

Historic Black Community Shares Its Day

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Record Turnout For Senior Olympics

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Walter A. Tate, solo saxophone and vocal performer at Green Valley Community Day.

SENIOR LIVING

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Northern Virginia Senior Olympics has a record enrollment of 1,200 participants in 2025.

Just When You Think NVSO Can't Get Bigger, It Does

BY SHIRLEY RUHE
THE CONNECTION

It is a week into the 2025 Northern Virginia Senior Olympics (NVSO). The opening ceremony on Sept. 13 was followed by nine field and track events, and the next week is packed with everything from diving, crossword puzzles, miniature golf, tennis, bocce and the increasingly popular Mah Jongg (American style).

On Saturday, Sept. 20, Herb Levitan stands in the Thomas Jefferson Community Center gym instructing volunteers on the rules for the basketball goal competition. Levitan has been organizing the registration for NVSO events for over 15 years. He has also been competing for many years and had been swimming at Dulles yesterday but says he has a whole drawer full of medals from past years so he doesn't take the medals anymore.

Today they have men's and women's basketball categories competing from 50-89 years old in field goals and free throws. The competition begins at 11 a.m. with the field goal event where one person takes four shots from each of five different stationery positions.

The women sit in chairs beside the court calling out encourage-



Ann Pugh (center) and Nancy E. Jogner (right) wait their turn to compete in the basketball goal event. This is the first year for Pugh to compete in the NVSO but she has already won a medal in poker. Jogner has been competing for eight years but entered rowing for the first time this year where she won a gold medal.

ment to each other.

"Nice."

"Good job Stephanie."

And clapping enthusiastically for an especially impressive shot.

Ann Pugh says this is her first time competing in the NVSO. "I entered poker last week and got a bronze medal."

Sitting beside her is Mary Lynne Brown who is entered in four events and will be defending her corn hole medal from last year.

Nancy E. Jogner says she has been competing in different events for eight years but this is her first year as an 80-year-old. "I did rowing for the first time. It was really fun. They showed me what to do, and I won gold."

The men seem focused on their turn to shoot, watching their competitors and occasionally twirling the ball around in preparation. They rotate around the court one



This successful shot hangs in the basket in the women's basketball field goal competition on Sept. 20 at Thomas Jefferson Community Center.



Will it or won't it? One of 20 attempts to get a successful basket in the field goal competition at the NVSO event on Sept. 20.

Community Day Brings Neighborhood Together

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Turns out the annual Green Valley Community Day on Saturday, Sept. 20 gets just what it asked for as residents, friends and family mingle with other members of the community, catch up and share information about current events. They decide whether those BBQ ribs are still as good as they remembered from last year and, in one case, practice cartwheels on the grass behind the booths.

Vendors and community information booths line the sidewalk including the NAACP, Arlington Public Library, Delta Sigma Theta's guide to voting, Joss Sweets, Hadessayah Creations, Bridges to Independence and a Green Valley booth. "I like the new design on the T-shirts," a passerby comments. Two women embrace as they recognize each other from high school. "What year were you at Wakefield? I am a year behind you."

An Arlington County Department of Community Planning, Housing and Development employee stands beside two large display booths encouraging input on the County's consolidated plan. Community input is required every five years by the U.S. Department of Housing and Urban Development (HUD) for renewal of a HUD grant. She points to the sign with the question about which housing priorities are the most important to you. The square with rental and affordability have the most dots. "Housing is always more expensive in Arlington."

Next down the way Elise Cleva,



Sheriff Jose Quiroz chats with Mary Glass, a member of the Drew Elementary Green Valley Orchard Committee.

also an employee of Community Planning, Housing and Development, is seeking input on rules for impervious surface on single family housing in Arlington.

Sheriff Jose Quiroz chats with Mary Glass who is a member of the Drew Elementary Orchard Committee while Nathan Steele, a third grade teacher at Drew, leads a short tour around the grounds. "When I came, the state of the grounds wasn't good. I said 'I can help,' and they said, 'go to it.'" Before he knew it Steele was in

charge of what has now become a well-planned landscape around the school grounds with 40 trees and bushes.

"There is a serviceberry here and around the corner fig trees, paw paws, blackberries and one lone gooseberry. Up the way are the apple trees, pears and plums. We had

SEE COMMUNITY DAY, PAGE 11

Elise Cleva is collecting input on rules for impermeable surfaces for single family housing in Arlington.



Walter A. Tate, solo saxophone and vocal performer at Green Valley Community Day.



Antone Jacobs with his team. He is owner and cook at "Bar-B-Que at its Best," an Arlington food truck and catering business on Four Mile Run. He predicts the ribs will be the most popular today.



The Green Valley booth features T-shirts with their new logo. Green Valley is a historically Black neighborhood located in South Arlington and dating back to just after the Civil War.

WWW.CONNECTIONNEWSPAPERS.COM



The Delta Sigma Theta sorority focuses on the details of voting in the upcoming November election.

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SENIOR LIVING

Flourishing After 55

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

September is Senior Center Month and Fall Prevention Month

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

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

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

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

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

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

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

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

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

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

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

Drop-in.

Memory Café, a supportive environment for people with dementia and their family caregivers can enjoy meaningful dementia-friendly activities, Thursday, Oct. 2, 1:30 p.m. Walter Reed 55+ Center. Call Adult Services Librarian Zoe Mann at 703-228-5193 to register. Open to all ages: no 55+ Pass required.

Advanced drawing and painting, beyond the basics painting and drawing techniques taught by Community Arts Programmer Jennifer Droblyen, Thursdays, through Oct. 2-30, 1:30 p.m. Langston-Brown 55+ Center. Cost: \$41.50, materials not included. Register #911303-11.

Trivia buffs invited to a fun-filled trivia challenge, Thursday, Oct. 2, 11 a.m. Virtual. Register #911600-13.

Just Play'n Country, Fri., Oct. 3, 1 p.m. Madison Community Center. Bring your instrument, sing along or just listen. Drop-in.

First Friday Social, celebrate Halloween (costumes welcome) at a relaxed gathering with music, fun, and light refreshments. Friday, Oct. 3, 1 p.m. Arlington Mill 55+ Center. Register #911801-02.

Socializing as You Age, join Nina Davis with Insight Memory Care for a discussion of how social support can benefit physical and mental health. Tues., Oct. 7, 11 a.m. at Langston-Brown 55+ Center. Registration #911500-02.

Creative Commons provides an inspiring space for artists to explore their creative projects while exchanging ideas. Tues., Oct. 7, 1 p.m. at Lubber Run 55+ Center. Registration #911303-02.

Introduction to Ukulele, no experience is needed, taught by volunteer instructor Sandy O'Shea. Limited ukuleles available. Tues., Oct. 7, 4 p.m. at Walter Reed 55+ Center. Registration #911304-03.

Phase 10 Game Night, classic card game, beginners welcome. Tues., Oct. 7, 6 p.m. at Walter Reed 55+ Center. Registration #911600-04.

Parking at the Ballston Garage, the Arlington County Parking and Curbspace Team will showcase the new payment system, how it works and its benefits. Tues., Oct. 7, 12 p.m. at Lubber Run 55+ Center, registration #911400-08 and Wed., Oct. 8, 10:30 a.m. at Arlington Mill 55+ Center, registration #911400-09.

Halloween Bingo with the Preschool, led by preschool teacher Dolly Arthur, Wed., Oct. 8, 10 a.m. at Arlington Mill 55+ Center. Costumes encouraged! Registration #911600-05.

The Study of Words, learn about the history of English and language as a whole. Wed., Oct. 8, 10:30 a.m. at Lubber Run, registration #911402-15 or virtual, registration #911402-16.

History Roundtable will discuss the historical impact of drinks, Wed., Oct. 8, 11:15 a.m. Virtual. Registration #911402-05.

Fall Supper Club, a casual and fun din-

ner party. Bring your own dinner; drinks and dessert provided. Wed., Oct. 8, 6 p.m. at Arlington Mill 55+ Center. Registration #911801-09.

55+ Travel group will enjoy a trip to Charles Town, West Virginia and the Hollywood Casino, Wed., Oct. 8. Cost: \$14, Arlington resident; \$17, out-of-county resident. Registration #902510-04.

Beginner Quilling, create raised images from coils of paper strips using a few basic tools. Thurs., Oct. 9, 1:30 p.m. at Lubber Run 55+ Center. Cost: \$18. Registration #911310-06.

Registration Help & Tips, Arlington County registration staff member Merrelle White will walk you through the process of registering for 55+ programs and answer questions, Thurs., Oct. 9, 3 p.m. Virtual. Registration #911400-15. 55+ Travel group will visit the "Corazon y Vida: Lowrider Culture" exhibit at the Smithsonian National Museum of American History. Mon., Oct. 6. Cost: \$13, Arlington resident; \$15, out-of-county resident. Registration #902510-03.

Budgeting for the Holidays, presented by Virginia Cooperative Extension master financial education volunteers, Mon., Oct. 6, 11 a.m. at Walter Reed 55+ Center. Registration #911400-18.

Open Office Hour with Ashley Gomez, Lubber Run 55+ Center director. Have your voice heard in shaping the center's programs. Mon., Oct. 13, 1-2 p.m. at Lubber Run 55+ Center. Registration #911801-05.

Genealogy 101, learn to use primary sources, grave sites, family records, DNA services like Ancestry.com, and more. Tues., Oct. 14, 11:30 a.m.-1 p.m. at Lubber Run 55+ Center. Registration #911402-02.

Reader's Theater – Radio Plays, a fun reading of vintage radio plays with no sets, costumes, or memorized lines. Everyone will have a chance to act! Tues., Oct. 14, 5:30-6:30 p.m. at Walter Reed 55+ Center. Registration #911301-14.

Movie matinee, "Operation Mince-meat" (2021) (PG-13). Wed., Oct. 15, 12:30-2:30 p.m. at Aurora Hills 55+ Center. Registration #911804-02.

Understanding Aging and Dementia, presented by Sydney Palinkas, dementia education and outreach coordinator with the RAFT program. Wed., Oct. 15, 10:30-11:30 a.m. at Lubber Run 55+ Center. Registration #911500-04.

The Power of Protein, cooking demonstration presented by Virginia Cooperative Extension Master Food volunteers. Wed., Oct. 15, 10:30-11:30 a.m. at Arlington Mill 55+ Center. Registration #911501-04.

Responsibilities of an Executor presented by elder law attorney Martha Motherhead. Wed., Oct. 15, 11 a.m.-12 p.m. Virtual. Registration #911404-03.

Opera Appreciation group to hear and discuss "Lohengrin" by Richard Wagner. Wed., Oct. 15, 1:30-3:30 p.m. at Lubber Run 55+ Center. Registration #911300-04.

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Gala-goers Celebrate Gardening, Art and Conservation

American Horticultural Society's gala at River Farm.



The early 20th century house at River Farm houses AHS's offices.



Guests enjoyed a three-course meal.

BY GLENDA C. BOOTH
CONNECTION NEWSPAPERS

Nasturtiums brightened the dinner plates, parsley greened up the centerpieces and strawberries and rhubarb starred in the dessert. Plants were inside, outside and all around.

On a balmy Sept. 20 evening, 300 gardening enthusiasts gathered under a big white tent to celebrate gardening and to honor two champions at the American Horticultural Society's (AHS) gala at River Farm in the Mount Vernon area.

Welcoming guests, AHS President and Chief Executive Officer Suzanne LaPorte said, "Horticulture is essential to life. Plants and gardens feed us, cool our cities, purify our air and bring beauty into our lives. They also offer us avenues for creativity, healing and self-expression. In a world that sometimes can feel overwhelming, gardens have

a remarkable ability to surprise and delight us."

Board of Directors Chair Scott Plein presented Brian Kemble the 2025 Liberty Hyde Bailey Award for lifetime achievement in horticulture. Kemble, the curator at the Ruth Bancroft Garden and Nursery in Walnut Creek, California, described how American gardening has moved from being "Eurocentric" to adapting to local conditions, like arid gardens in parts of California.

Plein also gave the Meritorious Service Award to Alexandrian Skipp Calvert, calling the awardee "a conservationist and a cheerleader." Plein said that Calvert was one of the "Faithful Five" who served on the AHS Board for two decades and helped save River Farm from being sold and developed in 2021. "His impact is beyond any title," Plein said.

In 2020, the then-AHS Board of Directors
SEE AMERICAN HORTICULTURAL, PAGE 7



After the speeches and meal, guests danced to music by K Street Union.



Multi-colored Totem by Dorothy Gillespie.



Challenge, by Vadim Kharchenko,



Many guests wore plant-themed attire.



Many guests wore plant-themed attire.

PHOTOS BY GLENDA BOOTH
THE CONNECTION

PHOTOS BY GLENDA BOOTH/THE CONNECTION



Illuminated Acorn by Kevin Carman.



Great Blue Heron III by David Turner.



Li Doo Mooh by Villagers in India's Nilgiri Biosphere Reserve, made of a tropical plant, lantana camara and metal.

American Horticultural Society's Gala at River Farm

FROM PAGE 6

announced plans to sell River Farm, generating shock waves among supporters who contended that since River Farm is prime waterfront property, developers would pounce on it. Local groups, many elected officials and

then Virginia Gov. Ralph Northam mobilized to preserve the property, block development and retain public access. Ultimately the Board re-organized and abandoned the sale plan.

Mount Vernon Supervisor Dan Storck remarked, "I deeply appreciate all the folks who worked to save River Farm."

Plein said that a major related announcement is forthcoming.

Among the notables attending in addition to Storck were Virginia Senators Scott Surovell and Russet Perry and former House of Delegates member Kris Amundsen. Surovell is the Senate Majority Leader.

Art in the Gardens

Nepenthe Gallery, based in the Hollin Hall Shopping Center, staged fanciful sculptures throughout the gardens, works by Vadim Kharchenko, Kevin Carman, Dorothy Gilles-

pie, David Turner, Charles Smith, Michael Alfano, Staci Katsias, Brandon Reese, and Villagers in India's Nilgiri Biosphere Reserve. Some pieces were for sale, with prices ranging from \$9,500 to \$38,000.

"We love any opportunity to partner with AHS at George Washington's historic River Farm, and the artists whose works we are showcasing feel that it is a special place," said gallery owner Carrie Garland. "The project is art at its very best, lifting others up and connecting us all in unexpected ways."

Alexandrian Angela Barbour wore a floral print dress and said, "River Farm's a gem. The fact that they truly saved it in perpetuity is truly exciting."

Lynn Godek, a kindergarten teacher who lives in the Mount Vernon area, nurtures young gardeners, she explained, by having children plant kidney beans and watch them

grow. "You only need dirt, water and sun," she quipped. Why was she there? "I believe in the mission of AHS and the importance of maintaining green space and bringing gardening into everyone's life," she said.

Referring to the gala, LaPorte announced, "We passed our fund raising goals."

About AHS and River Farm

Founded in 1922, AHS is a member-based, national, nonprofit organization which includes more than 20,000 aspiring, new and experienced gardeners, plant enthusiasts, horticultural professionals and many regional and national partner organizations. AHS sponsors educational programs, awards, publications and trips. River Farm is a 25-acre site overlooking the Potomac River, one of George Washington's original five farms. Visit ahsgardening.org



Anthropocene by Michael Alfano.



Mama and Baby Frog by Charles Smith.

www.ConnectionNewspapers.com



The Little Big Band provided music as guests mingled.

You Can't Buy Just One

Arlington/Alexandria
Native Plant Sale.

BY EDEN BROWN
ARLINGTON CONNECTION

Despite the threat of rain, hundreds of native plant fans strolled through the native plant sale at St. Clement's Church on Saturday, Sept. 27 looking for late blooming Asters or Native Persimmons to attract birds and butterflies to their gardens.

According to Scott Knudsen, who has run the fall event with his "long, suffering wife" Jennifer, for many years, the Fall 2025 native plant sale did all right but it didn't break any records. "Part of that was the weather forecast (terrible) so the turnout was lighter than usual for a Fall sale. Our volunteers counted a little under 600 people coming to Saturday's native plant sale. It seemed that the "stalwarts" who always come to the sale did come on Saturday, and the newbies didn't show up as much as they usually have in the past. Vendors said they did okay, so I'd say things went adequately well for a Fall sale. Given this year of 2025, "adequately well might be the best that anyone could hope for."

Native plants are sought after as more homeowners turn their lawns into a more environmentally friendly spaces focussed less on perfect lawns and more on plants that are native to the area and depend less on fertilizer and water because they are well-adapted to Virginia's climate.



Angie Randall, of Vienna, leaves the native plant sale with a few items. She comes every year, as did many of those attending.

PHOTOS BY EDEN BROWN/THE CONNECTION



Meredith Gabel, right, with Augustus, and Alisa Griffin, with her five year old poodle Sophie, live down the street from the plant sale and filled up their plant taxi with natives. Augustus, who claims to be part poodle, was rescued from Iran, where he lived in a shelter for two years. He speaks Farsi and Arabic, and can do tricks. Sophie has her own brand of charm. Both dogs were clearly the product of great TLC by their mistresses.

BULLETIN BOARD

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

VOLUNTEER

DRIVERS NEEDED

Have some extra time to drive a neighbor to a doctor's appointment? You pick the days, times, and places that are convenient for you. There is NO MINIMUM driving requirement. Not only do you help older adults in need, you also get to meet wonderful folks, often with very interesting backgrounds and stories to tell. The Shepherd's Center of McLean-Arlington-Falls Church (SCMAFC), is an all-volunteer, non-sectarian, non-profit organization. Its mission is providing free transportation to seniors for medical and dental appointments or run errands to grocery stores and pharmacies. To sign up, visit the website at <https://scmafc.org/volunteer>,

or email contact@scmafc.org with questions.

DONATIONS NEEDED

Pet Food Bank. AWLA has established a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYWdZm4t-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

peace.org for more.

ONGOING

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

Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqveland at 703-228-0913 or esiqveland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness/ for available training sessions. The Chris Atwood Foundation also

offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, virtually. Registration is free and highly recommended to reserve spots, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacareconnections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/aging-matterswera to listen to programs. <https://www.mixcloud.com/Aging-Matters/>

Public Financial Fraud, Waste and Abuse Hotline. Arlington County public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at arlingtonva.ethicaladvocate.com. The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

Created by the Arlington Initiative to Rethink Energy (AIRE) in partnership with the Arlington Public Library, the nation's First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools can be borrowed, such thermal imaging cameras, energy meters and books play a vital role in achieving a "greener" home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit library.arlingtonva.us/locations/central-library or call 703-228-5990.

ENTERTAINMENT

EVENTS AT

METROPOLITAN PARK

This October, Amazon HQ2 is welcoming its Arlington neighbors with a series of family-friendly events at Metropolitan Park. As part of their ongoing commitment to being a good neighbor, they're excited to create opportunities for the community to connect, celebrate the season, and enjoy all that Met Park has to offer.

Here's what's happening this month:

- ❖ **Plants in the Park** – Tuesday, October 8 (11 AM – 2 PM): A Halloween-themed craft activity where families can get creative with fall-inspired planting and décor.
- ❖ **Met Park Movie Night** – Thursday, October 24 (7 PM): Join us under the stars for a screening of the Halloween classic *Hocus Pocus*.
- ❖ **Met Park Daily Giveaway** – All October: Back by popular demand! Throughout October, Met Park retailers will distribute various prizes to visitors as part of a daily giveaway series. Each day, a Met Park retailer or event will be posted on the National Landing Instagram story, directing participants to that location where they can enter to win that day's prize. This year, prizes range from Met Park merchandise to fitness classes, wine tastings, and gift cards.
- ❖ **Met Park Bingo** – October & November (4:30 – 5:30 PM): Our community-favorite Bingo returns at a new time this fall, giving neighbors a chance to unwind and win fun prizes.
- ❖ **MoCa on the Move**: Family and friends are invited to join the MoCa on the Move series twice a week: Sundays from 10am - 1pm
Thursdays from 5pm - 7pm
- ❖ **Eat Loco Farmers Market**: Community members still have time to visit the Eat Loco Farmers market that ends on October 21, 2025. Tuesdays from 10am - 2pm
Saturdays from 9am - 1pm

ECOAMBASSADORS PROGRAM

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

CENTERS FOR

OPPORTUNITY ARLINGTON

The Centers for Opportunity Arlington is a safe, stigma-free place to spend time for those recovering from homelessness, substance use, and mental illness. It has a dona-



The 2025 Festival Latinoamericano takes place Friday, Oct. 3, 2025 in Arlington.

tion 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.

NOW THRU OCT. 12

Arlington Artists Alliance: Maximalism! Regional Juried Show. At Alliance Gallery, Clarendon. This group exhibition is a celebration of excess, abundance, bold visual expression, and sensory richness. Artists from the DC Metro Area explore ornamentation, texture, color, complexity, and emotional intensity in contrast to minimalism's restraint. Juried by Touchstone Gallery Executive Director Abbey Alison McClain. Join on Thursday, Sept. 4 from 5 to 7 p.m. for an opening reception.

FRIDAY/OCT. 3
Art Walk PreShow. 9-10 a.m. In Ballston Quarter, Arlington. Join in an exclusive preshowing of the upcoming Arlington Art Walk, a guided tour through Ballston's most exciting and thought-provoking public art.

WEDNESDAY/OCT. 1

Police Host 2025 National Coffee with a Cop Day Events. The Arlington County Police Department

(ACPD) is proud to join communities nationwide in celebrating National Coffee with a Cop Day on Wednesday, October 1. To mark the occasion, our Community Engagement Division is hosting two informal engagement opportunities for Arlingtonians to connect with the officers that serve them and celebrate community-police relations. All are invited to attend the morning and afternoon events to ask questions, share concerns and get to know the men and women who keep Arlington safe. Times:

8:00 a.m. – 11:00 a.m.

Starbucks (Clarendon) – 2690 Clarendon Boulevard

11:30 a.m. – 2:30 p.m.

Good Company Doughnuts and Cafe – 1350 S. Eads Street, Suite 80

WEDNESDAY/OCT. 1

October Garden Talks w/Treats: Bees & Honey. 6:30 p.m. At Arlington Central Library, 1015 N. Quincy Street, Arlington. Join us for Bees & Honey at Arlington Central Library. Bees are more than just pollinators! Learn about the different types of bees in our area and how they all contribute to our ecosystem. 2025 Garden Talks are sponsored by Friends of Urban Agriculture and Extension Master Gardeners with support from Arlington Public Library. For more info and full 2025 line up of bi-weekly talks, visit: <https://arlingtonurbanag.org/2025-garden-talks/>

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FRIDAY/OCT. 3

2025 Festival Latinoamericano. 5-9 p.m. At Arlington Mill Community Center, 909 S Dinwiddie Street, Arlington. Arlington County's Festival Latinoamericano is dedicated to celebrating the vibrant and diverse cultures that enrich our community. The mission is to showcase the rich tapestry of Latin American art, food, and culture

in Arlington County, providing a platform for local artists, chefs, and performers to share their talents and traditions with the public. By supporting small businesses and entrepreneurs, they aim to foster economic growth and community spirit. This free event is designed to be inclusive and educational, offering attendees of all backgrounds a chance to experience Hispanic Heritage firsthand. Join in commemorating and preserving our cultural heritage while creating lasting connections and memories.

FRIDAY/OCT. 3

Free Classical Music Concert. The Friday Morning Music Club invites you to classical music performances at St. George's Episcopal Church, 915 N. Oakland Street, in Virginia Square. Free one-hour concerts take place from noon to 1 p.m. each of the first Friday of the month. The October 3 program includes:

Haydn: Sonata in C Major, Hob.

XVI/50. Yuri Chayama, piano

Milhaud: Sonatine. Heidi Schuller,

flute; Dana Smith (guest), piano

Franck: Sonata in A Major. Amelia Baisden, cello; Irina Kats (guest), piano

OCT. 3, 10

Chamber Concerts. Noon. The Friday Morning Music club will perform two free chamber concerts in October at St. George's Church, 915 N. Oakland St., adjacent to the Virginia Square Metro. The October 3 concert will feature works by Cesar Franck, Haydn and Milhaud; the October 10, Chopin, Talbot-Howard, Sarasate and Tchaikovsky. The one-hour concerts continue every first and second Friday of the month through May.

SATURDAY/OCT. 4

Arlington Art Walk. 2-5 p.m. At Central Library, Arlington. Celebrate Banned Books Week with bold, joyful chalk art at Central Library during the Arlington Art Walk. In this free, hands-on experience, participants will draw inspiration from books that have been challenged or censored, transforming sidewalks into vibrant canvases of resistance, reflection and radical joy. This interactive event invites you to take up space — literally and figuratively. All ages and skill levels welcome.

SATURDAY/OCT. 4

Rosslyn Fall Fest. 1 - 6 p.m. At 1401 Wilson Blvd., Arlington. Celebrate fall your way at this year's Rosslyn Fall Fest! Whether the season means sipping seasonal brews, decorating pumpkins with the kids, or diving into a pie-eating contest, Fall Fest is free to attend and packed with ways to make the most of a crisp autumn afternoon.

At Fall Fest, you'll find:

Local beer + cider — purchase flights or pints on site

Live music — Rock Creek Kings 1-3 p.m. / Blair's West 3:30-6 p.m.

Pumpkin fun — decorating for all ages + live carving demo

Pie-eating contest (3 p.m.) — half pies, full bragging rights!

Family-friendly activities — inflatables, lawn games, + more

Food trucks + fall treats — cozy comfort eats and seasonal sweets

With festive flavors, live entertainment, and activities for all ages, it's the perfect way to kick off October—fun, flavorful, and full of surprises.

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Let us know about an upcoming event
connectionnewspapers.com/Calendar

Announcements

Auction Notice. 1979 Chevy Corvette (abandoned). No Title, No Interior. Not Running. Condition unknown. Date: 10/3/25 Time: 10:00 AM. Location: 7808 Appledore Ct, Falls Church, VA.

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NEWS DEPARTMENT:
arlington@connectionnewspapers.com

Mary Kimm
Editor and Publisher
mkimm@connectionnewspapers.com

Shirley Ruhe
Contributing Photographer and Writer
slrbc@aol.com

Eden Brown
Contributing Writer
arlington@connectionnewspapers.com

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

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

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

Classified & Employment Advertising
703-778-9431

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

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

Art/Design:
Laurence Foong
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com

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Award Winning Newspaper

Community Day Brings Neighborhood Together



PHOTOS BY SHIRLEY RUHE

Two friends reconnect from high school years at Green Valley Community Day.

FROM PAGE 3

to factor in where there is sun and that this is a school so we couldn't have fruit falling off the trees where the kids are playing."

Walter A. Bates is playing mellow afternoon music on his saxophone as a few sit in chairs nearby taking in the atmosphere, and his MC and hostess Cheryl Cee-see Hardy sits nearby waiting for her next cue.

Bar-B-Que at its Best has two windows — one for ordering and one for pick up but hungry customers ignore the signs and order wherever they can. "Can you cut those ribs — we're sharing."

"I'll have the beans and we'll both have



An employee at the Department of Community Planning and Housing Development Committee is getting community input on a HUD renewal grant for the consolidated county plan.

cornbread and did you get my drink?" A senior steps up for the advertised free hot dog. A smoke cloud engulfs the area when it's time to lift the cover and baste the chicken with sauce and turn it over one more time.

Antone Jacobs has operated his Arlington

food truck and catering business for 15 years on S. Four Mile Run.

Green Valley holds this event in September every year to bring neighbors together for a celebration of community spirit and history.

Just When You Think NVSO Can't Get Bigger, It Does

FROM PAGE 2

at a time, and when the competition is finished the volunteer adds up the numbers in the multi-age competitive category. "No ties; that's good. Everybody gets a trophy."

"That's what we want."

NVSO is open to participants 50 years old or older by Dec. 31, 2025 and who live in one of the sponsoring jurisdictions, Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, Fairfax County, Fauquier County, Loudoun County and Prince William County.

NVSO has grown from its 40th anniversary in 2021 with 50 events and 691 participants to 92 events with 1,200 participants in 2025 with 50-yard butterfly and poker added as new events this year and duplicate bridge brought back.

Sponsors of NVSO 2025 include AARP Virginia, Adobe, The Beacon Newspapers, Belmont at One University, CareFirst Blue Cross Blue Shield, Goodwin Living, Greenspring by Erickson Senior Living, John Hopkins Health Plans, The Jefferson, The Landing and The Riviera in Alexandria, Retirement Unlimited Inc., United Health Care, Vinson Hall Retirement Community, Woodbine Rehabilitation & Healthcare Center, Woodlands Retirement Community, Chesterbrook, and others.



A volunteer at the men's basketball goal event tallies up the final score with a possible 20 for successful completion of all baskets.



This is the 15th year for Herb Levitan to organize the registration for NVSO events. He has a drawerful of medals awarded through the years and doesn't collect them anymore.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Practically Pavlovian



By KENNETH B. LOURIE

I first heard/read about Ivan Pavlov in the fall of 1972. How can I be so specific? Because that's when I matriculated to the University of Maryland. And Ivan Pavlov was a topic of my Psychology 100 class. A class so large, over 600 hundred, that - at least where I sat near the back, could barely see him - or his canine companion (I don't remember the dog ever barking, by the way). The professor spoke into a microphone attached to a cord which he wore around his neck. He was going through various slides illuminated on the canvas behind him and commenting on them. There was never any stoppage to ask any questions or to clarify anything he had just said. We were meant to listen, not interrupt and relearn (learn the first time) all the information he was teaching by studying our textbook. This process was foreign to me. I never was taught in the fashion that I was now being subjected (yes subjected) and expected to grasp the lessons. Neither could/would I thrive by taking multiple choice exams, being graded on a bell curve (results of which were posted out the lecture hall), and never interacting with the professor. I got my first and only "D" in this class and I was probably lucky not to fail. I remember these feelings all too well, but I remember very little else except - wait for it: Ivan Pavlov.

Likewise, I can't remember if the class was held Mon./Wed./Fri at 8:00 am for 50 minutes or Tues./Thurs. from 8:00 am for 75 minutes. Neither can I remember the professor's name, nor the breed or name of his dog. I do remember he always dressed in black leather pants and a dark shirt and certainly never a sport coat. As for his many teachings and references to the textbook that we all bought at The Maryland Book Exchange, I remember very little except Pavlov's dog experiments. Pavlov discovered an animal behavior/human interaction that us pet owners (certainly dog owners) have come to rely on when training our puppies: "Classical Conditioning." Something to do with a "learned response" resulting from a "neutral stimulus." Moreover, he discovered dogs "could be trained to salivate at the sound of a bell after it was paired with the presentation of food." (I get that way myself.) A more literal description: your dog comes/obeys you when there's a reward (food) for doing so.

Well, it's been over 130 years since Pavlov's experiments/research (they occurred the 1890s) and the worm, as is often colloquialized, has, at least in my house, finally turned. No more is the human (yours truly) the one doing the prompting. It is now the dog who prompts the human. (Moreover, in a parallel universe, the cat is also prompting/conditioning the human, but that's another paragraph.) As for my three-year-old male golden retriever Burton, he manifests a simple but recurring behavior when he wants/needs to go out: He gets up from wherever he is and walks throughout the house until he finds me, always me (we've bonded) and stands steady on all fours and stares at me. He will remain in that position until I acquiesce and say something like "OKAY Burton, I know you want to go out. Let's go." Then he turns tail, literally, and trots into the kitchen where he waits to be "leashed" up by yours truly before he gets to go "out." We don't have a fenced-in yard, so Burton has to be walked. After he goes outside first thing in the morning with Dina, the rest of the time (day and night) I am responsible for his comings and goings. This standing and staring behavior is repeated by Burton four to five times throughout the day. He comes into any room where I am, stands and stares at me until I get up, then he gets to go out. Very simple. He has me "conditioned."

It's the same story with Andrew, our cancer-surviving cat; when he walks into the kitchen, I know he's hungry. That's when I give him food. Other times, I'll put the food on the floor: nothing. However, when we meet in the kitchen, he'll sit by his bowl, look up at me and I know he wants me to get him some food. His terms. Not mine.

These kinds of behaviors are all too familiar to dog and cat owners. It's the cost of doing business, so to speak. You have to give up control and in so doing, acknowledge that you are at the animal's mercy. It's akin to the inmates running the asylum except in this context, it's not the inmates who are crazy.

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

PHOTOS BY MOLLY BAIER



Powhatan House

Building Green

Comfort, good health and energy savings by design in Arlington.

BY M.J. BAIER
ARLINGTON CONNECTION

When I moved from California to Northern Virginia for my dream job, I couldn't find a home that matched my criteria: snug, efficient, stylish, and ready to roll with the punches of our changing planet.

Energy efficiency was top of mind. The average Virginia home that has both electricity and gas hookups is spending about \$1.50 per square foot annually for heating, cooling and other power uses. If you have a 1200 square foot house, that pencils out to about \$1,800 a year. But the modest brick homes of the 1950s are rapidly turning into "big box" houses that tip the scales at north of 6000 square feet, portending a \$9,000 annual expenditure. That cost falls on the homeowner, not the builder, and it's money you don't get back – it just goes out the window and through the roof.

In 2014, I went to the drawing board and, leveraging the green building knowledge I'd gained in rejuvenating a 1908 Craftsman bungalow in California, wove together the classic lines of a 20th Century Craftsman with all the high-tech features of a 21st Century

ry "green" home.

The result was Powhatan House: a wide front porch, a warm stone hearth, and an average monthly energy bill of \$100, or \$1200 a year. Since the conditioned indoor space is just under 4000 square feet, the per square foot energy cost is about 30 cents a year – about one-fifth the state average. Yes, it cost more to build up front, but the payoff over the life of the home will be substantial. Here are some of the features.

Harnessing Energy from the Earth

Northern Virginia has a mixed climate: hot in summer; cold in winter. Yet the ground beneath us maintains a constant temperature of about 58 degrees year-round. Powhatan House has two geothermal wells and two heating zones. Pumps circulate liquid 300 feet into the earth to pick up the ambient temperature, then run it through compressors and fan coils to make heat in winter and air conditioning in summer. The home's electric bill averages \$82 a month.

Welcoming the Winter Sun;

Keeping It Away in Summer

Powhatan House has three-foot-wide roof eaves, a deep front porch and a rear balcony. The

southwest-facing windows overlooking the back yard are generous in size, but because of the overhangs, they receive minimal direct sun in summer. As the fall equinox approaches, the sun's golden rays reach more deeply into the kitchen, Great Room and Owner's Suite to warm the stone floors and countertops. The stone floors can also be heated in winter through wires underneath, creating a thermal mass that provides long-lasting, even warmth. This enables further "zoned" heating: the bathroom can be toasty warm while the rest of the house is a bit cooler.

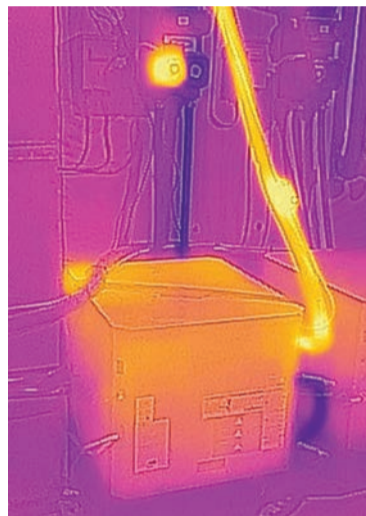
A young forest of deciduous trees surrounds the home. In winter, the sun shines through the bare branches to warm the house. As the sun climbs higher and grows hotter in the spring, the trees leaf out and shelter the home in deep shade. Transpiration from the leaves adds to the cooling effect.

A Well-Insulated "Building Envelope"

The exterior walls of Powhatan House are structural insulated panels (SIPs), which came pre-cut from the factory. Looking a bit like ice cream sandwiches, the stiff wooden "cookie" outside provides structural support while the extruded polystyrene "ice cream" inside provides R-41 insulation – more than three times the energy-saving value of a standard 2x4 wall. There's also thick insulation in the ceilings, attic, many interior walls (which



Rockwool interior insulation is in the ceilings, attic, many interior walls and under the basement slab. This also adds soundproofing.



Powhatan House has two geothermal wells and two heating zones. Pumps circulate liquid 300 feet into the earth to pick up the ambient temperature, then run it through compressors and fan coils to make heat in winter and air conditioning in summer. The home's electric bill averages \$82 a month.

also adds soundproofing) and under the basement slab.

Indoor Air Quality

Powhatan House has a fresh air exchange system called an energy recovery ventilator (ERV). It pulls stale, damp air from the bathrooms and kitchen, and fresh air from outdoors, through a heat exchanger. When the two streams of air cross paths, the fresh air picks up the warmth or coolness of the outgoing air, saving heating and cooling energy.

Although Powhatan House is in a low-risk area for radon, the home has an active radon mitigation system, which pulls air from under the basement slab and vents it through the roof. An exhaust fan in the garage prevents buildup of vehicle emissions. All fans are Energy Star rated.

Low VOC paints, varnishes and sealers were used in the construction process to reduce off-gassing.

On-Demand Hot Water

Powhatan House has two European-style instant hot water heaters. Unlike a traditional tank-type water heater which is vulnerable to stand-by heat loss, the instant



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heaters make as much (or as little) hot water as is needed on demand by turning on the tap. The monthly natural gas bill for the home – which also has a gas stove and dryer – averages \$15.

Rainwater Management

Powhatan House manages rainwater in three ways: First, because it's on a slope, it features terraced garden beds filled with compost that act like a giant sponge, reducing runoff. Second, the patio and driveway are made of permeable pavers, allowing rainwater to "disappear" between the specially-spaced bricks and filter into the ground below. Third, there are 500-gallon tanks attached to three of the home's four downspouts, taking the edge off of pounding summer thunderstorms and storing the water for re-use in the garden's drip irrigation system.

Powhatan House has been certified as LEED Gold by the U.S. Green Building Council. It was not on the recent Arlington Green Community Tour of houses like it, but for more information on its green features please click on the photos at <https://powhatanhouse.com/> www.connectionnewspapers.com