

The Arlington Connection

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PHOTO CONTRIBUTED

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Lisa Polinori, the Unicycle Lady, juggled while unicycling and then took time to blow up balloons for the kids, in Albemarle Street's Fourth of July parade.

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Albemarle Street's Memorable Fourth of July Parade

Celebrating Independence is even more important 250 years later.

The Fourth of July is a favorite holiday for Americans, even when politics are noisy and the Founding Fathers seem very distant. It can be celebrated by everyone, regardless of religion. It seems wrong NOT to celebrate it. Flags go up. Children revel in the excitement of an Independence Day they barely understand. There is a promise of staying up late to see fireworks.

Because I grew up in a small town, the Fourth was the event of the year. It was the ONLY event of the year. An old Ford Model T fire engine gave its raucous honk, and our volunteer fire fighters threw hard candy down to the children. The high school band played "Tighten Up," our first inkling of an inclusive culture. The boy scouts marched and the town supervisor drove his car and waved, a celebrity we all knew by his first name and recognized as truly representative. If you had a problem, you could call him and get it fixed.

That is why every year I am drawn to the small parade on Albemarle Street in Arlington. The kids and their parents come decked out in red, white, and blue. The children decorate their bikes or scooters and race down the road, shut off from traffic.

The neighbors put together a breakfast of red, white, and blue muffins and drinks, and some form of entertainment enthralls the kids, thanks to some generous benefactor. You can't be a cynic when you see the Unicycle Lady juggling red, white and blue balls up in the air while cycling, and watch the admiring children, even the teenagers, celebrating the independence of our country from the rule of a King. They will remember this parade long after the bikes are put away.

The unabashed love for country didn't keep one neighbor from featuring a sign on her lawn that said, No Kings Since 1776, which, she explained, she thought she should put up since there had to be some counterbalance to all the flag waving.

Remembering why we celebrate the Fourth is also love for country.

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Five year old Cory greeted Strawberry, the poodle, as the parade came to an end. The dog was more of a draw than the snacks.



Eddie was all decked out for the Fourth and yes, he did break his arm scooting, he said, when asked.



Sofia, 14, came with her parents and dog, and an amazing shout-out to the U-S-A.



Sam Bruce drove his patriotic hot rod at the end of the parade, making sure everyone got a look.



The Unicycle Lady also tied balloons for the children, but got off the cycle to do it.



Lisa Polinori, the Unicycle Lady, juggled while unicycling and then took time to blow up balloons for the kids. Her super-power is clearly multi-tasking.



Elizabeth, Eva, and Sienna - 10 and 11 year olds - wore red, white and blue, sometimes resorting to a blue hair tie, or blue teeth, to complete the color scheme.

One neighbor put out a sign at the parade's end, commenting that she felt all the flag waving had to be tempered with a little concern for the state of our country.



Arlington's New Coffee Pop Up

By EDEN BROWN
ARLINGTON CONNECTION

In the category of “ask and you shall receive,” I was just bemoaning the lack of good coffee shops on Langston Boulevard when something caught my eye: Buddhist prayer flags. (I have a soft spot for those.) I had just come from the dentist in D.C. and couldn’t find a coffee shop on K Street so headed to Arlington.

I was kind of desperate for coffee. I had just learned how good coffee is for your health from my Indian friend, Himmat. Good for your liver. Good for your brain. Good for your heart. I was working up a big coffee thirst. Next to the Buddhist prayer flags was a sign for COFFEE LIBATIONS. A food truck stood, beckoning, where previously there had just been a gas station. I did a U-turn.

I pulled up to the elegant black pop-up, Coffee Libations stand. It looked like it had the necessary coffee and then some. (I only drink cortados, lattes, or cappuccinos.) I met Anshuman, a young Nepali-American who just set up his own coffee venture three weeks earlier, after working for many years in the coffee business.

Not far away at the cafe-style table for two, an older man sat looking on. It was Anshuman’s father. “Were you worried about your son’s future when he became a Barista after leaving college?” I asked.

“No,” he answered.

I looked at Anshuman. “Yes, he was,” he said with a smile.

His father said, “When we came



It is easy to miss the new coffee shop in Arlington, but just look for the prayer flags and the little French cafe table.

to this country we didn’t have any choice. But I told Anshuman when he decided to do this, “You have a choice to pursue what you want.”

“What makes your coffee stand different?” I asked.

“We have a bit of an added twist to our coffee menu,” Anshuman

said. “We add a little fizz to our Americano, and we have a Nepali version of Chai called Chiya which is much better than most coffee shop chai.

Another great thing about this place is that if you don’t want sugar in your flavored drinks, you can



Anshuman Bhausal leans out of his new pop up, Coffee Libations, at the corner of North Quebec Street and Langston Boulevard.

have it with just the added flavor. Now that is different.

I had the latte, and it was really good coffee. Go find this place. It’s at Quebec Street and Langston Boulevard right near the Cherrydale firehouse and Northside Vet, adjacent to the Liberty gas station

which has been kind enough to rent the space.

It is open from 7 a.m. to 2 p.m. but you might catch Anshuman there later, working. And pretty soon, it might have some Nepali momos on offer. Instagram is @coffeelibrations

SCC Silent as Lt. Gov. Hashmi Urges Pre-Filing Review of Massive Merger

Hashmi warns the standard six-month review clock is too short for a deal of this scale.

By MERCIA HOBSON
THE CONNECTION

The Virginia State Corporation Commission has yet to respond to Lt. Gov. Ghazala F. Hashmi regarding her request for a rigorous regulatory review of a massive proposed utility merger.

In a July 6 letter to State Corporation Commission Chair Kelsey A. Bagot and Commissioners Jehmal T. Hudson and Samuel T. Towell, Hashmi formally requested that the commission implement a thorough pre-filing review framework before Dominion Energy and NextEra Energy officially file their acquisition application.

The historic \$67 billion transaction, announced in mid-May, would represent the largest utility merger in U.S. history and carries unprecedented implications for Virginia’s rapidly evolving energy market.

The Connection requested comment from Bagot, Hudson, and Towell, but the commissioners did not immediately respond.

Hashmi attached 64 questions to her letter, divided into 11 categories, including transaction purposes, capital structure, finance costs, market competition, corporate governance, and consumer bill credits. Under Virginia law, once a utility merger application is formally filed, the commission typically faces a strict statutory deadline to issue its decision.

“Their depth and volume demonstrate that this highly complex transaction cannot be adequately reviewed under the current statutory six-month timeline,” Hashmi wrote of her questions. “To that end, I respectfully urge the Commission to issue,



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Lt. Gov. Ghazala
F. Hashmi

expeditiously, an order requesting that Dominion and NextEra Energy not submit their acquisition application until the companies have answered the essential questions needed to understand this transaction.”

Hashmi noted that while she recognizes the commission has issued a baseline list of 28 questions under standard utility transfer provisions, “a more structured, granular framework is required for a merger of this magnitude.”

The lieutenant governor’s attached questionnaire would ask NextEra and Dominion to justify their financial claims under oath. The probe specifically questions why proposed customer bill credits would last only two years, seeks to identify the source of those funds, and asks whether the credits

serve merely as a temporary sweetener to clear regulatory hurdles.

At the time of the merger’s announcement, corporate executives focused public messaging heavily on consumer benefits. They highlighted a proposed \$2.25 billion in customer bill credits distributed across Dominion’s customer base in Virginia, North Carolina, and South Carolina over a two-year period following the closing of the deal.

Executives also pointed to a massive 130-gigawatt large-load pipeline, asserting that the combined company would achieve the capital efficiencies needed to manage skyrocketing energy demands — driven heavily by Virginia’s booming data center industry — while keeping power affordable.

Though the letter notes that Hashmi looks forward to a “favorable response,” the commission’s official stance remains pending.

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 providing 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 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/s2FuFdaYWDm4tPw2.

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 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. Someone 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.

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

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.

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Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
PATRICK	13252	610N	HELMS ROAD/610	BRANCH DAN RIVER	6/24/2026
PITTSYLVANIA	13732	817	MOUNTAIN ROAD	TURKEYCOCK CREEK	6/9/2026
SMYTH	17509	800N	ST CLAIR CREEK ROAD	ST CLAIR CREEK	6/8/2026
PATRICK	13413	825	PALMETTO SCH ROAD 825	RUSSEL CREEK	6/1/2026

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit vdot.virginia.gov and navigate to Travel and traffic/For freight operators/Truck restrictions. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov or the Load Rating Program Manager, Manjil Devkota at 804-786-4064.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730 or corina.herrera@vdot.virginia.gov.

Lyon Village Parade — A Neighborhood Tradition



Six-year-old Blair Kvalevog is first in line for the Lyon Village 4th of July parade with her older sister Amelie and her grandfather Durin from Latvia.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

It is 10:45 am on July 4th. The corner of Key and Highland is buzzing with activity as the neighborhood lines up for the annual Lyon Village 4th of July parade. Blair Kvalevog is first in line with her bike and with her older sister Amelie and grandfather Durin from Albania. Durin lives with them now and doesn't speak any English but he knows a good time when he sees one.

Claire and almost three-year-old Alysa Zlotnik from Sterling have joined their Arlington friend Nafisa Chowdhury on the sidewalk close behind.

An Arlington County Fire Department truck rounds the corner on the other side of the street and positions itself to lead off the pa-

rade along with the ACPD. "Hi firefighter," a small voice calls. "Oh there's an ambulance, too."

The usual longtime Lyon Village residents stand around chatting. But the volunteers who often carry the banner are nowhere in sight. Lynne Ross comments, "I had to find some really old residents so I grabbed Don Hodgen. I mean I had to round up some longtime residents (not old) to help with the banner this year."

As the decorated wagons, strollers and poodles begin to appear, a 5-foot red, white and blue ball could be seen rolling down the street.

Lorraine Nordlinger, a local realtor and the parade volunteer neighborhood coordinator, says "I like to make the neighborhood fun. I have small balls all over the park, too."



Almost three-year-old Alysa and her mother Claire Zlotnik have come from Sterling to join their friend Nafisa Chowdhury from Arlington for the parade.

John Carten, parade chairman for many years, looks at his watch and declares, "It's time to unfurl the banner and line up to start the parade." This year three volunteers are managing the traditional banner that spans the street. The boom box strikes up, the fire engine rounds the corner and a parade of antique cars slowly drives by with passengers waving at the crowd.

A neighborhood observer comments, "There goes a classic car." The small figure beside him echoes the excitement and then asks, "What's a classic car?"

The parade heads down the street for several blocks, rounds the corner and ends up at Lyon Village Park where the little ones sprint to grab an available swing or to be the first in line for the free popsicles.



Lorraine Nordlinger, local realtor and neighborhood parade coordinator, has brought a large red-white-and-blue ball to the parade because she likes to make the neighborhood fun.



John Carten (center) the longtime parade chairman is chatting with the usual neighborhood parade participants before the parade begins.



Three longtime Lyon Village residents carry the traditional banner that signals the beginning of the parade.



The strollers, bikes, and poodles fill the street with holiday spirit.



The Arlington County Fire Department fire engine signals the beginning of the festivities along with the ACPD.

Backup Needed: Region's Water Supply

The Potomac River is the source for water for 5 million residents; recent events point to need for backup.

By GLENDA C. BOOTH
CONNECTION NEWSPAPERS

Turn on the spigot, water flows out. Most people take that for granted. Few of the five million people in the Washington metropolitan region who get drinking water from the Potomac River realize that this is their only source of water.

"The Potomac River has served this region exceptionally well for generations," said WSSC Water General Manager Kishia L. Powell, on June 9. "However, planning for the future means recognizing that a single source of supply, no matter how reliable, carries inherent risks."

Powell joined other leaders in announcing the launch of a two-year, \$25 million study to evaluate secondary water supply alternatives, titled "Secure the Source," to identify a water source that can provide several weeks of backup drinking water supply.

"Recent incidents such as fuel spills and sewage system failures underscore the importance of strong preparedness measures and demonstrate why dependable alternatives are essential in case the primary water source becomes unavailable without warning," said Susan Miller, Fairfax Water's Public Affairs Manager.

The study will evaluate four options: (1) no action; (2) Travilah Quarry, near Rockville, Maryland; (3) Washington, D.C.'s Blue Plains Advanced Wastewater Treatment Plant, advanced water reuse and (4) Luck Stone Quar-

"Planning for the future means recognizing that a single source of supply, no matter how reliable, carries inherent risks."

— Kishia L. Powell, WSSC Water General Manager

ries B and C in Loudoun County, Virginia, according to the Interstate Commission on the Potomac River Basin (ICPRB).

Threats to the Water Supply

Possible disruptions to the water supply include drought, contamination, infrastructure failures and severe weather. In January, the Potomac Interceptor pipeline ruptured and sent over 240 million gallons of raw sewage into the river. American Rivers in April named the Potomac as "the nation's most endangered river," largely because of aging infrastructure and data center demands. This region has the

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RENEE BOURASSA/ICPRB

Little Seneca Lake is a picturesque 505-acre reservoir located within Black Hill Regional Park in Boyds, Maryland. Originally built as an emergency water supply for the Washington, D.C. area, it is now a premier local destination for boating, fishing, hiking, and enjoying nature.

densest concentration of data centers in the world, with over 290 in operation and more anticipated, according to the Potomac Conservancy.

Unpredictable weather poses another threat. "Climate variability makes it harder to rely on historic trends to predict river flows, drought timing or the severity of dry periods," Miller said.

Not only is reliable drinking water at stake, so is the economy, contends the ICPRB. A prolonged disruption (one month) could bring a loss of up to \$15 billion in gross regional product and hundreds of millions in tax losses, ICPRB estimates. A major disruption could harm residents, businesses, the federal government, military operations and international organizations.

On June 3, the Metropolitan Washington Council of Governments (MWCOC) declared a drought watch and urged people to reduce water use because of "unusually dry conditions that are expected to persist despite recent rainfall."

Currently, there are two backup water supply reservoirs for the Washington metropolitan area, the Jennings Randolph Reservoir be-

Current Water Suppliers

The three major regional water suppliers currently are Fairfax Water, WSSC Water and the Washington Aqueduct.

Fairfax Water, Virginia's largest water utility, serves over 2.2 million people in the Northern Virginia communities of Fairfax County, Loudoun County, Prince William County, Herndon, Vienna, Alexandria, Falls Church, Fairfax City, Fort Belvoir and Dulles International Airport. Fairfax Water gets water from two primary sources: the Potomac River and the Occoquan Reservoir, fed by the Occoquan River.

The Washington Aqueduct, a division of the U.S. Army Corps of Engineers, Baltimore District, is a federally-owned and operated public water supply agency with approximately one million regional users. The Aqueduct provides water to three wholesale customers: DC Water, Arlington County and Fairfax Water.

WSSC Water, Maryland's largest water utility, provides drinking water and wastewater services to 1.9 million residents in Prince George's and Montgomery counties across 1,000 square-miles.

Information

The study, <https://www.potomacriver.org/>

Drought watch, <https://www.mwcog.org/>

tween Garrett County, Maryland and Mineral County, West Virginia, and the Little Seneca Reservoir in Montgomery County, Maryland.

ICPRB's website says, "There is an above-normal probability of releases from the Washington metropolitan area's back-up water supply reservoirs for the 2026 summer and fall seasons."

WSSC Water has the lead in conducting the study, a joint effort involving WSSC Water,

Fairfax Water, Washington Aqueduct, ICPRB and MWCOC.

"Water is the foundation of public health, economic vitality and national security," said Michael Nardolilli, ICPRB Executive Director. "This study is about ensuring that future generations inherit a water system that is resilient, reliable and prepared for the challenges ahead."

Choosing the Next Act

From young widow and single mother to attorney, sailor, arts leader and theater director, Carole Perez has spent a lifetime meeting life's challenges with quiet determination.

BY MARILYN CAMPBELL
THE CONNECTION

Carole Perez has spent her life learning how to begin again.

At 91, she directs an 18-member theater group at her retirement community in Arlington, selecting plays, guiding rehearsals, and encouraging actors. But theater is only her latest act in a life marked by perseverance and reinvention.

While a student at Vassar College, Perez met the man who would become her first husband while traveling by ship from Europe to the United States. He was a German student studying business at Harvard on a Fulbright scholarship. After graduation, they married.

Their life together took them from Con-

"I never appreciated how difficult that journey was until I became a dad," he said. "We all just thought our lives were pretty normal despite the terrible experience of losing our dad."

Her ability to create stability in the middle of upheaval is something her son still admires.

"Within a year and a half, we sold our house in Belgium, moved back to the United States, and my mother started law school," he said. "Sports, school, and being involved with family and friends all continued. I honestly don't know how she did it."

After earning her law degree, Perez moved to the Washington, D.C., area where she built a successful career as an attorney. She became a partner in a Rockville law firm and later served as president of the Montgomery County Bar Association.

But law was only one part of her life. She remarried and discovered a love of sailing.

"I didn't know how to sail," Perez said. "My second husband taught me everything I know."

What began as a lesson became a passion. Perez and her husband raced together, and both served terms as commodore of the Deep Creek Yacht Club.

The couple purchased a second home in Deep Creek, and Perez became deeply involved in the arts. She served as president of the local arts society and founded the Arts Council of Garrett County and an art gallery in Oakland, Maryland.

Perez is now twice widowed. The four children she raised during those difficult years went on to build lives of their own, making her the grandmother of six and great-grandmother of four.

"She has been, and remains, the glue that holds our family together," said von Eckartsberg.

Her family is now spread across the country and even overseas, but Perez remains connected to the people and communities she has built throughout her life.

That same spirit is reflected in the enthusiasm and loyalty of the theater group she leads today.



PHOTO COURTESY OF CAROLE PEREZ

Carole Perez is surrounded by family at a gathering with her four children and their spouses. Front row, seated left to right: Chris von Eckartsberg, Heinz von Eckartsberg, Eric von Eckartsberg and Lisa Dossey. Back row, standing left to right: Colleen von Eckartsberg, Debi von Eckartsberg, Gayle von Eckartsberg and Brian Dossey.

"I think the challenges of life open many doors. You make your choices and don't look back or dwell on mistakes."

— Carole Perez, 91

necticut to New Jersey, Germany, and then to Belgium. Along the way, they had four children.

While the family was living in Belgium, her husband died suddenly. Perez was left to raise four children, ranging in age from nearly 2 to 13.

"At that time, I knew that I needed to get a job."

She went to work for a small fashion house in Brussels, but in less than two years, the family returned to the United States, and Perez made a decision that would reshape her life: She would go to law school.

Her oldest son, Heinz von Eckartsberg, was 13 and enrolled in a boarding school in England at the time of his father's death. Looking back, he says he understands the scale of what his mother accomplished in a way he could not as a teenager.

"Carole runs a tight ship at our rehearsals," said Jan Beltran, a member of the group at The Jefferson. "She's knowledgeable and very fair. She cheers us on, gives positive feedback, and shares her own experiences with theater."

That steady optimism has carried Perez through the defining moments of her life — from the sudden loss of her first husband in Belgium and raising four children while

earning a law degree to building careers and communities wherever life led her.

"I think the challenges of life open many doors," she said. "You make your choices and you don't look back or dwell on past mistakes."

At an age when many people might be content to look back, Perez remains focused on what she can create next. Her next act, it seems, is still being written.

Flourishing after 55

Office of 55+ Programs
Department of Parks and Recreation
300 N. Park Dr., Arlington, VA 22203
703-228-4721

55+ Programs are in person at 55+ Centers unless otherwise noted. A 55+ Pass is required to participate (starting at a \$31 annual fee). To join or register, go to registration.arlingtonva.us or call 703-228-4747.

Northern Virginia Senior Olympics (NVSO) looking for volunteers to assist event directors at a variety of events, Sept. 9 – Oct. 4 plus a person to write press releases and contact potential Patrons. Experienced volunteer

Webmaster also needed. Email Judy Massabny for further details at jmassa@arlingtonva.us. The dates for 2026 are Sept. 9 – Oct. 4. The official opening is Saturday, Sept. 19 at the Thomas Jefferson Community Center in Arlington. The registration fee remains the same at \$20 which covers an unlimited number of events. Registration is online only at www.nvso.us.

55+ Ice Skating, Mondays at the MedStar Capitals Iceplex in Ballston Quarter, parking (\$1) on roof level 8, Fee (\$1) includes skate rental, 8:40-9:50 a.m. Pre-registration required at <https://www.medstarcapital-siceplexiceplex.com>, register for Senior

Public Skate.
55+ (senior adults) weight room hours, Mondays, Wednesdays and Fridays at Langston-Brown Community Center, 11 a.m. – 2 p.m.; Tuesdays and Thursdays, 8 a.m. – 11 a.m., Madison Community Center. For more information, call 703-228-4771. A 55+ Gold Pass is required.

Line dance practice led by volunteers, open to intermediate level dancers, Mondays, 10 a.m. and Thursdays, 1 p.m., Arlington Mill 55+ Center. Drop-in.

Walk Fit, a free, weekly walking program hosted by VHC Health offers a 45-minute walk on

the indoor track at Lubber Run 55+ Center plus a 15-minute guided stretch, Thursdays, 8:30 - 9:30 a.m. Open to all ages; no 55+ Pass required. Drop-in.

Meal planning tips presented by Virginia Cooperative Extension Master Food Volunteers, Thursday, July 16, 11 a.m., Langston-Brown 55+ Center. Registration # 914501-07.

Arlington's Urban Forest, an overview of the county's trees and urban forestry programs with Urban Forest Manager Vincent Verweij, Thursday, July 16, 3 p.m., virtual. Registration # 914400-24.

ENTERTAINMENT

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 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.

FRESHFARM OPEN YEAR-ROUND

FRESHFARM Ballston Market will now operate year-round, providing residents and visitors with continued access to locally grown produce and goods even through the winter months. Located at Welburn Square (901 N Taylor St., Arlington) just steps from the Ballston Metro, the market operates Thurs-

www.connectionnewspapers.com



Don't miss the movie "Miss Congeniality" on July 18, 2026 at Penrose Square Movie Night in Arlington.

days from 3-6 p.m. The market features a lineup of 20 regular and rotating farmers and producers, and shoppers can enjoy nearly everything needed for a complete grocery shop, from hearty winter squash and leafy greens to eggs, meats, pantry staples, and prepared foods, while supporting regional farmers and producers year-round. Visit freshfarm.org/markets/ballston.

SUMMER EVENTS ON COLUMBIA PIKE

The Columbia Pike Partnership invites residents to enjoy a variety of community events throughout July and August, including outdoor movies, networking opportunities, and educational lunch programs that celebrate the people, businesses, and culture of Columbia Pike.

July 18 – Movie Night: Miss Congeniality
Penrose Square

Celebrate Arlington native Sandra Bullock with a free outdoor screening of the beloved comedy classic. Beer and wine will be available for purchase for attendees 21 and older.

July 25 - Movie Night: GOAT
Arlington Mill

Bring the family for a free outdoor screening of the new animated sports comedy. Columbia Pike Partnership will be selling popsicles, with proceeds supporting future community programming.

July 29 – Lunch Club at Meda Coffee
Featuring the Executive Director of Phoenix Bikes Join local professionals and community members for lunch and a conversation on leadership, youth development, and community impact. RSVP on the Columbia Pike Partnership website.

August 1 – Movie Night: I Know What You Did Last Summer

Penrose Square

Wrap up the summer movie series with a free outdoor screening of the iconic thriller. Beer and wine will be available for purchase for attendees 21 and older.

August 6 – Paws on the Pike Happy Hour
Celtic House

Animal lovers are invited to network with neighbors while meeting adoptable dogs and learning about local pet resources. The event will feature adoptable pups and community

partners supporting animal welfare. RSVP on the Columbia Pike Partnership website. Free cocktails for first 20 attendees.

August 26 – Lunch Club at MoMoGoGo

Featuring the artist behind the new Goodwill mural. Enjoy lunch and conversation while learning about the creative process, inspiration, and community impact of one of Columbia Pike's newest public art installations. RSVP on the Columbia Pike Partnership website.

WAKEFIELD LEARN TO ROW CAMPS

The Wakefield Crew Boosters are sponsoring three Learn to Row camps this summer for students who are rising 7th graders or older. The first camp is next week at the Anacostia Community Boathouse, with two additional camps in August. If you know a middle or high schooler who might be interested in learning how to row, it's a fun, low-pressure opportunity to get out on the water. Crew is a sport where most of the athletes don't learn to row until they are in middle or high school, and many of the Wakefield rowers got their start at these camps. More information: <https://www.wakefieldrowing.org/>

MOVIE NIGHTS ON THE PIKE!

Beginning July 11, join in Saturday evenings for free outdoor movies under the stars at Arlington Mill Community Center and Penrose Square. This year's lineup has something for everyone—from the comedy classic Miss Congeniality (7/18) to the family-friendly animated film GOAT (7/25) and a thrilling finale with I Know What You Did Last Summer (8/1). Bring your lawn chairs, blankets, family, friends, and even your leashed pup for a fun evening in the heart of our community.

FRIDAY/JULY 24

Career Forward: Veteran Transition Summit.

8 a.m. to 5 p.m. At Marymount University Ballston Center, 1000 North Glebe Road, Arlington. Held on the eve of National Hire a Veteran Day, this one-day event is designed to help military veterans and transitioning service members translate their military experience into meaningful civilian careers through hands-on workshops, employer networking and personalized career planning.

The event will connect participants with employers actively hiring for open roles, alongside career coaches and veterans' service organizations, providing direct access to job opportunities, career guidance and valuable resources. Sessions will cover topics including translating military experience into civilian qualifications, navigating government hiring, entrepreneurship, personal branding and financial planning during career transitions.

TUESDAY/AUG. 4

National Night Out. 5 to 8 p.m. The Arlington County Police Department (ACPD) invites Arlington neighborhoods, businesses and organizations to join communities across the country in celebrating National Night Out (NNO) by hosting events on Tuesday, August 4, 2026 from 5 p.m. to 8 p.m. NNO, held annually on the first Tuesday in August, is a nationwide event dedicated to strengthening police-community partnerships and fostering neighborhood connections. Join law enforcement, public safety personnel and local government officials at cookouts, block parties, ice cream socials and other gatherings across the County for an evening focused on community engagement, positive relationship-building and fun for all ages!

SATURDAY/AUG. 8

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 August's show is the hilarious Dom Grayer. Visit capitalcityshowcase.com.

AUG. 12-16

Arlington County Fair Celebrates 50 Years!

The Arlington County Fair returns to Thomas Jefferson Community Center Aug. 12-16 as it celebrates 50 years of community, tradition and unforgettable summer memories. Enjoy rides, games, entertainment and food for all ages. Have a favorite Fair memory or photo? Help celebrate this milestone by sharing your story.

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NEWS DEPARTMENT: arlington@connectionnewspapers.com

Mary Kimm
Editor and Publisher
mkimm@connectionnewspapers.com

Shirley Ruhe
Contributing Photographer and Writer
slrbc@aol.com

Eden Brown
Contributing Writer
arlington@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunc@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

**Classified & Employment
Advertising**
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Publisher
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Art/Design:
Laurence Foong
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com



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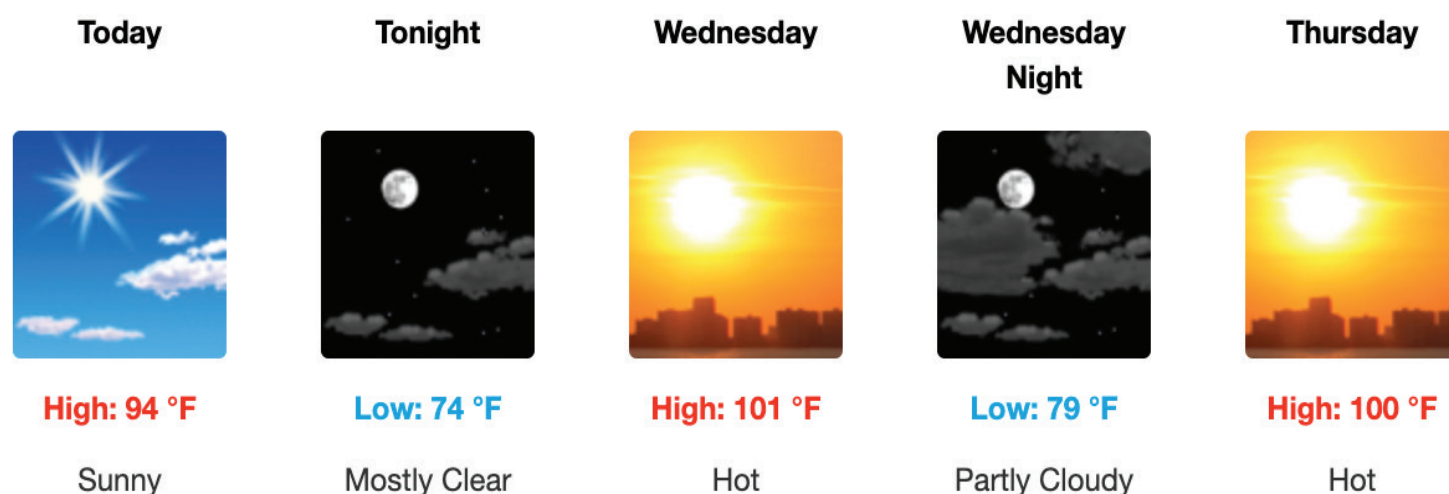
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Extreme heat returning this week, July 14-16, 2026.

Coping, Mapping Extreme Heat

The heat spell in early July had air conditioners humming everywhere.

By Mike Salmon
Connection Newspapers

If the first week in July is a sign of things to come, area agencies might need to shift gears in the cooling department to avoid potential fatalities that come with temperatures in the triple digits.

On Sunday, July 5, Fairfax County activated the Fairfax County Heat Plan, designating several county facilities such as libraries, community centers, REC centers, human services offices and homeless shelters as cooling centers. Those cooling centers are equipped with supplies for community members, including water, sunscreen, insect repellent, shower wipes and free Fairfax Connector bus coupons.

During this time, County leadership decided to open a 24/7 cooling center at the Jim Scott Community Center during the most recent extreme heat wave. It was open 24/7 starting on July 2 at 8 p.m. through July 5 at 8 a.m. and staffed continuously by county employees. The center served 85 community members over that period. Free transportation was available to anyone who needed a ride to the center or a ride from the center once it closed on Sunday morning. On Sunday, regional libraries and rec centers were open as cooling centers during their operating hours.

The National Weather Service listed the Daily Climate Normals (1991-2020) Washington Area, DC statistics on the Max Temperature Normal graph, which shows temperatures in July are all double digit numbers for the month, with 90 degrees as the high. This summer, the first week in July was full of triple digit temperatures which they list as an "extreme heat," situation. On their July 4 map, high temperatures for the area reached 101 and on the peak heat index in Leesburg

was 113 degrees while Fredericksburg was 114 degrees. Fairfax County was also in the Severe Drought category although thunderstorms came on July 4 and 5 to bring some relief. But those rain events made little dent in the drought.

In the nationwide picture, Alaska posted their very first heat warning to residents.

County Cool

Fairfax County has three cooling programs available for residents. The Cooling Assistance Program provides financial assistance with electric bills, security deposits to keep the electricity on, air conditioning repairs, fans for the house, and window air conditioners. To be eligible, at least one household member must be: 60 or older; 5 or younger; or disabled according to Social Security, Medicaid or 100% Veteran's Administration, the county said.

The Senior Cool Program helps low-income older citizens and the AC Rescue Program provide small air conditioning equipment when needed. To be eligible, at least one household member must be: 60 or older; 5 or younger; or disabled according to Social Security, Medicaid or 100% Veteran's Administration.

Trees Down in Burke

In the wake of the heat wave in early July, Braddock District Supervisor Rachna Sizemore Heizer (D) addressed all the heat preparations at a town hall meeting the following week and attendees included a representative from Chairman McKay's and Delegate Laura Jane Cohen. While the residents were concerned about the number of trees down from this microburst storm June 22, they also posed a question: What happens next time a storm comes like this? Safety was the initial message but there were few answers for the long term. Supervisor Heizer looked ahead to future storms "as things are changing weatherwise and climate wise," she said. For more, see <https://www.fairfaxcounty.gov/emergency/burke-microburst-incident>

Measuring Heat Islands in Northern Virginia

On Measurement Day, July 16, 2026, more than 30 teams of citizen scientists will

measure temperature and humidity variations along 30 routes in Fairfax and Arlington counties, and City of Alexandria as part of the "Urban Heat Island Mapping Project."

Extreme heat is the leading cause of weather-related mortality in the United States. In an urban environment, temperatures can vary drastically between adjacent neighborhoods due to dark, heat-absorbing surfaces and a lack of tree canopy.

"This will be the most granular measurement of heat ever attempted throughout Northern Virginia," said Chris Topoleski, executive director of Faith Alliance for Climate Solutions. "We know that neighborhoods with few trees and a lot of asphalt can be dangerously hot in summer. Once we're done, we'll know how hot these neighborhoods are."

The Urban Heat Island Mapping Project is a collaboration between the Faith Alliance and George Mason University's Virginia Climate Center. The Climate Center forecasts Thursday, July 16, will be one of the hottest days of the year.

"Heat risk is on the rise and Virginians are already feeling the impacts," said James Kinter, director of GMU's Virginia Climate Center and Center for Ocean Land Atmosphere Studies. "High temperatures and humidity can lead to heat stress, heat stroke, and even death."

Each volunteer team will consist of at least two people in a vehicle with a rooftop sensor. A special phone app will transmit data to GMU. Measurements will be taken along routes previously selected by the Virginia Climate Center at three times throughout the day: Morning (6-8 a.m.), Afternoon (2-4 p.m.), and Evening (6-8 p.m.).

The Climate Center will later render the data into high-resolution heat maps that will indicate which neighborhoods need intervention to reduce dangerous summer temperatures.

In phase two, the completed research will be shared by Faith Alliance for Climate Solutions with local elected officials and staff to inform policy decisions such as tree canopy expansion and other initiatives.

The American Red Cross-National Capital Chapter is supporting the Project by offering its regional headquarters in Fairfax County as a staging site.

Who You Calling "Sir?"



By KENNETH B. LOURIE

Not that I'm anywhere near the age I used to be; nevertheless, I've been hearing a lot of "sirs" spoken in my direction lately. And what makes these utterances even more disturbing is that, generally speaking (no pun intended), the "utterers" all appear to be older than I am. Granted, I am the age that millions of my fellow baby-boomers are who survived their generational challenges: "sex, drugs and rock 'n roll" - and Vietnam so we aren't exactly hard to find and fairly recognizable at that. 'That' being said, with all the familiarity, I would expect that everyone sort of knows one when that see one and figures their age as older than they are. Ergo the "Sir." And since I was born in 1954, I am most definitely a boomer and older than lots of people with whom I interact. But that's what I am, not how I feel/what I perceive. Moreover, I feel this 'sir' isn't me; it's somebody else.

Besides, being addressed as a 'sir' seems misguided. 'Sir' is my late father. A man who was 35 years old when I was born, a World War II veteran (though he never left the states and spent most of his enlistment in Washington, DC), a child during the Depression, son of an immigrant, a successful businessman, ("Barry's Jewelers" in Boston) and of course the father of two boys; me and my late brother, Richard. I'm none of those. 'Those' which are deserving of respect and courtesy and dare I say, "Sir" when there's any doubt.

I'm not even a parent (never was one is what I meant) even though I've welcomed dogs, cats and rabbits into our house as surrogate children, I've never been to war. I may have endured a recession or two, but I've certainly never experienced anything like The Great Depression (any depression I experienced was in my head). Nor did I have a job at 10-years-old like my father did. He was selling concessions at the old Braves Field in Boston where the current Atlanta Braves and former Milwaukee Braves trace their lineage - and their team records. Instead, I played Little League baseball at age 10 and didn't get my first job until the summer after ninth grade when I began working at Baskin 'N Robbins as a rising 10th grader. Compared to my fathers life before age 21. No comparison. Sure, he graduated high school, but nothing more. I graduated from college but didn't start my own business as he eventually did. In addition, he started a family; I got a puppy and a kitten (Tillie and Gus, my first real pets) in Sept. of '75. Started writing a column (even then, junior year of college actually). In summary, I don't believe any of what I've accomplished warrants a "Sir." I don't feel like I look like someone who should be called 'sir' by another person, especially when that other person looks older than me. Yet, I'm regularly "sired." So often by so many older-looking people, that I've begun thinking it all disingenuous.

Sorry. I just got off on a tangent there. I know a "sir" isn't said because of one's accomplishments. At the very least, it's a sign of respect when speaking to someone (better safe than disrespectful) presumably older than you. And I imagine the 'sirs' I've received are in the safe-than-sorry category. Still, I've taken it personally - and not in a good way. Nobody knows me from Adam, but he must be receiving "sirs" because I certainly get them and I'm not him. I can't say that being on the receiving end of a "sir" ruins my day, but it does upset my appletart, and I don't even own one.

The question remains why am I so sensitive? I should be more grateful that I'm being treated so courteously and respectfully. But for some reason, my self-image seems to be caught up in these arbitrary 'sir' greetings. I can shake them off easily enough at the time, but I suppose I don't want to feel older than my actual age - since I'm not getting any younger. As such, any action/reaction that makes me feel older is unwelcome and certainly unappreciated. I realize there's minimal intent in these random greetings. Still, the 'sir' seems like it should be said to somebody else - someone older than me.

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

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