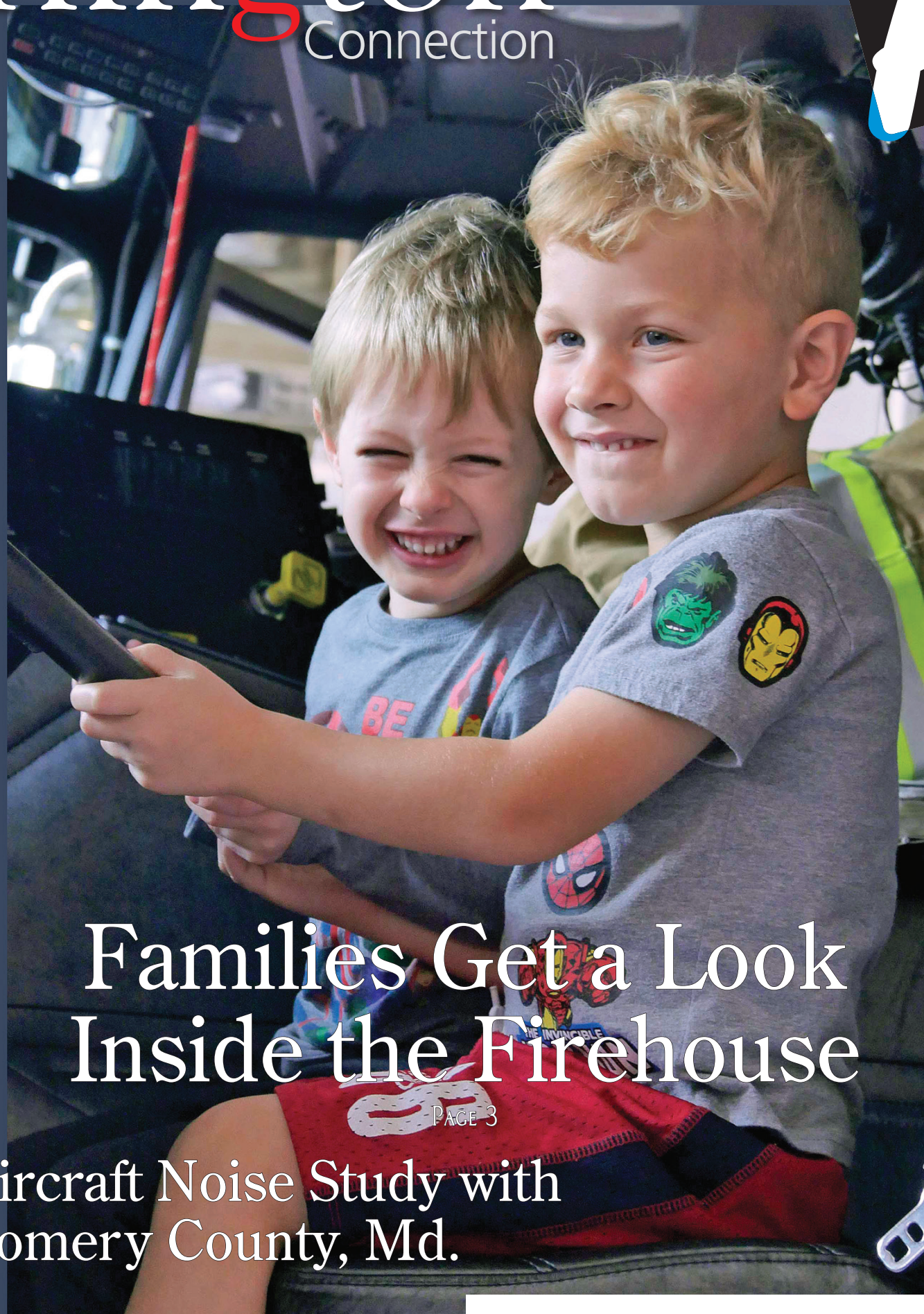


# The Arlington Connection



Sam Lowe and Ethan Furich test out driving the fire engine together on Saturday, Oct. 12.



## Families Get a Look Inside the Firehouse

PAGE 3

## Joint Aircraft Noise Study with Montgomery County, Md.

PAGE 9

## Bluemont Park On Drawing Board

PAGE 4

PRSR STD  
U.S. POSTAGE  
PAID  
EASTON, MD  
PERMIT #322  
ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL  
REQUESTED IN HOME 10-17-19

ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY SHIRLEY RUHE/THE CONNECTION

OCTOBER 16-22, 2019

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



## On the False Report of Ballston Quarter Shooter

The Arlington County Police Department has completed a weeks-long investigation into the September 14, 2019, false report of a possible shooter at the Ballston Quarter movie theater. A review of the facts and circumstances by the Commonwealth's Attorney's Office determined that there was no evidence that any crime was committed, nor did anyone enter the theater with the intent to cause public harm or con-

cern. As a result, no charges will be filed.

To summarize this incident, at approximately 8:38 p.m. on Sept. 14, police were dispatched to multiple emergency calls reporting a possible shooter inside the movie theater at the Ballston Quarter located at 4238 Wilson Boulevard. Upon police arrival, the theater was placed under shelter in place status while a systematic search of the entire Ballston Quarter was

initiated. The search concluded with negative results and no evidence of a shooting or any victims of a shooting were located.

Following the incident, detectives conducted a thorough investigation which included the review of surveillance images, witness interviews and the identification of the involved parties. The evidence determined that during the playing of the movie IT Chapter Two, a juvenile within a group

shouted a video game reference to the effect of "Pennywise has sharp-shooter activated." This statement was misinterpreted as a possible active incident, however, the investigation revealed that at no time were references to an active shooter made inside the theater.

"A thorough and complete investigation revealed no evidence to support that any crime was committed," said Theo Stamos, Commonwealth's Attorney. "In today's climate of heightened awareness around active violence

incidents in public places, this incident serves as a reminder about the unintended impacts otherwise innocent actions might have."

"While we're fortunate this incident was a false alarm and no significant injuries were reported, responding officers acted quickly and dutifully to ensure the safety of the public and mall personnel," said M. Jay Farr, Chief of Police. "I am proud of the actions of our responding officers and the detailed detective work conducted to bring this incident to its final disposition."

## Police Investigate Shooting in Alcova Heights

The Arlington County Police Department's Homicide/Robbery Unit is investigating a shooting that took place in the early morning hours of Oct. 10, 2019 in the Alcova Heights neighborhood.

At approximately 12:54 a.m., police were dispatched to the 3500 block of 6th Street S. for the report of a shooting. Upon arrival, officers located an adult male victim in the roadway suffering from a gunshot wound and immediately began rendering aid. The victim was transported by medics to an area hospital with injuries that are considered non-life-threatening. The suspect fled the scene in a dark colored SUV prior to police arrival. Currently there is no sus-

pect description.

The preliminary investigation indicates this to be an isolated incident and there is no evidence of any ongoing threat to the community. Detectives continue their investigation and are speaking with witnesses and processing evidence as the search for the suspect proceeds.

Anyone with information and/or home surveillance that may assist the investigation is asked to contact Detective S. King of the Homicide/Robbery Unit at 703-228-4243 or [seking@arlingtonva.us](mailto:seking@arlingtonva.us). Information may also be provided anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).

## BULLETIN BOARD

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

### DROP-OFF SITES FOR GLASS

Arlington residents have three more drop-off sites for recycling used glass jars and bottles. Customized purple-and-green bins now stand ready at:

- ❖ Aurora Hills Community Center/Branch Library, 735 18th St. S.
- ❖ Cherrydale Branch Library, 2190 N. Military Rd.
- ❖ Lee Community Center, 5722 Lee Highway.

Residents are now formally asked to keep glass out of single-stream "blue cart" recycling collected weekly at the curb. (Other troublesome items to keep out of the blue carts: plastic bags, shredded paper, wire hangers and garden hoses. Try the County's Where Does It Go? database for a particular type of item.)

**Cards & Clubs Event.** 12:30-4:30 p.m. At TopGolf in Alexandria, 6625 S. Van Dorn Street, Alexandria. The Arlington Chamber of Commerce is holding its 3rd Annual Cards & Clubs event. This is a great event for increasing your network and doing some team-building with your colleagues while enjoying a fun game of golf. Includes games, prizes, a silent auction, and delicious food and drinks. This event is open to the general public - all are welcome to attend and are encouraged to bring their colleagues or friends. The cost of registration, which includes golf and dinner, is \$150 for Chamber members and \$175 for non-members. Call 703-525-2400.

### FRIDAY/OCT. 18

**Food Day 2019.** 8:30-11:05 a.m. At Carlin Springs Elementary School, 5995 5th Road, Arlington. Features chefs from Jose Andres' ThinkFoodGroup, as well as award-winning local Chefs David Guas and Cathal Armstrong. Their message is simple: healthy food keeps kids fueled up and ready to learn. Activities will include assembly of the CareFirst Big Salad by acclaimed chef and TV personality David Guas, a healthy breakfast with renowned Chef Cathal Armstrong, sampling of plant based "faux joes" by ThinkFoodGroup chefs, a vegetable relay race with Kate Garsson of

SEE BULLETIN, PAGE 7

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## Public Meetings 2019 Fall Transportation Meetings

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with a brief open house followed by a public comment period. At the open house you can learn about various transportation initiatives, including:

- Adjustments to Virginia's project prioritization process (SMART SCALE)
- Virginia's Statewide Transportation Improvement Program
- VTrans Draft Mid-term Transportation Needs (Virginia's Statewide Transportation Plan)
- Adjustments to the Highway Safety Improvement Program.

Representatives of the Office of Intermodal Planning and Investment (OIPI) and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia's transportation network. The open house will be followed by a public comment period, during which you may provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at [www.CTB.Virginia.gov](http://www.CTB.Virginia.gov).

### Meeting Dates and Locations

Open House begins at 4 p.m. in each of the locations unless otherwise noted.

<b>Tuesday, October 15, 2019*</b> Richmond District Richmond Marriott Short Pump 4240 Dominion Boulevard Glen Allen, VA 23060 *This meeting will also provide opportunity for comment on the I-95 Corridor Study Plan	<b>Tuesday, October 22, 2019**</b> Northern Virginia District Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030 **meeting begins at 6 p.m.	<b>Monday, October 28, 2019***</b> Staunton District Doubletree Hotel Harrisonburg 1400 E. Market Street Harrisonburg, VA 22801 ***meeting begins at 3 p.m.
<b>Wednesday, October 30, 2019</b> Salem District Holiday Inn Valley View 3315 Ordway Drive Roanoke, VA 24017	<b>Monday, November 4, 2019</b> Lynchburg District Lynchburg District Complex Ramey Memorial Auditorium 4303 Campbell Avenue Lynchburg, VA 24501	<b>Wednesday, November 6, 2019</b> Hampton Roads District Hampton Roads District Office 7511 Burbage Drive Suffolk, VA 23435
<b>Thursday, November 7, 2019</b> Bristol District Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210	<b>Tuesday, November 12, 2019**</b> Fredericksburg District James Monroe High School 2300 Washington Avenue Fredericksburg, VA 22401 **meeting begins at 6 p.m.	<b>Wednesday, November 13, 2019</b> Culpeper District VDOT Culpeper District Office 1601 Orange Road Culpeper, VA 22701

Fall meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2019.

You may submit comments on any transportation projects and initiatives to OIPI Deputy Director Ronique Day, 1221 E. Broad St., Richmond, VA 23219 or [PublicComments@OIPI.Virginia.gov](mailto:PublicComments@OIPI.Virginia.gov). **Comments will be accepted until November 30, 2019.**

*The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).*





Ryan Pavelich sits at the firehouse kitchen table with Captain Lightfoot.



Children's hands quickly cover their ears to block out the shrill test fire alarm at Fire Station #8 at Fire Prevention Week Open House on October 12.

# Not Every Hero Wears a Cape

**Arlington fire station open house focuses on safety.**

BY SHIRLEY RUHE  
THE CONNECTION

**T**iny feet scramble, pulling grandparents by the hand up the stairs at Fire Station #8 on Lee Highway Saturday, Oct. 12. It is Fire Prevention Week Open House in Arlington with Arlington stations open from Fire Station #1 at Glebe Road to Fire Station #10 at Rosslyn.

A tour of Fire Station #8 begins with a peek inside the small bedroom space of a firefighter. Hands quickly clamp over

children's ears as a test alarm is set off to illustrate what would happen if a real fire bell went off. The firefighter would be up and dressed and ready to go in a matter of minutes.

Three-year-old Ryan Pavelich takes a break by sitting at the large kitchen table beside Captain Lightfoot. A father urges his son to ask questions about the fire truck or the daily routine. "Who is the best cook?" Outside the kitchen window is a patio with a grill. "We use the grill more than the stove."

The tour group walks into the meeting room where firefighters catch up on techniques and new information and then checks out the gym equipment nearby. And onto the lounge with the nine over-sized padded chairs and TV with wall speakers. "Mostly people don't come in here until after 8:30 p.m. after the last watch when the

kitchen clean up is finished. Rookies are not allowed in here."

The firehouse is open for exploration so children head for a pretend drive in the seat of a fire truck. "What are all these buttons? Where is the key?" A 750-gallon engine sits next to a rescue engine with specialty halligan bars for getting into a house. "What's in this metal box on the front of the engine?" Chains for towing disabled vehicles.

Specialty devices are tucked into spaces in every spare corner of the engines.

A table offers pink or black plastic firefighter helmets, junior firefighter tattoos, safety tip coloring books, and tiny brightly frosted cupcakes. Leaflets offer tips on smoke alarms and home escape plans.

The theme for this year's open house is "Not Every Hero Wears A Cape. Plan and Practice Your Escape."



Sam Lowe and Ethan Furich test out driving the fire engine together on Saturday, Oct. 12.

## Dominion Energy Phone Scam Targets Arlington County Residents

**T**he Arlington County Police Department is warning the public about a telephone scam targeting area residents.

Residents have reported receiving unsolicited phone calls from individuals fraudulently claiming to be technicians with Dominion Energy. These individuals accuse the victims of having overdue bills which must immediately be paid, or their power will be disconnected. The caller then provides a fraudulent claim number and phone number where the funds may be paid and often requests payment using a prepaid debit or

gift card.

In some cases, scammers have deliberately falsified the information transmitted to the victim's caller ID display to disguise their identity.

Residents should not rely on their caller ID to verify the credibility of the call. Verify what you're being told about your account by calling Dominion Energy directly at 866-366-4357. Dominion Energy does not call, text or email customers asking for their personal information. For additional fraud prevention tips, visit the [Dominion Energy website](http://www.dominionenergy.com) at [www.dominionenergy.com](http://www.dominionenergy.com).

### Ways to Protect Yourself from Scams

Reduce the risk of becoming a victim of a scam by following these crime prevention tips:

- ❖ Always be suspicious of unsolicited phone calls.
- ❖ Be alert for any caller who requests payment over the phone through a pre-paid debit card or gift card – it's a telltale sign of a potential scam.
- ❖ Never provide money or personal in-

formation to someone with whom you don't have ties and did not initiate contact.

❖ Don't use a phone number provided to you from the caller to verify their credibility.

❖ Trust your instincts – if an unknown caller makes you uncomfortable or says things that don't sound right, hang up.

**Report Scams:** If you find that you were a target or victim of a scam in Arlington County, file an online police report or call the Emergency Communications Center at 703-558-2222.



# Arlington Chamber Hosts Joint Networking Event

**T**he Arlington Chamber of Commerce played host to members of the Alexandria Chamber of Commerce at a joint networking breakfast Oct. 10 at the Holiday Inn Rosslyn.

The organization's monthly Breakfast Connection allowed Arlington business owners to network with businesses from Northern Virginia through a roundtable format that provides attendees the chance to exchange business cards, develop prospects and share a 60-second pitch with each table.

The Arlington Chamber sponsors several regional joint networking events each year. [www.arlingtonchamber.org](http://www.arlingtonchamber.org)

— JEANNE THEISMANN

PHOTOS BY JANET BARNETT/  
THE CONNECTION



**Members of the Arlington Chamber of Commerce network with Alexandria Chamber members during a joint breakfast Oct. 10 at the Rosslyn Holiday Inn.**



**Arlington Chamber of Commerce events coordinator Katie Nord, left, with Alexandria Chamber of Commerce CEO Joe Haggerty at a joint networking breakfast Oct. 10 at the Rosslyn Holiday Inn.**

## Washington International Horse Show

**Oct. 22-27, 2019,  
Capital One Arena,  
Washington, DC**

Established in 1958, the Washington International Horse Show is one of the most prestigious and entertaining equestrian events in North America. More than 26,000 spectators attend the six-day show, which includes Olympic-level competition along with community and charity events. More than 500 top horses and riders come to D.C. from all over the globe to jump for more than a half a million dollars in prize money. Highlights include the \$136,300 Longines FEI Jump-

ing World Cup™ Washington for the President's Cup presented by Events DC, the \$25,000 Puissance high jump on Military Night, the Lindsay Maxwell Charitable Fund WIHS Equitation Finals, and Kids' Day, a free, fun and educational community event.

WIHS Kids' Day 2019 will take place Saturday, Oct. 26, from 10 am - 2 pm, rain or shine. Outdoor activities will be held in front of the Hotel Monaco at 700 F Street NW (the street will be closed for the event) and face painting and other events will be held on the Capital One Arena concourse. One adult per child is permitted entry into the arena, free of charge.

The  
**Arlington**  
Connection

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## Get Involved: Upper Bluemont Park Project

**J**oin the first community meeting for the Upper Bluemont Park Conceptual Design <https://projects.arlingtonva.us/projects/upper-bluemont-project/> project on Tues., Oct. 29 from 7-8:30 p.m. at Ashlawn Elementary 5950 8th Rd N, Arlington, VA 22205 in the multi-purpose room.

This Parks Maintenance Capital project will address the tennis courts, tennis court lighting, restroom/storage, shelter, parking lot, adjoining section of Four Mile Run Trail, site furnishings, walkways, ADA improvements, drainage, and landscaping. Funding to construct the project will come from an upcoming

Capital Improvement Plan.

The park is located at 601 N Manchester St, Arlington, VA 22203.

In June 2019, the county started reaching out to the community to see how residents use the courts, parking, shelter, etc. at Bluemont Park. We connected with people in our parks, online via the project page, and at the 2019 Arlington County Fair. Here is what they learned. <https://arlingtonva.s3.amazonaws.com/wp-content/uploads/sites/31/2019/09/Bluemont-Questionnaire-9-3-19-WITHOUT-Names.pdf>

For example: Regarding your experience in

visiting Bluemont Park, what is most important to you? The top answer was walking and hiking, followed by nature, paths and trees.

The Oct. 29 meeting will outline the project's scope of work and schedule, present an analysis of the existing site conditions, and conduct a break-out session in which residents will be able to ask questions and share ideas with the project team. The feedback gathered will be used for the conceptual design phase.

Can't make the meeting? A corresponding online feedback opportunity will be launched after the meeting for those who cannot join us in person.



# NEWS

## Arlington To Participate in National Drug Take Back

On Saturday, Oct. 26, 2019, from 10 a.m. to 2 p.m., the Arlington County Police Department, Arlington County Sheriff's Office and the Drug Enforcement Administration (DEA) will give the public its 18<sup>th</sup> opportunity in nine years to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. This disposal service is free and anonymous, no questions asked.

### National Drug Take Back Drop-Off Locations

The Arlington County Police Department and Sheriff's Office will collect prescription drugs at the following sites:

**Fire Station #1**( 500 S. Glebe Road  
Arlington, VA 22204

**Fire Station #2**( 4805 Wilson Boulevard  
Arlington, VA 22203

**Fire Station #9**( 1900 S. Walter Reed Drive  
Arlington, VA 22204

Please note: The DEA cannot accept liquids, needles or sharps. Only pills or patches will be accepted. To safely dispose of sharps, Arlington County recommends placing the item in a hard-plastic container, such as a detergent bottle, securing the container and placing it in your trash cart. Do not put this container in your recycling. If you need more information, contact your local pharmacist.

For additional collection sites across the region, visit their site locator: [www.deadiversion.usdoj.gov/drug\\_disposal/takeback/index.html](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html)

Permanent Drug Take-Back Locations in Arlington County

Residents unable to attend the National Prescription Drug Take-Back Day are reminded that Arlington County has four permanent drug take-back boxes available in the County. Since the program launched in June of 2018, the Arlington community has safely disposed of 2,816 pounds of prescription medication.

The public can safely dispose of prescription medications 24 hours a day, 7 days a week, 365 days a year with no questions asked at the following locations:

**Fire Station #2**( 4805 Wilson Boulevard  
Arlington, VA 22203

**Fire Station #5**( 1750 S. Hayes Street  
Arlington, VA 22202

**Fire Station #9**( 1900 S. Walter Reed Drive  
Arlington, VA 22204

**Arlington County Police Department**(1425 N. Courthouse Road  
Arlington, VA 22201

Items accepted at the drug take-back boxes are prescriptions, vitamins, prescription ointments, pet medications, prescription patches



FILE PHOTO BY SHIRLEY RUHE

and over-the-counter medications. Items not accepted are needles, inhalers, aerosol cans, thermometers, lotions or liquids and hydrogen peroxide.

### Additional Resources

If you or someone you know is struggling with addiction, there are numerous treatment resources available in Arlington County [health.arlingtonva.us/opioid-awareness/treatment-resources/](http://health.arlingtonva.us/opioid-awareness/treatment-resources/) and through the Department of Human Services. Assistance is also available through Operation Safe Station, a designated safe environment where individuals wishing to seek help with their drug use can self-report and receive services, without fear of prosecution and incarceration.



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**Make sure that costumes are fire resistant, use reflective tape and opt for face paint instead of masks to help keep children safe this Halloween. Parents or other adult should accompany children under 12.**

## Keeping Children Safe on Halloween

**Safety advocates offer tips ranging from costumes to trick-or-treating.**

BY MARILYN CAMPBELL  
 THE CONNECTION

**F**rom princesses to superheroes, within the next two weeks, as Halloween approaches, many children will be choosing a costume. As children express their creativity with the help of wigs and light sabers, public safety advocates are encouraging caution both in costume selection and mapping-out a Halloween night route.

"There are several components to safety, first make certain the costumes are well-fitted so they aren't a tripping hazard," said Tammy Franks, senior program manager for Home and Community Safety at the National Safety Council. "Instead of masks that could obstruct their view try using non-toxic face paint."

It's possible to use face paint that is free of toxins, but doesn't sacrifice a creative disguise, says Aieda Turner of costume supply store Total Fright in Arlington. "Mehron face paint is completely safe and it's made of aloe vera and cucumber and doesn't have any alcohol which can irritate a child's skin," she said. "Almost all children's costumes made now, even elaborate costumes, are fire resistant."

When children are trick-or-treating without a parent, says Franks, drivers should be able to see children, especially if they are wearing a dark costume.

Adding glow-in-the-dark or reflective tape can help. "Children should carry a flashlight or glow stick so that they can see and be seen," she said. "Parents should make sure that costume is flame resistant and they should add a reflective component."

The costume itself shouldn't have accessories that pose hazards, says Franks. "For example, if your costume includes a sword or knife, make it out of foam or cardboard or something flexible," she said.

When out-and-about trick-or-treating on Halloween, retired pediatrician Julia Baker, MD, advises parents to accompany children under the age of 12. "Parents know their children best and should use their own judgement when it comes to allowing a child to go trick-or-treating [without an adult]," she said. Parents should make a plan with their child

about the route they'll take so they'll know where to find them in an emergency situation. They should also agree on the time when a child should be back at home."

Children should carry a cell phone so that parents can contact them if necessary, says Baker. "Parents should definitely be able to reach their children on Halloween," she said. "As hard as it might be these days, parents should stress to their children the danger of texting and keeping their head buried in their phones while trick-or-treating."

Staying in well-lit areas and trick-or-treating with a group of friends can help make Halloween activities safer. "The same basic rules of pedestrian safety also apply on Halloween," said Franks. "Cross the street in cross-

**"The same basic rules of pedestrian safety also apply on Halloween. Cross the street in crosswalks, stay on the sidewalk ... and walk instead of running when crossing the street so that you don't trip."**

**—Tammy Franks, Home and Community Safety at the National Safety Council**

walks, stay on the sidewalk instead of running through yards and walk instead of running when crossing the street so that you don't trip."

## THE CONNECTION Newspapers & Online Prepare for Holiday Happenings 2019



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- Potomac Almanac
- Renton Connection
- Springfield Connection
- Vienna/Oakton Connection



## NEWS

# Arlington Adds More Glass Recycling Bins

**A**rlington residents have three more drop-off sites for recycling used glass jars and bottles.

Customized purple-and-green bins now stand ready at:

❖ **Aurora Hills Community Center/Branch Library**, 735 18th St. S.

❖ **Cherrydale Branch Library**, 2190 N. Military Rd.

❖ **Lee Community Center**, 5722 Lee Highway.

The County debuted its first glass-only collection bins in April at Quincy Park (Washington Boulevard and North Quincy Street) and the Trades Center (2700 S. Taylor St.) after an official County Board response to the plunge in the number of processing operations and global markets for used glass.

**WATCH:** Solid Waste Bureau Chief Erik Grabowsky answers questions about the shift in glass, home recycling best practices and world market conditions.

Residents are now formally asked to keep glass out of single-stream “blue cart” recycling collected weekly at the curb.

Other troublesome items to keep out of the blue carts: plastic bags, shredded paper, wire hangers and garden hoses. Try the County’s Where Does It Go? Database at [recycling.arlingtonva.us/where-does-it-go](http://recycling.arlingtonva.us/where-does-it-go) for a particular type of item.

Glass placed in Arlington drop-off bins is transported to Fairfax County, where crushing machinery servicing multiple jurisdictions turns bottles and jars into sand and gravel used in area paving, construction and landscaping.

Arlington residents have placed some 200 tons of glass in the Quincy and Trades recycling bins since their debut.

Fun fact: The holes in the sides of the collection bins are sized to allow for bottles and jars while keeping out larger items that could contaminate the loads and force sorting at the crushing site. The relatively small hole also provides protection as glass falls inside the bin.

Most Arlington residents are now less than 2.5 miles from a glass recycling drop-off. Glass drop-off combined with other errands is encouraged along with neighbors teaming up to reduce trips.



PHOTO BY SHIRLEY RUHE

Recycling bin at Cherrydale Branch Library

## BULLETIN BOARD

FROM PAGE 2

INOVA’s Healthy Plate Club, and an infused water sampling by George Mason University School of Nutrition and Food Studies.

### SATURDAY/OCT. 19

**E-CARE Recycling Event.** 8:30 a.m. to 3 p.m. At 1425 N. Quincy Street (across from Washington-Liberty High School), Arlington. The Arlington Environmental Collection and Recycling Event (E-CARE) is a biannual event at which residents can safely dispose of household hazardous materials, bikes, small metal items and other recyclable items. Small metal items can also be dropped off at the Inert Materials and Scrap Metal Drop-Off Facility. Call 703-228-5000 for an appointment. Visit [recycling.arlingtonva.us/household-hazmat/e-care/](http://recycling.arlingtonva.us/household-hazmat/e-care/).

### WEDNESDAY/OCT. 23

**Transfer of Arlington’s Historic Materials.** Arlington Public Library announces the return of thousands of historic materials from the Library of Virginia. Some of these repatriated records date back to the late 1840s, which make these the oldest records in the Center for Local History’s collection. A goldmine for genealogical researchers, these documents provide a window into our social, economic and agricultural history. The acquisition includes:

- ❖ Personal property tax records dating back to the late 1840s;
- ❖ Precinct and teacher registers from the early 1900s;
- ❖ Election papers and other miscellaneous records.

A sampling of the collection will be on display at a public viewing on October 23, from 2-3:30 p.m. at the newly remodeled Community Archives, at the Woodmont Community Center on 2422 N. Fillmore St. in Arlington. For more information, visit [arlingtonva.us/acquisition](http://arlingtonva.us/acquisition)

### SATURDAY/OCT. 26

**Free Native Tree Pickup.** 8 a.m.-3 p.m. at Tucker Field – Barcroft Park Parking Lot, 4200 S. Four Mile Run Drive. The Arlington County Department of Parks and Recreation is providing 400 young native trees to Arlington residents as part of the mission to expand and enhance Arlington’s urban tree canopy. Tree Stewards who work to protect, preserve and enhance the urban tree canopy will be on site to help select a tree, answer questions and share tips about caring for the tree. Free. One tree per household. Visit [environment.arlingtonva.us/register-for-your-free-tree/](http://environment.arlingtonva.us/register-for-your-free-tree/) to register.

### TUESDAY/OCT. 29

**Free Native Tree Pickup.** 5-7 p.m. at Reed-Westover Parking Lot, 1644 N. McKinley Road. The Arlington County Department of Parks and Recreation is providing 400 young native trees to Arlington residents as part of the mission to expand and enhance Arlington’s urban tree canopy. Tree Stewards who work to protect, preserve and enhance the urban tree canopy will be on site to help select a tree, answer questions and share tips about caring for the tree. Free. One tree per household. Visit [environment.arlingtonva.us/register-for-your-free-tree/](http://environment.arlingtonva.us/register-for-your-free-tree/) to register.

SEE BULLETIN, PAGE 11

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★ **SHOW HIGHLIGHTS** ★

<p><b>THURSDAY OCT 24, 7PM</b> Barn Night   “Halloween on Horseback”</p>	<p><b>FRIDAY OCT 25, 7PM</b> Military Night   Puissance High Jump</p>	<p><b>SATURDAY OCT 26, 6:30PM</b> World Cup Night   President’s Cup</p>
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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**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](http://www.crystalcity.org/do/fridays-at-the-fountain) for more.

**Art Exhibit: Lumistory.** Through Oct. 26, Wednesday-Sunday, noon-5 p.m. at Fred 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. Visit [www.fredschnidergalleryofart.com](http://www.fredschnidergalleryofart.com) or call 703-841-9404.

**All That Jazz.** Saturdays through Oct. 26, 11 a.m.-noon at the Arlington County Cultural Affairs Building, 3700 S. Four Mile Run Drive. All That Jazz is a kid's dance class open to ages 6-11. This energetic and varied class includes warm-ups and combinations to discover ways to bring character and imagination to theatrical performance. \$105. Visit [www.janefranklin.com/classes](http://www.janefranklin.com/classes) or call 703-933-1111.

**On Stage: Escaped Alone.** Through Nov. 3, at Signature Theatre 4200 Campbell Ave. Four charming women sit in an English garden enjoying afternoon tea – with a side of terrors, large and small. Escaped Alone is a play many will want to talk about after they have seen it, and a lovely cup of tea is just the ticket to warm up a good conversation outside the ARK Theatre after each performance. See performance dates, specialty shows and extras at [www.sigtheatre.org](http://www.sigtheatre.org).

**Basketball Shooting Clinics.** Sundays through Nov. 3, 2-3 p.m. at Trinity Presbyterian Church, 5547 Lee Highway, Arlington. Register now for Sunday basketball shooting clinics using the state-of-the-art Dr. Dish CT basketball shooting machine. Cost \$20 per half hour, Register at [Bulldawgbasketball.com](http://Bulldawgbasketball.com).

**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](http://columbia-pike.org/fm-arlington-mill).

**Art Exhibit: Borrowed from Dust.** Through Dec. 22, Wednesday-Sunday, noon-5 p.m. (or by appointment) at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center presents Borrowed from Dust, a solo exhibition of new work by AAC resident artist Marissa Long. This exhibition is Long's first solo show in AAC's Wyatt Resident Artists Gallery. Borrowed from Dust is a meditation on memory, loss, and impermanence. An opening reception is scheduled for Saturday, Sept. 21, 6-9 p.m. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) or call 703-248-6800.

**Regional Biennial: Assembly 2019.** Through Dec. 22, Wednesday-Sunday, noon-5 p.m. (or by appointment) at Arlington Arts Center, 3550 Wilson Blvd. Arlington Arts Center is pleased to announce Assembly 2019, AAC's inaugural regional biennial. This new exhibition program will explore current material and conceptual trends among artists in the region, and will feature work by young and emerging artists alongside new work by artists with longstanding connections to the Mid-Atlantic region and its art scenes. An opening reception is scheduled for Saturday, Sept. 21, 6-9 p.m. Visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) or call 703-248-6800.

## OCT. 17 AND 20

**Encore Presents "Disney's Frozen Jr."** At Thomas Jefferson Community Theatre, 125 S. Glebe Rd Arlington. In this story of true love and acceptance between sisters, Frozen Jr. takes us on a journey with Princesses Anna and Elsa.

When faced with obstacles, the two discover their hidden potential and the powerful bond of sisterhood. With a cast of beloved characters and loaded with magic, adventure, and plenty of humor, Frozen Jr. is sure to thaw even the coldest heart. Recommended for ages 4 and older. Performances are Thursday, Oct. 17 at 7:30 p.m., and Sunday, Oct. 20 at 3 p.m. Cost is \$15 Adults, \$12 Children, Students, Military, and Seniors. Tickets are available online at [www.encorestage.org](http://www.encorestage.org) or by calling the box office at 703-548-1154.

## THURSDAY/OCT. 17

**Smithsonian Habitat Program.** 11 a.m. to 12 p.m. At Little Falls Presbyterian Church, 6025 Little Falls Road, Arlington. Rock Spring Garden Club will host Barbara Faust, director of the Smithsonian Gardens. "Habitat" uses a single theme to tie together fourteen exhibits in the Smithsonian's exterior and interior garden spaces to tell diverse stories about habitats and the plants, animals and humans that call them Home. The program is free; an optional lunch is \$5. Visit the web site at [www.rockspringgardenclub.com](http://www.rockspringgardenclub.com).

**Rosslyn Cider Fest.** 4-8 p.m. At Gateway Park, 1300 Lee Hwy., Arlington. Admission is free, but you can purchase tickets in advance (recommended to avoid lines) or at the door to taste 10 cider samples from cideries that will be attending. Meanwhile, you'll enjoy live music, free s'mores and a bonfire. And you can join in the pie-eating contest. You'll have one minute to eat an entire pie. The winner will receive a free basket of Rosslyn goodies. Visit the website: <https://www.rosslynva.org/do/rosslyn-cider-fest>

**Art Hope Love.** 7-9:30 p.m. At Faith Lutheran Church, 3313 Arlington Blvd., Arlington. Art Hope Love: An Artful Evening is an art show and sale fundraiser benefiting childhood cancer research. The evening includes an art show with 25 artists, wine and cheese, and live music. Tickets \$25 or \$30 at door. To view art and buy your ticket, go to [www.BlairFoundation.org](http://www.BlairFoundation.org).

## FRIDAY-SUNDAY/OCT. 18-20

**Beauty and the Beat.** 7:30-8:30 p.m. at Downtown Cultural Arts Center, 401 North Howard Street, Baltimore. Cost is \$25-\$30. Originally created for Capital Fringe Festival 2018 and now presented at Charm City Fringe Festival in Baltimore, Beauty and the Beat is sure to kick up recollections of neighbors, roommates, landlords or lane-changing experiences of vying for a parking space. Email: [janefranklindance@gmail.com](mailto:janefranklindance@gmail.com) or visit the website <https://www.janefranklin.com/beauty-and-the-beat>.

## OCT. 18 TO NOV. 16

**Marymount University Alumni Exhibition.** At Marymount University's Barry Gallery, 2807 North Glebe Road, Arlington. Curated by J.S. Herbert, the show features paintings, photography, mixed media and sculpture works by Marymount University alumni. Opening Reception: Friday, Oct. 18, from 6-8 p.m. There were many strong submissions from various majors. This exhibition was open to all Marymount alumni, regardless of major, and highlights the many continued artistic talents of the Marymount community. Visit [www.marymount.edu/barrygallery](http://www.marymount.edu/barrygallery)

## SATURDAY/OCT. 19

**Beer and Oyster Fest.** 11 a.m. to 5 p.m. At Copperwood Tavern in Shirlington Village, 2766 S. Arlington Mill Drive, Arlington. Featuring 40-plus craft beer tents, food and oyster tents as well as local vendors. Family and pet-friendly activities. Tickets \$35. Visit <https://www.shucktoberfestva.com>.

**Fall Family Celebration.** 12-3 p.m. At Columbia Gardens Cemetery, 3411 Arlington Blvd., Arlington. Special activities for adults and children. Explore the Agents of Discovery App, visit the beehives, paint a pumpkin, meet rose expert Pam Powers, and enjoy delicious refreshments. Free. Visit the website: [columbiagardenscemetery.org](http://columbiagardenscemetery.org)

**Fall Heritage Festival.** 1-5 p.m. At Gulf Branch Nature Center, Arlington. Families. Gather around the Walker Log House to celebrate our nation's heritage. Try your hand at some old-time games and crafts, make a corn husk doll, try on a coonskin cap, or work the cider press. Write with a quill pen, churn butter, and enjoy



**"A Brief History of Tea", a papercut lightbox by Melanie Kehoss, will be on display at Fred Schnider Gallery of Art.**

## Art Exhibit: Lumistory

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. The exhibit runs through Oct. 26, Wednesday-Sunday, noon-5 p.m. at Fred Schnider Gallery of Art, 888 N Quincy St. #102. Free. Visit [www.fredschnidergalleryofart.com](http://www.fredschnidergalleryofart.com) or call 703-841-9404.

old-time music. Drop in anytime between 1-5pm. Children must be accompanied by an adult. Call 703-228-3403. No registration required. Cost is \$5.

**Halloween Animals Campfire.** 6-7 p.m. At Long Branch Nature Center, Arlington. The whole family is invited to join in our campfires, for lots of old fashioned fun. You'll hear campfire stories, may meet some animal guests, play games, sing songs and, of course, enjoy S'mores! Each campfire has a nature theme and promises to entertain. Visit [parks.arlingtonva.us/campfires](http://parks.arlingtonva.us/campfires).

**National Chamber Ensemble.** 7:30 p.m. At Gunston Arts Center (Theater One), 2700 South Lang St., Arlington. The National Chamber Ensemble opens its 2019-2020 Season with A Mozart Celebration. Piano virtuoso Carlos Cesar Rodriguez performs one of Mozart's greatest piano concerti in a quintet setting to experience Mozart's masterpiece in a new way. This is the same work Mr. Rodriguez made his debut with at the tender age of 10! The Overture to the Marriage of Figaro and Symphony No. 40, some of Mozart's other most famous and popular works complete the program. Don't miss the chance to hear this magical music presented in a unique way.

## SUNDAY/OCT. 20

**R.I.P. - Remove Invasive Plants.** 2-4 p.m. At Long Branch Nature Center, Arlington. Adults, teens and families ages 8 and up. Want to restore habitat and increase native species diversity right here in Arlington? Work parties are held every month and are making a

difference with the return of ferns, wildflowers and the animals that depend on them to areas once covered in destructive invasive plants. Help make it happen! For information: 703-228-6535. Meet at Long Branch Nature Center. No registration required. Free.

**Winterize Your Roses.** 2-4 p.m. At Columbia Gardens Cemetery, 3411 Arlington Blvd., Arlington. The Arlington Rose Foundation will conduct a garden-side instruction on winterizing your roses. Learn timing, technique, and soil readiness. Wear garden shoes, hat, and gloves. No bathroom facilities. Will be rescheduled in case of heavy rain. Gift certificate from Merrifield Garden Center for best rose garden soil. Bring a spade collected composite moist soil sample from several rose garden places. Free. Visit the website: <http://arlingtonrose.org/>

**Notable Nature.** 3-4 p.m. At Long Branch Nature Center, Arlington. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. Join us for lessons in nature journaling and sketching. They'll construct nature journals, hone your writing and drawing skills, and talk about the season while hiking. Call 703-228-6535. Free. #612959-K

**Nature Photography Hike.** 3:30-5 p.m. Meet at the parking lot of the Barcroft Sports & Fitness Center, 4200 S Four Mile Run Drive, Arlington. Families ages 7 and up. Register children and adults; children must be accompanied by a registered adult. Bring the camera of your choice to learn photo techniques and receive instruction on taking great wildlife pictures. Naturalist is bilingual in Spanish/English. Call 703-228-6535. Cost is \$5. #612759-G

**Purple Runway.** 5 p.m. VIP Cocktail Party; 7:30 p.m. Fashion Show begins. At Mercedes-Benz of Arlington, 585 N. Glebe Road, Arlington. Purple Runway is an annual runway event designed to raise awareness and funding to help support those who have endured domestic violence and want to overcome the resulting trauma, depression, and emotional distress. Call Gigi McMillan at 571-932-3306.

## OCT. 21-28

**Arlington Restaurant Week.** This is the first Restaurant Week event, hosted by the Arlington Chamber of Commerce, dedicated specifically to the restaurant scene in Arlington County. Previously, the Arlington Chamber partnered with regional Chambers to produce the Northern Virginia Restaurant Week. Building off the success of that event, the Chamber is looking forward to using its strong connections to the Arlington restaurant community to showcase the many vibrant and diverse restaurants within the county's 26 square miles. For more information about restaurant registration or sponsorship opportunities, contact Operations Coordinator Olivia McKay at 703-525-2400 or [chamber@arlingtonchamber.org](mailto:chamber@arlingtonchamber.org).

## MONDAY, OCT. 21

**Litter Critters.** 2-3 p.m. At Long Branch Nature Center, Arlington. For ages 6 to 10. They'll hunt in the fallen leaves for crickets, centipedes, millipedes and other litter critters to learn how they enrich soil, keep leaves from piling up and make homes on and in the ground. Call 703-228-6535. Cost is \$5. #612929-C

## TUESDAY, OCT. 22

**Preparing Your Garden for Winter.** 7-8:30 pm, Arlington Mill Community Center, 909 S. Dinwiddie Street, Arlington. Fall is the ideal time to plant trees, shrubs, and perennials, and even vegetables. Come learn easy tips for onsite composting, providing winter habitat and food for wildlife, and end-of-season care of tools and equipment. We'll also help you identify plants that can add interest to your yard in wintertime. This class if offered by Extension Master Gardeners. Free. Advance registration requested at [mgmv.org](http://mgmv.org). Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**Tapas for Diplomats.** At Jaleo in Crystal City, 2250 Crystal Drive,, Arlington. This is the 10th Anniversary Fundraising Gala for the Virginia Latino Higher Education Network. Hosted by Sen. Mark Warner.

Fun auction items include: Getaways to The Greenbrier Resort, Historical Staunton, Outdoor Mecca Roanoke, Cavalier Favorite Charlottesville, Hidden Gem Harrisonburg. Visit [www.valhen.org](http://www.valhen.org).

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# Joint Aircraft Noise Study

**A**rlington County and Montgomery County, Maryland, have jointly released a Request for Proposals (RFP) for consulting services in support of a study of aircraft noise proximate to Reagan National Airport.

The two jurisdictions will jointly hire a consultant for a study of aircraft noise, and recommendations for improvement.

Arlington has allocated \$125,000 for the work described in the Scope of Services, matched by an equal allocation by Montgomery, for a total budget of \$250,000.

From the RFP:

The purpose is to: analyze existing aircraft noise and operations data to enable understanding by the public; inform efforts by policymakers to reduce noise impacts; and to identify, evaluate and propose mitigations to reduce impacts on residents of Arlington County, Montgomery County, and other communities north of Ronald Reagan Washington National Airport (DCA).

The contractor will provide Arlington and Montgomery elected officials, staff, and representatives on the Metropolitan Washington Airports Authority (MWAA) DCA Community Working Group (CWG) with technical resources to better understand the nature of airspace management and possible alternatives and assist with coordination and broader community outreach among surrounding jurisdictions, MWAA, and the Federal Aviation Administration (FAA).

The Aircraft Noise Abatement and Mitigation Study is to be completed within 12 months from the date

of the execution of the contract and ongoing support services from the date of the execution of the Contract for a period of up to two years following completion of the Study. The selected Contractor will be entering into an agreement with Arlington County, Virginia. The requested services have been agreed to by Arlington and Montgomery through a Public Entity Contract

Since October 2015, Arlington has participated in the DCA Community Working Group as the venue for a regional discussion on aircraft noise impacts and solutions. The Community Working Group has a North of Airport committee composed of members from Arlington, Montgomery, and the District of Columbia. The DCA Community Working Group activities mirror those supported by the FAA and being undertaken across the country in other metropolitan areas seeking to address community impacts. Despite the creation of this group, and the deliberations it has hosted, there remains a lack of data-driven understanding of what has caused the increased noise impacts and what can be done to address them.

Many jurisdictions around the region have grown frustrated with the pace and process of the Community Working Group and the perceived lack of responsiveness from MWAA and the FAA.

Participation in the Community Working Group remains robust as no other regional venue exists to address aircraft noise issues. A group of residents in Northwest Washington unsuccessfully sued the FAA over the new DCA flight procedures, and the State

SEE NOISE STUDY, PAGE 11

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Announcements

Announcements

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**NEWS**

# Uptick in Student Absentee Ballots Might Indicate Higher Turnout

BY IMANI THANIEL  
CAPITAL NEWS SERVICE

**I**n addition to hitting the books this fall, more Virginia college students may hit the polls next month, according to the Virginia Department of Elections.

Virginia Department of Elections data show that 10,923 students in Virginia have applied for absentee ballots this year. That's more than double the number of absentee ballot applications (4,878) received in 2015, the last year all 140 seats were up for reelection in the General Assembly, according to Christopher Piper, commissioner of the department.

Residents (including students) have requested 66,219 applications for absentee voting, according to state election data. Records show that 62,605 absentee ballots were filed four years ago. As of today, the state has filed 24,766 absentee ballots; it remains to be seen how many more are returned.

Piper said absentee ballots have increased in popularity. Last year, voters submitted 287,763 absentee ballots, the highest number of votes in the state during a non-presidential election based on the data available since 1976. The 2008 presidential election had the highest rate of absentee voting recorded in Virginia, with 506,672 absentee votes submitted.

"Using absentee voting is a good indicator of potential turnout, and if you look at previous elections and compare it to today there has been an increase

in this election and overall," Piper said.

Traditionally, voter turnout is highest during presidential elections and drops during state elections. For instance, 72% of registered voters participated in the 2016 presidential election, but turnout for the 2017 gubernatorial election fell to 48%. That same year, the second highest number of absentee votes, 496,452, were filed.

Perhaps this election is predicted to spur higher voter turnout in part because it includes over 30 competitive races. Further, redistricting maps gave an advantage to some House Democrats, who hope to wrest back the slim majority Republicans hold — in both chambers.

As of Sept. 30, Virginia had 5,612,769 registered voters. In the 2015 election, nearly 5.2 million residents registered to vote and a little over 1.5 million, or 29%, actually voted.

Erin Burke Brown, the voter registration and turnout chair for VCU Votes, which promotes voter engagement at Virginia Commonwealth University, said it remains to be seen whether young voters will show up to the polls.

"It depends on whether young people are fired up to want things to change and have their voices heard," Brown said.

The last day to register to vote is Oct. 15. Applications for absentee ballots can be found online or by visiting the local registrar's office. The deadline to request an absentee ballot by mail is Oct. 29. The deadline to vote in-person absentee is Nov. 2.

Announcements

Announcements

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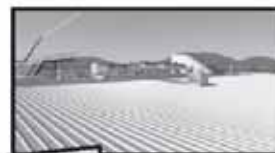
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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

**-Werner Heisenberg**

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Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or call 703-778-9431

**THE CONNECTION  
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# News

## Joint Aircraft Noise Study

FROM PAGE 9

of Maryland has an active lawsuit against the FAA. Arlington and Montgomery, with their common interests north of the airport, have elected to fund and initiate their own joint analysis and related tasks through this RFP.

The Counties aim through this RFP to take a holistic approach to procedure design, reducing aircraft noise where possible, and equitably sharing the impacts where necessary.

### BULLETIN BOARD

FROM PAGE 7

NOV. 1-4

**Arlington Memorial Bridge** will close to drivers, pedestrians and bicyclists from 10 p.m. on Friday, Nov. 1 until 5 a.m. on Monday, Nov. 4. During the closure, workers will prepare the southside of the bridge to accommodate traffic. When the bridge reopens, drivers, pedestrians, and bicyclists will use the newly rehabilitated southside. After the temporary closure ends, the lane configuration will be the same as it is now:

- ❖ One lane will be open eastbound (into D.C.).
- ❖ One lane will be open westbound (toward Va.).
- ❖ One lane will be reversible to accommodate rush hour traffic.

The schedule for lane shifts will also stay the same. Monday through Friday, the reversible lane will run eastbound (into D.C.) from 4 a.m. to noon and westbound (toward Va.) from noon through the overnight hours until 4 a.m. On Saturdays, Sundays and federal government holidays, two lanes will always run eastbound and one lane will always run westbound. Drivers should watch the overhead signals on the bridge to know which lanes are open for travel in their direction. Check online for updates at [go.nps.gov/MemorialBridge](http://go.nps.gov/MemorialBridge).

### WEDNESDAY/DEC. 4

**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 Siqveland at 703-228-0913 or [esiqveland@arlingtonva.us](mailto:esiqveland@arlingtonva.us) or visit [health.arlingtonva.us/opioid-awareness](http://health.arlingtonva.us/opioid-awareness) for available training sessions. Registration is not required but it is recommended. Visit [www.chrisatwoodfoundation.org/naloxone](http://www.chrisatwoodfoundation.org/naloxone) to register.

### 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](mailto: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).

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## No Soap. Radio.



By KENNETH B. LOURIE

This is a punchline to a joke I heard 50-plus years ago during my adolescence. I never knew what the actual joke was, but somehow it was thought to be funny. And so too was it funny the other day when preparing to take a shower at home, I noticed that the bar of soap waiting for me in the shower was razor thin and insufficient for the task at hand. I then opened the bathroom vanity where I knew I had back up and saw there was only one bar remaining. It was the last hold-out of an eight pack I had bought many months ago. As Maurice Chevalier sang in the movie "Gigi:" "Ah. I remember it well."

And remember it well as I remember other similar bulk-type purchases. Sometimes, being diagnosed with a "terminal" form of cancer interferes in the most unusual way. When I buy things or make arrangements

when the use/benefit is in the future, I'll often wonder if I'll still be alive to actually derive the benefit from this day's commitment. As involves the soap; that day in the supermarket aisle, I was really looking for a two- or a three-pack, not an eight-pack, hesitating to over-buy when I may under-use. I suppose if I had plenty of money and fewer financial concerns than I do now, I wouldn't have given this soap purchase any thought at all. But I'm me, not somebody else.

And sometimes, I don't want to be me. I'd rather be somebody else. Somebody else who throws a bit more caution to the wind. Somebody who damns the torpedoes and goes full speed ahead. Somebody who's a bit fast and furious and less slowky, if I can invoke metaphorical Comcast turtles into the conversation. Nevertheless, at the end of the day (at the beginning, too), I may not be Sammy Davis Jr., but "I Gotta Be Me."

And 'me' is someone who doesn't throw caution anywhere, has never sworn at a torpedo and loves turtles, especially when they beat hares. My approach to this excruciating cancer ordeal is to keep my glass half full, compartmentalize, be positive about the negative and not "Live Like You Were Dying," as sung by Tim McGraw, but to live like I was living. Which to me has meant to live normally as if I didn't have stage IV lung cancer, with no bucket list or urgency about anything; and to assimilate having cancer into my life as just another variable, like the weather or the Red Sox bullpen.

Unfortunately, and it might just be me (Oh, really), but this kind of soapy mundane minutiae does occupy (I'm not saying pre-occupy though) my world. But it doesn't necessarily occupy it because I have cancer. It occupies it because I'm more like my mother than I am my father and cancer or not, it's what I do. And being exactly who I am in spite of my diagnosis is how I've rolled through these last 10-plus years. It's been a living for which I remain extraordinarily grateful and to be honest about it: amazingly lucky.

Moreover, I make the same jokes, with or without punchlines, do the same impressions, invoke the same popular culture references and make decisions as I always have. In addition, I allocate resources, juggle funds and plan for the future while being mindful of the present likewise as I always have. My diagnosis certainly defines me, but I try not to let it control me. Still, its reality seeps into every decision I make, from soap to nuts. It's the elephant in the room and the pebble in my shoe (actually that's the neuropathy in my feet).

Still I have to take things in stride - or else. When I saw that last remaining bar of soap, it conjured memories of the tightrope I have to walk (Leon Russell not withstanding). And it gave me pause: Wow, I made it through that entire pack. Now what? Soap. No radio. And so it goes.

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



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