

The Arlington Connection

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

Students climb off the school bus at Discovery Elementary on the first day of school.

SEPTEMBER 3-16, 2025

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News

PHOTOS BY ALIZAH WASHINGTON

Erica Smith sets up Earth Essential booth at the Arlington County Fair on Aug. 16, 2025.

Blossoming from Necessity: The Story Of Earth Essentials

By ALIZAH WASHINGTON
ARLINGTON CONNECTION

What started as a mother's mission to heal her child's skin quickly grew into Earth's Essentials, a brand rooted in simplicity, wellness and care, according to its founder, Erica Smith. Smith, a military spouse and mother, began facing a challenge many parents know too well. Erica's son developed allergies from common store-bought topical products. Nothing seemed to work or was safe enough

for her son's skin. She turned to her kitchen and began experimenting with natural, essential ingredients.

Smith's products are designed to be both gentle and powerful. Today, Earth Essentials has become more than a small business, but a staple in many homes.

Each product is a reminder of how something born out of love and necessity can bloom into a benefit for many.

See www.earthessentialsbyerica.com
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Happy New Year in September

Students head back to school.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

It's the first day of school in Arlington, Aug. 25, 2025. Some students bound off the bus and head down the sidewalk while others hesitate on the last step of the bus, peering around the sliding doors looking for the monsters under the bed.

At Discovery Elementary, Irish Castillo has arrived at 8 am and sits in bus 165 at the end of the driveway awaiting the elementary school bus arrivals. This is her first day as ACPs bus supervisor after working 22 years as a driver. "I am here early to make sure everything runs smoothly. I'm here in case somebody needs help on one of the routes."

Castillo says she has observed over time that traffic is worse, and students are less personable. "We live in a faster world, and, well, kids find it harder to connect. We become out of their groove quickly."

As it gets closer to the time for the arrival of the buses for the beginning of the first day of school, several teachers line up along the sidewalk to welcome students with a "Happy New Year."

Arlington County Public Schools

24 elementary schools
4 high schools
1 secondary institution
4 other educational programs
27,508 K-12 students
Student-teacher ratio 1-13

Mary Sophie Filicetti, Director of Orientation and Mobility for Arlington County Schools, says she teaches blind and visually impaired students to access their environment. She goes from school to school assisting 18 students in 16 programs. Today she is at Discovery standing along the sidewalk waiting to assist a nine-year-old blind student to work out his new arrival route and find the best way that he will learn over time.

Students emerge from the bus decked out in the new shorts and dresses and sneakers and carrying school supplies, some holding

SEE HAPPY NEW YEAR, PAGE 9



Students stop by to pose by the school sign at Glebe Elementary before their first day of school July 25.



The first school bus arrives filled with students for Discovery Elementary School. Earlier buses delivered students to Williamsburg Middle School located right next door.



Third grader Ava Davis and her first grade brother Lucas before school at Glebe Elementary.

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School bus supervisor Iris Castillo sits in bus 165 at the end of the parking lot at Williamsburg Middle School waiting to solve any problems or issues that might arise.



The bus signs are installed along the road before their buses arrive at 8:30 am for Discovery Elementary School.



Students pop out of a school bus at Discovery Elementary.

National Hunger Action Month Begins At Home

BY SHIRLEY RUHE
ARLINGTON CONNECTION

As September begins a nationwide campaign to recognize Hunger Action Month, Arlington Food Assistance Center (AFAC) Chief Executive Officer Charles Meng focuses on hunger insecurity in Arlington. AFAC is a nonprofit organization distributing free nutritious supplemental groceries to people in need weekly in Arlington.

In Meng's July 28 letter to the Arlington County Board he provides an update on FY 2025 and a look ahead at FY 2026. Meng says in FY2025 9,398 distinct families had an active referral to AFAC. This made up 23,190 individuals, 9.5 percent of Arlington's population.

Ninety percent of these 9,398 families (8,455) came to pick up food at one of the 1,350 food distributions. Ninety-four percent of these families are at or below 30 percent AMI. Meng explains one-third of the people who benefit from AFAC supplemental food are children, "and we especially need baby food."

But as he looks ahead several things keep Meng awake at night including the increasing number of Arlington families who need food assistance, the uncertain political climate and the impact of the current economic situation on escalating food prices. Decreasing income levels and unpredictable AFAC donations are also concerns.

He says, for instance, AFAC had to stop including eggs in the weekly grocery offerings in May due to the astronomical increase from \$18.00 a case to \$106 a case at one point. "This last week we brought [eggs] back but still at \$31 a case.

AFAC food purchases in 2025 allowed for distribution of 4.9 million pounds of food of which 70 percent was purchased and the remaining 30 percent (1.4 million pounds) was donated through innumerable food drives and donations. Food purchases totaled \$5.5 million with 55 percent purchased with County support and 45 percent with AFAC funds. Meng says there are AFAC food boxes located all around Arlington including the library as well as businesses, churches, community centers and a number of other locations. "It has become a thing in Arlington."

In addition, a number of groups including churches, Scouts, neighborhoods, schools and community organizations hold food drives every year. Meng says, "I remember three little girls who had a lemonade stand along the bike trail and proudly came to present the \$144.52 they had raised for AFAC.

"The food donations are also important because they allow us to offer some variety to the AFAC families. Since we buy in bulk, we may have all canned corn that week but people donate a lot of things and so we may have some choices like canned beans to offer as well." Meng says the easiest thing for a food drive is cereal. "We need a lot of cereal and it's easy to buy a couple of boxes.

"We need these food donations. The County AFAC budget is restricted to food



Charles Meng, CEO at Arlington Food Assistance Center (AFAC).

purchase and with increased demand it does not cover the total food cost. "Last year's food purchase budget was \$1.75 million which was covered by the County, but we spent close to \$3 million so I had to get the money from the reserves to pay for the extra amount."

The last AFAC Board of Directors meeting in June approved a FY2026 budget request of \$11.7 million based on the assumption AFAC will serve their families during 200,000 visits, equal to the number in FY2025. But although ongoing County support covers 9.7 percent of the total budget for food purchase, it does not cover the other 90.3 percent of AFAC's budget which includes the building costs, salaries, trucks and all the other expenses. This 90.3 percent is covered by individual, corporate and foundation donations and other fundraising.

And Meng adds, "But depending on what happens on the other side of the river (which I expect to happen), we'll have to raise more funds or take more money out of our reserves to balance the budget again next year. ... For instance, we don't need the tariffs. We buy potatoes from Prince Edward Island in Canada, yucca from Ecuador and tomatoes from Mexico."

Meng says what worries him is that the donations that are so important for AFAC's budget will drop at this critical time. "We live in a generous community but a lot of our donors are withdrawing their monthly pledges because they aren't employed by the government anymore and don't have the same resources themselves. On the other hand," he adds, "Some people are angry and donating more."

But the letter says, "The problem we are now facing is that our expenses are growing faster than we can raise the necessary funding. This is particularly troublesome as we enter a time when local federal cuts are rippling through the Arlington economy."

And it's a double whammy because he says, "once you get the pink slip you cut back on the housekeeper and lawn mower so their income drops, and that's who we serve."

Looking ahead based on data trends from prior years Meng says they project by Thanksgiving 2025 AFAC will be serving close to 5,400 families a week and have already placed an order for 5,000 turkeys and



AFAC



FILE PHOTOS BY SHIRLEY RUHE/THE CONNECTION

In June 2024 AFAC celebrated serving 2 million families since its beginning in 1988. Charles Meng stands on the front steps of the warehouse with County Board Member Matt de Ferranti.

enough Halal chicken for the observant.

Meng's letter points out over the last five years AFAC has seen the number of families served increase by over 85 percent to just under 4,000 families a week. At the same time AFAC has increased their staff by only two employees. Over 2,300 volunteers supplemented the staff last year by volunteering 1,658 hours which is equivalent to 25 full time employees. Meng says, "If we are to serve significantly more families we will need to add additional staff, space and vehi-

cles at our cost which will only increase our reliance on our reserves accordingly."

As September focuses on the national need to combat hunger, there are opportunities to get involved locally by donating and volunteering at AFAC, as well as special events to focus on food insecurity and raise funds. These include the eleventh annual AFAC Golf Tournament, Farm Harvesting to collect fresh produce, shredding for hunger on Saturday, Sept. 13 and Hunger Action Day on September 15. For more information: afac.org.

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Access Isn't Optional; Inclusion Isn't Charity

And the ADA isn't the finish line.

BY EDEN BROWN
ARLINGTON CONNECTION

Arlington County Board member Julius D. Spain Sr. addressed the County Board room on July 22nd: "As a member of the Arlington County Board, I am proud to advocate for people with disabilities, sponsoring the first proclamation supporting July as Disability Pride Month. My commitment to equity and inclusion for all will not end at midnight on July 31. I will continue the fight for effective, inclusive policies at the local, state, and federal levels. Please join me in speaking out and taking action."

The proclamation states July 2025 is Disability Pride Month and encourages all residents and employers to honor the anniversary of the Americans with Disabilities Act, celebrate the contributions and resilience of people with disabilities, and reaffirm our commitment to accessibility, equity and full inclusion in our community. People take the ADA for granted now but it wasn't always the case, and only because of the ADA of 1990 do we have ramps, elevators, and a legal right to accessibility. Americans only have to spend a few days in London and Paris to notice the relative lack of infrastructure to incorporate access for people with mobility challenges. Spain noted, "Today, as we celebrate the 35th anniversary of President George H.W. Bush's signing of the bipartisan Americans with Disabilities Act (ADA), we must also rise to a Call to Action."

"Now," said Spain, "our civil rights are under attack. Instead of moving forward, the Trump Administration is gutting programs and regulations that help ensure everyone can afford to have the "same rights to exist, access, and participate." For example, in March, the Trump administration moved to eliminate the Health and Human Services Department's Administration for Community Living which included the Administration on Disabilities and the Administration on Aging," Spain said. "(Even) as we celebrat-



PHOTO CONTRIBUTED

County Board members pose with Arlingtons who benefit from the ADA as Julius D. Spain, Sr. announces a proclamation to make July Disability Pride Month. Spain emphasized the need to reaffirm the ADA given recent cuts to programs created to help people with disabilities.

ed July as Disability Pride Month, the Trump administration's Department of Labor announced efforts to rewrite or rescind workplace regulations, including minimum wage standards for home health care workers and people with disabilities."

The ADA was the first law, enacted in

1990, that codified civil rights for people with disabilities. The regulations that followed the ADA impacted state and local governments, transportation, public accommodations, employment and education. They have benefited the lives of millions of people and their families. Bipartisan amendments

followed in 2008, hard-fought victories that took decades to achieve.

For more information on the ADA, compliance, and available services, visit the ADA National Network at <https://adata.org/> and <https://www.arlingtonva.us/Government/Departments/DHS/Aging-Disability>

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

VOLUNTEER DRIVERS NEEDED

Have some extra time to drive a neighbor to a doctor's appointment? You pick the days, times, and places that are convenient for you. There is NO MINIMUM driving requirement. Not only do you help older adults in need, you also get to meet wonderful folks, often with very interesting backgrounds and stories to tell. The Shepherd's Center of McLean-Arlington-Falls Church (SCMAFC), is an all-volunteer, non-sectarian, non-profit organization. Its mission is provid-

ing free transportation to seniors for medical and dental appointments or run errands to grocery stores and pharmacies. To sign up, visit the website at <https://scmafc.org/volunteer>, or email contact@scmafc.org with questions.

DONATIONS NEEDED

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 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/s2FuFdaYwZm4tPw2.

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.ourladyqueenof

peace.org for more.

ONGOING

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/ 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 or visit health.arlingtonva.us/opioid-awareness/ for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

SEE BULLETIN, PAGE 7

School Speed Cameras Are In Place

Arlington County will resume enforcement of School Zone Speed Safety Cameras beginning on August 25, 2025, the first day of school for Arlington Public School students. Arlington County continues its commitment to keeping students safe as they travel to and from school by announcing the installation of 10 additional cameras, bringing the total number of cameras in the PhotoSPEED program to 28.

The PhotoSPEED program cameras will operate at the following locations during the 2025-26 school year:

- ❖ NB 4700 block of Williamsburg Boulevard*
- ❖ NB 1300 block of S. George Mason Drive*
- ❖ SB 1000 block of N. George Mason Drive*
- ❖ NB 700 block of S. Carlin Springs Road*
- ❖ EB 4200 block of Lorcom Lane*
- ❖ EB 6000 block of Wilson Boulevard*
- ❖ SB 1400 block of N. Quincy Street*
- ❖ WB 1500 block of Wilson Boulevard*
- ❖ WB 5100 block of Williamsburg Boulevard*
- ❖ SB 2600 block of Military Road*
- ❖ SB 1600 block of Kirkwood Road**
- ❖ WB 5800 block of Wilson Boulevard
- ❖ SB 400 block of N. George Mason Drive
- ❖ SB 600 block of S. Carlin Springs Road
- ❖ SB Unit block of S. Carlin Springs Road
- ❖ SB 1900 block of S. George Mason Drive
- ❖ NB 1900 block of S. George Mason Drive
- ❖ SB 1200 block of S. George Mason Drive
- ❖ EB 4500 block of Washington Boulevard
- ❖ WB 5100 block of Yorktown Boulevard**
- ❖ NB 700 block of N. George Mason Drive
- ❖ SB 2500 block of S. Arlington Ridge Road
- ❖ EB 5800 block of Williamsburg Boulevard
- ❖ SB 1000 block of N. McKinley Road
- ❖ EB 3500 block of 2nd Street S.
- ❖ NB 1600 block of N. Veitch Street
- ❖ WB 5800 block of Little Falls Road
- ❖ NB 1100 block of Patrick Henry Drive

*Newly installed cameras

**Relocated cameras: In addition to the newly installed cameras, the speed safety cameras previously located on each EB 5200 block of Yorktown Boulevard and NB 1300 block of N. Kirkwood Road were relocated to the opposite sides of their respective school zones. The relocations will help to maximize the safe-

ty benefits of the cameras by reducing speeds near prominent school crossing locations.

There will be a 30-day warning period, beginning on August 25, for the 10 newly installed and the two relocated cameras to help raise public awareness about their locations and encourage driver compliance with posted speed limits. At the conclusion of the warning period, speed zone violators will be issued a \$100 ticket (civil fine) per infraction to the vehicle's registered owner. Speed zone violations at the existing camera locations will be issued tickets beginning on August 25.

PhotoSPEED Location Selection and Enforcement

Arlington County identified school zone locations within the county that would most benefit from automated safety devices in accordance with the County's Vision Zero safety program. PhotoSPEED locations were then selected using safety data sources. These school zones will be actively reviewed and assessed by County staff to evaluate the safety impacts of the cameras and guide the development and future of the PhotoSPEED program.

Speed safety cameras are operational when the school zone lights are flashing during school arrival and departure. The cameras take digital images and video footage of vehicles traveling in excess of the posted speed limit. The contracted company reviews and validates the footage before sending it to the Arlington County Police Department. An officer then reviews the footage captured by the system and events that are determined to be a speed violation result in a ticket.

Program Background

PhotoSPEED is part of Arlington County's Automated Safety Enforcement Program and supports the County's Vision Zero program efforts. The Vision Zero Action Plan is in its fourth year of implementation as the County works toward the goal of eliminating severe injuries and fatalities in our transportation network by 2030. The plan identifies automated speed enforcement as a tool to lower speeds and enhance equity in enforcement. Find more information on the Vision Zero webpage, including maps and safety data, safety project implementation, and community engagement.

PUBLIC NOTICE

Proposed Limited Access Control Change Washington Boulevard Improvements at Entrance to Joint Base Myer-Henderson Hall (Hatfield Gate) Arlington County *Willingness for Public Comment*

The Federal Highway Administration (FHWA) and the Virginia Department of Transportation (VDOT) invite you to review information about a proposed change in limited access control to Washington Boulevard (Route 27) along the east side of the 2nd Street South interchange.

FHWA, in cooperation with the U.S. Army Joint Base Myer-Henderson Hall, proposes to construct operational and safety improvements to the Hatfield Gate intersection at 2nd Street South and Washington Boulevard, requiring the existing Washington Boulevard limited access lines to be adjusted to accommodate the proposed additional lane with shoulder on the westbound Washington Boulevard exit ramp to the gate. This project will involve changes in limited access control.

Materials are available for review online at <https://www.vdot.virginia.gov/Hatfield> or by contacting the FHWA Project Manager, Ms. Eden Jemal, at 202-924-8897 or TTY/TDD 711.

The Commonwealth Transportation Board will consider the proposed limited access change at a future meeting.

If your concerns cannot be satisfied, VDOT is willing to hold a public hearing. You may request that a public hearing be held by sending a written request to Ms. Eden Jemal, Eastern Federal Lands Highway Division, 22001 Loudoun County Parkway, Building E2, Suite 200, Ashburn, VA 20147 on or prior to **September 9, 2025**. If upon receiving public comments it is deemed necessary to hold a public hearing, notice of date, time and place of the hearing will be posted.

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, as amended. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775 or TTY/TDD 711.

BULLETIN BOARD

FROM PAGE 6

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. Visit www.dementiaconnections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl

Beverdort 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 to listen to programs. <https://www.mixcloud.com/AgingMatters/>

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. Arlington County 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. 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 can be borrowed, 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.

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ENTERTAINMENT

ECOAMBASSADORS PROGRAM

EcoAmbassadors is a new climate and energy-centered volunteer training and community engagement program. The EcoAmbassador program will bring together volunteers who are passionate about helping neighbors commit to personal activities that will make our neighborhoods and homes healthier and more livable. The EcoAmbassadors training is centered on the City of Alexandria Energy and Climate Change Action Plan and Arlington's Community Energy Plan and related climate strategies. Specific focus areas include reducing energy use and electrifying the home, shifting to eco-friendly transportation choices, and minimizing waste. EcoAmbassadors is managed by EcoAction Arlington and the Virginia Cooperative Extension with support from Arlington County and the City of Alexandria. Volunteers ages 16 and up are encouraged to apply. The fee for the program is \$110 (free for students), and the deadline for applications is September 24. An early bird discount is available for applications submitted by September 13. More information: ecoactionarlington.org/ecoambassadors or bill@ecoactionarlington.org.

CENTERS FOR OPPORTUNITY ARLINGTON

The Centers for Opportunity Arlington is a safe, stigma-free place to spend time for those recovering from homelessness, substance use, and mental illness. It has a donation closet that needs adult clothing and shoes. Some participants at the Center are looking for jobs and need the proper attire. Located at 3219 Columbia Pike, Suite 101, Arlington. Contact Greg, Program Coordinator at 703-567-1346.

VOLUNTEER FOR ARLINGTON'S COMMUNITY AMBASSADOR PROGRAM

Arlington Neighborhood Village, in partnership with Arlington County and Marymount University, has started the Community Ambassador Program (CAP). CAP is a volunteer fueled system that identifies "Ambassadors" connected with civic associations, faith communities, senior centers, apartment buildings, etc. These individuals will be trained to be a reliable source of information about the many opportunities available to older adults in Arlington.

Ambassadors will spread the word about programs and support services, opportunities for social and civic engagement, and educational and enrichment activities for older adults in their own neighborhoods. They are actively recruiting ambassadors to act as a bridge between their community and the Arlington safety net, providing information and soliciting feedback to improve offerings that help older adults remain safe, independent, engaged, and connected to their community. Contact cap@anvarlington.org if this is something you are interested in or want to learn more. Let's work together to create a supported and connected community for all ages!

Receive Support Services: Are you a senior in Arlington? Do you need support services but don't know where to look? Are you looking for fun and enriching activities in Arlington? Email or call 703-509-8057 and they will connect you with an Ambassador.

THE MARJORIE HUGHES FUND FOR CHILDREN

The Marjorie Hughes Fund for Children (MHF), a 501(c)(3) nonprofit serving Arlington Public Schools (APS) students, helps underinsured and uninsured students obtain medical and dental services and other necessary medical care. Established in 1992 to honor the work of public health physician Marjorie F. Hughes, who dedicated her career to public school students in Arlington, MHF is made up of Public Health School Nurses, School Health Aides, APS staff, and community stakeholders. In collaboration with pediatric office staff and dental providers, MHF pays for school entry and sports physical exams, dental treatments, assists with the purchase of medications or medical equipment, and provides transportation via UberHealth rides



The Maximalism! Regional Juried Show opening reception is Thursday, Sept. 4, 2025 in Arlington.

to doctor and dentist appointments. MHF services are supported entirely by generous donations and grants, and they have helped students throughout Arlington schools, from kindergarten to high school, to be happy, healthy, and ready to learn. To learn more about MHF, its mission, its work, and to make a contribution, visit <https://www.marjoriehughesfund.com/>.

YEAR ROUND ON SUNDAYS

Farmer's Market. 9 a.m. to 1 p.m. At Casa Chirilagua Community Center, 4109 Mt. Vernon Ave., Alexandria. Experience fresh foods, native plants, artisan crafts, music and community at Four Mile Run Farmers & Artisans Market in the heart of Arlandria outside the Casa Chirilagua Community Center, every Sunday 9-1 p.m.

THURSDAY/SEPT. 4

Opening Reception for Maximalism! Regional Juried Show. 5-7 p.m. At Arlington Artists Alliance Galleries, 2700 Clarendon Blvd., Suite R330, Arlington. Alliance Gallery's second regional juried show featuring artists from the D.C. Metro Area. There will be a short talk by the exhibition's juror Abbey Alison McClain, live music, wine, and snacks donated by local restaurants. This group exhibition celebrates themes including but not limited to excess, abundance, bold visual expression, indulgence, or sensory overload. In contrast to minimalism's quiet restraint, Maximalism! embraces rich design elements such ornamentation, texture, color, and attention to detail.

SEPT. 4 TO OCT. 12

Arlington Artists Alliance: Maximalism! Regional Juried Show. At Alliance Gallery, Clarendon. This group exhibition is a celebration of excess, abundance, bold visual expression, and sensory richness. Artists from the DC Metro Area explore ornamentation, texture, color, complexity, and emotional intensity in contrast to minimalism's restraint. juried by

Touchstone Gallery Executive Director Abbey Alison McClain. Join on Thursday, Sept. 4 from 5 to 7 p.m. for an opening reception.

SATURDAY/SEPT. 6

Rosslyn Jazz Fest. 1 to 7 p.m. At Gateway Park, 1300 Langston Blvd., Arlington. Join in an afternoon of music, community, food trucks, yard games, and more. The Memphis-based roots, blues and soul band Southern Avenue is the headliner and will promote their Alligator Records debut, FAMILY.

SEPT. 6-21

"The Full Monty." At Thomas Jefferson Community Theatre, Arlington Heights. In a town where jobs have dried up and egos have taken a hit, a group of steelworkers hatch a wild plan to earn some quick cash: they're going to put on a strip show – and go the FULL MONTY! As the men battle insecurities, societal expectations, family pressures, and their fear of letting it all hang out (literally), they discover the real exposure isn't in taking off their clothes.

WEDNESDAY/SEPT. 10

EcoAction Arlington Happy Hour. Learn how to help neighbors create healthier and more livable homes. Join EcoAction Arlington at The Departmental Progressive Club in Alexandria from 6:30-8:00 p.m. to celebrate the culmination of another successful Energy Masters season and learn about the evolution into EcoAmbassadors! EcoAmbassadors is a new climate and energy-centered volunteer training program launching this fall. Come celebrate with us and learn more about how you can get involved. There will be a cash bar and light refreshments. Contact Bill Campbell, Program Coordinator, with any questions at bill@ecoactionarlington.org. RSVP at <https://tinyurl.com/rx5zjpzd>

WEDNESDAY/SEPT. 10

Advance Arlington: Your Vote, Your Voice: Understanding Ranked Choice Voting in

Arlington. 7 p.m. At Lubber Run Community Center, 300 North Park Drive, Arlington. A brief presentation on how ranked choice voting works will begin at 6:45 p.m., followed by the main conversation at 7 p.m. Advance Arlington is kicking off its programming year with an interactive and informative session that breaks down how RCV works, why Arlington is using it, and what it means for your vote. Whether you're a first-time voter or a seasoned civic participant, this event will help you feel confident and prepared at the ballot box this November.

SATURDAY/SEPT. 13

Comedy Karaoke Trivia Funtime Show. 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. Bring a team or fly solo and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle. Hosted by Christian Hunt, this amazing experience features comedy from the DC area's finest comics. The headliner for September's show is the hilarious Nathan Luft.

SATURDAY/SEPT. 13

Rock-N-Recycle Returns. 8 a.m. to 1 p.m. Come to the Arlington County Trades Center to get a behind-the-scenes look at the Solid Waste Bureau and explore the world of recycling, trash-to-energy and other key environmental services. They'll have dozens of hands-on learning stations, take-home art, close-up looks at the trucks and machinery that make solid waste services possible, and more! Find additional details at arlingtonva.us/Rock-N-Recycle.

STARTING SEPT. 13

Senior Olympics. Arlington County and other jurisdictions in Northern Virginia welcome the 2025 Northern Virginia Senior Olympic opening on Saturday, Sept. 13, with an indoor trip and field meet at Thomas Jefferson Community Center. Events continue for two weeks, including the 5K road race on Sunday, Sept. 29, at Bon Air Park in Arlington at 10

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ENTERTAINMENT



The Senior Olympics take place starting Sept. 13, 2025 in Arlington County.

a.m. Register online at nvso.us

SUNDAY/SEPT. 14

The 22nd Annual Arlington Green Community Tour & Celebration. 10:30 a.m. to 4:30 p.m. at Central Library Plaza, Arlington, from 10:30 a.m.-12:30 p.m. with plant demos, sustainable gardening, energy saving tips and more! The Green Home & Garden Tour requires a ticket; a map of the properties/tour will be sent after registration for a self-guided tour of green homes and gardens with examples of sustainable designs. \$20 Individual (includes cyclists) | \$35 for 2 people | \$40 carpool. Registration not required for the Community event at the library. The celebration and tour are sponsored by EcoAction Arlington, Virginia Cooperative Extension - Master Gardeners, Arlington Regional Master Naturalists, Arlington

Public Libraries, Arlington County's Office of Sustainability and Environmental Management. Register for tour map at: <https://www.ecoactionarlington.org/event/the-2025-arlington-green-community-tour-celebration/>

SUNDAY/SEPT. 14

2025 Arlington Green Community Tour. See sustainable homes and gardens in September bloom, along with rain barrels, rain gardens, solar panels, EV charging and energy efficiency measures. Bring friends, family and neighbors; get ideas and inspiration for incorporating these sustainable practices in your home, place of worship or community. 10:30 a.m. - 12:30 p.m. Welcome event at Arlington Central Library is a free event featuring electric vehicles, exhibits and family-friendly fun!

12:00 - 4:30 p.m. Tour sustainable homes and gardens in Arlington. \$20 individual, \$35 two people, \$40 per carpool.

SATURDAY/SEPT. 20

EcoAction Arlington's Annual Trash Tally: Our Annual Trash Tally, in partnership with the Ocean Conservancy's International Coastal Cleanup and Clean Virginia Waterways, will take place at an Arlington County park from 10:00 a.m.-12:00 p.m. Participants will break out into small groups to tally the collected trash using the CleanSwell app. Families, individuals, and groups are welcome. Registration is required. Space is limited so register soon! Rain date is 9/27. Register at: <https://www.ecoactionarlington.org/event/ecoaction-arlington-annual-trash-tally-2025/>

Happy New Year in September

FROM PAGE 3
hands with younger siblings. Some stand around gazing at their surroundings or looking for friends while others join the group racing toward their classrooms. They are pondering the happy new year as they leave summer behind.

It's a BIG step.
Students climb off the school bus at Discovery Elementary

PHOTOS BY
SHIRLEY RUHE
THE CONNECTION



A student safety patrol wears her yellow belt and will assist students later in the day as they return home.

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SENIOR LIVING

Flourishing After 55

Office of 55+ Programs
Department of Parks and Recreation
300 N. Park Dr., Arlington, VA 22203

55+ Programs are in person at 55+ Centers unless otherwise noted. A 55+ Pass is required to participate starting at a \$25 annual fee. To join or register, go to registration.arlingtonva.us or call 703-228-4747.

September is Senior Center Month and Fall Prevention Month

New, Memoir Writing group to share and exchange ideas, meets second and fourth Wednesdays, beginning Sept. 10 through Nov. 26, 2-4 p.m., Langston-Brown 55+ Center. Registration # 911402-19.

Coffee or Tea and Thee, Mondays and Thursdays from 9 to 10 a.m., socialize with other 55+ friends at Lubber Run 55+ Center. Drop-in.

Volleyball, all skill levels welcome, Tuesdays, 3:30 – 5:30 p.m., Langston-Brown 55+ Center and Thursdays, 2 - 4 p.m., Lubber Run 55+ Center. Both are drop-in.

Introduction to beginners line dancing class with 55+ volunteer Suzie Pratts, Fridays, Aurora Hills 55+ Center. Learn box step, quarter turn and grapevine. Drop-in.

Cribbage, a challenging card game yet easy to learn and play, Fridays, 10 a.m. – 12 p.m., Walter Reed 55+ Center. Drop-in.

Water walking and lap swimming to strengthen muscles at Long Bridge Aquatics Center, Mondays, 8-10 a.m., Wednesdays, 1-3 p.m. No instruction provided. Long Bridge Aquatics Center membership required or pay daily admission fee. Located at 333 Long Bridge Drive. Drop-in.

Tai Chi practice with experienced volunteers, no instruction provided, Mondays, 2-2:45 p.m., Aurora Hills 55+ Center; Tuesdays, 1-2:15 p.m., Walter Reed 55+ Center; Fridays, 1-2:15 p.m., Walter Reed 55+ Center. All are drop-ins.

55+ Ice Skating, Mondays, 8:40 – 9:40 a.m., MedStar Capitals Iceplex, roof level parking at Ballston Quarter. \$1 skate rental fee. Pre-registration required at www.medstarcapitalsiceplex.com, click on Senior Public Skate.

Play pickleball, 55+ Pass required at the following 55+ centers: Walter Reed, Mondays, 8:15 a.m.- 4 p.m.; Tuesdays and Thursdays, 12:30 – 4 p.m.; Wednesdays, 2:15 – 4 p.m.; and Fridays, 8:15 a.m. – 4 p.m.; Arlington Mill, Mondays, Wednesdays and Fridays, 10 a.m.- 3 p.m., Tuesdays and Thursdays, 12 – 3 p.m. Drop-ins.

Women's drop-in basketball, Wednesdays, 7:15 p.m.-8:45 p.m., Langston-Brown 55+ Center. Drop-in.

Sept. 4
Become an Eco-Ambassador volunteer with Virginia Cooperative Extension and Eco-Action, Wednesday, 1 p.m., Aurora Hills 55+ Center. Registration # 911400-03.

Memory Café for people with dementia and their family caregivers to enjoy meaningful dementia-friendly activities together, Thursday, 1:30 p.m., Walter Reed 55+ Center. Open to all ages; no 55+ pass required. Drop-in. To register contact Zoe Mann at 703-228-5193 or zmann@arlingtonva.us.

Plants and cuttings swap to expand your garden collection and meet fellow plant enthusiasts, Thursday, 3 p.m., Lubber Run 55+ Center. Please make sure all plants and cuttings are healthy and pest-free. Registration # 911401-01.

Calling all trivia buffs, join a virtual program Thursday, 11 a.m.-12:30 p.m. Registration # 911600-12.

55+ Travel group will attend the Maryland State Fair in Timonium, MD, Thursday. Cost \$35, Arlington resident; \$41, non-resident. Registration # 902509-01.

Sept. 5
First Friday social will recognize September as Hispanic Heritage Month, Sept. 5, 1 p.m., Arlington Mill 55+ Center. Relaxed social gathering with light refreshments, music and fun. Registration # 911801-01.

Aurora Hills 55+ Center will decorate their walls to reflect different seasons, Friday, 1 p.m. Help the center feel like a fall wonderland. Registration # 911310-01.

Sept. 6
55+ Travel group will be off to celebrate the Mushroom Festival in Kennett Square, PA, the Mushroom Capital of the World, Saturday. Learn about the fascinating process of growing mushrooms and and sample many mushroom dishes. Cost \$90, Arlington resident; \$104, non-resident. Plus \$5 cash entrance fee. Registration # 902509-02.

Open office hour with Ashley Gomez, Lubber Run 55+ Center Director, Monday, Sept. 8, 1-2 p.m. Share ideas, ask questions, discuss programs. Registration # 911801-04.

Around the world in 80 (+10) days, hear about volunteer Susan Court's adventures with her husband on the Queen Mary II, Monday, Sept. 8, 1 p.m., Aurora Hills 55+ Center. Cruise included 24 ports of call and embarked from Ft. Lauderdale and disembarked in New York. Black tie optional for the talk. Registration # 911400-24.

Wildlife SOS: when and how to help, Monday, Sept. 8, 1:30 p.m., Walter Reed 55+ Center. Join Carolyn Wilder, volunteer with the non-profit Wildlife Rescue League to learn what to do when a wildlife is in distress. Registration # 911400-38.

Performance Parking 101, join the Arlington Parking and Curbspace Team to learn how to use ParkMobile to pay for parking and other tools to find available parking, Monday, Sept. 9, 10:30 a.m., Arlington Mill 55+ Center. Registration # 911400-05.

55+ Travel group will travel to Dumfries and the Rose Gaming Resort, Tuesday, Sept. 9. Lunch on your own. Cost \$12, Arlington resident; \$14, non-resident. Registration # 902509-03.

Reader's Theater—Radio Plays, fun reading of vintage radio plays with sound effects. No need for sets, costumes or memorized lines. Parts will be assigned and everyone will have a chance to act, Tuesday, Sept. 9, 5:30 p.m., Walter Reed 55

+ Center. Registration # 911301-13.

Welcome back Bingo at Aurora Hills 55+ Center, Wednesday, Sept. 10, 1-2:30 p.m. Celebrate Senior Center Month in the company of 55+ friends, bring a guest and they will have an opportunity to win a 55+ Pass. Registration # 911600-01.

Fall Supper Club, casual dinner party, great company, bring you own dinner, drinks and dessert provided, Wednesday, Sept. 10, 6 p.m., Arlington Mill 55+ Center. Registration # 911801-08.

Mocktails with the Advisory Committee at Lubber Run 55+ Center. Enjoy a Happy Hour and share program suggestions, Wednesday, Sept. 10, 5 p.m. Registration # 911801-07.

New, Memoir Writing group to share and exchange ideas, meets second and fourth Wednesdays, beginning Sept. 10 through Nov. 26, 2-4 p.m., Langston-Brown 55+ Center. Registration # 911402-19.

Book exchange at Lubber Run 55+ Center, Thursday, Sept. 11, 6 p.m. Please make sure books are in good condition. Registration # 911801-11.

Hit the trail cooking demonstration of snacks for hiking by Virginia Cooperative Extension Master Food Volunteers, Thursday, Sept. 11, 11:30 a.m., Walter Reed 55+ Center. Registration # 91101-01.

55+ Registration Day Help and Tips with registration staff member Merrelle White, who will walk you through the process and share useful tips, Thursday, Sept. 11, 3 p.m., virtual. Registration # 911400-14.

Jigsaw puzzle contest and swap, work in teams of three, first team to finish wins a prize. Bring a puzzle to swap with others, Thursday, Sept. 11, 1:30 p.m., Langston-Brown 55+ Center. Registration # 911600-02.

55+ Travel group will visit the National Watch and Clock Museum in Columbia, PA, Friday, Sept. 12. Explore fascinating exhibits showcasing the history and art of timekeeping. Lunch on your own in Lancaster. Cost \$111, Arlington resident; \$128, non-resident. Registration 902509-04.

FallFest, Friday, Sept. 12, 1:30-3:30 p.m., Langston-Brown 55+ Center. Connect with friends for an afternoon of fun. Registration # 911899-01.

Fall Prevention Month Safety Expo, Friday, Sept. 12, 10 a.m.- 12 p.m., Lubber Run 55+ Center. Learn from experts about fall risks and prevention strategies. Open to all ages; no 55+ Pass required. Drop-in.

BULLETIN BOARD

FROM PAGE 7

arlingtonva.us/locations/central-library or call 703-228-5990.

Arlington Rotary Club Lunches. Thursdays, 12 - 1:30 p.m. Club meetings are at 12:15 to 1:15 on the second and fourth Thursdays of each month. On the 2nd Thursday we meet at a restaurant in Arlington (currently Texas Jacks BBQ). On the 4th Thursday we meet via Zoom (click HERE to join). Newcomers are welcome to join the Zoom meeting.. Organization comes together for humanitarian services. Listen to guest speakers on various topics of interest. Visit <https://arlingtonrotary-club.org/>

Job Seeking Help. 5-9 p.m at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but

requires registration. Visit www.arlingtonva.libcal.com.

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

Helmsmen Toastmasters meet Thursdays, 7:30-8:45 a.m. at Pentagon Library and Conference Center. Toastmasters is an international organization that helps everyone speak, think, lead and listen better. Most clubs are meeting online at this time. Contact Carl Sabbath carl.e.sabbath.civ@mail.mil or 703-695-2804 or Elizabeth Femrite elizabeth.m.femrite.civ@mail.mil or 571-256-8674.

Remind Me Again



By KENNETH B. LOURIE

I can understand receiving reminders from my healthcare provider concerning appointments and medicine refills - as I'm a cancer patient still undergoing treatment. I can understand receiving reminders from pet superstores concerning food and pharmacy items which as an owner of four cats and a dog - I might need reminding. I can understand receiving reminders from a high-end kitty litter distributor given their product's time-sensitive effectiveness in identifying a cat's overall health status since I'm paying an extra premium for the privilege. And I can certainly appreciate reminders from car dealers about miscellaneous service intervals and recommended repairs/replacements for our cars that we likely would otherwise let pass. But I cannot understand - other than the company's motivation to nudge me to buy their products as often as possible, maybe even prematurely, that I'm "arrowed" to a line near the bottom of a plastic dish soap bottle pointing to the advisory "Refill."

Really? I need to be encouraged/nagged about dish soap? You mean to tell/advice me that I can't be left alone to my own homeowners' devices to know when and if I want to refill a bottle of dish soap? Is there some other reason - other than emptying my "refill" inventory as soon as possible in order to create a need, possibly, to replenish my reserves? Does the product lose its effectiveness if I don't refill the bottle at the exact line as indicated? There's not a shortage of dish soap in the market, is there? I mean, this isn't a pandemic-era shortage of toilet paper type-situation, where I need to hoard dish soap in case the market/bottle dries up, is it?

Let me rework the great Alfonso Bedoya's response to Humphery Bogart in "The Treasure of Sierra Madre" (1948) as my reply: I don't need no stinkin' line on a bottle to show/tell me what to do. I may not be the most capable homeowner in the world (least capable more likely), but neither do I need to be held by the hand. And I don't need any help from the long arm of corporate America reaching into my wallet and extracting dollars for a purchase that might not make any sense - and don't really benefit me. Well, not as much as the purchase benefits them. This is dish soap. It's for cleaning dishes. It's not penicillin. It's not insulin. And more to the point - for me, it's not chemo/targeted therapy. It's a product for a sort-of-a-daily, somewhat mundane task: washing dishes. We're not sterilizing anything here. We're handwashing. There's no surgery scheduled. Just life in the kitchen.

A life with which we're all familiar and likely equipped to manage. As you might have guessed, I've taken offense with this, in my opinion, money grab. Can't I be left alone concerning my purchases for the kitchen. It's not an operating theater. The only eyes watching me belong to either a cat - wanting a treat, or the dog - wanting to go out. Moreover, I'm not giving any lessons. I'm not you-tubbing my handiwork. There's nothing particularly time-sensitive going on. And there's certainly no spouse monitoring my every wipe. She knows I'm capable of "doing the dishes" and trusts me to know what kitchen-centric products need to be purchased when. However, as indicated by the line on the bottle, apparently corporate America thinks I'm a dufus and needs to tell me what to do with their products and when. What products are next? Tissue paper? Paper towels? Toilet paper? (God forbid.) A line may not have been crossed but it has been drawn. And as a consumer, I take objection to its appearance and corporate America's reach. If I need any help managing my day-to-day/activities of daily living, I'll let you know. Otherwise, mind your own business, and I'll mind mine.

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

‘You Put Your Bucket in the River Where You Are’

Arlington Residents Gear Up to Resist Discrimination and Detention.



PHOTOS BY EDEN BROWN

Gayle Fleming of Arlington was a Black Panther in the 1960s working to fight against Jim Crow and other racist policies. It has been a constant theme in Arlington meetings since January: African-American women have been here before and know how to fight policies that abridge civil rights.

Why would a meeting of A.C.T.O.R. (A Continuing Talk On Race) host a meeting called “Forms of Resistance” in Arlington, Virginia? “Here in the U.S. and around the world, we are seeing a growing wave of policies and government actions that threaten human rights, silence voices, and harm our communities,” the organizers said. “It’s easy to feel powerless or uncertain about what really makes a difference.” The theme of “what can we do” drew a large crowd at Busboys and Poets on July 25th. Moderated by Pamela Pinnock, who runs A.C.T.O.R., three “frontline voices” sat at the table to address resistance. Monique Bryant, Executive Director of Challenging Racism (and candidate for school board); Micaela Pond, founder of “We of Action Virginia;” and J.D. Spain Sr., Arlington County Board member; offered their collective wisdom.

Bryant, running for school board, urged people to take responsibility and push themselves to do more, to do one concrete thing to make things better. The one concrete thing she suggested was to be certified as a substitute teacher as a way to serve the school community.

Pond talked about encouraging more young people to get involved, listening to political candidates and voting for people who will make a difference, making it harder for illegal detentions to take place. “I have kids coming to my front door late at night and telling me their mom and dad are missing. This is what we have to deal with here, right now.”

Pond cited the success of the Hands Across Arlington rally on the day a military parade was taking place in D.C. “For the No Kings March we had 29 bridges to cover and put out the word for volunteers. We were at capacity within 36 hours. Young people were



Micaela Pond, Monique Bryant and J.D. Spain Sr. talk about how they got started in activism.

out there — they took their AirPods out — and four hundred new members signed up because they found the joy in joining an organization that wasn’t asking for money.

Early in the discussions, Pinnock stirred the pot by putting the current situation in perspective: “The tip of the spear is Palestinian starvation. Look at the case of Dr. Badr Khan Suri, a Georgetown University post-doctoral fellow. He was arrested in March at his home in Arlington. Here in Arlington. Agents took him out of state for detention. No charges were made. They just took him. Luckily we got him back here in May, when he was ordered released, but that was here in Arlington. His crime? Married to a woman of Palestinian descent. Can you talk about that?” Pinnock addressed the panel.

Pond answered: “The Gaza issue came up over the weekend. (It is pretty clear) that Trump wants to destroy us by pitting us against each other. No one in WOFA wants children to starve. But we aren’t going to solve this age-old problem. I refuse to let this divide us. To pit Jew against Arab, here in this state ... no, we focus on what we CAN do. We have to listen to each other.”

Pinnock noted that it’s not always a question of solving the problem, but having a voice in how tax dollars are spent. She emphasized the importance of getting J.D. Spain Sr. elected to the county board. And fighting for the Trust Proclamation which modified how Arlington police and government support federal agents who are taking people out of schools and restaurants for detention. (The proclamation in July reaffirmed Arlington support for all residents and withdrew support that might have been offered to federal agents detaining immigrants unless there was a legal requirement to assist.)

Spain rejoined: “Petitions, speaking out at meetings, making noise ... that’s how to resist. I want you to look at your neighbor in this room right now. Look them in the eye and

tell them: “I am the resistance.” The room was suddenly energized with the voices of the approximately 80 attendees connecting with their fellow citizens and stating “I am the resistance.” It was a powerful moment.

Spain went on, “We removed section 7 of the trust policy. Before, if a person were to come into contact with local law enforcement, we’d connect with the Federal officers. But it was happening too often. It was cowardly. ICE officers wearing masks is not okay. Elected leaders need to tell them to take off those masks. Being on the County Board for me was not about the title. It takes a lot to speak truth to power. Someone needs to stand up and speak out. I grew up in the South. We’ve been here before. Continue to show up at County Board meetings. If you don’t like something, say something. Get kneecap to kneecap. Ask to have a meeting. Be the resistance.”

What’s the most effective way to resist?

The room was full of ideas. One speaker, Gayle Fleming, who battled segregation in the 1960s as a Black Panther, said, “Hit them by not shopping. That worked to desegregate Nashville. The power of the pocketbook is great.”

Other ideas: Support the groups like WOFA and other groups who are sending out calls to action, like “Five Calls” which makes it easy to let elected officials know how you feel. Support David Hogg of Leaders We Deserve. “He’s already a change-maker and needs support.”

“There is a trend to reject anyone who does not look the same. We need white people. Lots of us are Black. Lots of us are Brown. It’s harder for us to take that risk, but white people can help.” Kelvin Manurs of Arm and Arm agreed. “Where are the young people? I look around this room and most people here are over 50. Bring a young person next time.”



County Board member J.D. Spain talks about why taking action is important to him. Pamela Pinnock expressed pride in having Spain in his newly elected role to address racism and discrimination.

Moe Bryant said, “Use your cellphone to record things that don’t look right. Someone pulled global entry for a US citizen at the airport? Film it.”

Another attendee said, “Look to groups that aren’t political, like the Episcopal Church, which does a lot to speak out.”

Kimiko Lighty, Executive Director of Restorative Justice said, “I am a restorative justice facilitator. We need to build things. When we talk about having conversations we need to accept that it’s so easy for people to shut down. The person needs to know I value them. Build trust! They might change what’s in their hearts and minds.”

Pinnock was out of time for the evening. “We could talk about resistance all night. One thing I learned on a recent trip to Africa is that despots abound. They are all over the world. But you put your bucket in the river where you are. Read ‘On Tyranny’ by Timothy Snyder. Read ‘It Can’t Happen Here’ by Sinclair Lewis. Read ‘How To Talk To Your Sons about Fascism,’ by Craig Johnson. Resistance can also be joyful. Pay attention. Talk about this at the dinner table. Racism still exists in the public schools in Arlington. Resist it. Look at what they are doing with the first black president at George Mason University (GMU), the most diverse university in this state.” Pinnock urged everyone present at the meeting to go home and write to the George Mason University Board of Visitors to tell them how they feel about this. (As of this writing, a massive crowd showed up to defend President Washington at the recent meeting on his removal, and the community support had a positive effect.)

To put your bucket in the water where you are: see: <https://challengingracism.org>; www.wofava.org;

<https://www.armandarm.org>; <https://www.restorativearlington.org>; <https://www.arlingtonnaacp.com>; and come to the next A.C.T.O.R. meeting at Busboys and Poets on the last Sunday of the month.