



One of the favorite rides at the Arlington County Fair is the carousel.

Multiple Reports Reactions on ICE Activity in Arlington

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Lucky Ducks at Arlington County Fair

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Solomon Brosnan, just after he won the final bout in the USA Fencing Division III Men's epee national championship in Portland.



From left: Coach Marco Secco, Solomon Brosnan, Coach Carlos Valencia. Coach Secco received a medal for coaching a national champion. Coach Carlos assisted in the final result.

Arlington Teen Captures National Fencing Championship

Solomon Brosnan wins USA Fencing Division III Men's epee national championship.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Solomon Brosnan is ready to begin his fencing match.

"Engarde!"

"Pret?"

"Allez."

It will be Brosnan's sixth competition this week in the late June-early July 2026 USA Fencing Summer Nationals in Portland, Oregon. And it will be the match that earns him the USA Fencing Division III Men's epee national championship.

Brosnan explains fencing is actually three unique sports, foil, epee and sabre, each using a different sword and each with different rules and strategy. Fencing is described as a tough sport, often called physical chess with rapid tactical decisions under high psychological pressure. Fencing traditions date back to 14th- or 15th-century Europe where it began as a military combat exercise.

Brosnan, who is now a rising senior at

Washington-Liberty High School in Arlington, says he began fencing when he lived in the Caribbean three years ago when he was in middle school. "All of the equipment was provided, and I thought I'd check it out."

Now Brosnan is a member of the NOVA Fencing & Archery Club in Falls Church and practices at least two hours a day. He says, "Obviously like any other sport it takes a lot of strategy and practice to reach a high level."

He says he appreciates the coaches and the approach of the club that definitely made it possible for him. "I wasn't very good when I came but they have a great training program and spent the time with me. All the clubs in Virginia don't do that."

Coach Marco Secco said, "I started working with Solomon about two and a half years ago. Since then, I've had the opportunity to see him grow tremendously, both technically and as an athlete. He is a hard worker, very curious, and always eager to learn and improve. Technically, he has made a lot of progress over these past two and a half

years."

Brosnan thinks part of the success in achieving his championship is that he already had five matches behind him. "I was really nervous when I started the week. I need to improve my nerves; that's what really got me. By the time I got to the sixth match I was too tired to be nervous." But he adds, "my coaches would probably tell me I also need to work on my footwork that can sometimes be too loosey-goosey."

There are several more regional competitions coming up in the next several months, and Brosnan is hoping to compete in November in Ohio in the national North American cup. Brosnan has competed in many local and regional competitions but doesn't often see the same opponent out of the hundreds of competitors in Virginia. But if he does, he says no bout is exactly the same even with the same people.

He says there can be different strategies depending on whether the opponent is tall and you try to get the opponent to attack

so he can reach you. It's all about being at a distance where you take the opponent but he can't take you. "You want to surprise him before he can react. If he is short you use a different strategy; you are more careful and enter more slowly. It's a lot like a mind set."

Secco adds, "As an athlete, one of his biggest strengths is his ability to change speed. He can fence slowly and patiently and then suddenly accelerate at the right moment. At the Summer Nationals, I was particularly impressed by his focus on choosing the right moment to attack and take advantage of his opportunities."

Looking forward, Brosnan says, "A surprising number of colleges have a fencing program although most of them are on the East Coast." He says he hopes to compete at the collegiate level.

His coach concludes, "Solomon is a very intelligent, energetic, and always positive young man. I think his ability to combine patience, changes of speed, and good timing is a very important part of his fencing style."

ICE Ramping Up in Arlington and NOVA

Arlington resident hospitalized after encounter with ICE.

BY EDEN BROWN
AND SHIRLEY RUHE
ARLINGTON CONNECTION

Maria, who cannot use her real name due to fear of being identified, came to Arlington four years ago to escape a life-threatening situation in her Central American town. Her two children, now in second grade and high school here, were also threatened there. They cannot return home. She filed for asylum according to the guidance she received from the U.S. Government. She was due to appear for a hearing on her case on Aug. 26. On Sunday she was told to appear immediately, on Monday, Aug. 18, and when she arrived her passport was taken from her and she was told to book a ticket home: she was being deported immediately, asylum was denied, leaving her two children in the U.S.

Julio Hernandez, Executive Director of the Congregation Action Network, which acts as a bridge, connecting people to the Virginia Immigrant Rights Coalition and other assistance, said these sudden, expedited deportations are a trend in the area, as are forcible detentions of residents and separating parents from children.

On Aug. 11, José Mejía (Hernandez), a 45 year old immigrant from Mexico who has lived in the U.S. for 18 years, was on his way to work in Arlington near the Courthouse when he was approached by ICE officers and forcibly detained using a taser. He was allegedly beaten by ICE, said his daughter, Sarah, who posted on TikTok about the incident and showed photos of her father's severely bruised face.

He was unconscious, according to reports, and doesn't know what happened while in ICE custody but his injuries were severe



PHOTO COURTESY SARI MEJIA
José Mejía's injuries.

enough to cause a possible brain bleed. After a few days in the hospital, Mejía was released with a GPS ankle monitor. ICE officers refused to remove the monitor to allow for an MRI exam of his brain, according to reports.

"I am aware of recent reports of an Arlington resident, who is a father and member of our community, who was hospitalized with serious injuries," said Matt de Ferranti, Arlington County Board Chair. "We are also aware of other recent reports of ICE operations in Arlington. Because ICE does not communicate with the County regarding its activity in our community, we are working to confirm details."

U.S. Rep. Don Beyer said, "The injuries to Jose Mejia Hernandez and his account of how he received them are extremely disturbing, and I am seeking further details about what happened to him in Arlington. ...

"My office has received reports of several other ICE encounters in Northern Virginia in the past 10 days that featured unjustified violence or apparently warrantless detention. ...

"In the case of Carolina Molina, ICE agents

were filmed pointing a gun at a citizen [in Annandale] because she verbally challenged and filmed them, activities which are protected by the First Amendment," Beyer said.

de Ferranti advised, "If any resident sees ICE activity in their neighborhood that they immediately call 911 to report the incident. This helps us know when ICE is operating in Arlington County and keeps us all safer."

Details about Mejía Hernandez's legal status, why he was targeted, and how he sustained such severe injuries remained unclear.

The Congregation Action Network, which includes faith leaders across Arlington County and NOVA, spread the word about the massive ramp up of Immigration and Customs Enforcement (ICE) activities in communities across Virginia and Maryland over the last month via its network of churches and synagogues in the area.

"Abductions without warrants are happening daily across multiple communities simultaneously, often taking multiple people at one stop," said Reverend Laura Martin, Associate Pastor, Rock Spring Church, in an email to her congregation on Aug. 15. "I've seen photos of abandoned lunches where groups of landscape workers were picked up on their lunch break, and earlier this week six men were taken from the Home Depot in Seven Corners. Leaders and volunteers with Food Justice DMV have been taken."

"Observers have been threatened with violence and arrest for filming and seeking to support affected community members and their families," Martin continued. "Rapid Response and ICE Watch/Patrol teams are working hard to respond to ICE sightings in order to document events and find ways to support the people detained and their families, and they are overwhelmed and need more volunteers."

Martin told parishioners they could help by contacting the Immigrant Rights Collectives for Northern Virginia (NOVA IRC), who are in need of more volunteers to participate in Rapid Response ICE Watch/Patrol efforts. Volunteers to help provide food assistance are also needed for those who don't feel safe

leaving the house.

Julio Hernandez said he was shocked at the lack of comment or supportive statements from Arlington County government.

"Our community is highly immigrant. There should be support for the community. There is so much danger and fear. Not just from immigrants. When you have a Supreme Court that permits racial profiling, anyone of color has to worry.

"I think one of the worst parts is that all this is technically legal, right, but where is the conscience? Someone could lose their life. It's not right that ICE can be judge, jury, and executioner, all wrapped up in one," Julio Hernandez said.

Commonwealth Attorney Parisa De-ghani-Tafti issued the following statement when contacted: "I am deeply disturbed by the reports that ICE agents severely injured José Mejía Hernandez. I am committed to upholding the rule of law and holding all individuals who violate the law in our community accountable in the appropriate ways. No one is above the law – not any individual, not law enforcement, and not federal officials – no one. I have reached out to the Arlington County Police Department and to the Attorney General's Office for support. I have urged the ACPD to immediately conduct a thorough investigation to determine what happened here."

Anyone who witnessed the incident or has information, photos, video, or anything you think might be evidence is urged to come forward and submit it via email to CWA-tips@arlingtonva.us. Please include your name, address, and contact information if submitting any evidence. Evidence submitted anonymously may not be admissible in a court of law.

For more information about the IRC in NOVA, see:

Northern Virginia IRC: <https://linktr.ee/novairc>

For more information about the Congregation Action Network, see: <https://www.congregationactionnetwork.org/>

Investigation Underway After Medical Emergency at Detention Facility

The Arlington County Sheriff's Office (ACSO) and Arlington County Police Department (ACPD) confirm the death of Tyrone Hines, 62, who died at Virginia Hospital Center on Aug. 10 after experiencing an apparent medical emergency while in custody at the Arlington County Detention Facility.

At approximately 7:49 a.m., a deputy sheriff was alerted by an emergency call

button activation located inside Hines' cell. The deputy observed Hines experiencing an apparent medical emergency and immediately notified detention facility medical staff who responded and began providing emergency medical care and lifesaving measures.

Arlington County Fire Department was notified and continued emergency medical care upon arrival. Hines was transported to Virginia Hospital Center, where lifesaving

efforts continued. He was subsequently pronounced deceased in the hospital's emergency department.

Hines was booked into the Arlington County Detention Facility on July 20, 2025, and was being held on an attempted robbery charge.

His family has been notified of his passing. ACSO and ACPD extend their condolences to his family and loved ones during

this difficult time.

ACPD is conducting an investigation into the circumstances surrounding Mr. Hines' death, with the full cooperation of ACSO.

The Office of the Chief Medical Examiner will determine the cause and manner of death. ACSO will conduct a separate administrative investigation and mortality review of the incident.

Summer Highlight at the Arlington Fair

Thomas Jefferson Community Center in Arlington was transformed into a fantasy land.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Kids are running around pointing up in the air at the ferris wheel cars with funnel cake crumbs settling into the folds in their shirts. It is very hot, and yogurt cones melt down little arms before they can finish. The Arlington County Fair is back.

Friday afternoon there is a light crowd but things pick up at 4 pm when the building opens up and kids run down the hall to get a good seat for the Drew Blue Shoes Magic Show.

Thomas Jefferson Community Center has been transformed into a fantasy land where for a few tickets you can shoot baskets, bounce balls, retrieve ducks, bungee jump or punch a button to win a small prize from a bucket or a blow-up animal with a few more tickets. Food trucks line the edge of the field while the traditional fried Oreos and funnel cake stands mingle with the games on the center field.

This year purchase of tickets has been streamlined with a FunTagg app which is a new digital ticketing system to load credits for the rides ahead of time. One credit equals \$1, and most rides take 4-8 credits.

A large shuttle bus pulls up regularly from the Ballston Mall parking garage in front of the building and lets out passengers just where Audrey Clements, a perennial can-



The Arlington County Fair is running from Aug. 12-16. The Fair first took place in 1977.



Nakeya Bridgeforth mans the fried Oreos and funnel cake stand. She says she has been there since 2 p.m. but started yesterday and was also working the fair last year. And she remembers back in 1996 when she went to TJ High School and would link up with her friends to attend the fair.



didate, is handing out campaign literature and a man handing out Bibles is keeping her company on the other side of the sidewalk.

Inside the building the competitive foods, and arts and crafts are on display, and groups are performing on the indoor stage. Saturday will be a big day with the favorite pie eating contest and a new burrito eating contest added this year. Performances start early and continue into the night. Sunday the fair will wrap up with continuing entertainment and awarding prizes for the best jellies and cakes, photos and baskets. One more ride and one more lemonade, and the Fair is over for another year.

Leni is reaching for her Lucky Duck hoping to get the "win" on the bottom of one of her ducks which will guarantee her a prize.



Fairgoers hang on tight for the Cliff Hanger.



Two of the favorite rides at the Fair are the carousel and the ferris wheel.



NEWS

Police Investigate Fatal Pedestrian Crash on S. Glebe Road

The Arlington County Police Department is investigating a fatal crash at S. Glebe Road and 14th Street S. which occurred in the evening on August 16, 2026.

At approximately 8:51 p.m., police and fire were dispatched to the report of a crash. The preliminary investigation indicates the driver was traveling southbound on S. Glebe Road when he struck a pedestrian as she was in the crosswalk. The pedestrian sustained critical injuries and was transported to an area hospital where she was pronounced deceased.

The driver, and sole occupant of the striking vehicle, remained at the scene.

The identity of the pedestrian, an adult female, is being withheld pending notification of next of kin.

The circumstances of the crash remain under investigation and anyone with information related to this incident is asked to contact Detective R. Williams at RDWilliams@arlingtonva.us or 703-228-4237. Information may also be reported anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).

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-Ar-

lington-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
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Your future.
Your care.
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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
ORANGE	13035	675	DOLLEY MADISON ROAD	NORFOLK SOUTHERN RAILWAY	7/28/2026
LEE	10857	640N	ROUTE 0640	SHAFFER CREEK	7/27/2026
CAROLINE	4483	647	REEDY MILL ROAD	MATTAPONI RIVER	7/27/2026
TAZEWELL	18654	693E	ROUTE 693	CLINCH RIVER	7/16/2026
WISE	19475	748E	CUB HOLLOW ROAD	DOTSON FORK	7/8/2026
AMHERST	1417	610	PUPPY CREEK ROAD	HORSELEYS CREEK	7/8/2026

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.

Local WWII Veteran Celebrates 101st Birthday

A model of courage, resilience and service to others.

BY BONNIE HOBBS
THE CONNECTION

Romuald “Rom” Lipinski has lived a remarkable life – from his 1925 birth in Poland to his teens in Siberia to fighting in the Polish Army in Italy during WWII. He later became a civil engineer, moved to America, married and raised a family, never stopped learning and passed on his knowledge to others.

And on July 25 – still sharp as a tack – he celebrated his 101st birthday with his children and friends at Brightview Senior Living in the Centreville area, where he’s a resident. The festivities included Polish pierogies, birthday cake and entertainment by the Wiślanie Polish Folk Song and Dance Ensemble that first performed for him on his 97th birthday.

Afterward, he and his daughters, Eva Lipinski and Yolanda Hipski, told The Connection about his life. (His son Adam had already left).

When war broke out in September 1939, both the Germans and Russians invaded Poland. Rom was 13 then and his future wife, Izabela, was 9, but they didn’t meet until both were adults. And in the early 1940s, the invaders deported both their families to Siberia.

Then in late 1944, the British government helped the Polish people leave there. Izabela went to a refugee camp in Africa for five years, and teenaged Rom joined the free Polish Army – a branch of the British Army. An infantryman, he and his unit went to Sicily and then up through Italy to Rome.

Along the way, Rom Lipinski, then 19, fought in the historic Battle of Monte Cassino – one of the toughest and most significant campaigns of World War II. Monte Cassino was an Italian monastery occupied by the Germans on a high, rugged mountain. The Allies fought them there from Jan. 17 to May 18, 1944, and the resulting Allied victory opened the road enabling them to reach Rome.

Rom was in the 12th Podolski Lancers Regiment from the 3rd Infantry Division, at Monte Cassino



Director of Assisted Living Belinda Griffin and Rom Lipinski enjoying the entertainment together.



Rom Lipinski in 1944 or '45.

from April 30 to May 23, 1944. Finally, on the morning of May 18, 1944, a patrol from this regiment planted its pennant and the Polish flag on the ruins of the Monte Cassino monastery. Before then, however, came fierce fighting.

“The first patrol at Monte Cassino was from my regiment,” said Rom. “We did reconnaissance to find out where the German artillery and soldiers were. Everybody was scared; I was thinking about survival. These memories never leave me. But I considered it my duty to serve. I still keep in touch with the Polish regimental office in Poland.”

After the war ended and he was discharged from the Army, he resettled in England, attending the University of London to continue his education. “That was a feat in itself because, first, he had to learn English,” said Eva Lipinski. “He speaks five languages – Italian, French, Russian, Polish and English.”

“He literally fought for his education,” added Hipski. “He went to ninth and 10th grade in high school; and when he was fighting in Italy, he would take the test to place out of one grade level to another while wearing his battlefield gear. His high school wasn’t as thorough as it should have been. And when he got to college, he had to fight extra hard to get in.”

“Then he had to translate everything from English to Polish, understand those concepts in his mind and then translate them back from Polish to English. Later, he taught us that you go for your education. He’d say, ‘They can take everything away from you, but they can’t take your mind.’ And that’s what he conveyed to us and what I



This photo of Lipinski was taken a few years ago.

conveyed to my child.”

While he was in England, in November 1951, “There was a big rally in Manchester, England, and I went there to see my brother,” said Rom Lipinski. “We went to a dance, and I saw this beauty, and there was a spark between us. She came to our table and we hit it off, right away. After many years of marriage, she told me that, after our second meeting, she went home and started writing, ‘Izabela Lipinski.’”

However, her family had already applied for visas to move to America – which they did, two months later, in January 1952. Many letters and a long-distance courtship followed; and later that year, Izabela returned to England to marry him. Then in December 1953, they moved to America, settling in Perth Amboy, N.J., where Rom continued his studies. In 1961, he received a master’s degree from Newark College of Engineering and became a civil engineer.

“My first job was as a draftsman and designer for a company,” he said. “It paid \$56/week.” In 1965, he and his family moved to An-



Rom Lipinski with daughters (from left) Eva Lipinski and Yolanda Hipski.



Both children and adults performed for the birthday celebration.

nandale, and he became a civil engineer for the U.S. Navy before working for the federal government. He was a civil engineer for the Atomic Energy Commission, later renamed the Nuclear Regulatory Commission.

“He wrote the building code, still used today, for nuclear power plants throughout the U.S.,” said Eva Lipinski. “Then in 1989, he left to work in a similar field in the private sector until 1997, when he retired at age 72.”

But instead of just relaxing, Rom continued his pattern of being a lifelong learner, taking college classes wherever he lived. He also made it a point to share his knowledge with others.

“After retiring, he took math and philosophy classes at George Mason University,” said Hipski. “He also tutored high-school and college students in math. And during his entire career in this area, he tutored students at UVA and NOVA for their professional-engineering licensing exams. He did this until he was 90.”

“He was mowing his lawn until 1993,” added Eva Lipinski. “My mother used to yell at him to stop, but he said it was good exercise for him.” Izabela died in 2019 at age 90, after 68 years of marriage. Besides their three children, they have six grandchildren, one great grandchild and another on the

SEE LOCAL WWII VETERAN, PAGE 11
WWW.CONNECTIONNEWSPAPERS.COM

‘Your Daughters Will Prophecy’

Local authors find hope for today from 19th century women’s movement.

BY SUSAN LAUME
THE CONNECTION

This August, on the 106th anniversary of the official certification of women’s right to vote in the United States, we note that, in today’s world, women’s rights and words, still, are often questioned. Modern American women themselves often forget just how recently come-by are the rights that we consider basic. Such as the right to vote, to be protected from domestic violence, to hold a personal bank account, to receive credit without a husband’s permission, and to serve on a jury. Relatively recent too, and often challenged, is the right for women to make personal reproductive choices; and even social acceptance of women’s conduct and dress, including speaking, holding office; and wearing pants in public.

A recent book, by local authors Lisa Marie Gring-Pemble and Martha Watson, takes us back to the time before passage of the 19th amendment, when women had fewer rights than we enjoy today. The authors note the dilemma of 19th century women who felt called to improve society “caught between their identity as Christians and social norms that silenced them.” The book tells how they argued against the challenges of expected subservience by women of their day.

Gring-Pemble relates that women were expected to be silent in public. That society in 19th century America recognized two spheres: public, which belonged to men; and private, which belonged to women. “The Cult of True Womanhood” defined the core virtues for women as: piety, purity, submissiveness and domesticity. The authors’ book describes how four particular women used the agency of accepted scripture to argue for change and to claim their voice on the moral questions of the day. For its title, “Your Daughters Will Prophecy,” the book borrows directly from a specific Biblical text: Joel 2:28, to argue for women’s right to speak in public. The authors relate how several women used that, and other scripture, to turn passages derived from the Bible, previously used to create social norms repressing women into arguments to favor their cause. Joel 2:28: “And afterward, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions.”

The Gring-Pemble/Mason book analyzes the rhetorical resources of four American women of the time: Jarena Lee, Sarah Moore Grimke, Lucretia Coffin Mott and Frances Willard; who used scripture to “claim moral and then rhetorical agency,” their right to be heard.

Author Lisa Marie Gring-Pemble has been a professor at George Mason University for www.connectionnewspapers.com



Author Lisa Marie Gring-Pemble holds the book she authored with college and friend Martha Watson.

26 years, where she teaches courses on professional skills, business and communication. She also developed and teaches a course on the early women’s movement during the 19th century at Mason. Her co-author, Martha Watson, formerly of the University of Maryland, was her dissertation adviser, now friend. It was Watson who suggested the two write the book together. Watson is now retired from teaching and serves as an Episcopal priest.

Borrowing on its historic atmosphere to help envision women’s call to public speaking entangled with religion, we sat down with Gring-Pemble in the pews of the historic Pohick Episcopal Church. The Lorton church, called George Washington’s church, has held services since 1774. Following is an edited summary of questions and answers.

Q - What led you to examine women’s history in the 1800’s?

A- The author notes the era was a subject of her study “before the book adventure”. And she has had an on-going interest “in the way people use language to transform their communities, and the realities of where they live.” She describes being “captivated when imagining a time when women could not speak in public and could not advocate at all. How did they find each other and start the wom-

SEE LOCAL AUTHORS, PAGE 8

Votes for Women

This year marks the 106th anniversary of the official certification of the 19th Amendment, for Women’s Suffrage Rights.

On Aug. 18, 1920, Tennessee became the 36th state to ratify the amendment; providing the required majority of the then-48 states. Virginia’s General Assembly had voted against ratification in February 1920. It was one of twelve, mostly southern states to do so. However, in February 1952, Virginia symbolically ratified the amendment, after it was law.

The amendment, introduced in 1878, took 42 years to become law. It was officially certified on August 26, 1920. It contained the simple text: The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any States on account of sex. Congress shall have power to enforce this article by appropriate legislation.

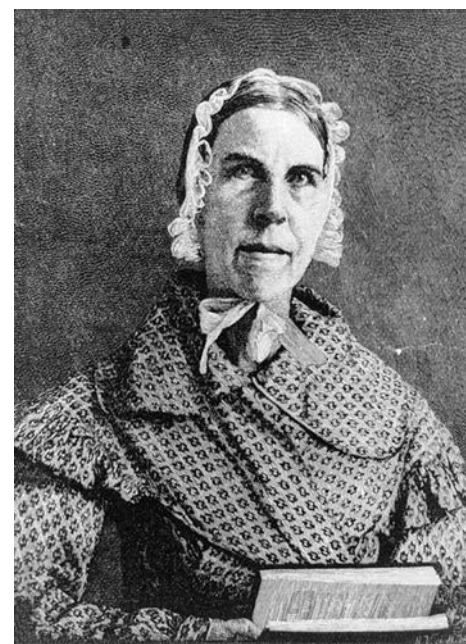


US POSTAL SERVICE

Stamp honoring Frances Willard who worked temperance reforms, raising the age of consent, and the 8-hour work day.



NY PUBLIC LIBRARY DIGITAL COLLECTION
Historical photo of Jerena Lee who worked for women’s right to speak in public.



US LIBRARY OF CONGRESS

Historical photo of Sarah Moore Grimke who worked for abolition and women’s suffrage.

National Chamber Ensemble Celebrates 20 Years

'A Season of Masters from Baroque to Soul'.

The National Chamber Ensemble celebrates two decades of bringing exceptional musicians and extraordinary music to audiences in Arlington and beyond with its 20th Anniversary Season, "A Season of Masters from Baroque to Soul."

The five-concert season, running from November 2026 through June 2027, reflects National Chamber Ensemble's commitment to presenting great music with artistry, accessibility, and joy, while celebrating the rich cultural life of Arlington and the transformative power of live performance.

For 20 years, NCE has brought acclaimed musicians to intimate venues throughout Arlington and the Washington region, earning praise from critics and audiences



Concert 1. Leo Sushansky (violin/artistic director), Carlos Cesar Rodriguez (piano), Karin Paludan (soprano), Steven Honigberg (cello), Uri Wassertzug (viola) Photo by Robert Jansen.

2026–2027 Season at a Glance

Romantic Masterworks: Mendelssohn, Schubert & Brahms
November 7, 2026 | Gunston Arts Center, Arlington

Holiday Cheer!
December 19, 2026 | Unitarian Universalist Church of Arlington

Valentine's Tribute to Roberta Flack
February 13, 2027 | Gunston Arts Center, Arlington

Energy of Spring: Beethoven, Saint-Saëns & More
April 10, 2027 | Marymount University – Ballston Center

Vivaldi's Extraordinary Four Seasons
June 12, 2027 | Gunston Arts Center, Arlington

alike.

NCE will continue to offer a high-quality view-at-home option for its concerts, making performances accessible to audiences who cannot attend in person.

The anniversary season opens Nov. 7 with Romantic Masterworks: Mendelssohn, Schubert and Brahms, featuring acclaimed soprano Karin Paludan and music including Schubert's The Shepherd on the Rock, Mendelssohn's Piano

Trio in D minor, and Brahms' Piano Quartet in G minor.

Season tickets and individual concert tickets:

Tickets and more info is available now through the National Chamber Ensemble's website: www.NationalChamberEnsemble.org

Tickets: Season tickets Early Bird Special \$159 till Sept 16, \$169 after. Gen admission \$45, student \$25 : Tickets.

Local Authors Find Hope for Today from 19th Century Women's Movement

FROM PAGE 3

en's movement?" She points to the opportunity provided by the Second Great Awakening in the early 1800s. "It was a time when abolitionism, temperance and women's rights were sweeping the country, along with growing church membership. In the competition to save souls, anyone could preach, even women."

Q- Why was it the Bible the women turned to for agency?

A- Gring-Pemle describes that the Bible was well known and readily available at the time, thanks to Martin Luther and the printing press. Many knew the biblical verses, stories, and characters. "The Bible had authority, so women could use its words to challenge and enlarge women's role. They could take passages that people knew but were overlooked when considering women's roles. Like Mary Magdalene, who was the first to find the resurrection of Jesus at the tomb. They reinterpreted that story to suggest Mary Magdalene was obviously a preacher, as the first to proclaim the risen Lord. They also reclaimed passages that were overlooked, such as God taking the rib from Adam to form Eve, as a helpmate. They suggested that God had created Adam and Eve in his own image; creating

male and female, which seemed to put them on an equal playing field."

"They also found passages that white men leave out, that suggested that God's wishes should be honored in how to work with women. They found examples of women all over the globe with positions of authority; and those in the Bible in authority." Such as Deborah, a prophet, judge and spiritual leader, who led Israel back to God. "Deborah was a major war player, and she and others document scores of Biblical women, and show what women can do that men have ignored."

The book highlights four women:

❖ Jerena Lee, born a free black woman, who taught herself to write; was the first female preacher in the African Methodist Episcopal Church (AME), and was the first African American woman to publish an autobiography. She faced hostility while preaching and AME ultimately ruled that women could not preach in 1872. Earlier she preached in the slave state of Maryland, saying, as Gring-Pemle relates, "She can be called to preach because the Bible says 'daughters will prophesy.'" She ignited a conversation in Methodism and her spiritual journey book became that

first published autobiography."

❖ Frances Willard, a college educated teacher, who was a founder of the Women's Christian Temperance Union, and later became its president until her death. Gring-Pemle describes her as "seen as less caustic than suffrage leaders Susan B. Anthony and Elizabeth Stanton, and regarded as greater and better known than Queen Victoria [at the time]. She tempered her argument for more women's rights by emphasizing 'home protection' rather than for suffrage."

❖ Sarah Grimke, born to a wealthy South Carolina planter family, she moved to Pennsylvania, became a Quaker, and spoke on the abolitionist lecture circuit; becoming an outspoken advocate for education and suffrage for African American women. It was acceptable for women to write letters. Gring-Pemle says "Grimke wrote her Letters on the Equality of the Sexes, and the Condition of Woman to a friend, knowing the letters would be published. The Governor of South Carolina later exiled her from the state because of the letters."

❖ Lucretia Coffin Mott, a participant in the Seneca Falls Convention, a Quaker preacher; she helped found the Female Medical College of Pennsylvania, the first female

medical school, and Swarthmore College, the earliest coed college. Gring-Pemle describes her as "well liked, better known, and as a Quaker, used to speaking." She responded to the prominent Massachusetts lawyer and politician and author Richard Henry Dana, who opined on proper restricted roles for women. "Mott responds without being aggressive, complements his discourse on women, and admonishes him for having the wrong impression of God."

Q - Why did these particular four women stand out to you as representatives of their era, among all the women activists of their day?

A - "They were chosen for the things they wrote; being so influential and in getting so many other women into the women's movement. ... Lee published her spiritual journey autobiography; Willard wrote extensively on women's rights and social reform; Grimke authored the 15 'Letters on Equality' ... published serially in a newspaper; and Mott's letters were published as "Discourse on Women."

Q - With women's rights still under attack today, do you think

history holds strategies that could be effective in helping women's voices be better heard now?

A- Gring-Pemle suggests there are three lessons to take from the 19th century for use by women today. "Honor the complexity of the women's movement. Not all will share all the same circumstances and experiences. The second lesson surrounds the idea of civil discourse. The women then were passionate, biting, riveting, but with different and competing arguments. With discourse and truly understanding where others came from, they were able to find shared goals. And third, with perseverance, determination and grit they fought for issues they would never realize themselves. They never had the opportunity to exercise the right to vote, but they worked for the rights of others. We are still debating many of the same issues, but we can have great hope in women for their fortitude. Because of what they did, 'our daughters can prophesy.'"

The Gring-Pemle/Mason book was published in 2025 by the University of South Carolina press, and is available in hard/soft copy and Kindle on Amazon.

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 underserved 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-

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The Ninth AVAST Tour takes place Sept. 26-27, 2026 at various art studios in Arlington.



DMV Girls Hockey Weekend will be held Sept. 12-13, 2026 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.

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.

FRIDAY/AUG. 21

Spotted Lanternflies are Here. What To Do

Now. 10-11 a.m. Online. Virtual Classroom Series with Extension Master Gardeners. Have you been seeing increasing numbers of black and white polka dotted insects, or red and black and white polka dotted insects in your yard of late? These could likely be the invasive spotted lanternfly, which have been showing up in Arlington and the City of Alexandria. If you have any Tree of Heaven in your area, you may also see large numbers of these insects on their favorite invasive host plant. You may wonder what damage these invasive pests are causing, and what you can do about them. Join the Extension Master Gardeners and Arlington's Natural Resource team members to learn more about the life cycle of the spotted lanternfly, and the best ways to get rid of them while not harming our native pollinators and wildlife. You will also learn about their favorite host plant, the invasive Tree of Heaven, and best practices you can use to get rid of them on private property, or how to properly report them in public areas.

FRIDAY/AUG. 28

Grass Roots. 10:00-11:30 a.m., ONLINE.

Grass Roots: Turf Structure, Smart Care, and Low-Growing Alternatives. Grass - it all looks the same, until it doesn't. "Grass Roots" takes you from the ground up, exploring what turf really is, how it grows, and why it behaves differently from yard to yard. Cool-season or warm-season, fine-bladed or tall and tough, clumping or creeping: this session unpacks the details behind every patch, and how smarter care starts with picking the right species for your spot. We'll spotlight the latest, improved grass varieties that handle wear, pests, and weather better than ever. And for those tricky spaces where grass just won't win, or where you want a change, we'll introduce resilient, low-growing alternatives worth planting. Join Extension Master Gardener Henry Staples to dig in and discover how a little know-how leads to a healthier, better-looking landscape.

COLUMBIA PIKE EVENTS

Thursday/Sept. 3. Back to Cool on the Pike Happy Hour. 5-7 p.m. Ryu Izakaya. Kick off the fall season with Columbia Pike Partnership's September Pike Social Club Happy Hour. Enjoy free appetizers, test your knowledge with a Pike Pop Quiz, and connect with neighbors and local businesses as we welcome the return of fall on Columbia Pike.

Saturday/Sept. 5. Pike Mural Celebration. Goodwill Parking Lot. Celebrate the completion of the new Columbia Pike mural. This community celebration will bring neighbors together to experience one of Arlington's newest public art installations.

Wednesday/Sept. 30. The Pike Lunch Club. 12-1:30 p.m. Restaurante El Salvador. Celebrate Hispanic Heritage Month at The Pike Lunch Club with special guest Zuraya Tapia, Executive Director of The Dream Project. Join us for a conversation about education, community, and the important work being done to support immigrant students and families.

FRIDAY/SEPT. 11

Steady on Your Feet: Understanding Balance, Strength, and Fall Prevention. 11 a.m. to 12 p.m. Free webinar. Gain a basic understanding of the vestibular system and its role in balance, movement, and daily activities. Dr. Brandon Lusk, PT, DPT with PT Solutions will discuss how vestibular dysfunction, poor balance, and weakness can contribute to dizziness, imbalance, and fall risk. He will explain the important connection between balance and strength to everyday tasks such as transfers, walking, dressing, reaching, and fall recovery. Learn to recognize symptoms, understand common causes, and identify when treatment may be beneficial—all with the goal of promoting safe, confident movement and greater independence. Register at <https://register.gotowebinar.com/register/4221548963970480221>

SEPT. 12-13

DMV Girls Hockey Weekend. Registration is now open for the first-ever DMV Girls Hockey Weekend (previously DMV Girls Try Hockey for Free Day), taking place at 18 rinks across Maryland and Virginia on Sept. 12-13. DMV Girls Hockey Weekend is a joint effort between the Washington Capitals, Monumental Sports & Entertainment (MSE) Foundation, the Potomac Valley Amateur Hockey Association (PVAHA) and various youth hockey organizations throughout the region to introduce girls ages 4-9 to hockey at no cost. Participating clubs in Virginia include: Ashburn Ice House (Ashburn, VA), Caps Academy at MedStar Capitals Iceplex (Arlington, VA), Hampton Roads Warriors/Hampton Roads Youth Hockey Association at Iceland of Hampton Roads (Virginia Beach, VA), NoVA Ice Dogs at Mount Vernon REC Center (Alexandria, VA), Potomac Lady Patriots at Prince William Ice Center (Woodbridge, VA), Reston Raiders at SkateQuest (Reston, VA), Richmond Generals at Richmond Ice Zone (Chesterfield, VA), Roanoke Lady Dawgs at Lancerlot Sports Complex (Vinton, VA) and STJ Hockey Club at The St. James (Springfield, VA). Visit capsyouthhockey.com.

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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
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.

Pickleball for all ages, come give it a try, Mondays and Fridays, 12:30 p.m., Tuesdays and Thursdays, 12:30 p.m., Walter Reed 55+ Center. Drop-in.

Mah Jongg games, American style, Mondays, Thursdays, Saturdays, 12 - 4 p.m., Walter Reed 55+ Center, drop-in; Mondays and Fridays, 10 a.m. - 12 p.m., Aurora Hills 55+ Center, drop-in; Tuesdays, 1:30 p.m., Langston-Brown 55+ Center, drop-in; Tuesdays and Thursdays, 2 - 4 p.m., Arlington Mill 55+ Center, drop-in. Beginners welcome.

Mexican Train dominoes, Mondays, 9:30 a.m., Walter Reed 55+ Center; Wednesdays, 2 p.m., Arlington Mill 55+ Center; Sundays, 1:30 p.m., Walter Reed 55+ Center. All are drop-in.

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 Med-Star 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.medstarcapitalsiceplex.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.

Cardmaking workshop, tools provided, Thursday, Aug. 20, 1 - 4 p.m., Langston-Brown 55+ Center. Drop-in.

Walk Fit, a free weekly walking program hosted by VHC Health, Thursday, Aug. 20, 8:30 a.m., Lubber Run 55+ Center. 45-minute walk on the indoor track, 15-minute stretch to promote balance. Drop-in.

Level Up 55+ Gaming Club, join 55+ friends for a fun mix of video games, Friday, Aug. 21, 11 a.m.-2 p.m., Arlington Mill 55+ Center. Registration # 914600-06.

Summer Bingo with a purpose, bring a donation of cereal or snack bars for the Arlington Food Assistance Center, Friday, Aug. 21, 1:30 p.m., Langston-Brown 55+ Center. Afternoon of Bingo fun with prizes. Registration # 914600-16.

Matinee movie, "The Boys in the Boat" (2023) (PG-13), Friday, Aug. 21, 12:30 p.m., Aurora Hills 55+ Center. Registration # 914804-10.

55+ Travel group will indulge in a charming tea experience at The Tea Cart in Berryville, Saturday, Aug. 22. Cost \$99, Arlington resident; \$114, non-resident. Registration # 902608-04.

Retire well, live well, join wealth advisor Brian Fyock to learn about long term home planning and the housing market, Monday, Aug. 24, 1 p.m., Aurora Hills 55+ Center. Open to all ages; no 55+ Pass required. Drop-in. Registration # 914404-03.

Monday, Aug. 24, final day to register for 2026 Northern Virginia Senior Olympics. Register online at www.nvso.us.

Join fellow ukulele students for practice, no formal instruction provided, limited ukuleles available, Tuesday, Aug. 25, 4 p.m., Walter Reed 55+ Center. Introduction to Ukulele class a prerequisite. Drop-in.

Musical Bingo, fun twist on the classic game, Wednesday, Aug. 26, 4 p.m., Arlington Mill 55+ Center. Registration # 914600-15.

Women of Jazz, learn about and listen to music from Ella Fitzgerald, Bessie Smith, Billie Holiday and more, Thursday, Aug. 27, 3 p.m., virtual. Presented by 55+ Operations Supervisor Cory Cox. Registration # 914400-38.

Community Ambassador Program, learn about Arlington County services and programs available for seniors. Presented by AARP Community Ambassador Jim Morris, Thursday, Aug. 27, 1:15 p.m., Lubber Run 55+ Center. AARP membership not required. Registration # 914400-14.

History discussion group led by Dwight Rodgers of Encore Learning, Thursday, Aug. 27, 1 p.m., virtual. Topics emailed to participants prior to meeting. Registration # 914402-09.

Karaoke, have a good time singing your heart out to your favorite tunes or cheer on fellow participants, Thursday, Aug. 27, 6 p.m., Lubber Run 55+ Center. Registration # 914304-17.

Level Up 55+ Gaming Club, join friends for a fun mix of video games, Friday, Aug. 28, 11 a.m.-2

p.m., Arlington Mill 55+ Center. Registration # 914600-07.

Facing debt collection, presented by attorney Benjamin L. Apt, Legal Services of Northern Virginia, Friday, Aug. 28, 10 a.m., Lubber Run 55+ Center. Learn about the debt collection process, how to respond and how to protect yourself. Registration # 914400-10.

Transportation for seniors, options in the DMV area such as MetroAccess and Stars, tips on how to apply and what to expect, Friday, Aug. 28, 1 p.m., virtual. Presented by 55+ Center Director Jennifer Weber. Registration # 914400-13.

Aurora Hills 55+ Center walkers, meet in front of Center, walk 2 to 4 miles, Friday, Aug. 28, 9 a.m. Call 703-228-5722 for more details. Drop-in.

Self-care tips for caregivers, learn more about the impact of caregiving and strategies for self-care, Monday, Aug. 31, 1 p.m., Lubber Run 55+ Center. Presented by Nina Davis from Insight Memory Care Center. Registration # 914500-10.

Camping cooking safety tips presented by Virginia Cooperative Extension Master Food Volunteers, Tuesday, Sept. 1, 5:30 p.m., Walter Reed 55+ Center. Registration # 911501-01.

Mountain dulcimer open practice (new), a stringed musical instrument. Join fellow enthusiasts, both beginners and intermediate, Tuesday, Sept. 1, 3 p.m., Walter Reed 55+ Center. No lessons provided; bring your own dulcimer. Drop-in.

55+ "Tour de Friends" coffee ride (new), ride to a neighborhood coffee shop at a leisurely pace, leave from Barcroft Center, Tuesday, Sept. 1, 10 a.m. Registration # 911206-01.

Line dance 101 (new), join 55+ volunteer instructor Elaine Eder for a fun, low-impact class featuring easy-to-follow steps and lively music, Wednesdays starting Sept. 2, 11 a.m., Arlington Mill 55+ Center. Drop-in.

Opera appreciation group will listen to and discuss "The Amazing Adventures of Kavalier and Clay" by American composer Mason Bates in two parts. Part one, Wednesday, Sept. 2, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti. Registration # 911300-01.

Part two, Wednesday, Sept. 16, 1:30 p.m. Lubber Run 55+ Center. Registration # 911300-02.

Healing Steps: Grief Walking Group, led by licensed clinical social worker and registered volunteer Jennifer Lanouette, Thursday, Sept. 3, 10 a.m., Long Branch Nature Center. Walk will be about two miles at a relaxed pace. Registration # 911106-13.

Virtual Trivia games, Thursday, Sept. 3, 11 a.m. Registration # 911600-14.

The Circle (new) discussion group exploring life's mysteries, meaningful experiences and thought-provoking questions, Thursday, Sept. 3, 10

SEE FLOURISHING, PAGE 11

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SENIOR LIVING

Northern Virginia Senior Olympics Mission: Living Healthy Longer

Michael Coleman, Northern Virginia Senior Olympics Chair said recently that Living Healthy Longer is NVSO's Mission. "We are proud to offer an ever-expanding variety of events that provide exercise, promote mental acuity and encourage socialization, all of which contribute to living longer healthier lives."

The 2026 NVSO runs from Sept. 11 to Oct. 4. Online registration is open until Aug. 24 at www.nvso.us.

Registration fee is \$20 for an unlimited number of events. Participants must be 50 years of age by Dec. 31 and live in one of the sponsoring jurisdictions.

Coleman said that among the 2026 events are track and field, swimming and diving,

tennis, pickleball, cycling, 10 pin bowling, bocce, rock climbing, weight lifting plus scrabble, Mah Jong, duplicate bridge, canasta, darts, cornhole toss, 9 hole golf, miniature golf, line dancing, sudoku, jigsaw puzzles, crossword puzzles, horseshoes, table tennis and much more. Most events are in 5 or 10 year age groups and some by gender. Find the full list of events and venues on the website.

NVSO is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church. Additional support is generated by Gold, Silver and Bronze Patrons which goes toward equipment and supplies. Volunteers are always welcome.

There is no paid staff.

2026 Gold Patrons are AARP Virginia, Adobe, Ashby Ponds by Erickson Senior Living, CareFirst BlueCross BlueShield, Falcons Landing, Greenspring by Erickson Senior Living, Johns Hopkins Health Plans, Retirement Unlimited, Inc. (RUI), Seniors Helping Seniors, The Beacon Newspapers, The Jefferson, The Mather-Tyson, United Health Care, Vinson Hall, Woodlands Retirement Community and Woodleigh Chase by Erickson Senior Living. Silver Patrons are Chesterbrook Residences and Koons Arlington Toyota.

NVSO is also a 2026 recipient of a generous grant from Johns Hopkins Health Plans Corporate Grant Program.

Local WWII Veteran Celebrates 101st Birthday

FROM PAGE 6

way.

Growing up, recalled Hipski, "We used to go sailing in our sloop at Occoquan Regional Park and play on a little train there. We also went boating in Burke Lake Park and skiing in Vermont.

"Our dad was very principled and told us to stand up for justice and to fight and persevere in what we believe in. I also convey this to my son. My brother, sister and I were given gifts of freedom of education from our parents and said we needed to share them with our children and the world."

Pleased with her father's 101st birthday celebration, Hipski said it was planned by the Polish Embassy. "He's always been active

in the Polish community and was invited to embassy events, through the years," she explained. "Poland considered him a hero because of his activities at Monte Cassino.

"In 2025, he received a gold medal from the Polish Army's defense minister. And he also got the White Cross from the Polish government." The Polish White Cross symbolizes suffering, an unblemished past and hope for the future. Both the emblem and organization were established to support Polish soldiers abroad and encourage their physical and spiritual wellbeing.

After his birthday festivities, Rom spoke about his life now at Brightview. "I have my good and bad moments but, overall, I feel good," he said. When asked to what he at-

tributes his many years, Eva Lipinski said his sister lived until 102, so there's longevity in his family. He also does his best to keep his mind and body as fit as possible.

"I watch World War II movies on my iPad and exercise two or three times a day with 2-pound dumbbells," said Rom. "I also exercise my legs, stand up and down and wiggle my feet. I read a lot when my vision was better." He also enjoys listening to classical music and, once a week, a high-school student comes in and plays chess with him.

Appreciative of his birthday party, he said, "It was a nice celebration." He was also deeply touched by the musical performers. "Many of the songs I remembered from my childhood in Poland, and I was really moved."

FLOURISHING AFTER 55

FROM PAGE 10

a.m., Arlington Mill 55+ Center. Led by 55+ volunteers. Drop-in.

55+ Travel Supervisor Sharleka Ashton will highlight how the 55+ travel program supports in-person experiences plus key procedures and resources for participants, Thursday, Sept. 3, 3 p.m., virtual. She will also cover 55+ virtual programs which offer accessible remote opportunities. Registration # 911400-03.

Stay Active and Independent for Life (SAIL),

series of 23 classes held Mondays and Thursdays, Sept. 3-Nov. 23, 1 p.m., Lubber Run 55+ Center. Curriculum includes aerobics, balance exercises, stretching routines and education to reduce the risk of falls. Sponsored by the Northern Virginia Falls Prevention Alliance. Registration # 911502-01. No fee.

Social bridge at Fairlington Community Center, Thursdays starting Sept. 3, Sept. 3, 1 - 3 p.m. Join fellow bridge enthusiasts to practice skills and enjoy friendly competition. All experience levels welcome. For more information email, 55plus@arlingtonva.us. Drop-in.

55+ Travel group will tour the Museum of the Bible in D.C., Friday, Sept. 4. Cost \$43, Arlington resident; \$50, non-resident. Registration # 902609-01.

Social ballroom dance on a spacious dance floor, Friday, Sept. 4, 1:30 p.m., Lubber Run 55+ Center. All will have an opportunity to dance. Drop-in.

Fall Yard Sale Fund Raiser for Arlington Mill 55+ Center being held at the Arlington Civitan Flea Market, 4001 15th St. N, Saturday, Sept. 5, 7 a.m. - 1 p.m. Open to all ages no 55+ Pass required. Drop-in.

BULLETIN BOARD

FROM PAGE 5

Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYWdZm4tPw2.

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. 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.

Water You Want from Me?



By KENNETH B. LOURIE

Now that can't be good news. Yet another email from the company from whom I recently purchased a water fountain for our cats: "Don't skip this" was the message in the subject box. And since I certainly recognized the sender (after as many email solicitations from it as I have already received in a few short weeks) you would too. I'd almost characterize their email pursuit of me and my future dollars as stalking, but it doesn't really meet the threshold. Besides, it's not as if they're staring at me at home from across the street or standing at the end of my driveway waiting for me leave my home. But to insert a Jerry Seinfeld quote: "It's something."

The first headline in the body of their email was reasonable enough: "How to Make the Most of Your blank Water Fountain." So far, so good. Harmless enough, maybe even potentially helpful. And a bit further down the page more key words, so much so that they were in a gold oval. Two that gives yours truly - and so many others like me, pause: "Easy Assembly ... to assure a hassle-free experience." From my perspective and experience, when the products' advisory includes the words "easy" and "assembly" I know that the hours to follow trying to assemble their product will be anything but easy - for me anyhow, and unlikely will lead to anything assembled. Which I can accept though It's very hard on my wife though. I'm well aware of my limits, maybe even understand/rationalize them; she can do neither. From her vantage point, it's pure incompetence.

Continuing on with my meager attempt at resolving this life-long challenge; as I read on down the page, I begin to wonder if I have indeed been led down the garden path, so to speak. Not exactly lambs to slaughter as I'm only talking about a water fountain for cats, not the Bible. Putting things together is not what I do. Writing about the various tasks I can't do is more how I roll. I read further. There are filters that need to be changed on multiple parts of the unit, even a water pump that might need to be likewise changed. All of which I need to pre-order and pre-pay for the next quarter or two. And what's totally worse, in looking at this How-to set of instructions, there is no phone number for me to call, and when I went to their website, from which I originally ordered the fountain, I couldn't find a phone number - or any kind of lifeline there either. I am, in effect, all alone. All of which doesn't bode well for the cats who ultimately will be the true beneficiaries of this fountain.

Moreover, another definitely-not-expected warning came even further down the page: this fountain is not self-cleaning (it needs to be cleaned? Who knew?). That means it will be my self cleaning it. Which adds a bit of insult to my presumptive pain. I mean, if this fountain is so highly rated, shouldn't it be idiot proof? Present company included.

To be fair, I have already emailed the company - which they encourage, to trouble shoot. And in only two days - since they've had an overwhelming response to their product, I received back a very well thought-out and thorough response. (My problem, rather the problem I was having, was that one of our cats was knocking the lid off the fountain and thus stopping the water flow.) I was grateful for the response but, as helpful as it was - though not exactly timely, it has led to a barrage of subsequent emails soliciting me for this, that and the other thing as well all the fountain's accessories, I could possibly want; especially if I order another fountain; because cats behavior being what it is, as with litter boxes, the recommendation is that I have one fountain per cat. And since I have four cats, I've become, at least through their electronic outreach, their hopeful best repeat buyer

And here all I thought I was doing in buying this fountain was assuring our cats would have a steady flow of water. I had no idea - or expectation, that I'd be getting a new electronic best friend who seems to have nothing better to do than to email me, constantly (I exaggerate but I'm sure you get the idea.)

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

Local Filmmaker Debuts ‘Prosperity Creek’

Sci-fi social satire, inspired by growing up neurodivergent in this area, and resulting feelings of alienation.

BY SHIRLEY RUHE
THE CONNECTION

After a decade of ups and downs but never discouraged, a local filmmaker is screening “Prosperity Creek” at the Alamo Drafthouse Cinema One Loudoun on Sept. 2 for the Film Club Screening Series.

Much of the film was shot in Reston, and locals will recognize Lake Anne, the Dulles Toll Road, Baron Cameron Park and a green Reston sign reconfigured to say “Prosperity Creek.”

Zach Walsh says he first got the idea for the film back in 2015 when he was watching the Rachel Maddow Show with his dad. “It was about public policy polling and where the nation sat on incredibly ludicrous questions. It was so outlandish that people were open to believing a particular wild conspiracy theory. I thought it would make a great movie.”

Walsh says along the way he got involved with Robert Rodriguez as one of the possible contestants on his upcoming reality show, “Rebel without a Crew.”

“They helped me draft the film and taught me preproduction stuff on how to develop a movie.” Ultimately Walsh’s film wasn’t chosen for the show, “but without that help it wouldn’t exist today.”

Most of the filming took place in 2018 but then the bumps began with Walsh’s medical issues and then in 2020 “the world had other plans as Covid took hold.” Later he got in touch with the cast but some had moved to California so he had to rework the ending.

“But I never gave up. I was fortunate to have Stephen, my best friend since middle school who is a genius with a camera and my brother John who is the producer. Everybody stayed on board.”

The main character in the film is a young Black woman who is hired as a house sitter in a wealthy local suburb. “But the area is all white people, and she gets a lot of hostile stares.

She is an outcast in the com-



Alex Reeves and Jake Ehrlich sit on the bank of Lake Anne, a still from “Prosperity Creek”

munity but she realizes it is not because of who she is but because she is an outsider and they have plans to take over the world.” And she is the only one who can stop it. Ultimately she pairs up with the gardener and they discover crazy surprises about the neighborhood around them.

Walsh went to school in Centreville and experienced a similar alienation due his autism. “In a time of No Child Left Behind where everything was standardized and didn’t recognize differences like mine. I was very alienated, surrounded by the wealth gap and the proximity to power. It was like I wasn’t a human being.” He wanted to make something from that outsider point of view, and his own situation combined with the experience of the film’s main character.

Walsh explains the film as a tribute to the other in society within the power dynamics of the DMV with sci-fi twists. And Walsh says he hopes it reflects the quirky nature of an autistic person. “I want my movie to be like that.”

Walsh says the biggest challenge over the past decade of working on the film was his serious health issues. “And of course, raising the money.”

It cost about \$10,000 to produce the film. “But we did everything ourselves. The person who did the makeup is also in the cast. Someone plays a solo on a flute, and the only person associated with the film who got paid had written the music.”

Walsh says he has had a cam-



PHOTOS CONTRIBUTED

From left: Filmmaker Zach Walsh, lead Alex Reeves, Director of Photography Stephen Cox

See “Prosperity Creek”

Alamo Drafthouse Cinema One Loudoun,
Sept. 2 Film Club Screening Series

20575 Easthampton Plaza, Ashburn, VA 20147 (One Loudoun Center)

Sci-fi social satire, created by Zack Walsh and Stephen Cox with live Q&A. Shot in Reston.

<https://drafhthouse.com/northern-virginia/event/film-club-prosperity-creek-with-live-q-a>

corider in his hands since he was five and has been making videos with his best friend since he was 13. “I’m deep into it.”

Currently Walsh is seeking distribution for the film that has previewed at the ARTfactory in Manassas and has been seen in

Canada as well as the DC Film Fest. He is now pursuing a couple of scripts. “This is what I want to do with my life.”