



Back to School with Joy

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**CSB Gives
Community Awards**

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**Crystal Drive Shooting
Suspect Charged**

NEWS, PAGE 2

Ebullient students welcome
class of 2023 to newly named
Washington Liberty High School

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NEWS

OAR Receives the Community Partner Award

OAR received the “Community Partner Award” presented by the Arlington County Community Services Board (CSB) for their reentry support to individuals returning to the community from incarceration.

At their annual event, the Arlington County CSB recognizes staff and community members who demonstrate exemplary dedication and service to consumers dealing with Mental Health, Substance Use Disorder, and Intellectual and Developmental Disabilities. The Community Partner Award is given to community members and organizations who, through their generous donation of goods, services, time, or funding, support the Arlington County CSB’s consumers.

OAR was one of the five selected recipients of the Community Partner Award along with members from the Treatment Advocacy Center of the Legislative and Policy Counsel, Capital Bikeshare, Service Source, and Clarendon House. The awards were presented at the 2019 CSB Annual Awards Ceremony on June 19, 2019, at the Arlington County Department of Human Services.

“For over 40 years, OAR has been on the

journey with men and women returning home after incarceration and completing Community Service as an alternative form of sentencing. Our Reentry staff works with individuals both pre and post-release, providing services ranging from mental health counseling to resume building and housing support.

We are extremely grateful to have the support of the county and community members and organizations to provide reentry services to these individuals so that they can thrive in our community, and we are honored to be recognized as one of the recipients for this year’s Community Partner Award,” said OAR’s Executive Director, Elizabeth Jones Valderrama.

Founded in 1974, OAR is a community-based, 501 C (3) nonprofit organization working with men and women returning to the community from incarceration and offering alternative sentencing options through community service to youth and adults. Additionally, race equity is a core goal at OAR, and we also seek to promote equity in the legal system and across all systems. More information can be found at www.OARonline.org.



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Suspect Charged in Shooting

The Arlington County Police Department report that charges have been sought in relation to the shooting that occurred in the 1500 block of Crystal Drive on Aug. 28, 2019. Warrants for Aggravated Malicious Wounding, Felon in Possession of a Firearm and Use of a Firearm in the Commission of a Felony were issued for the 47-year-old man of Washington, D.C.

At approximately 12 p.m., police were dispatched to the report of a possible domestic situation involving a firearm. The preliminary investigation indicates that the armed male suspect forced entry into the occupied commercial suite and assaulted the female victim. Arriving officers made contact with the parties, and during the

course of the incident, the suspect and an officer discharged their weapons.

The suspect and victim sustained gunshot wounds during the incident. They were transported by medics to an area hospital with critical injuries. Both the suspect and victim are expected to survive.

This remains an active and ongoing investigation.

Anyone with information about this investigation is asked to contact Detective M. Henretty of the Arlington County Police Department’s Homicide/Robbery Unit at 703-228-4237 or mhenretty@arlingtonva.us. Information may also be provided anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).

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Community Partner

NEWS



Enthusiastic students welcome back peers for #APSBack2School. Ready for first day @GeneralsPride @WLHSIBProgram The class of 2020 will be the first class to graduate from renamed Washington-Liberty.



PHOTOS VIA ARLINGTON COUNTY PUBLIC SCHOOLS VIA TWITTER.

On the first day of school at the new Dorothy Hamm Middle School welcoming students & families back.

First Day of School All Over Arlington

Thousands of students headed to the first day of school in Arlington amid many changes, including a new name for Washington-Lee High School – Washington-Liberty – that went into effect on July 1, 2019. The class of 2020 will be the first class to graduate from Washington-Liberty.

Message from Cintia Johnson, Interim Superintendent:

Throughout the upcoming year, we will continue to advance the work of the Strategic Plan toward our mission – to ensure all students learn and thrive in safe, healthy and supportive learning environments. In addition, the School Board and executive leadership team have identified three performance objectives to serve as core areas of focus for our work.

They are:

- ❖Increasing achievement for all student groups. This is performance objective #1 in our plan for a reason, and we're putting the people, resources and practices in place to support increased achievement for all student groups toward eliminating the opportunity gap.

- ❖Supporting student well-being and mental health. Mental health and social-emotional growth is as important to our students' success as preparing them academically. APS will continue to promote mindfulness and mental health in our classrooms to best support our students. This includes making sure that students know they have access to resources in their schools, including school counselors, psychologists and social workers.

- ❖Ensuring all students know they have an advocate in APS. Our students' success depends on strong school communities, and it's a priority to ensure every child can identify

SEE FIRST DAY, PAGE 4



Yorktown Assistant Principals: @YorktownAPs Yorktown: What a bright and shiny class of '23!



Washington Liberty on the first day of school for Arlington students, Tuesday, Sept. 4, 2019. The class of 2020 will be the first class to graduate from Washington-Liberty.



On the first day of school, Interim Superintendent Cintia Johnson @JohnsonCintia & @ArlingtonVaPD Captain Donahue are at the new Dorothy Hamm Middle School welcoming students & families back

First Day of School All Over Arlington

FROM PAGE 3

tify at least one school-based adult who supports and encourages their academic and personal growth. We instill in our staff the importance of those bonds – that they may be the reason a student comes to school every day.

I also want to remind you that APS is a safe place and a second home for our students. We are committed to ensuring all students are safe, secure and feel welcome, included and valued. Their safety is our number one priority because we know that when children feel safe and cared for, they are at their best and can focus on learning.

The class of 2020 will be the first class to graduate from renamed Washington-Liberty.



PHOTOS VIA ARLINGTON COUNTY PUBLIC SCHOOLS VIA TWITTER.



First Day Lunchtime at Alice Fleet Elementary School.



Teachers welcome students at Washington Liberty.



Back to school at Yorktown.

The
Arlington
Connection

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PHOTO COURTESY OF CHRISTIAN ELLIOT

Yoga can lead to body awareness which can be a gateway to better self-awareness, advises Christian Elliot who is pictured here. September is National Yoga Month.

Get on the Mat, Boys

Raising awareness of the benefits of yoga for men during National Yoga Month.

BY MARILYN CAMPBELL
 THE CONNECTION

Take quick scan of most yoga classes at East Meets West Yoga Studio in Vienna, Virginia and you're likely to see the mats being occupied primarily by women. That is changing, says studio owner Dawn Curtis. A recent Harris study shows that while women make up more than 70% of yoga practitioners, the number of men has increased from 4 million to ten million over the last 7 years. Practitioners are working to raise that number even higher this September - which is National Yoga Month - by emphasizing the health benefits for men. "We've seen an increase of men in yoga classes, but also an increase in the number of male yoga teachers and men who are coming into our yoga teacher training program," said Curtis. "We've had a lot of older men of the Boomer age taking classes because they're realizing that the exercise routine that they've been doing hasn't increased their flexibility." Because yoga classes often begin with an inward focus, those who practice it might be more inclined to develop body mindfulness off-the-mat. Exercising bodily-awareness during activities such as weight lifting can help prevent injury. "Breathing and body awareness can both be gateways to better self-awareness....," said Christian Elliot, owner, TRUE Whole Human. "Everything about modern convenience is geared toward making it easier for you to meet your basic needs with-

out moving," continued Elliot. "As we age, often what happens is we move less, thus becoming stiff." "Yoga makes you more flexible and your muscles and joints are more lubricated, you're less prone to injury," added Curtis. The practice's reputation as stress reliever is credited with the uptick in male students. "I've seen men use yoga as a stress management tool," said Curtis. "Men don't always realize how stressed they until they start talking yoga classes. Anytime you're doing yoga you're going to have stress management and relief. "Just one yoga class has proven to lower cortisol [stress] levels," added Luann Fulbright, Director, Dream Yoga Studio & Wellness Center in McLean. "I also have worked privately with many students on anxiety and panic disorders with success. This is a dominant reason folks come to yoga." Improvement in sleep is another asset to be gained from adding a yoga practice to one's life, says Curtis. "Yoga can lead to better sleep patterns because the mental

"Men don't always realize how stressed they until they start talking yoga classes."

**—Dawn Curtis,
 East Meets West Yoga**

stress that we have is held within the body," said Curtis. "Once that's released you can relax, fall asleep and stay asleep." An overall sense of well-being is subtle, but definite benefit of yoga, advises Curtis. "Yoga provides more balance, men typically musical their way through things which means over-activity," she said. "Yoga teaches them to slow down and not push their way through. I often hear people say, 'Yoga makes me a better person'. That's because they're less reactive because they aren't feeling stressed. You have to do it on a regular basis though to benefit from it."

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 THIS SUMMER?**



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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Art Exhibit: "La Citta Italiana."

Through Sept. 6, gallery hours at Gallery Clarendon, 2800 Clarendon Blvd. Suite R-800. Visit the Overlook Gallery and travel with artist Matthew Miller along the canals of Venice, through the gardens of Florence, and so many cities and villages in between. After a moment in Amalfi, stroll through the main gallery, where there will be new work hanging by Gallery Clarendon member artists. Free and open to the public. Visit www.galleryclarendon.org.

Art Installation: Linny Giffin.

Through mid-September at Central Place Plaza, 1800 N. Lynn St. Linny Giffin has been working on Central Place Plaza on her latest masterpiece: an installation of 800 silk leaves that will hang from the glass pergola. Giffin made eight different types of leaves in orange, yellow and blue to be used for this project. She spent two weeks painting them, and then affixed wire to each one to facilitate hanging. Visit www.rosslynva.org/feature/one-place-at-a-time-for-more.

Senior Olympics. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The public is invited, free of charge, to all NVSO events. The games run Sept. 14-28. There will be no on-site registration for participants. Visit www.nvso.us.

Operation FirePaws. Through Aug. 31, 7 a.m.-7 p.m. at Arlington County Fire Stations. The fourth year of Operation FirePaws, the Arlington County Fire Department's (ACFD) month-long charity drive for the adoptable pets at the Animal Welfare League of Arlington (AWLA), kicks off next week. Community members can drop off needed pet supplies to designated donation bins at Arlington fire stations. Check AWLA's list of needed donations (arlingtonva.s3.amazonaws.com/wp-content/uploads/sites/35/2019/07/AWLA-In-Kind-Donation-Wish-List.pdf). The AWLA will not accept milk bones, boxed hard/homemade treats, or used beds.

Summer Exhibitions. Through Sept. 7 at Arlington Arts Center, 3550 Wilson Blvd. Visit www.arlingtonartscenter.org or call 703-248-6800.

♦ **Transitional Objects.** Working in sculpture, installation, and video, these artists experiment with unconventional materials, take



Miss Oliver's Class, Acrylic, 2019, by Barry Keith.

Solo Painting Exhibition

Draftsman 2019 is the solo painting exhibition for the month of September of Arlington Artists Alliance member and T.C. Williams graduate Barry Barnett Keith. The exhibit runs Sept. 6-30, gallery hours at Gallery Underground, 2100 Crystal Drive, Suite 2120-A. An opening reception is planned for Friday, Sept. 6, 5-8 p.m. Free. Visit galleryunderground.org or call 571-483-0652.

inspiration from or produce functional objects, and create sculptures that elucidate both the allure and the difficulty of material forms. Transitional Objects artists: Kyle Bauer, Calder Brannock, Dexter Ciprian, Emily Culver, Liz Ens, Kyle Hittmeier, Trish Tillman, and Holly Trout.

♦ **Jen Noone: Sort of, Kind of, Almost.** Noone repeatedly coats the surfaces of acrylic boxes, picture frames, and shelving units, before scraping away layers of the dried latex. Each new layer of paint represents an attempt to improve upon the previous layers. While the pursuit of perfection may inevitably result in failure, Noone's work suggests that the quest for the ideal form, even if it repeatedly misses the mark, has a beauty and charm all its own.

♦ **Jason Horowitz: Ashton Heights Re/Seen.** Photographer Jason Horowitz uses the Photo Sphere/Street View app and his smartphone's camera to create immersive abstract views. For Ashton Heights Re/Seen, Horowitz presents a selection of images from the Re/Seen series all made a short distance from Arlington

Arts Center.

Outdoor Zumba. Wednesdays, through Sept. 25, 12:30 p.m. in the Courtyard at 2121 Crystal Drive. The Crystal City BID, Sport and Health fitness club and JBG SMITH invite you to join them for free midday Zumba in the courtyard of 2121 Crystal Drive on Wednesdays. Zumba fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program for all to enjoy. Free. Call 703-412-9430 or visit www.crystalcity.org/do/outdoor-zumba-2018 for more.

Fridays at the Fountain. Fridays, through Oct. 25, 5-9 p.m. at The Stand at the Crystal City Water Park, 1601 Crystal Drive. Fridays at the Fountain is a seasonal pop-up beer garden set within the Crystal City Water Park, featuring food, drink and a rotating lineup of live music from local bands and musicians. Free to attend; selection of food available for purchase. Call 703-412-9430 or visit www.crystalcity.org/do/fridays-at-the-fountain for more.

Arlington Mill Farmer's Market. Saturdays, through Nov. 23, 9 a.m.-1 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. The

market features produce, meats, and dairy products from our region's top local vendors. Support local farmers and entrepreneurs. Come for opening day and meet special guests, the Arlington Art Truck, South Arlington Moms Club, Long Branch Nature Center, and more. Visit columbia-pike.org/fm-arlington-mill.

FRIDAY/SEPT. 6

First Friday Wine Tasting. 6:30 p.m. at One More Page Books, 2200 North Westmoreland St. Join One More Page for their monthly First Friday Wine Tasting, a free event where visitors can sample new arrivals. Visit www.onemorepagebooks.com for more.

SEPT. 6-30

Solo Painting Exhibition: Draftsman 2019. Gallery hours at Gallery Underground, 2100 Crystal Drive, Suite 2120-A. Draftsman 2019 is the solo painting exhibition for the month of September of Arlington Artists Alliance member and T.C. Williams graduate Barry Barnett Keith. An opening reception is

planned for Friday, Sept. 6, 5-8 p.m. Free. Visit galleryunderground.org or call 571-483-0652.

SATURDAY/SEPT. 7

Fall Course Preview. 8:45 a.m.-12:30 p.m. at National Rural Electric Cooperative Association (NRECA), 4301 Wilson Blvd. Encore Learning's instructors give brief presentations about their academic courses. Learn more about the fall semester. Open to current and prospective members. Bring friends, relatives and neighbors. Free. Visit 703-228-2144 or visit www.encorelearning.net for more.

Fall Lawn Care and Turf Alternatives.

10 a.m.-noon at Fairlington Community Center, 3308 S. Stafford St. Fall is the ideal time to restore cool-season grass, the most common turf grass grown on lawns in our area. This program describes how to improve a lawn and the underlying soil, and outlines steps for preventing and controlling weeds to ensure a beautiful lawn, with an emphasis on sustainable practices that minimize the impact on native pollinators and wildlife. Free. Questions? Call 703-228-6414 or email mgarlalex@gmail.com. To reserve a spot, visit mgnv.org/public-education-events/vce-horticulture-programs-registration/.

Good Gardens All Start With Good Soil.

11 a.m.-noon at Glencarlyn Library Community Garden, 300 South Kensington St. Healthy soil is the foundation for a healthy garden and essential to the planet's food web. Come tour the Glencarlyn Library Community Garden with an Extension Master Gardener to learn about the elements of good soil and practical ways to care for garden soil. Free. Questions? Call 703-228-6414 or email mgarlalex@gmail.com. To reserve a spot, visit mgnv.org/public-education-events/vce-horticulture-programs-registration/.

Rosslyn Jazz Festival. 1-7 p.m. in Gateway Park, 1300 Lee Highway, Rosslyn. The 29th annual Rosslyn Jazz Festival that features: The Suffers; Grammy-nominated New Orleans brass band Cha Wa; singer/cellist Leyla McCalla (formerly of the Grammy award-winning Carolina Chocolate Drops); and D.C.'s go-go/jazz ensemble JoGo Project. Also featuring local food trucks, a pop-up beer and wine garden, and the latest interactive installation aboard the Arlington Art Truck. Free admission. Visit www.rosslynva.org/jazzfest for more.

SEPT. 7-OCT. 26

Art Exhibit: Lumistory. Wednesday-Sunday, noon-5 p.m. at Fred SEE ENTERTAINMENT, PAGE 8

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ENTERTAINMENT

FROM PAGE 7

Schnider Gallery of Art, 888 N Quincy St. #102. Melanie Kehoss' cut paper light boxes explore the origins of cultural phenomena, from cuisine, to mourning, to social media. This solo show will include the public debut of five works, an installation about the history of sugar, and more. Free. The opening reception takes place on Saturday, Sept. 7, 6-8 p.m. Visit www.fredschnidergalleryofart.com or call 703-841-9404.

SUNDAY/SEPT. 8

Author Event: Marcie Flinchum Atkins. 2 p.m. at One More Page Books, 2200 North Westmoreland St. Join One More Page in celebrating the release of author and librarian Marcie Flinchum Atkins' debut picture book, *Wait, Rest, Pause: Dormancy in Nature*. Captivating photos of animals accompany simple, engaging text to explain dormancy in nature and teaches young readers about different animal behaviors. Visit www.onemorepagebooks.com for more.

SEPT. 8-OCT. 19

Art Exhibit : Neuro Blooms. Gallery hours at Universalist Church of Arlington, 4444 Arlington Blvd. Neuro Blooms is a project by Leslie Holt that includes mixed media art and community events intended to spark curiosity and conversations about the causes and stigmatizing myths of mental illness. Images are based on brain PET scans of people experiencing different mental health conditions. An opening reception is planned for Sunday, Sept. 8, 12:30-2 p.m. Visit www.uucava.org or call 703-892-2565. Visit www.uucava.org or call 703-892-2565.

WEDNESDAY/SEPT. 11

Book Release: When She Reigns. 7 p.m. at One More Page Books, 2200 North Westmoreland St. Celebrate the release of *When She Reigns*, the final book in the *Fallen Isles* trilogy, with bestselling Young Adult author Jodi Meadows. She will discuss dragons, magic, capes, knitting, and of course, books. Visit www.onemorepagebooks.com for more.

THURSDAY/SEPT. 12

Local History Preserved: NOVA Parks. 7-9 p.m. at Reinsch Library Auditorium, Marymount University, 2807 N Glebe Road. The Northern Virginia Regional Park Authority (NOVA Parks) system owns some of the most important historic sites in the region. NOVA Parks Chairman Mike Nardolilli will discuss the creation of NOVA Parks 60 years ago and the history that can be found in the three parks in Arlington. Free. Visit arlingtonhistoricalsociety.org/events/the-local-history-nova-parks-preserve/ or call 703-942-9247.

FRIDAY/SEPT. 13

Great Big Romance Read. 6:30 p.m. at One More Page Books, 2200 North Westmoreland St. Across the country, romance enthusiasts will be reading *The Lady's Guide To Celestial Mechanics* by Olivia Waite. Join the One More Page Romance Team for a wine tasting and book discussion. Purchase the book to read in advance and join in. Visit www.onemorepagebooks.com for more.

FRIDAY-SUNDAY/SEPT. 13-15

Disney's Beauty and the Beast. Friday-Saturday, 8 p.m.; Sunday, 3

p.m. at the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. The Arlington Players' present Disney's *Beauty and the Beast*. This nine-time Tony-nominated musical tells the tale of Belle, a girl from a provincial town, and the Beast, a young prince under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed into his former self. But time is running out. Can the two learn to love each other in time? \$15-\$25. Visit www.thearlingtonplayers.org.

SATURDAY/SEPT. 14

Organic Vegetable Garden Pepper Fest. 1-4 p.m. at Organic Vegetable Garden at Potomac Overlook Regional Park, 2845 Marcey Road. Sample the many kinds of peppers grown and tour the garden. Extension Master Gardeners will answer questions about growing peppers and other beloved summer crops. They will also cover topics such as composting, soil preparation, seed selection, protecting crops from insects and animals, and ideas for the Fall garden. Free. Questions? Telephone 703-228-6414 or email mgarlalex@gmail.com. To reserve a spot, visit mgnv.org/public-education-events/vce-horticulture-programs-registration/.

SUNDAY/SEPT. 15

Glencarlyn Library Community Garden AutumnFest. 10 a.m.-3 p.m. at the Glencarlyn Library Community Garden, 300 South Kensington St. Educational presentations include 11 a.m. with "Grow Your Own Herbal Teas," 11 a.m.; "Succulents for Small Spaces," noon; and "Container Gardening Made Simple," 1 p.m. AutumnFest also offers native and other plants perfect for fall planting; autumnal décor; the opportunity to consult with Extension Master Gardeners, Tree Stewards and Audubon at Home Ambassadors; a chance to visit the Colonial Ball-Sellers House; vendors selling hand-made pots, hand-crafted jewelry, reusable recycled bags and herbal treats with recipes to try at home. Free. Questions? Contact Extension Master Gardeners at telephone 703-228-6414 or email mgarlalex@gmail.com.

Author Event: Eggerz, Stephens and Rollins. 3 p.m. at One More Page Books, 2200 North Westmoreland St. Join local writers Solveig Eggerz, Alice Stephens, and Leslie M. Rollins as they discuss their books, their writing, and their strong, fascinating, complex female characters. Visit www.onemorepagebooks.com for more.

WEDNESDAY/SEPT. 18

Movie Screening: The Economics of Happiness. 6:30 p.m. (doors); 7:30-9:30 (film and discussion). With globalization increasing and corporations expanding their hold on power, what can people do to show they want a decrease in globalization and re-regulation on trade and finance? Join EcoAction Arlington at a movie screening that shows demonstrates how. \$5-\$10. Visit www.ecoactionarlington.org.

THURSDAY/SEPT. 19

Floral Design. 11 a.m.-noon at Little Falls Presbyterian Church, 6025 Little Falls Road. Rock Spring Garden Club will host Arlene Steward, Life Judge and award winning floral designer, to create floral designs. Arlene will demonstrate techniques for constructing types of floral arrangements. Free. Visit



PHOTO COURTESY OF THE ROSSLYN BID

Rosslyn Jazz Festival

The 29th annual Rosslyn Jazz Festival features: The Suffers; Grammy-nominated New Orleans brass band Cha Wa; singer/cellist Leyla McCalla (formerly of the Grammy award-winning Carolina Chocolate Drops); and D.C.'s go-go/jazz ensemble JoGo Project. Also featuring local food trucks, a pop-up beer and wine garden, and the latest interactive installation aboard the Arlington Art Truck. Saturday, Sept. 7, 1-7 p.m. in Gateway Park, 1300 Lee Highway, Rosslyn. Free admission. Visit www.rosslynva.org/jazzfest for more.

www.rockspringgardenclub.com for more.

YA Author Panel. 7 p.m. at One More Page Books, 2200 North Westmoreland St. One More Page will host a Young Adult author panel featuring Laura E. Weymouth, Lauren Spieller, and Anna Bright. The Beholder, a debut novel by One More Page's own Bright, is a Summer 2019 Kids Indie Next List pick. Visit www.onemorepagebooks.com for more.

FRIDAY-SUNDAY/SEPT. 20-22

Disney's Beauty and the Beast. Friday, 8 p.m.; Saturday, 2 p.m.; Saturday, 8 p.m. (ASL interpreted); Sunday, 3 p.m. at the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. The Arlington Players' present Disney's *Beauty and the Beast*. This nine-time Tony-nominated musical tells the tale of Belle, a girl from a provincial town, and the Beast, a young prince under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed into his former self. But time is running out. Can the two learn to love each other in time? \$15-\$25. Visit www.thearlingtonplayers.org.

SATURDAY/SEPT. 21

The Edible Oasis: Permaculture Ideas for Small Urban Yards. 10 a.m.-noon at Fairlington Community Center, 3308 S. Stafford St. Learn to grow vegetables, fruits, nuts, and herbs to produce food now and for many years to come – while reducing annual labor and investment. Basic permaculture concepts and designs will transform a small urban yard – or a tiny slice of it – into a mini-food forest. Free. Advance registration requested at mgnv.org. Questions? Telephone 703-228-6414 or email mgarlalex@gmail.com.

International Coastal Cleanup. 10 a.m.-noon at Barcroft Park, 4200 S. Four Mile Run Drive. Join EcoAction

Arlington at their annual fall cleanup as they pick up trash from area waterways and collect important data about litter. Free. Visit ecoactionarlington.org or call 703-228-6427 for more. Register at www.ecoactionarlington.org/registration-international-coastal-cleanup/.

Author Event: Amy Stewart. 3 p.m. at One More Page Books, 2200 North Westmoreland St. Join One More Page in welcoming New York Times bestselling author Amy Stewart in celebration of the latest book in the acclaimed Kopp Sisters series, *Kopp Sisters On The March*. Once again, Amy Stewart has brought a little-known moment in history to light with her fearless and funny Kopp sisters novels. Stewart is also author of six nonfiction books, including *The Drunken Botanist* and *Wicked Plants*. Visit www.onemorepagebooks.com for more.

SUNDAY/SEPT. 22

Author Event: Libby McNamee. 2-4 p.m. at Ball-Sellers House, 5620 3rd St. South. Libby McNamee wrote a historical novel about young Susanna's ride to save Lafayette from the British, "Susanna's Midnight Ride." What better place to learn about the heroism of a young girl in the Revolutionary War than the oldest house in Arlington? Bring the family and a blanket or lawn chairs. Sweet colonial-era treats and beverages. Books available for purchase. Call 703-942-9247 or visit arlingtonhistoricalsociety.org/events/author-event-libby-mcnamee-author-of-susannas-midnight-ride-the-girl-who-won-the-revolutionary-war/.

MONDAY/SEPT. 23

Author Event: Kit Chapman. 7 p.m. at One More Page Books, 2200 North Westmoreland St. Award-winning science journalist and broadcaster Kit Chapman shares from his new book, *Superheavy: Making and Breaking the Periodic Table*, an in-depth look

at how elements are discovered, why they matter and where they will take us. Visit www.onemorepagebooks.com for more.

Landscaping Techniques and Native Plants for Wet Sites. 7-8:30 p.m. at Westover Library, 1644 N. McKinley Road. Learn about landscaping techniques, appropriate native plants, and local resources to help address the effects of soggy conditions in a yard. This event is offered by Extension Master Gardeners. Free. Advance registration requested at mgnv.org. Questions? Telephone 703-228-6414 or email mgarlalex@gmail.com.

FRIDAY-SUNDAY/SEPT. 27-29

Disney's Beauty and the Beast. Friday-Saturday, 8 p.m.; Sunday, 3 p.m. at the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. The Arlington Players' present Disney's *Beauty and the Beast*. This nine-time Tony-nominated musical tells the tale of Belle, a girl from a provincial town, and the Beast, a young prince under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed into his former self. But time is running out. Can the two learn to love each other in time? \$15-\$25. Visit www.thearlingtonplayers.org.

SATURDAY/SEPT. 28

Fall Native Plant Sale. 1-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Selection of plants for purchase are accustomed to local climate and wildlife. Gorgeous natives for sun to shade, and even deer-resistant plants. See the order form for more information. Pre-order favorite plants today. Preorders accepted through 4 p.m. on Wednesday, Sept. 18. On the Day of the sale, there will be a wider selection at Long Branch Nature Center. Call 703-228-6535 or visit longbranch@arlingtonva.us.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs through Sept. 21. Office of Senior Adult Programs, Department of Parks and Recreation, 3829 N. Stafford St., Arlington, VA 22207

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culpeper St.; Walter Reed, 2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St.

Senior travel: Glenstone Museum, Potomac, Md., Thursday, Sept. 5, \$8; Mushroom Festival, Kennett Square, Pa., Saturday, Sept. 7, \$9 plus \$3 entrance fee. Call Arlington County 55+ Travel, 703-228-4748. Washington Nationals vs Milwaukee Braves, D.C., Sunday, Sept. 15, \$52; tour Pennsylvania Capitol and National Civil War Museum, Harrisburg, Tuesday, Sept. 17, \$23; National Gallery of Art, D.C., sculptor Verocchio exhibit, Thursday, Sept. 19, \$5; tour Ladew Topiary Gardens and house, Monkton, MD, Friday, Sept. 20 \$38 (incl. lunch); World War II exhibits and Eisenhower National Historic Site, Gettysburg, PA, Saturday, Sept. 21, \$20. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS

Life planning workshop with Dr. Meg. Newhouse, Saturday, Sept. 14, 1 - 4 p.m., Fairlington Community Center. Register early, 703-228-4878.

Opening ceremonies, track events, Northern Virginia Senior Olympics, Saturday, Sept. 14, 9 a.m., Thomas Jefferson Community Center. Open to the public. Details, 703-228-4721.

Informal painting classes begin Monday, Sept. 16, \$49/7 two hour sessions, Lee. Register, 703-228-0555.

Tai Chi Ch'uan, Monday, Sept. 16,

2 p.m., \$44/8 sessions, Walter Reed. Register, 703-228-0955.

Feldenkrais Method of gentle floor exercises, Monday, Sept. 16, 12:45 p.m., \$35/7 sessions, Walter Reed. Register, 703-228-0955.

Bone building foods, Tuesday, Sept. 17, 6:30 p.m., Langston-Brown. Register, 703-228-6300.

Successful transitioning into long term care setting, Tuesday, Sept. 17, 1:30 p.m., Lee. Register, 703-228-0555.

All about Amazon shopping, Tuesday, Sept. 17, 1 p.m., Arlington Mill. Register, 703-7369.

Intro to mindfulness meditation, Tuesday, Sept. 17, 11a.m., \$36/6 sessions, Walter Reed. Register, 703-228-0955.

Movie book club to discuss "Ready Player One," Wednesday, Sept. 18, 1:30 p.m., Lee. Register, 703-228-0555.

Pumpkin beyond pie, Wednesday, Sept. 18, 11 a.m., Arlington Mill. Register, 703-228-7369.

International dessert party, Wednesday, Sept. 18, 1 p.m., Lee. Register early, 703-228-0555.

Senior Boot Camp, Wednesday, Sept. 18, 8 a.m., \$40/8 sessions, Arlington Mill. Register, 703-228-7369.

Gentle and meditative Yoga, Thursday, Sept. 19, 4:30 p.m., \$52.50/7 two hour sessions, Langston-Brown. Register, 703-228-6300.

Arlington Mill Trekkers walk along Four Mile Run Trail, Thursday, Sept. 19, 9 a.m., free. Details. 703-228-7369.

Metro area disaster events, Friday, Sept. 20, 1:30 p.m., Aurora Hills. Register, 703-228-5722.

Remodeling for retirement, Friday, Sept. 20, 10 a.m., Walter Reed. Register, 703-228-0955.



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Legals

ABC LICENSE

Mai Ibrahim Mashini trading as The American Dream Cafe Inc., 1201 S. Eads St. Suite 300, Arlington County, Arlington, Virginia 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Art Studio license to sell or manufacture alcoholic beverages. Mai Ibrahim Mashini/Owner. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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News

Arlington's Commercial Vacancy Rate Drops

As a result of Arlington County's continuing efforts to promote and provide resources for businesses looking to move or expand operations in Arlington, the commercial vacancy rate in the County continues to improve.

The vacancy rate as of the second quarter of 2019 stands at 16.6%, down nearly 5% from its historic high of 21% in 2015. Arlington Economic Development also announced it successfully closed 26 deals in FY 2019, representing 7.2 million square feet of office space and 43,000 jobs.

"The momentum of Arlington's economy is the strongest it's ever been," said Alex Iams, Interim Director of Arlington Economic Development. "This year, we welcomed major nonprofits like the March of Dimes and continued to attract technology companies like Yext. We were successful in retaining our key corporate and government headquarters, includ-

ing iTG, the DEA and PBS. And our BizLaunch small business assistance program has counseled hundreds of small businesses and entrepreneurs looking to do business in Arlington. Our business community is diverse, robust and innovative, and the best is yet to come."

While the deal is factored into the FY19 metrics, this lower vacancy rate does not yet reflect any square footage occupied as part of the much-anticipated Amazon HQ2, as that space itself has not yet been occupied.

But the buzz isn't hurting. The Amazon headquarters will continue to help to decrease Arlington's office vacancy rate in the coming years, creating even more commercial tax revenue for the County. Each percentage of the office vacancy rate accounts for \$3.4 million in commercial tax revenue for the County.

BULLETIN BOARD

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

MARINE CORPS MARATHON ENTRY American Cancer Society.

Guaranteed entry into the Marine Corps Marathon & 10K with the American Cancer Society Determination team. Group runs and fundraising activities. Register by Sept. 10. E-mail eamertermination@cancer.org or call 765-586-2222.

THROUGH OCT. 1

AC Works. The month-long employment and financial literacy series will focus on how experienced workers can adapt to transitions in both work and life. Includes free workshops, author talks and a job fair. Visit library.arlingtonva.us/ac-works for more.

FRIDAY/SEPT. 6

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, will be held on the first Friday of every month. Registration is free and registrations are recommended for first-come, first-served spots; call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacareconnections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

THROUGH SEPT. 8

Metro Station Closures. Through Sunday, Sept. 8, 2019, the six Blue and Yellow line stations south of Ronald Reagan Washington National Airport (Braddock Road, King Street, Eisenhower Ave., Huntington, Van Dorn Street and Franconia-Springfield) will be closed for full platform reconstruction and major station improvements. Read more at www.wmata.com/service/rail/PlatformProject/.

MONDAY/SEPT. 9

Open Door Mondays. 7-9 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Drop in to chat informally, one-on-one, with an Arlington County Board Member on

any topic. No reservation is needed. Visit countyboard.arlingtonva.us/open-door-mondays.

FRIDAY/SEPT. 13

Job Search in the Digital Age. 2 p.m. at Arlington Central Library, in the Barbara M. Donnellan Auditorium, 1015 North Quincy St. Finding a job in the digital age can be complicated. Whether making a career change by choice or necessity, this job search and resume workshop for adults 55 and older sponsored by Arlington Public Library and AARP can help. Free. Register at arlingtonva.libcal.com/event/5519262.

SATURDAY/SEPT. 14

Crafting Your Next Chapter. 1-4 p.m. at Fairlington Community Center & Park, 3308 S. Stafford St. Join this half-day workshop on life planning for retirement years. Meg Newhouse, Ph.D., a nationally known pioneer in second-half life crafting, and author of Legacies of the Heart: Living a Life That Matters, will teach participants how to control their narrative and create a legacy. Free. Register by Thurs., Sept. 12 using activity code #920099-01 at parks.arlingtonva.us.

Disaster Relief Trials. Beginning and ending at Gateway Park in Rosslyn. Arlington County's Department of Public Safety Communications & Emergency Management will host a second year of the Disaster Relief Trials (DRT). The competition simulates a large-scale disaster, blocking roadways and challenging participants to use bikes to transport emergency supplies, critical messages and (simulated) medicine throughout the County while traversing obstacles, such as barriers and water crossings. New to this year's event is a Finish Festival at Gateway Park, held from 10 a.m.-2 p.m. Participants, observers, family members and community members can enjoy free swag, food trucks, lawn games and a "Kiddie DRT" course, while learning about emergency preparedness, bicycle maintenance and fitness activities. Register at DRTArlington.com.

SUNDAY/SEPT. 15

League of Women Voters of Arlington Meet and Greet. 6-8 p.m. at Central Library in the Bluemont Room, 1015 North Quincy St. All are invited to a casual "meet &

greet" gathering to mingle with League members, hear about plans for the months ahead, and explore volunteer opportunities. Light refreshments will be provided. Register to attend at:

www.eventbrite.com/e/league-of-women-voters-of-arlington-meet-greet-tickets-69652653963.

Application Deadline for Volunteers. Energy Masters, a program that promotes a more energy efficient and sustainable community, is accepting community and student (age 16 or older) volunteer applications for the next training program, which begins in October. After training, volunteers deliver community education and outreach programs in affordable housing communities in Northern Virginia. There is a program fee. Visit www.ecoactionarlington.org/community-programs/energy-masters.

MONDAY/SEPT. 16

Public Meeting. 5:30-7 p.m. in the lobby at the Bozeman Government Center, 2100 Clarendon Blvd. The private redevelopment of the "Crystal Houses" block allows for new publicly-accessible but privately-owned space for the community to enjoy. As part of the Site Plan Review, Parks and Recreation is coordinating community engagement for the developer for the second public space, the corner park, to transform the corner of 22nd Street/Fern Park (approximately .5 acres) into a new public space. An updated draft concept will be available on Sept. 23. The final design will be presented to the County Board in October. Visit projects.arlingtonva.us/projects/crystal-houses-public-space/ for updates.

Narcan Training Sessions. 6-7 p.m. at Phoenix House, 46 S. Glebe Road, 3rd Floor, Arlington. 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 Sigveland at 703-228-0913 or esigveland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness for available training sessions. Registration is not required

SEE BULLETIN, PAGE 11

BULLETIN BOARD

FROM PAGE 10

but it is recommended. Visit www.chrisatwoodfoundation.org/naloxone to register.

Open Door Mondays. 7-9 p.m. at Central Library, 1015 N. Quincy St. Drop in to chat informally, one-on-one, with an Arlington County Board Member on any topic. No reservation is needed. Visit countyboard.arlingtonva.us/open-door-mondays.

MONDAY/SEPT. 17

Placement Exams for ESL Classes. 9 a.m. or 6 p.m. at Syphax Education Center, 2110 Washington Blvd. #106, Arlington. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the Oct. 1-Dec. 21 session. Classes to be held at Syphax Education Center. Afternoon and evening classes available. Tuition is \$285 or \$200 for people who live or work in Arlington; \$470 or \$350 for people who do not. Exams are free. 703-228-4200 or visit www.apsva.us/leep.

MONDAY/SEPT. 23

Open Door Mondays. 7-9 p.m. at Aurora Hills Branch Library, 735 South 18th St. Drop in to chat informally, one-on-one, with an Arlington County Board Member on any topic. No reservation is needed. Visit countyboard.arlingtonva.us/open-door-mondays.

MONDAY/SEPT. 24

Placement Exams for ESL Classes. 9 a.m. or 6 p.m. at Syphax Education Center, 2110 Washington Blvd. #106, Arlington. English as a Second Language for Adults, Arlington Public Schools' REEP Program is giving placement exams for the Oct. 1-Dec. 21 session. Classes to be held at Syphax Education Center. Afternoon and evening classes available. Tuition is \$285 or \$200 for people who live or work in Arlington; \$470 or \$350 for people who do not. Exams are free. 703-228-4200 or visit www.apsva.us/leep.

DONATIONS

The **Arlington Food Assistance Center** seeks local gardeners and farmers willing to grow and donate fresh produce to the AFAC food pantry for local families in need as part of the Plot Against Hunger program. Each week, approximately 2,400 client families visit AFAC to pick up supplemental groceries and fresh fruits and vegetables are in high demand.

AFAC will provide free vegetable seeds to those who pledge to donate produce from community or personal gardens. Visit <https://afac.org/plot-against-hunger> or contact puwen.lee@afac.org or 703-845-8486. Seeds are available now at AFAC, 2708 S. Nelson St., during regular business hours: Monday-Friday 8:30 a.m.-4:30 p.m. and Saturdays 8:30 a.m.-1 p.m. Produce can also be donated at AFAC at the hours listed above or at:

- ❖ Arlington Courthouse Farmer's Market, Saturdays 8 a.m.-noon (look for the AFAC cooler near the Master Gardener information table).
- ❖ Rock Springs UCC Church, 5010 Little Falls Road, Sundays 9 a.m.-noon only. (Look for the donation bin on the Rock Spring Drive side of the church).

Pet Food Bank. AWLA is establishing 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/s2FuFdaYVdZm4tPw2.

GET MORE WITH SNAP

Arlington and Alexandria Farmers' Markets accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT customers can purchase farm fresh produce at local area farmers' markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers' markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers' Market, N. 14th and Courthouse Road (second Saturday of the month) and Columbia Pike Farmers' Market, 2820 Columbia Pike (third Sunday of the month).

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Something or Nothing



By KENNETH B. LOURIE

As you can imagine – or read every week in this space, my health, especially considering that my stage IV non-small lung cancer is incurable/terminal, is top of mind. (If truth be told, it's middle of mind, bottom of mind and every other mind in between and all around.)

That being said – repeatedly, I am prone to exaggerate the significance of seemingly unrelated peculiarities and draw them into my cancer “centricity” without any facts to support them. Though I feel fine-ish, mostly, (the previous weeks' columns “Barbasoul” and “Side Splitting But Not Very Funny” notwithstanding), there are a number of things in my life which aren't doing as fine and have given me pause for this column.

First and foremost is Chino, one of our two diabetic cats (“The Diabetic Duo” as I call him and his brother, Biscuit) is now up to 14 units of insulin per day and is a shell of his former self, literally. His appetite remains good but he's confined in the kitchen because he doesn't seem particularly interested or aware of his litter box. His co-diagnosee Biscuit, has had the complete opposite reaction to his medicine. He's down to two units a day and appears quite himself. He's free to roam around and seems quite clear about the reason for the multiple litter boxes located throughout the house.

Unfortunately, Chino is slowly getting worse and despite following doctor's orders and feeding him prescription food, nothing really seems to be stemming the tide.

The rest of the examples I'm about to give pale in comparison to Chino's situation but in the aggregate, they represent a pattern that's making me nervous.

My inherited model-year-2000 Honda Accord is most definitely showing its age and may very well be nearing the end of its useful life. I have given up trying to make the necessary repairs suggested by the multiple idiot lights illuminating my dashboard. As determined as I am to ignore them, the different sizes, shapes and colors of the various lights/symbols are drawing me ever closer to the wear and tear they represent. I fear the worst, as with Chino.

Now into a more mundane world, a world in which technology has ensnared us. What would we do without the various hand-held devices with which most of us are all too familiar? I'm getting regular messages that unless I act accordingly, I'm about to find out.

My museum-piece flip phone is dying. It won't hold a battery charge for nearly as long as it used to. Either I'm speaking into it or I'm speaking at it because I only have one bar and I need to charge it. As a result, it's become unreliable and a bit of a bother. If it had any legs, it would be on its last ones.

The battery-operated key fob for my car has recently advised me that it too is dying and, unless I make the necessary battery replacement, it will no longer start my car. Do I really need my key fob communicating with me? A metal key never bothered me with such trivialities and so long as I was inserting it into the car to which it was mated, I was usually able to reach my intended target – without any backtalk.

Finally, I've been receiving messages on my television that the remote control is unhappy and also needs a battery replacement and unless I respond, it too will fade into nothingness and I'll be staring at a blank screen. I don't mind a smart TV but I do object to one that persists in its demands.

All these elements, crucial in their own way, intersecting with my cancer life at the same time and all seemingly headed in the same direction: south.

I can ignore and compartmentalize some things, but I can't ignore and compartmentalize all things. After all, as the old joke “punchlines:” I gave you lots of warnings.

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

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