAGE 10

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AT&T proposes to modify an existing facility (new tip heights 131.5', 132.5', 134', 134.9', 135.9', 136.5' 139.9', & 140') on the building at 1401 Lee Hwy, Arlington, VA (20221305). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

### Legals

#### PUBLIC NOTICE

AT&T proposes to modify an existing facility (new tip heights 61.5', 64.9', & 66') on the building at 2110 Washington Blvd, Arlington, VA (20221222). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

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# HOLIDAY FUN CALENDAR

FROM PAGE 10

Schlesinger Concert Hall, 4915 E. Campus Drive, Alexandria. Presented by Metropolitan School of the Arts. Sat., Dec. 3 and Sun., Dec. 4 at 12 p.m. and 5 p.m. on both days. This year, MSA is replacing the Russian musical suite with Ukrainian folk dance in support of the Ukrainian crisis, and invited Colleen Prince, a dancer/choreographer from Carpathia Folk Dance Ensemble of Washington, D.C. to help choreograph the MSA Nutcracker. Tickets range from \$30 to \$32 per person. Go to [www.metropolitanarts.org](http://www.metropolitanarts.org) for more information, and purchase tickets at <https://ci.ovationtix.com/35491/production/1140336>.

## SUNDAY/DEC. 4

**Great Falls Tree Lighting.** At Great Falls Village Center Field, Great Falls. Join in on Sunday, December 4 for the annual tree lighting at the Great Falls Village Field. There will be pony rides, a petting zoo, school choir performances, Live Nativity, and a special visit from Santa and Mrs. Claus.

## SUNDAY/DEC. 4

**Herndon Holiday Arts & Crafts Show.** 10 a.m. to 4 p.m. More than 70 arts and craft vendors offer unique gifts, decorations and handmade items. Free admission and parking. At Herndon Community Center, 814 Ferndale Ave., Herndon. Visit [herndon-va.gov/events](http://herndon-va.gov/events). Call 703-787-7300.

## SATURDAY/DEC. 10

**Wintermarkt.** 12-7 p.m. Bringing the Old World charm of Christmas in Europe to Herndon. Family-focused events, entertainment, and items for all members of the household. Downtown Herndon, 777 Lynn Street, Herndon. Visit [Herndonwintermarkt.com](http://Herndonwintermarkt.com) or call 571-323-5300.

## CALENDAR

### OCT. 14 TO DEC. 3

**Cast/Recast.** At Mason Exhibitions Arlington, 3601 Fairfax Drive, Arlington. George Mason University's College and Visual and Performing Arts and Mason Exhibitions is honored to present Cast/Recast, a group exhibition of photography, video, sculpture, painting, site-specific installation, and live performative work for select programs. The exhibit is curated by Alissa Maru in collaboration with Hannah Barco and Sue Wrbican. Gallery hours are Wednesday through Saturday, 11 a.m. - 4 p.m.

### WEDNESDAY/NOV. 23

**Christmas in Arlington.** Thanksgiving marks the start of the Christmas holiday season. What once was a religious holiday, full of both solemn rituals and longstanding tradition, has now become a more secular holiday, encompassing traditions from a variety of cultures. Annette Benbow from the Arlington Historical Society will share how Christmas has evolved over the years, from the Lee's celebrations at Arlington House, to the opening of the Parkington Shopping Center in the 1950s and beyond. Part of the Arlington Neighborhood Village Coffee and Conversations series. Visit the website: [www.arlnvlg.org](http://www.arlnvlg.org).

### THURSDAY/NOV. 24

**Arlington Turkey Trot.** 7:45 to 8:15 a.m. At Lyon Park Course, corner of Garfield and Pershing, one block from Christ Church of Arlington (at Highland), 3020 N. Pershing Drive, Arlington. The Turkey Trot provides an opportunity for people of all ages to enjoy a healthy Thanksgiving activity together, and to raise support for the 18 local nonprofits listed on the Trot's Home Page. Runners and walkers of all ages are welcome. Visit <https://arlingtonturkey-trot.org/>

## SATURDAY/DEC. 10

**Christmas Around the World.** 4-8 p.m. At Parkwood Baptist Church, 8726 Braddock Road, Annandale. "Christmas Around the World," celebrating Jesus' birth features concerts, costumed reenactors, live animals, biblical stories. Tickets at [www.parkwood.org/registration](http://www.parkwood.org/registration) beginning Nov. 28. Free parking. Visit the website: [www.parkwood.org](http://www.parkwood.org)

## SATURDAY/DEC. 10

**Holiday Cheer.** 7:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington. Presented by the National Chamber Ensemble. This program brings the finest classical masterpieces and traditional holiday favorites together for a fun and memorable evening for the entire family. Festivities begin with a "Sleigh Ride" – Leroy Anderson's classic and "Chanukkah Festival". Soprano Nancy Peery Marriott (soprano), a long-time NCE favorite, will perform seasonal favorites and lead a Carol Sing-along that will have the entire audience joining in the spirit of the holidays. Tickets: [https://www.nationalchamberensemble.org/tickets.htm](http://www.nationalchamberensemble.org/tickets.htm)

## SATURDAY/DEC. 10

**Christmas Calamity Improv.** 7-9:30 p.m. Come ring the bells! Improv with a seasonal twist! At Arts Herndon, 750 Center Street, Herndon. Visit [artsherndon.org](http://artsherndon.org). Tickets \$15. Call 703-956-6590.

## DEC. 10-11

**"The Nutcracker."** 4 p.m. At Centreville High School, Centreville. Presented by the Mia Saunders School of Ballet. Tickets available at the door or online for Saturday and Sunday shows for \$10 for children under 5 and \$12 for ages 6 & up. Proceeds benefit CVHS Drama Scholarships and the Chesapeake Bay Foundation. More info at [MiaSaundersBallet.com](http://MiaSaundersBallet.com).

## NOV. 27

**Adult Winter Basketball Registration.** Looking to stay fit and active this winter while playing competitive basketball? Grab a few friends and sign up for Parks & Rec's Eugene J. Green Memorial Winter Basketball League. Adults 18+ can register teams of up to 12 people for the ten-game season. Cost is \$765 per team. Games are Mondays and/or Wednesdays starting the week of Dec. 12. Learn more and sign up here by Nov. 27: <https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Programs/Sports/Basketball/Sports-Basketball-Eugene-J-Green-Memorial-Winter-Basketball-League>

## FILL THE CRUISER TOY DRIVE

Help spread joy this holiday season by donating new, unwrapped toys during the Arlington County Police Department's eighth annual Fill the Cruiser Holiday Toy Drive. Your generosity helps ensure the holidays are bright for some of our most vulnerable community members – children in need.

### Donation Locations

Officers will collect new, unwrapped toys for children ages newborn to 17 at the following locations:

Wednesday, November 23 at Westover Baptist Church, 6 p.m. – 8 p.m.

1125 Patrick Henry Drive

Sunday, December 4 at Ballston-Virginia Square, 11 a.m. – 1 p.m.

10th Street N. at N. Pollard Street

Wednesday, December 7 at Ballston BID Day, 5 p.m. – 7 p.m.

4035 Fairfax 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, through Friday, December 9 at the 2nd Floor Administrative Support Unit Front Counter from 8 a.m. – 4 p.m., Monday thru Friday.

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## Weight For It, Wait ...



By KENNETH B. LOURIE

For the first time in almost my entire six-decades plus of eating, I heard something from a doctor (my oncologist) that I had never heard before: "Kenny, you need to gain some weight."

The first reaction I had was to recall (in my mind) Robert De Niro's famous "You talking' to me?" bit from the movie "Taxi Driver." But since I was the only cancer patient sitting in the examining room and the oncologist was speaking directly to me from approximately three feet away, it was me. I just couldn't believe, process even, these never-before-heard words.

These words were directed at me for good reason. I'm not even fitting into my older brother's hand-me down jeans anymore, almost all of which were too tight. Now, these jeans are all too big. In addition, my belt hangs around my waist as it no longer has enough holes to make for a tight fit anymore. And when I had to wear a suit last week to attend a funeral, it was very nearly tent city. To say I was swimming conjures water. Let me assure you, there was no water where I was swimming. I was on dry land and standing helplessly in front of a mirror reflecting on my appearance. Ultimately, I did find something to wear. However, the problem was; I was the one wearing it, not the Kenny from last year.

This juxtaposition from my normal overweight to this very uncharacteristic underweight was not exactly my intention. It's more a combination of teeth issues and the dry-mouth side effect of my thyroid cancer medication. Though I'm not exactly a shell of my former self, I am nonetheless, svelte, you might say? And why might I be svelte? Because I've never heard the word used to describe me before so I'm not sure it applies. But to quote Popeye, that famous sailor: "I y'am what I y'am." I just hope that my future weight gain doesn't involve eating spinach out of a can. Early suggestions from the peanut gallery suggest otherwise: to include drinking multiple cans of boost per day, eating Ben & Jerry's ice cream at will, without caring which one is will, and eating more than a bagel and cream cheese for breakfast/lunch every day.

This need to eat – for my health, is the complete and total reversal of my lifelong relationship with food. Generally speaking, I am not a "healthy" eater. I'm more a carbohydrate kind of person who prefers cake, cookies, and ice cream. Vegetables, fresh fruit, fish and the like were never much on my dietary radar. If they ever were, I'd try and jam the signal so I wouldn't be embarrassed by my refusal to even try anything different. Eating has always been the bane of my existence. I'm a meat and potatoes chocoholic who doesn't eat well in front of others. A dinner invitation to eat a meal at somebody's home is fraught with anxiety for me. Invariably, there will be food I won't eat. As such, I'll try to sit next to my wife at the far end of the table away from the hosts so I can sneak food I don't eat onto her plate. Since she's a good eater, possibly what I discard onto her plate won't be left in limbo.

This self-assessment comes from a former adolescent who spent countless hours in the Husky Department in Filenes, Jordon Marsh, Kennedy's, and Raleigh's in downtown Boston trying to find "school clothes." As a result, I've stood over so many piles of clothes in dressing rooms which didn't fit and/or had to try on and then walk a kind of shame onto the floor where my mother was anxiously waiting to see if what I had tried on, even fit and if it did, would it meet with her approval. Twice a year, I endured this shopping hell; fall and winter, spring and summer. I remain partially traumatized to this day. Not to mention all the "fat"-type nicknames my brother had for me: "Fats," "Blimp," "Endicott Chubb," and "Corpluent," to name a few. But since he was my biggest booster, it never really bothered me. Still, I was never ever told I needed to eat. Far from it. I ate plenty, just the wrong stuff. Yet, in 2022, that's what I'm being told. Eat anything I want; whatever it takes to gain weight.

You might as well try to turn an ocean liner around after it's headed out to sea. It hardly turns on a dime, and as far as my eating habits/tendencies, et cetera, neither do I.

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



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NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER ENDS 11/30/22.

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

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**BRAKE PAD REPLACEMENT**  
INCLUDES: INSTALL GENUINE TOYOTA FRONT BRAKE PADS, INSPECT FRONT & REAR ROTORS AND/OR DRUMS, CHECK TIRE CONDITION AND INSPECT ALL HARDWARE. TOCPADS ONLY. MACHINE ROTORS AN ADDITIONAL \$99.95

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THE MORE YOU SPEND,  
THE MORE YOU SAVE!**

\$10 OFF... WHEN YOU SPEND \$50-\$99  
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