

The Arlington Connection

Service members unfurl a flag over a portion of the Pentagon's west side that was struck by the hijacked American Airlines flight 77 as part of the 25th anniversary of the 9/11 terrorist attacks.

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PHOTO/THE WHITE HOUSE

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‘We Will Never, Ever Forget’

Pentagon marks 25th anniversary of 9/11.

BY JEANNE THEISMANN
THE CONNECTION

President Donald Trump joined military leaders, first responders, survivors, and families of victims at the Pentagon to commemorate the 25th anniversary of the September 11 terrorist attacks, honoring the 184 people killed when American Airlines Flight 77 crashed into the nation’s military headquarters.

The ceremony, held at the Pentagon Memorial, marked a quarter century since the attacks that claimed nearly 3,000 lives in New York, Virginia, and Pennsylvania and fundamentally reshaped America’s national security landscape. At 9:37 a.m., the exact moment the hijacked aircraft struck

“We will never, ever forget. That’s why we fight today. We don’t have a choice.”

President Donald Trump on the 25th anniversary of 9/11.

the Pentagon on September 11, 2001, attendees observed a moment of silence. Family members gathered among the memorial’s 184 benches as the names of the victims were read aloud, with a bell toll following each name.

Trump and First Lady Melania Trump listened alongside Defense Secretary Pete Hegseth and senior military leaders as the nation remembered those who lost their lives.

Earlier in the morning, a giant American flag was unfurled over the section of the Pentagon damaged in the attack.

In his address, Trump reflected on the significance of the anniversary and the enduring legacy of the attacks.

“We will never, ever forget. That’s why we fight today. We don’t have a choice,” Trump said, emphasizing what he described as the nation’s continuing commitment to defending freedom and honoring the victims of terrorism.

The president recounted the stories of several of the victims and



PHOTO/THE WHITE HOUSE

Service members unfurl a flag over a portion of the Pentagon’s west side that was struck by the hijacked American Airlines flight 77 as part of the 25th anniversary of the 9/11 terrorist attacks.



PHOTO/PAM BROOKS

Smoke billows out of the Pentagon following the terrorist attack of hijacked American Airlines flight 77 on September 11, 2001.



PHOTO/THE WHITE HOUSE

President Donald Trump makes remarks at the 25th anniversary ceremony commemorating the 9/11 terrorist attacks at the Pentagon in Arlington.

praised the courage of the first responders, military personnel, and civilians whose actions in the attacks’ aftermath became enduring symbols of American resilience. He said the events of September 11 had strengthened the nation’s resolve in the face of adversity.

The solemn ceremony drew together multiple generations of Americans, including service members who were inspired to join the military after the attacks and younger citizens with no personal memory of 9/11.

Speakers stressed the importance of preserving the stories of those lost and ensuring future generations understand the sacrifices made on that day.

Flags flew at half-staff across the country as Americans paused to remember the victims, survivors, and heroes of September 11. As the nation marked the 25th anniversary of the attacks, the Pentagon Memorial stood as a lasting reminder of lives lost, courage displayed, and a promise kept: that those killed on September 11, 2001, will never be forgotten

Arlington County Board Directs Manager To Discontinue Use of Flock Technology

At the open session portion of its meeting on Sept. 15, 2026, the Arlington County Board directed the County Manager to discontinue the use of county-leased Flock Safety technology and to begin the removal of all related equipment.

This technology totals 41 Flock Safety cameras; 26 Falcon (License Plate Reader) models and 15 Concor (Point-Tilt-Zoom) models.

A public update will be provided at the Board's upcoming recessed meeting on Tuesday, Sept. 22.

"This decision reflects concerns raised by Arlington residents re-

garding the use of Flock technology," said Chair Matt de Ferranti. "While Arlington has maintained strong safeguards to prevent the abuse of this technology throughout its use by the County, and there has been no report of misuse to date, the County Board takes seriously our obligation to maintain

our community's trust. The Board, the manager, and our Public Safety staff will continue to evaluate the tools and technologies we use to ensure they align with the values and expectations of Arlington's residents."

In connection with this decision, the County will take the following

steps:

Removal of Equipment

The County will request the removal of all Flock Safety cameras installed on public property within 14 business days of this announcement, though the process may extend beyond that timeframe as logistics require.

Flock cameras installed on private property are not subject to County oversight and are unaffected by this decision.

Data Retention and Disposal

The County has directed that all data not required for active criminal investigations be deleted in accordance with applicable contractual, legal and operational requirements.

NVSO: And They're Off!

The 2026 Northern Virginia Senior Olympics is off to a great start with 10 swimming events held Friday, Sept. 11 at the Ashburn Recreation and Community Center. The competition began with NVSO Chair Mike Coleman presenting a torch run in commemoration of the 25th anniversary of Sept. 11.

Sunday, Sept. 13 events included a three mile power walk by women and men separately at the James Madison High School track in Vienna, and diving at the Long Bridge Aquatic Center in Arlington. Preliminary indoor and outdoor events continue through Sept. 18.

A Welcoming Ceremony

A welcoming Ceremony opens the remaining events schedule on Saturday, Sept. 19 at the Thomas Jefferson Community Center in Arlington and will feature the JROTC Color Guard from Alexandria City High School, The Arlington Barbershop Chorus singing the National Anthem and an Olympic Torch run by NVSO member Don Tillson of Annandale. Nine track events and ERG rowing will follow.

50-101

In total 1356 senior adults ages 50 through 101 will be competing in a total of 80 plus events through Sunday, Oct. 4 at 36 different venues throughout Northern Virginia. Results will be posted on the website at www.nvso.us.

In addition, registrar Herb Levi-

SEE NVSO, PAGE 5

WWW.CONNECTIONNEWSPAPERS.COM

Advertisement

MT.KIM Martial Arts Arlington Celebrates Grand Opening Weekend with Taekwondo and Judo Events

ARLINGTON, VA — MT.KIM Martial Arts Arlington celebrated its official opening with a weekend of Taekwondo and Judo events on August 15–16, 2026, at the Arlington Forest Shopping Center, marking the beginning of a new martial arts community in Arlington.

On Saturday, August 15, more than 150 community members, families, martial arts students, instructors, and guests attended the Taekwondo Grand Opening celebration.

The event began with a ribbon-cutting ceremony and featured Taekwondo demonstrations, a board-breaking experience, children's face painting, giveaways, school tours, and opportunities for Arlington families to meet the instructors and learn more about the new school.

A highlight of Saturday's celebration was a special demonstration featuring students, instructors, and demonstration teams from MT.KIM Martial Arts locations in Vienna, Oakton, Centreville, and Manassas. Members from across the MT.KIM Martial Arts family came together to support the new Arlington location and perform for local families and community members.

The celebration continued on Sunday, August 16, with a special Judo event at the Arlington location. Following Saturday's Taekwondo celebration, Sunday's event provided an opportunity to bring together members of the Judo community and introduce another important part of MT.KIM Martial Arts Arlington's training programs to the local community.

Together, the two-day celebration highlighted the school's commitment to both Taekwondo and Judo and its goal of creating a welcoming martial arts community for children, teens, adults, and families in Arlington.

The Arlington location is led by Master Kwangje Cho, a longtime student of Grandmaster Mountain Kim, founder of MT.KIM Martial Arts. Master Cho is a Kukkiwon-certified 5th Dan Taekwondo black belt and 5th Dan Judo black belt, a graduate of Yong In University, and a former Captain in the Republic of Korea Marine Corps.

"We are very grateful to the Arlington families and community members who came out to celebrate this important weekend with us," said Master Cho. "We are also thankful to the instructors, students, and demonstration teams from our other MT.KIM locations who came to Arlington to support us. Our goal is to create a place where children and families can grow together through Taekwondo and Judo while building strong relationships with our local schools, families, businesses, and community."

MT.KIM Martial Arts has grown to 12 locations across Virginia, with its Vienna location serving as the organization's headquarters. The new Arlington school offers Taekwondo and Judo programs for children, teens, adults, and families.

Through structured martial arts instruction, the programs emphasize confidence, discipline, respect, focus, physical fitness, and character development.

MT.KIM Martial Arts Arlington is also currently enrolling students for its **2026–27 Before & After School Program**, providing Arlington families with a structured and active environment for children before and after the school day while incorporating martial arts training and character development.

Families interested in martial arts programs may also schedule a free introductory trial lesson, tour the school, and meet the instructors.

MT.KIM Martial Arts Arlington is located at ****4831 1st Street N, Arlington, VA 22203****, in the Arlington Forest Shopping Center, next to Outback Steakhouse.

For more information about martial arts programs, free introductory lessons, or the Before & After School Program, call **703-507-7725** or visit mtkimarlington.com.

MT.KIM Martial Arts was founded in Falls Church, Virginia, in 1973, and now has 15 locations throughout Northern Virginia.

MEDIA CONTACT
Master Kwangje Cho, MT.KIM Martial Arts Arlington
4831 1st Street N, Arlington, VA 22203
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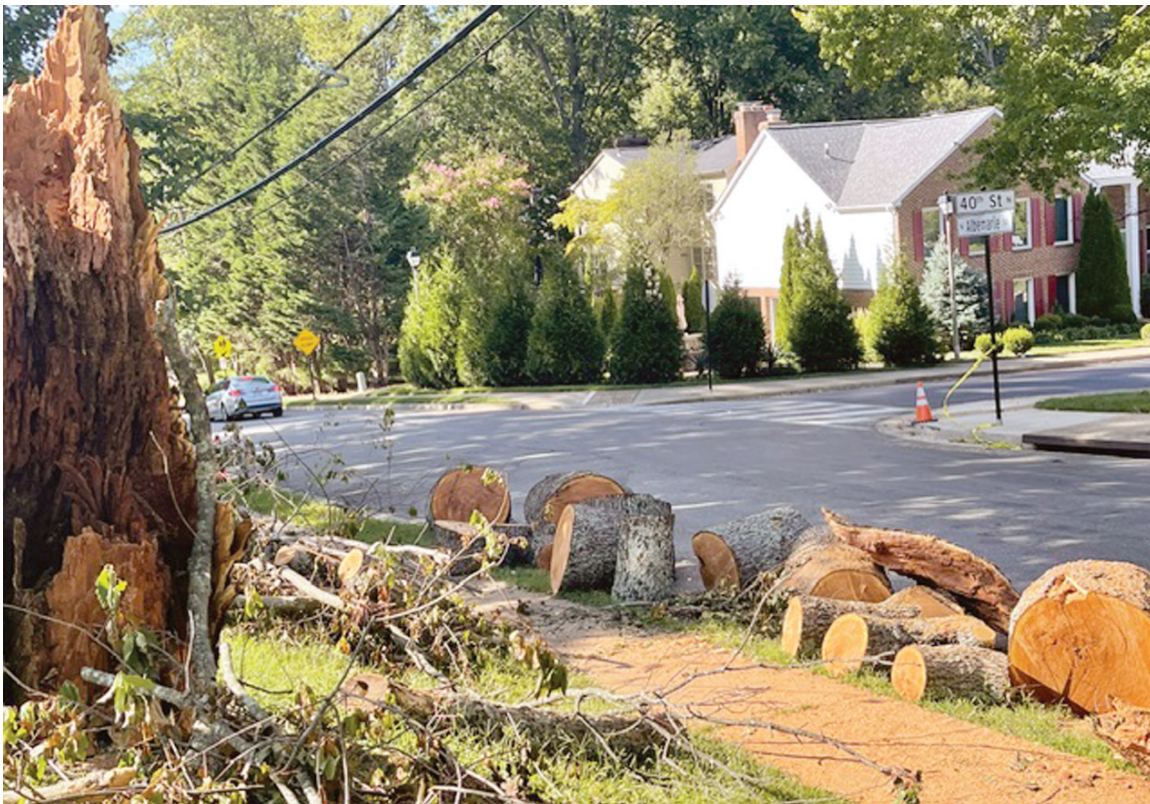
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PHOTOS BY SHIRLEY RUHE

Wind snapped a large tree in two scattering branches across the road and taking down a power line.

Boom in the Middle of the Night

Those still up at midnight on Saturday, September 5 watched as the clock clicked off on their microwave, their computer shut down, the tv screen went blank just at the best part of their movie, and all their lights suddenly disappeared, leaving them in total darkness. Others didn't discover the power outage until the next morning when they started to prepare breakfast and discovered their refrigerator temperature had dropped to 42 degrees.

Dominion Power sent out a notification to an area surrounding N. Albemarle Street at 12:15 a.m. where a tree had split off and taken down a power line.

Yellow warning tape cordons off where the tree had fallen just at the edge Jamestown Elementary School grounds.

A few hours later power was restored to other areas of Arlington that had suffered wind damage.



A yellow caution tape has been placed at the edge of Jamestown Elementary School playground where the tree took down the power pole on early Saturday morning.

Although crews were quick to the spot on Albemarle, the work was extensive and power didn't get restored until 18 hours later.

NVSO: And They're Off!

FROM PAGE 4

tan, Arlington, reports many events have increased registration this year including rowing 24%; miniature golf, 50%; golf 9 hole, 3 par, 50%; and 100% in line dancing.

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.

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-Tysons, The Riviera & The Landing of Alexandria, United Health Care, Vinson Hall, Woodlands Retirement Community and Woodleigh Chase by Erickson Senior Living. Silver Patrons are Chesterbrook Residences, Koons Arlington Toyota and Mandy Whelan. NVSO is also a recipient of a generous grant from Johns Hopkins Health Plans Corporate Grant Program.

PUBLIC NOTICE

Proposed Limited Access Control Changes Arlington Boulevard and Glebe Road Arlington County

Willingness for Public Comment

The Virginia Department of Transportation (VDOT) invites you to review information about proposed changes in limited access control at the Arlington Boulevard (Route 50) and Glebe Road (Route 120) interchange.

Improvements are proposed in the area, requiring existing limited access lines to be adjusted to accommodate them. The proposed improvements include a new shared-use path along the eastbound Arlington Boulevard ramp to Glebe Road, upgraded pedestrian signals and Americans with Disabilities Act (ADA) ramps at the intersection, and a reconstructed sidewalk along southbound South Glebe Road. This project will involve changes in limited access control.

Materials are available for review online at <https://www.vdot.virginia.gov/Goodwill> or by contacting the VDOT Project Manager, Mr. Joseph Webb, at 703-259-2382 or TTY/TDD 711.

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

If your concerns cannot be satisfied, VDOT is willing to hold a public hearing. You may request that a public hearing be held by sending a written request to Mr. Joseph Webb, Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 on or prior to **September 21, 2026**. If upon receiving public comments it is deemed necessary to hold a public hearing, notice of date, time and place of the hearing will be posted.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964, as amended. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775 or TTY/TDD 711.



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Vote Local.

Find your polling place via your state's official election website.

Virginians Will Vote on Three Constitutional Amendments

BY SHIRLEY RUHE

Three amendments to the Virginia Constitution will be on the ballot November 3 including protection of women’s reproductive rights, removing the ban on same sex marriage and automatic restoration of voting rights for convicted felons. This is the first of three articles focusing on each of the proposed amendments.

A Constitutional amendment follows a rigorous process in Virginia before it can be put before the voters. The proposed language must be passed in the General Assembly. Then after an intervening election, the exact language must be passed by the General Assembly again. Finally this language goes before the voters.

The language of the first proposed Constitutional amendment reads:

“Should the Constitution of Virginia be amended to protect the freedom to make personal decisions about prenatal care, childbirth, postpartum care, birth control, abortion, miscarriage management and fertility care; (ii) protect doctors, nurses and patients from punishment for these decisions; and (iii) allow for restrictions on abortions during the third trimester of preg-



PHOTO CONTRIBUTED

State Senator Jennifer Boysko, Fairfax County, patron of Constitutional amendment number 1.

nancy except when the patient’s health is at risk or the pregnancy cannot survive?”

State Senator Jennifer Boysko, Fairfax County, who patroned the amendment in the Senate says this is personal for her. She was diagnosed with a rare condition when she was pregnant with her second child.

“Right before 32 weeks they told me I needed a C-section or I wouldn’t have survived. It was a life and death situation for

me. Imagine having your toddler sitting beside you and hearing mommy may be ready to die.”

But her doctors made sure she understood the process, and working with them she was able to make the right decision.

“Politicians shouldn’t be dictating what a woman or doctor can do. In Richmond they never meet the people making these decisions.”

She says her interest in this issue goes back even further to when she was a college student at Holland, and reproductive rights was a big issue. Boysko says she helped to organize an anti and pro-abortion debate. “This is really when I was trying to understand what the issues were.”

The amendment doesn’t change the current law on abortion and reproductive rights in Virginia. If the present law adequately protects women’s reproductive rights, why repeat it in the constitution?

“When we see what is happening in other states doctors are afraid to treat patients. We are seeing really horrific stories. We want to protect what we have in Virginia.”

She adds the Dobbs decision which overturned Roe vs. Wade in 2022 could have a negative impact on Virginia and put reproductive healthcare at risk. “If another

Administration comes in, we don’t want them to be able to take away these rights by changing the law currently in place so we are putting these rights and responsibilities in the Constitution.”

Boysko says “If we look at polling, this amendment is wildly popular for regular people to make their own decisions. They want women to be safe and to be able to make decisions with their doctor without the politicians telling them what to do.”

She says she has been in office 11 years, and “this has been a top priority back to when a Republican was a seat holder in the 86th district. Republicans, women and men, Democrats all would like the General Assembly to get out of our decision making. People have had enough. We are thoughtful people. We trust our doctors who are trained in the quality of care and the pledge that doctors give.”

The amendment is facing some opposition from former Lieutenant Governor Winsome Earle-Sears who has announced a tour to urge Virginians to vote no on the proposed amendment. She says, “It’s not what I’m against, it’s what I’m for.” Earle-Sears says the people will make a decision. “I’m trying to give information. That’s what this is all about.”

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Suicide Prevention and the Workplace

September is suicide prevention and awareness month.

BY JOSEPH GETCH,
CEO HOPELINK
SPECIAL TO THE CONNECTION

Stress, burnout, financial pressures, caregiving responsibilities and mental health challenges do not disappear when people arrive at work. This September, HopeLink Behavioral Health, a nonprofit behavioral health and crisis services provider in Virginia, is asking employers, coworkers, families and community members to become more comfortable recognizing when someone may be struggling and understanding what to do next.

As part of Suicide Prevention

and Awareness Month, HopeLink has launched its 12th annual #CallTextLive Campaign, a month-long effort focused on making conversations about suicide and mental health more open, practical and connected to help. A centerpiece of this year's campaign is a free Mental Health in the Workplace Lunch & Learn on September 15 from noon–1 p.m. HopeLink's Crisis Services professionals will share practical strategies for managing workplace stress and burnout; recognizing signs that someone may need support; starting conversations and connecting people to appropriate resources. The webinar is free and open to the public. Employers, supervisors, HR professionals and employees are encouraged to participate. Registration is available at HopeLinkBH.org/calltextlive.

HopeLink operates 988 Suicide



Joseph Getch is the CEO of HopeLink Behavioral Health.

& Crisis Lifeline services across Virginia and nationally, giving its crisis professionals a first-hand view of the challenges bringing people to crisis and the difference that early support, human connection and access to the right resources can make.

Suicide remains a significant public health concern in the United States. More than 47,000 people died by suicide in 2024, and an estimated 1.6 million adults attempted suicide. Behind those numbers are individuals, families, workplaces and commu-

nities. HopeLink's #CallTextLive Campaign is designed to move beyond awareness alone by helping people understand how to recognize distress, talk openly about suicide and emotional pain, and connect someone to support before a crisis escalates.

Throughout September, HopeLink will share suicide prevention information, practical resources, community activities and opportunities to learn more about mental health and crisis support. Campaign information, activities and resources are available at HopeLinkBH.org/calltextlive and through HopeLink's social media channels.

Suicide prevention is not some-

thing that belongs only to mental health professionals. Most of us will encounter someone who is struggling—in our workplace, our family or our community. We want people to feel more confident recognizing those moments, having the conversation and helping someone connect to support. Anyone experiencing emotional distress, suicidal thoughts or a mental health or substance use crisis can call or text 988 or chat through 988lifeline.org. HopeLink's trained crisis workers li-

sten, assess safety, help de-escalate crises when possible and connect people with local services and resources based on their individual needs.

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Public Meetings Fall Transportation Meetings

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The public will have an opportunity to learn and share feedback regarding the top transportation priorities and the vision for transportation in the commonwealth along with information related to various other initiatives. Representatives from the Office of Intermodal Planning and Investment, Virginia Department of Transportation, and Virginia Department of Rail and Public Transportation will be in attendance to highlight their transportation programs and to discuss your ideas and concerns on Virginia's transportation network. The meetings will consist of remarks from key officials followed by a town hall session where the public may engage in discussion and ask questions about the various initiatives. Meeting materials will be available at <https://ctb.virginia.gov/planning-funding/2026-fall-transportation-meetings/>

Public meetings begin at 2 p.m. in each of the locations:

Friday, September 25 Lynchburg District Lynchburg Business Alliance 300 Lucado Place Lynchburg, VA 24504	Wednesday, September 30 Richmond District VDOT Richmond District Hawthorne Auditorium 2430 Pine Forest Drive Colonial Heights, VA 23834	Thursday, October 8 Northern Virginia District VDOT Northern Virginia District Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030
Tuesday, October 20 Salem District Salem Civic Center 1001 Roanoke Boulevard Salem, VA 24153	Thursday, October 22 Staunton District Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486	Tuesday, October 27 Hampton Roads District VDOT Hampton Roads District Auditorium 7511 Burbage Drive Suffolk, VA 23435
Thursday, November 5 Bristol District Southwest Virginia Higher Education Center, Room 240 One Partnership Circle Abingdon, VA 24210	Tuesday, November 10 Culpeper District VDOT Culpeper District Auditorium 1601 Orange Road Culpeper, VA 22701	Thursday, November 12 Fredericksburg District VDOT Fredericksburg District Auditorium 86 Deacon Road Fredericksburg, VA 22405

You can also submit your comments via email or mail by November 30, 2026.

- For roads and highways: Six-YearProgram@vdot.virginia.gov or Infrastructure Investment Director, Virginia Department of Transportation, 1221 East Broad Street, Richmond, VA 23219.
- For transit and rail: drptpr@drpt.virginia.gov or Public Information Office, Virginia Department of Rail and Public Transportation, 600 East Main Street, Suite 2102, Richmond, VA 23219.

The commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of its services 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 these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

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



The 2026 Samuel Beckett's Celtic Festival takes place on Saturday, Sept. 19, 2026 in Shirlington.

months. Located at Welburn Square (901 N Taylor St., Arlington) just steps from the Ballston Metro, the market operates Thursdays 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.

COLUMBIA PIKE EVENTS

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.

WEDNESDAY/SEPT. 16

Career Forward: Veteran Transition Summit. 9 a.m. to 5 p.m. At Marymount University's Ballston Center, Arlington. This one-day summit will provide veterans and transitioning service members with practical tools, career guidance and direct employer connections. It 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. Sessions will cover topics including translating military experience into civilian qualifications, navigating government hiring, entrepreneurship, personal branding and financial planning during career transitions. Attendees will also participate in a three-hour career fair and an interactive workshop exploring how artificial intelligence can support career development through resume translation, job search automation and LinkedIn optimization.

SATURDAY/SEPT. 19

2026 Samuel Beckett's Celtic Festival. The 2026 Samuel Beckett's Celtic Festival will be held in Shirlington on Saturday, September 19, 2026. The Arlington County Police Department will close the following roadway from 8:00 a.m. until 8:00 p.m. on September 19, to accommodate the event: Campbell Avenue from S. Randolph Street to 28th Street S. (alleyway to Harris Teeter).

SATURDAY/SEPT. 19

Mid-Autumn Festival. 11 a.m. to 4 p.m. At Kenmore Middle School, 200 S. Carlin Springs Road, Arlington. Celebrate Têt Trung Thu, the Vietnamese Children's Mid-Autumn Festival, with a free, family-friendly celebration featuring traditional performances, activities, music, a lion dance, and áo dài contest in Arlington.

TUESDAY/SEPT. 22

Fall Prevention Health Fair. 10 a.m. to 12 p.m. At Lubber Run Community Center, Arlington. Talk with VHC Health geriatrician and rehab therapists. Speak with experts about: Fall risk assessments
Balance & strength evaluations
Medication review
Blood pressure screening
Vision screening
Home safety tips
Questions: 703-558-6859 or seniorhealth@vhchealth.org

TUESDAY/SEPT. 22

Marymount University to host Nick Anderson for McLaughlin Lecture. 6 p.m. At Reinsch Library Auditorium, Marymount University, Arlington. Marymount University established the McLaughlin Lectureship to honor the memory of Marya McLaughlin and her long and distinguished career as a political correspondent in Washington. This year, Nick Anderson, a former higher education reporter for The Washington Post will give the lecture, titled "Our Public Confi-

dence Problem: How Higher Education Lost Public Trust and How We Can Win it Back." Anderson is now the executive director of strategic communications at the American Council on Education and is a national advocate for higher education. In his work, he analyzes public confidence in higher education, its decline, and what colleges and universities can do to reverse the trend.

FRIDAY/SEPT. 25

"In the Heights." This fall, Arlington Arts is hosting outdoor Friday night film events. AFAC has been selected to co-host one night featuring the film "In the Heights" on Friday, September 25 (time TBD). This event coincides with Hunger Action Month, so we ask that attendees bring food donations to support the mission. This event is open to the public and will be held in the 2700 park space. Questions? Reach out to Lily Duran at lily.duran@afac.org.

SATURDAY/SEPT. 26

Saint Ann Parish to Host Annual Fall Festival. 10 a.m. to 4 p.m. At Saint Ann Parish & School, 980 N. Frederick Street, Arlington. The festival opens with a 1.5-mile Family Fun Run at 9:30 a.m. (\$15 registration per person) – a great way to start the day before enjoying an array of activities and entertainment.

Festival highlights include:
Rides and games for all ages
Raffle and family friendly bingo
Beer garden and live music
Delicious multicultural food from Saint Ann's Filipino, Latino, and Peruvian communities, alongside local favorites
Live band performances in the beer garden, and dance performances from Bolivian and Peruvian dance troupes

SEPT. 26-27

Ninth AVAST Tour. At various art studios in Arlington. Visitors can view the art of 60 cre-

ENTERTAINMENT

ative individuals who represent a wide range of styles and media. In addition to painting, drawing, photography, and sculpture, artists in the Arlington area are known for printmaking, photography, papercutting, letterpress, and jewelry. The Tour will publish a guide and map with the names, locations and opening hours of participating artists. Printed copies will be available at community centers, arts venues, and libraries by early September. Those interested can also plan their route online: www.arlingtonartstudiotour.org/. Studios in South Arlington will be open Sat., Sept. 26 (11 a.m. – 5 p.m.), and studios in North Arlington will be open on Sun., Sept. 27 (11 a.m. – 5 p.m.). Visit <https://www.arlingtonartstudiotour.org/> for more information.

FRIDAY/OCT. 2

Barry Barnett Keith; “An American Artist.” At the FOHTA Gallery, 2206 S. Monroe Street, lower level, Arlington. Barry Barnett Keith's 26 solo painting exhibition consists of landscapes from around Maryland and Virginia. Opening reception 4:30 to 7:30 p.m. on Oct. 2nd.

SATURDAY/OCT. 3

Festival Latinoamericano. 5 to 9 p.m. At Arlington Mill Community Center, 909 S. Dinwiddie Street, Arlington. Enjoy delicious food, captivating performances and a warm community atmosphere. Admission is free.

WEDNESDAY/OCT. 7

Police Host 2026 National Coffee with a Cop Day Events. The Arlington County Police Department (ACPD) is excited to celebrate National Coffee with a Cop Day on Wednesday, October 7, alongside communities across the country. In recognition of the day, ACPD's Community Engagement Division will host two events for Arlington community members to meet and connect with the officers who serve their community. All are welcome to stop by the morning or afternoon gatherings, ask questions, share feedback or concerns and enjoy a cup of coffee while getting to know the men and women of ACPD.

National Coffee with a Cop Day 2026 will be celebrated at the following locations and times on Wednesday, October 7:

9:00 a.m. – 10:30 a.m.

Starbucks (Clarendon) – 2690 Clarendon Boulevard

11:30 a.m. – 1:00 p.m.

Starbucks (Penrose) – 2413 Columbia Pike

SATURDAY/OCT. 10

Pike Fest. 12 to 6 p.m. At Penrose Square, Columbia Pike, Arlington. This free community fall festival will feature live music, local food and vendors, family activities, a giant bounce house, caricatures, a petting zoo, beer and wine, and free Fall Family Photos. Pike Fest is presented by the Columbia Pike Partnership, a 501(c)(3) nonprofit working to strengthen Columbia Pike through business support, community engagement, and placemaking.



Festival Latinoamericano takes place Saturday, Oct. 3, 2026 at Arlington Mill Community Center.

OCT. 12-19

Arlington Restaurant Week. At participating restaurants in Arlington. Arlington Restaurant Week is your invitation to explore some of the area's best restaurants, enjoy special prices, and discover your next favorite spot. From quick and casual bites to unforgettable five-star dining, there's something for every taste and budget. With restaurants across Arlington joining in, this annual celebration is the perfect opportunity to try somewhere new, revisit an old favorite, and experience the incredible diversity of our local dining scene.

SATURDAY/OCT. 17

A Visit with Jane Austen's 5th Great Niece. Via Zoom. 2 to 5:15 p.m. At 700 S. Buchanan Street, South Arlington. In Support of the Woman's Club of Arlington's "Fight for Literacy" Campaign. Hear from Caroline Jane Knight, who will be with us via zoom from Australia. Caroline is the last of Jane's nieces to grow up in Chawton where Jane herself lived and wrote her most beloved works. Caroline brings Jane Austen's world vividly to life through childhood memories and family stories passed down through generations. She will also relate her journey from family mem-

ber to founder and champion of the Jane Austen Literacy Foundation. RSVP by 10/12/26 to: <https://www.eventbrite.com/e/fight-for-literacy-a-visit-with-jane-austens-5th-grand-niece-and-read-tickets-2000513421496>.

SATURDAY/OCT. 17

Fall 2026 E-CARE. 8:30 a.m. to 3 p.m. At 1425 N. Quincy Street (across from Washington-Liberty High School, Arlington). Arlington residents can drop off household hazardous materials, old electronics and small metal items for safe and proper disposal at this free event.

SATURDAY/OCT. 17

Home Maintenance Workshops. 10 a.m. to 1 p.m. At Arlington Mill Community Center, 909 S. Dinwiddie Street, Arlington. Gain the confidence and skills to tackle common home maintenance and repair projects. These workshops will introduce participants to the basics of plumbing, electrical systems, and drywall repair, taught by experienced professionals from ASTRACOR and the APS Community Education Program.

Workshops Include the Following:

Protect Your Investment: Free Home Improvement Help

Are repair costs straining your budget? Join our informational workshop designed for you to learn about local programs offering free home repairs, weatherization, and safety modifications.

Plumbing Repairs: Toilets, Faucets and Showerheads

Discover practical DIY plumbing skills that can save you big money. Learn how to diagnose and fix leaking toilets and faucets, repair common plumbing issues, and replace showerheads with ease.

Tile and Grout Basics

Planning a DIY tile project? Join our workshop to learn key installation tips, avoid common mistakes, and get answers to your questions for a successful tile installation!

How to Patch & Repair Drywall

You've had that hole in your drywall for HOW long? Maybe it's time to just fix it yourself. You'll learn that fixing small to large holes is easy and a "know how" go a long way towards the perfect patch.

Home Electrical Repairs Homeowners Can Do

This workshop will help homeowners how to properly fix, install and maintain minor electrical issues. You will learn to identify the tools needed.

Remodeling Strategies for Aging in Place. Plus, Information on Free Home Repairs.

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 MINI-MUM 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/s2FuFdaYwZm4t-Pw2.

Donations Needed. Our Lady Queen of Peace Catholic Church, 2700 South 19th St., is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated, the pantry will rebag), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit [www.ourladyqueenof-](http://www.ourladyqueenof-peace.org)

peace.org for more.

ONGOING

Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit audubonva.org/audubon-at-home-1/ for more.

Naloxone (Narcan) can save the life of someone who is overdosing, if

given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a RE-VIVE! 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.

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SENIOR LIVING

NVSO Off to a Great Start

The 2026 Northern Virginia Senior Olympics is off to a great start with 10 swimming events held Friday, Sept. 11 at the Ashburn Recreation and Community Center.

The competition began with NVSO Chair Mike Coleman presenting a torch run in commemoration of the 25th anniversary of September 11. Sunday, Sept. 13 events included a three mile power walk by women and men separately at the James Madison High School track in Vienna, and diving at the Long Bridge Aquatic Center in Arlington. Preliminary indoor and outdoor events continue through Sept. 18.

A Welcoming Ceremony opens the remaining events schedule on Saturday, Sept. 19 at the Thomas Jefferson Community Center in Arlington and will feature the JROTC Color Guard from Alexandria City High School, The Arlington Barbershop Chorus singing the National Anthem and an Olympic Torch run by NVSO member

Don Tillson of Annandale. Nine track events and ERG rowing will follow. It should be noted that in total 1356 senior adults ages 50 through 101 will be competing in a total of 80 plus events through Sunday, Oct. 4 at 36 different venues throughout Northern Virginia.

Results will be posted on the website at www.nvso.us.

In addition, registrar Herb Levitan, Arlington reports many events have increased registration this year including rowing 24%, miniature golf, 50%, golf 9 hole, 3 par, 50% and 100% in line dancing.

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.

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, The Riviera & The Landing of Alexandria, United Health Care, Vinson Hall, Woodlands Retirement Community and Woodleigh Chase by Erickson Senior Living. Silver Patrons are Chesterbrook Residences, Koons Arlington Toyota and Mandy Whelan. NVSO is also a recipient of a generous grant from Johns Hopkins Health Plans Corporate Grant Program.

FLOURISHING AFTER 55

Office of 55+ Programs
Arlington Department of Parks and Recreation
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.

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.medstarcapitalsiceplexiceplex.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

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WWW.CONNECTIONNEWSPAPERS.COM

SENIOR LIVING

Flourishing after 55

FROM PAGE 10

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.

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.

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.

Third Act Dance Ensemble, learn an original piece of choreography, rehearse it then showcase it for the community, Wednesdays beginning Sept. 9 - Nov. 18, 1:30 - 3 p.m., Walter Reed 55+ Center. Cost \$100, Arlington resident; \$115, non-resident. Registration # 911802-01.

The Model T Ford and the history of the Ford Motor Company, series of three classes presented by 55+ volunteer Dick Sullivan, Fridays, Sept. 11, 18 and 25, 9 a.m., Lubber Run 55+ Center. The third meeting will be a field trip to the Edward R. Rohr Memorial Car Show in Manassas (transportation not provided). No 55+ Pass required. Registration # 911400-20.

Estate planning documents discussion with elder law attorney Ed Zetlin, Wednesday, Sept. 16, 11 a.m., virtual. Registration # 911404-01.

Memoir writing and autobiography, reflect on life experiences, share and exchange ideas, Wednesday, Sept. 16, 2 p.m., Langston-Brown 55+ Center. Drop-in.

Build a miniature fort using Civil War techniques, interactive program led by Park Historian Blake Lindsey, Wednesday, Sept. 16, 10:30 a.m., Fort C.F. Smith. Registration # 911310-04.

Pickleball: Battle of the Ages, fun-filled tournament for teens and adults 55+ to come together for a friendly competition, Wednesday, Sept. 16, 4:30 p.m., Arlington Mill 55+ Center. All skill levels welcome. Some equipment provided, feel free to bring your own. Registration # 911201-01.

Virtual Fiesta to celebrate Hispanic Heritage Month, includes a curated video showcasing vibrant traditions, music, dance and cultural highlights, Thursday, Sept. 17, 11 a.m., virtual. Registration # 911899-02.

Library services discussed by Cherrydale Library staff, learn how to access free ebooks, audio books and sign-up for an Arlington Public Library Card, Thursday, Sept. 17, 1 p.m., Langston-Brown 55+ Center. Registration # 911400-04.

Cybersecurity for mobile devices, recognize common scam warning signs, practice safe habits, protect personal information, Thursday, Sept. 17, 3 p.m., virtual. Presented by Arlington's Dept. of Technology Services Cybersecurity Team. Registration # 911403-02.

Open jam session, join volunteer Al Robertson for a relaxed jam session featuring folk, country, classic rock, bluegrass, oldies and

blues, Thursday, Sept. 17, 6:30 p.m., Lubber Run 55+ Center. Bring your favorite acoustic instrument. All skill levels welcome. Drop-in.

Brains and Brawn, challenge your mind and body with 55+ staff, interactive wellness program, walk on the indoor track and stop after each lap for a trivia question, Friday, Sept. 18, 1 p.m., Lubber Run 55+ Center. All fitness levels welcome. Registration # 911106-24.

Viva la Musica! Lively dance performances, colorful fashion show, light lunch, celebrate Hispanic Heritage Month, Friday, Sept. 18, 11 a.m., Arlington Mill 55+ Center. Cost \$10, pay after registering by visiting the Alliance for Arlington Senior Programs website, friends@thealliance.org. Registration # 911899-03.

Intergenerational rock painting, all ages invited to paint rocks for the new Lubber Run Rock Garden, Monday, Sept. 21, 2 p.m., Lubber Run 55+ Center. No experience needed, supplies provided. Open to all ages, no 55+ Pass required. Registration # 911310-05.

Nostalgic game night featuring "Risk", a strategy board game where the goal is global domination, Tuesday, Sept. 22, 5:30 p.m., Walter Reed 55+ Center. Beginners welcome, instruction provided. Registration # 911600-04.

Movie matinee, "In the Heights" (2021) (PG-13), Tuesday, Sept. 22, 12:30 p.m., Lubber Run 55+ Center. Registration # 911804-10.

Fall Prevention Month Safety Expo, Tuesday, Sept. 22, 10 a.m.- 12 p.m., Lubber Run 55+ Center. Learn from experts about fall risks and prevention strategies. Visit information booths, screenings available and exercise Demos available. Hosted in partnership with VHC Health and the Northern Virginia Falls Prevention Alliance. Open to all ages; no 55+ Pass required. Drop-in.

Snakes Alive, learn about area snakes from Park Naturalist Itzamar Duran, Tuesday, Sept. 22, 2:30 p.m., Gulf Branch Nature Center. Registration # 911402-06.

Piano Lounge and Sing-Along with pianist Valerie Welsh, variety of songs with a different theme each month, September: Latin Rhythms, Wednesday, Sept. 23, 1 p.m., Aurora Hills 55+ Center. Registration # 911400-24.

55+ Travel group to tour Historic Kenmore and Ferry Farm in Fredericksburg, Wednesday, Sept. 23. Visit George Washington's Ferry Farm and Historic Kenmore's elegant Georgian style mansion. Bring your own lunch. Cost \$51, Arlington resident; \$59, non-resident (includes entrance tickets). Registration # 902609-07.

55+ Travel group will experience a Western Railroad Scenic Ride throughout Allegheny mountains, 90 minute layover in Frostburg. Cost \$200, Arlington resident; \$230, non-resident. Includes train ticket and lunch. Registration # 902609-08.

Book exchange at Lubber Run 55+ Center, Thursday, Sept. 24, 6 p.m. Bring books in good condition to swap. Registration # 911801-13.

American Theater at a Crossroads, presented by GMU Professor Rick Davis, Thursday, Sept. 24, 1 p.m., virtual. Examine unprecedented challenges and obstacles ahead. Registration # 911400-22.

Plant and cuttings swap, bring cuttings, seeds, or whole plants to trade and meet fellow plant enthusiasts, Thursday, Sept. 24, 4 p.m., Lubber Run 55+ Center. Please be sure plants

and cuttings are healthy. Registration # 911401-01.

Tea and a movie, a screening of "News of the World" (2020) (PG-13), Friday, Sept. 25, 12:30 p.m., Aurora Hills 55+ Center. Registration # 911804-13.

Dealing with Dementia, four-hour program presented by Virginia Cooperative Extension covering the Dealing with Dementia Guide, including strategies and practical information for caregivers, Friday, Sept. 25, 10 a.m., Arlington Mill 55+ Center. Registration # 911500-03.

Online genealogy records, learn how to research them, Friday, Sept. 25, 1 p.m., Arlington Mill 55+ Center.

Review popular online data bases such as Ancestry.com and new tools for successful searches. Led by genealogist Susan Court. Registration # 911400-13.

Legacies of the Vietnam War, presented by GMU Professor Meredith Lain, Friday, Sept. 25, 2 p.m., virtual. Registration # 911400-21.

55+ Travel group will attend the State Fair of Virginia in Doswell, Monday, Sept. 28. Cost \$45, Arlington resident; \$53, non-resident. Price includes entrance fee. Registration # 902609-09.

Plant repotting, hands-on workshop led by volunteer Jeff Perlow. Learn tips on keeping house plants healthy and thriving, Monday, Sept. 28, 1 p.m., Lubber Run 55+ Center. Participants should bring one plant to repot along with a pot one to two inches larger than the plant's current pot. Registration # 911401-02.

Fall Nature Walk, join Arlington Region Master Naturalist Ginny McNair for a one-mile loop from Arlington

Mill 55+ Center to Sparrow Pond along the W&OD and Four Mile Run Trails, Tuesday, Sept. 29, 1 p.m.

Meet on the Center's plaza level. Registration # 911106-27.

Sew from the Heart, make pillows for the Mended Hearts Pillow Program which provides pillows to patients recovering from heart surgery, Tuesday, Sept. 29, 2 p.m., Lubber Run 55+ Center. Instruction materials and sewing machines provided. Registration # 911310-09.

55+ Travel group will enjoy St. Michael's for the Day, Tuesday, Sept. 29. Trip includes visiting the Chesapeake

Bay Maritime Museum and exploring the town at your own pace. Cost \$59, Arlington resident; \$68, non-resident. Includes museum entrance fee. Registration # 902609-10.

Fall Farmers Market Tips presented by Virginia Cooperative Extension Master Food Volunteers, Wednesday, Sept. 30, 11:30 a.m., Aurora Hills 55+ Center. Registration # 911501-03.

Line dance 101 (new), join volunteer instructor Elaine Eder for a fun, low-impact class with easy-to-learn steps and lively music, Wednesday, Sept. 30, 11 a.m., Arlington Mill 55+ Center. Drop-in.

Emergency financial planning, Virginia Cooperative Extension Master Financial Education Volunteers will help participants prepare for the unexpected, Wednesday, Sept. 30, 1 p.m., Aurora Hills 55+ Center. Registration # 911404-02.

Hablemos Sobre la Vejez, Spanish presentation on the psychological and physiological changes that occur in aging, Thursday, Oct. 1, 3 p.m., virtual. Presented entirely in Spanish by Blanca Cali, assistant manager of senior health at VHC. Registration # 911500-04.

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Don't "Boss" Me



By KENNETH B. LOURIE

We buy a lot of fast/medium-food take out, and not just Chinese either. In fact, since Covid, the food business has become very accommodating to take out/pick up requests. Moreover, as many of you regular eaters know, there are also services that will deliver to you all sorts of food. And in so receiving, recipients can minimize their interactions with the food serving/delivering public. Moreover, there's no parking and walking to the establishment, no standing and waiting in line once you're inside, and no mixing with the hoi polloi; just sitting and waiting from the comfort and convenience of your home. But for those of us who are resistant to the advantages of food delivery, interactions with the general public and the fast/medium-food staff await - or shall I say: persists.

I've written recently of my feelings about being called "sir" by the same general public I'm referring to here: the restaurant/fast/medium-food establishments. And as you regular readers know, yours truly (as opposed to my wife) will almost exclusively be the one going to pick up and pay for the food, thereby interacting with a store employee. Hardly an awkward/unfamiliar exchange, especially given the post-Covid world where food delivery/pick up is almost de rigueur. As a result, people's eating routines have changed where now fewer meals are prepared at home and more are brought in ready to eat. It's become more acceptable, preferred almost, as a work-around to the miscellaneous toxins in the air that we all breathe, and of course the time and effort it takes to buy, prepare, cook and serve that food at home. But people's habits have changed. Covid has had repercussions that we're still feeling/experiencing. In fact, all these years later, I still see people wearing masks, sometimes even in their cars.

Now that I've established the context, let me finally address the particular situation that has led to this column being written: the employees greeting and thanking me after I order, receive and then pay. "Sir" in this interaction, I can tolerate. However, when an employee calls me "Boss;" that I don't tolerate nearly as well. "Sir" connotes respect, sort of. I don't like it, but it doesn't feel as if the employee is subliminally seething with contempt of our generational divide. It's not merely disrespectful, it's downright rude and snarky almost. I'm not the employees' boss so don't pretend to treat me as one. I'm your customer, not your supervisor. I place the order. You deliver the order. Though I'm not on the same side of the register as you, we are, in effect, two sides of the same request. We're practically equal. I'm happy being your customer. Let's not conflate your providing me a service with your working for me. If anything, we're working together. Calling me "Boss" raises my stature and presumes a relationship we've never actually consummated.

I don't want - or quite frankly deserve, any special dispensation, either in how my meal is prepared and/or how said meal is handed to me and what is said to me during that handoff. All I require is courtesy and gratitude. Anything more is unnecessary and likely not in your job description.

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

Keith Solo Show Features Landscapes

By Shirley Ruhe

“Barry Barnett Keith: An American Artist” will open with a reception at the FOTHA Gallery on October 2 at 4:30 pm and will run until December 18. Keith says this is his 26th solo show and his third at the FOTHA Gallery. Keith explains this show features a variety of 11 landscapes, and you will see the play of light.

He explains this show features new color choices and different perspectives of landscape painting he has never done before. “I think my painting while representational is a lot freer now than in the past, brush strokes are evident, colors are much bolder, more decisive in terms of contrast, yet still centering around light, perspective, distance. I love those things about landscape painting—opportunities to take liberties (adding or subtracting objects, colors) whether plein air or working from photos.”

Keith started sketching when he was in high school but he says sketching was al-

ways considered a precursor to painting which he began in 1979 at the University of Delaware. Keith moved from there to Suitland High School, which he says was a performing arts school, and where he taught for several years.

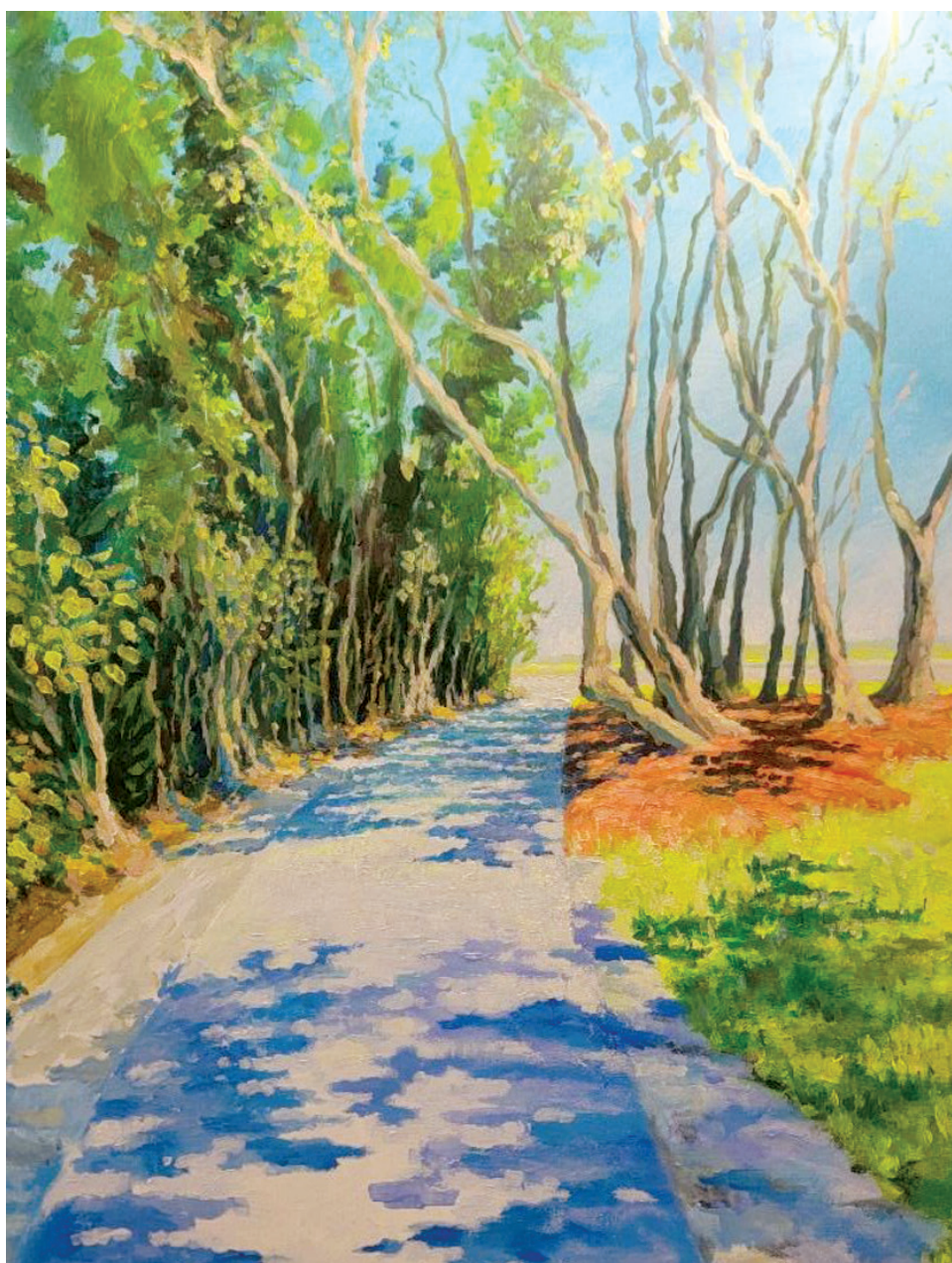
Keith liked Arlington and moved to the Arlington Arts Alliance and Gallery Underground where he stayed until it closed. He is currently associated with the FOTHA Gallery in Arlington.

Keith has recently been named Practicing Artist Educator of the Year for Prince George’s County Public Schools for successfully combining his maintenance of the school curriculum while at the same time working as a practicing artist keeping his annual exhibition schedule. He is now up for the same award for the state of Maryland. Currently he teaches at Mattaponi Elementary School in Upper Marlboro.

The FOTHA Gallery is located at 2206 S. Monroe Street in Arlington. The gallery is open 1-5 pm Wednesday-Sunday.

PHOTO CONTRIBUTED

An acrylic landscape painting in Barry Barnett Keith’s upcoming solo exhibition at the FOTHA Gallery.



Flourishing After 55

Flourishing after 55

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Memory Café, supportive environment where people with dementia and their family caregivers can socialize, build networks and enjoy meaningful dementia-friendly activities together, Thursday, Oct. 1, 1:30 p.m., Walter Reed 55+ Center. Open to all ages; no 55+ Pass required. Drop-in.

Selena in English and Spanish, led by Lubber Run 55+ Center Director Ashley Gomez and 55+ Operations and Nutrition Supervisor Cory Cox, as they discuss the cultural impact of Selena’s music, Thursday, Oct. 1, 1 p.m., virtual. Registration # 911400-36.

The Circle (new), a welcoming discussion group exploring life’s mysteries, meaningful experiences and thought-provoking questions, Thursday, Oct. 1, 10 a.m., Arlington Mill 55+ Center. Drop-in.

Open jam session, bring your favorite acoustic instrument and join volunteer Al Robertson for a relaxed jam session, Thursday, Oct. 1, 6:30 p.m., Lubber Run 55+ Center, featuring folk, country, classic rock, bluegrass and more. Drop-in.

First Friday Social, relaxed social gathering featuring a Halloween theme, Friday, Oct. 2, 1 p.m., Arlington Mill 55+ Center. Registration # 911801-02.

Social Ballroom Dance, spacious dance floor, dances vary between tango, waltz, foxtrot and swing, Friday,

Oct. 2, 1:30 p.m., Lubber Run 55+ Center. No partner needed; all will have an opportunity to dance. Drop-in.

55+ Travel group will attend the State Fair of Virginia in Doswell, Monday, Sept. 28. Cost \$45, Arlington resident; \$53, non-resident. Price includes entrance fee. Registration # 902609-09.

Plant repotting, hands-on workshop led by volunteer Jeff Perlow. Learn tips on keeping house plants healthy and thriving, Monday, Sept. 28, 1 p.m., Lubber Run 55+ Center. Participants should bring one plant to repot along with a pot one to two inches larger than the plant’s current pot. Registration # 911401-02.

Fall Nature Walk, join Arlington Region Master Naturalist Ginny McNair for a one-mile loop from Arlington Mill 55+ Center to Sparrow Pond along the W&OD and Four Mile Run Trails, Tuesday, Sept. 29, 1 p.m. Meet on the Center’s plaza level. Registration # 911106-27.

Sew from the Heart, make pillows for the Mended Hearts Pillow Program which provides pillows to patients recovering from heart surgery, Tuesday, Sept. 29, 2 p.m., Lubber Run 55+ Center. Instruction materials and

sewing machines provided. Registration # 911310-09.

55+ Travel group will enjoy St. Michael’s for the Day, Tuesday, Sept. 29. Trip includes visiting the Chesapeake Bay Maritime Museum and exploring the town at your own pace. Cost \$59, Arlington resident; \$68, non-resident. Includes museum entrance fee. Registration # 902609-10.

Fall Farmers Market Tips presented by Virginia Cooperative Extension Master Food Volunteers, Wednesday, Sept. 30, 11:30 a.m., Aurora Hills 55+ Center. Registration # 911501-03.

Line dance 101 (new), join volunteer instructor Elaine Eder for a fun, low-impact class with easy-to-learn steps and lively music, Wednesday, Sept. 30, 11 a.m., Arlington Mill 55+ Center. Drop-in.

Emergency financial planning, Virginia Cooperative Extension Master Financial Education Volunteers will help participants prepare for the unexpected, Wednesday, Sept. 30, 1 p.m., Aurora Hills 55+ Center. Registration # 911404-02.

Hablemos Sobre la Vejez, Spanish presentation on the psychological and physiological changes that occur in aging, Thursday, Oct. 1, 3 p.m., virtual. Presented entirely in Spanish by Blanca Cali, assistant manager of senior health at VHC. Registration # 911500-04.

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