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The Arlington Connection

Getting Back To School?

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Soon school buses will be back transporting K-5 students back to school for those who have chosen the hybrid in-person learning model. But due to social distancing guidelines most buses will only be allowed to transport about 11 students at a time.

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Request for Qualifications
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6587-000-R89, P101, R201, C501

Boundary Channel Drive at I-395 Interchange Design-Build Project

The Virginia Department of Transportation (VDOT) is seeking Statements of Qualifications for Boundary Channel Drive at I-395 Interchange Design-Build Project from qualified and experienced respondents with design and construction experience of highway facilities. The Project, located in Arlington County, Virginia, will reduce Boundary Channel Drive from four lanes to two lanes, and the two interchange ramp terminals on Boundary Channel Drive will be converted to roundabouts. Proposed improvements along Boundary Channel Drive are from 0.06 miles west of the Connector Road and to Long Bridge Drive for approximately 0.4 miles. The Project includes a sidewalk along the eastbound side of Boundary Channel Drive and a shared-use path along the westbound side, with a trail connection that ties to the Mount Vernon Trail within National Park service (NPS) property. The project objectives include operational and safety improvements along I-395, Boundary Channel Drive, and Long Bridge Drive. The work includes but not limited to: roadway design, survey, environmental, geotechnical, hydraulics and stormwater management, traffic control devices (including overhead sign structures), transportation management plan, right-of-way (including limited access line changes), utilities, construction, public involvement/relations and stakeholder coordination, quality assurance and quality control, intelligent transportation systems, landscaping, lighting, construction engineering and inspection, and overall project management.

Questions/clarifications regarding the Request for Qualifications (RFQ) should be submitted to Sudha Mudgade, PE, PMP, DBIA (Sudha.Mudgade@vdot.virginia.gov).

Copies of the RFQ and additional submittal requirements can be found at <http://www.virginiadot.org/business/request-for-qualifications.asp>.

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ARpETS: BOSSY BILINGUAL BISOU

Bossy Bilingual Bisou Kept Her from Lockdown Loneliness

JOAN BRADY

It's hard when you reach that time in your 30s where your friends are starting to settle down. They're making choices that mean no more drinks out after work, no more partying all night, no more last minute travel. You don't get it.

So you ask them to explain it to you. "The first time I saw him, I just couldn't resist those soulful eyes and ... those big floppy ears."

Yes, your friends are becoming dog owners. And you think they are nuts.

The first time you are invited to after-work drinks at their home, you go. But you are annoyed, knowing they won't be serving up your favorite happy hour snacks and drinks. You're convinced that you are witnessing the true end of the best era, for them.

But you find yourself gravitating to the new pup, spending most of the evening cooing and snuggling with that four-legged little fur ball. Going forward, you accept every invitation to come over and hang out. You are certain that not all dogs are this great. No, this one is special. He's the only one. You find yourself developing strategies for a successful pup-heist so that you can have the four-legged bundle of joy to yourself, forever.

Eventually, you accept that if you are to have a dog, it's not going to be theirs.

Ok so that's not really how Corinne Combeau described her experience, rather it's a blend of what I have observed in my friends and myself, along with what I imagined from what she did tell me. When Combeau was ready, she wanted under fifteen pounds, non-shedding and hypoallergenic. It was a pretty short list of must-haves. But even still, she looked for a while before finding her perfect match.

Combeau, who is French, told me that the first time Bisou looked at her with that signature "French attitude," she knew he was the one.

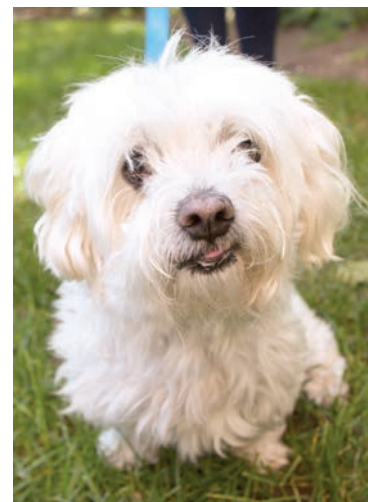
She likes that he is "sassy, confident and funny." He is outgoing with people and other dogs and loves a good party. According to Combeau, they share many personality traits.

After more than eleven years together, the two are very close and Bisou, who travels with Combeau, has had some great adventures. Among his favorite places to play tourist are New York City and Lew-



PHOTOS BY JOAN BRADY

Palpable Love: Bisou and Corinne Combeau.



It's all about attitude, Bisou Combeau.

otherwise have been very isolated.

Bisou has been a great pandemic companion in so many ways including demanding that the workday has a hard stop and that playtime is part of their daily play-book.

Bisou's list of favorite Arlington neighborhood haunts are identifiable by the pet friendliness of the staff and the treats they offer. Now that things have opened up again, you can often find him (with Combeau in tow) shopping at Twins ACE Hardware, South Moon Under, Loft and Crate and Barrel, taking classes at Xtend Barre and grabbing a bite at Rhodeside Grill, and TNR Cafe.

es beach in Delaware.

Since the pandemic started, Combeau, who has her own IT staffing company, has been working full-time from home. Having her around more has been great for Bisou who has benefited from the extra attention as well as the increased exercise. Combeau especially appreciated her little companion during lockdown when, being currently single, she would

ArPets is a weekly feature for highlighting the well-loved pets of Arlington as well as animals who are available for adoption. If you or your dog, cat, iguana, bunny, rat or any other pet, has an interesting pet story to tell, email me at joan@joanbradyphotography.com.

Joan is an award-winning Connection Newspapers columnist and local photographer specializing in pets, children and families and contemporary business portraits.



PHOTO CONTRIBUTED BY CORINNE COMBEAU

Bisou living it up in New York City with Corinne Combeau and her godson, Auréle.

Arlington Schools Set to Reopen in Stages

BY SHIRLEY RUHE

Newspaper headlines on March 13 broadcast “Breaking News: Arlington Public Schools Closing Monday Through Spring Break.” In the ensuing months as coronavirus restrictions were redefined, schools closed for the remainder of the year, then summer activities were cancelled, and fall school began on Sept. 8 with virtual learning only.

Now seven months later Arlington County Public Schools (ACS) has announced plans for a phased hybrid in-person learning plan with parental choice on their preferred instructional delivery. They offer an opportunity for parents to update their return to school selection and transportation questions that they made in mid-July online through ParentVUE. This process for Level 2 closes on October 21 so that staff have adequate time to prepare.

The targeted phased return to hybrid in-person learning is to be prioritized by the student’s level of need and ability to access learning remotely. This model delivers synchronous instruction four days a week Tuesday-Thursday with two consecutive days in person and virtual instruction the other two days. Monday will be asynchronous for teacher planning and small group interventions if necessary.

The complicated school opening decision included interrelated plans on health and safety procedures involving masks and a new regimen of health screening and hand sanitizing; a ventilation assessment and recommendation; and five levels of return from full distance learning to full in-person instruction over a period of months with related staffing needs for each level. Due to the state’s physical distancing guidelines, buses will only be able to carry about 11 students at a time, necessitating several trips and expansion of some elementary walk zones.

The hybrid in-person/distance learning model described on the APS website has the following targets:

- ❖ Level 1—students with disabilities who require direct support to access distance learning. Projected return date mid-late October.

- ❖ Level 2—PreK-5th grade students including English Learners and students with Individualized Education Plans (IEPs) and high school students enrolled in selected Career & Technical Education (CTE) courses at the Career Cen-



Barrett Elementary was one of the first schools offering lunches outside the school building during the coronavirus when schools were closed.



ter. Projected phased return starting November 12 for PreK, Kindergarten, 1st and 2nd grade students plus CTE students and phased return starting the week of Dec. 1 for 3rd, 4th and 5th grade students.

- ❖ Level 3 —All APS middle and high school students who selected hybrid, in-person instruction. Projected return date mid-January.

The notice indicates “if community health conditions worsen, APS in collaboration with the Arlington County Public Health Department will pause at the current return level, reverse, or suspend all in-person instruction.” Protocols have been established for students or employees who are unable to pass a health screening each day before school or develop symptoms during the school day.

As the plans move forward, parents struggle with upcoming decisions on whether to continue full-time|virtual learning or whether to move to hybrid. Reasons for their decisions can be complicated and may not be clear cut as they weigh the inability of their children to juggle the virtual classes with concern about lack of socialization so important to a school experience to health concerns with a return.

One parent with children at Discovery Elementary School doesn’t see any benefit in returning to school right now in the middle of a pandemic. She says her son was out 17 days last year with the flu, and until there is a vaccine he is better at home. “We are being asked to make a decision before flu season.

“No one talks about what teachers want. My sense is teachers don’t want to go back until there is a vaccine. Also in a lot of older



“Open School Now” signs pop up all over Arlington.

school buildings the ventilation is not up to par. And this is an airborne virus.”

She explains, “Our on-line learning has been amazing. The teacher has been zealous, and our kids have gotten in the groove.” She says a lot of people she knows are happy with virtual and there is a lot of noise about going back. “But is there a majority?”

However, she notes that the experience can be dependent on where you live and your own personal experience. “Kindergarten is a tough ask online.” She knows in some other areas like S. Arlington there can be challenges with internet access and some parents aren’t happy with the inconvenience of juggling work and school.

And homes with a span of ages can be difficult. “I have to set a timer so kids stay on task. Someone has to be there but it’s easier for me because I have twins in the same grade.”

Jason Christ, who moved to Arlington with his family the first week of April, says their 6-year-old and 8-year-old daughters haven’t gone to Jamestown Elementary in person yet but “the teachers on the Zoom classes are truly amazing there.”

Still, he says that while virtual learning may be ok for kids of high



Soon school buses will be back transporting K-5 students back to school for those who have chosen the hybrid in-person learning model. But due to social distancing guidelines most buses will only be allowed to transport about 11 students at a time.

school age, it just isn’t working for younger kids.

“The technology is challenging; they can’t change from one Zoom class to another, and they may have to download another app. The kids think they are turning in their assignments but they’re not. Then we get a call from the teacher.” He says learning is supposed to be independent but with their kids their age someone has to be in the room most of the time. “Our kids are less than enthused. It just isn’t working for us.”

He adds since they just moved to Arlington during the pandemic, the kids haven’t been able to establish friends. “We’re pretty much

on our own. Our experience is that there is a tough mental strain on the kids of not being in school. It’s hard to quantify. But two days a week is better than nothing. It will be a significant help.”

Christ knows that you have to be socially responsible and assess the amount of risk. “But we are in a bit of a bubble here. Our kids see other kids going back to school.” He says there is also a serious disruption when you are making child care decisions. “If you know it is all virtual you make one decision; when you know it is two days a week you make a different decision. When you flip back and forth, it’s tough.”

PHOTOS BY SHIRLEY RUHE/ARLINGTON CONNECTION

Marathon is Over – Special Session Gavels Out

BY SEN. ADAM EBBIN

The 2020 General Assembly Special Session, which first convened on Aug. 18, recessed at 7:15 p.m. Oct. 16. We have been meeting outside the Capitol at a conference facility nestled behind the Virginia Science Museum. The session has been slow going, taking up nearly as many calendar days as our 60 day “long session.” This is both a testament to the realities of the pandemic that originally made this session necessary but also to the complexities of reforming our policing practices and justice system. The House and Senate navigated separate strategies for socially-distanced legislating, each bringing about special challenges, but also bringing about important results for the Commonwealth.

Senate Democrats introduced a package of 28 criminal justice reform measures earlier this summer, to try and make sure that situations that led to the tragic deaths of Black Americans at the hands of police this year do not happen here in Virginia, and to work toward racial equity more broadly in our criminal justice system. Of these proposals, 23 have passed both chambers and are headed to Governor Northam for his signature. These include a ban on “no-knock” warrants, a practice which led to the death of Breonna Taylor, and puts both citizens and officers in danger; a ban on chokeholds,

which led directly to the deaths of Eric Garner and George Floyd, among many; and a ban on allowing police departments to recommend officers suspected of misconduct to other departments. We also enacted legislation that requires officers to intervene if another officer is using unnecessary force against a citizen and requires de-escalation before using force. We authorized localities to create civilian review boards with strong authority to investigate police misconduct and to require every locality to enact a mental health crisis response team (MARCUS Alert) to ensure first responders who engage people going through mental health crises are equipped to provide non-violent behavioral health treatment.

Other reforms to our criminal justice system include prohibiting law enforcement officers from searching a vehicle because they “smelled marijuana,” a practice that has been abused for years. We expanded incarcerated individuals’ ability to earn good behavior credits, shortening the sentence of those who demonstrate they have been reformed, and allowed for compassionate release of terminally ill patients, reducing the number of people who will die of a terminal illness in prison.

Also addressed during this session were a number of bills to



adapt to the COVID-19 pandemic, which is sadly still with us. We passed measures to make it easier and safer to vote during the pandemic, require reporting of outbreaks in nursing homes and long term care facilities, re-

quire schools to publicly post their COVID safety plans, and expand the Governor’s authority to purchase personal protective equipment (PPE) during a public health pandemic. In light of the economic crises caused by the pandemic, we also extended the deadline for those whose work hours were cut to receive partial unemployment benefits.

The economic strain placed on renters and the housing market by massive unemployment due to the novel Coronavirus has put hundreds of thousands of Virginians at risk of being evicted. I was glad to carry legislation with Delegate Marcia Price (D-Hampton) to require landlords to offer tenants who have fallen behind in rent a payment plan to catch up before beginning eviction proceedings. The budget also included language creating an eviction moratorium -- tied to increased rent relief -- through January 2021.

After we paused some \$2.2 billion in discretionary spending during our “veto session” earlier this year, much time has been spent in restructuring Virginia’s

biennial budget. An agreement between the House and the Senate has finally been reached, and Governor Northam is expected to sign the revised budget shortly. We restored spending in critical areas, given the pandemic, including: initiating a new Medicaid Dental benefit; paying overtime to home healthcare workers who support Medicaid patients; restoring a teacher pay raise and \$37.3 million for Virginia’s early childhood education programs as well as \$35.2 million to the “at-risk” add on for schools serving low-income students.

With the budget and legislative work wrapping up, we have “recessed” until after the November election, when we will come back to consider gubernatorial amendments and vetoes. Once that is sorted out, we will have a short reprieve before returning for “regular” session in January. The thankfully “short session” in 2021 will provide an opportunity to address issues we did not resolve during the special session, and advance new legislation. In this, the strangest year in recent memory, Virginia has seen its new Democratic majority advance the speed and scope of the work in Richmond. This break from the old “Virginia way” of slow-moving reforms has been critical in our ability to adapt to this pandemic and the scourge of racial injustice in our nation.

It is my continued honor to serve the citizens of the 30th District.

BULLETIN BOARD

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

ARLINGTON

RESTAURANT WEEK

Arlington Restaurant Week will be held from Monday, Oct. 19 to Monday, Oct. 26. This is the second annual Restaurant Week event, hosted by the Arlington Chamber of Commerce, dedicated specifically to the restaurant scene in Arlington County. The event will include 40 restaurants in Arlington. Visit www.arlingtonchamber.org.

FRIDAY/OCT. 23

Native Plants for Winter Interest. 10-11:30 a.m. Online. Cooler Fall weather is considered the perfect time to add woody plant to your landscape. Learn about some native trees and shrubs, as well as selected perennials, ferns and grasses, that you can still plant to provide interest and beauty to the garden throughout the winter. Extension Master Gardener Elaine Mills, a creative force behind the resource Tried and True Native Plant Selections for the Mid-Atlan-

tic, serves as a co-coordinator at the Glencarlyn Library Community Garden, a Virginia Cooperative Extension Demonstration Garden in Arlington, Virginia. Free. RSVP at <https://mgov.org/events/> to receive link to participate.

FRIDAY/OCT. 23

Rotary Trivia Night. 7-8:30 p.m. Via Zoom. Annual charity fundraiser. \$10 per player. Register solo or as team (8-10 players). All proceeds go to Educational Fund for scholarships and community service projects. Cost is \$10 per player. Visit the website: <https://www.arlingtonrotaryclub.org>. Register at <https://arlingtonrotaryclub.org/page/donate>

SATURDAY/OCT. 24

Prescription Drug Take-Back Day. 10 a.m. to 2 p.m. The Arlington County Police Department and the Drug Enforcement Administration will provide the public the opportunity 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. The Arlington County Police De-

partment will collect prescription medications at the following sites: Arlington County Police Department, 1425 N. Courthouse Road, Arlington; Fire Station #5, 1750 S. Hayes Street, Arlington.

SATURDAY/OCT. 24

Arlington Free Clinic Virtual Benefit Gala. The evening will begin with a red-carpet hour at 5 p.m., followed by the 30-minute virtual program at 6 p.m. The auction, which will

include fabulous getaways, art, sports memorabilia, and much more, will open for bidding one week out from the event. In addition to the underwriting opportunities, sponsorships for the Gala are available at many levels, and individual tickets are \$325 each. Each sponsor/ticket holder will receive a Virtual Gala Experience delivery that will include a bottle of wine, program materials, and consciously selected festive sur-

SEE BULLETIN, PAGE 8

Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name. Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors.

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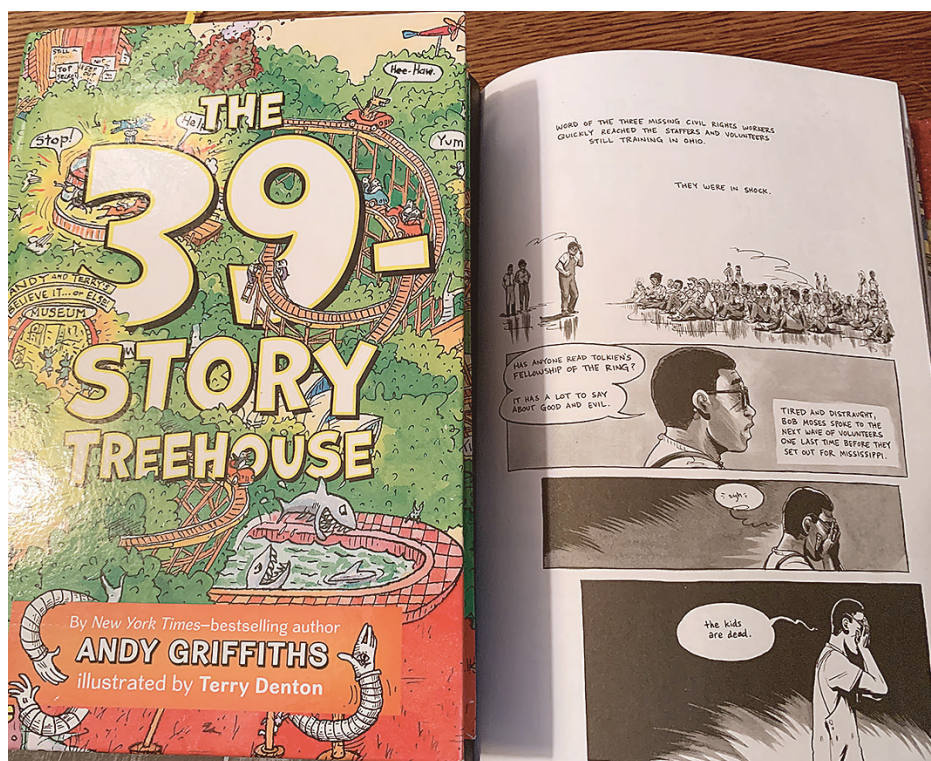
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Graphic novels and audiobooks on topics students enjoy can help engage those who don't enjoy reading or find it difficult.

PHOTO BY
MARILYN CAMPBELL



National Book Month

Month-long celebration focuses on engaging families in reading, writing and literature.

BY MARILYN CAMPBELL
THE CONNECTION

It's a line from the Pulitzer Prize winning classic, *To Kill a Mockingbird* that is at the heart of the literary philosophy of Anne Briggs, web services and communications librarian at Montgomery College Library.

"The character Scout Finch says, 'Until I feared I would lose it, I never loved to read. One does not love breathing,'" said Briggs. "This National Book Month, help make reading as natural as breathing for your children."

Established by the National Book Foundation in 2003 and held each October, National Book Month was created to celebrate the importance of reading, writing and literature. Educators and librarians such as Briggs, are encouraging families to celebrate the month together.

"Use [this] month as an opportunity to refocus on the importance of reading in your family," she said. "Take time to read or listen to audiobooks with your children, working with your child to pick the books that interest them."

In fact, some educators encourage parents to focus on helping children choose books that spark curiosity. "Just because a book is award-winning and highly recommended by your friends doesn't necessarily mean your child will latch onto it," said education consultant Arash Fayz, co-founder and executive director of LATutors123. "Encourage your child to identify topics that they enjoy learning about or would like to learn about and let them pick out a book themselves. This will empower them to feel a sense of ownership over the book choice."

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"While we don't have a lot of empirical data, we do see that people who are prolific or creative writers are also voracious readers."

— Michelle LeFrance, Ph.D.,
George Mason University

National Book Month is also a time to underscore the connection between avid reading and the quality of one's writing skills. "While we don't have a lot of empirical data, we do see that people who are prolific or creative writers are also voracious readers," said Michelle LeFrance, an associate professor in the Department of English at George Mason University. "People with an exposure to a wide variety of books also have a great sense of curiosity."

For students who have difficulty reading or simply don't enjoy it, Le France says, "Let them read what they are interested in and worry less about the quality. Audiobooks and graphic novels, which don't get enough credit, can share stories in deep ways. I would suggest them for kids who tend to be reluctant readers."

"Reading allows readers to learn and to grow and to imagine and to use their creativity and to be moved," added education consultant Karen Gross. "It's key is to increasing vocabulary and a love of words and a sense of the power of words."

While a family trip to the library might not be an option during the pandemic, local public libraries are offering virtual access. From an All American Girl Club event in Alexandria and a parent-child book clubs in Fairfax County to a family story time in Montgomery County, and middle school science fiction and fantasy book clubs in Arlington, families can enjoy literature without leaving home.

"Most public libraries are offering free virtual events to help families remain engaged with reading during the pandemic," said Briggs. "Making time for reading and storytelling in your family can help you raise life-long readers and learners, and enjoy the educational and emotional benefits that come with reading."

Boundary Channel Drive at I-395 Interchange Improvements Arlington County

Virtual Design Public Hearing

Thursday, November 5, 2020, 7-8:30 p.m.
www.virginiadot.org/BoundaryChannel

Find out about plans to upgrade the Boundary Channel Drive at I-395 interchange. Improvements include reducing Boundary Channel Drive from four lanes to two in order to construct a ten-foot-wide sidewalk along eastbound Boundary Channel Drive and a ten-foot-wide shared-use path along westbound Boundary Channel Drive. The project also includes new roundabouts on Boundary Channel Drive just west and east of I-395 to improve safety and traffic flow, reconfiguring the ramps between I-395 and Boundary Channel Drive, and new crosswalks along Boundary Channel Drive. The project also features a new shared-use path linking the Mount Vernon Trail to Long Bridge Park. This project will involve changes and/or breaks in limited access control.

The hearing will be held as a virtual/online meeting. Information for accessing and participating in the meeting will be posted on the project website (www.virginiadot.org/BoundaryChannel). The VDOT project team will make a short presentation beginning at 7 p.m. and answer questions for about an hour after the presentation.

Review project information and meeting details on the VDOT project website or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-2768 or TTY/TDD 711 to make an appointment with appropriate personnel.

In compliance with the National Environmental Policy Act (NEPA) and 23 CFR 771, the Federal Highway Administration prepared and approved a Categorical Exclusion (CE) on January 17, 2018. The approved CE can be accessed on the project website and includes information on the project's potential impacts to historic properties, water quality, threatened and endangered species, and other environmental resources.

Give your comments after the presentation, submit your written comments by November 16, 2020 via the project website, by mail to Mr. Christopher Barksdale, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or email meetingcomments@VDOT.virginia.gov. Please reference "Boundary Channel Drive at I-395 Interchange Improvements" in the subject line.

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Virtual celebration of Culpepper Garden renovation Oct. 13. From left to right: Marta Hill Gray, Executive Director Arlington Retirement Housing Corporation; Libby Garvey, Arlington County Board Chair; Susan Philp, ARHC Board Chair; Shelley Murphy, Wesley Housing Development Corporation; Paul Timpane, Property Operations Director, Culpepper Garden.



Newly renovated kitchen and dining room at Culpepper Garden.

PHOTOS CONTRIBUTED

Shovels to Ribbons Signals Completion Of Culpepper Garden Renovation

BY SHIRLEY RUHE
ARLINGTON CONNECTION

A bevy of shovels signaled the groundbreaking of Culpepper Garden 1 Renovation on April 11, 2018. Now a world away and 2-1/2 years later ribbons fly as Culpepper Garden holds a virtual celebration on the completion of the project.

The ceremony included Arlington Retirement Housing Corporation, Wesley Housing Development Corporation and Culpepper Garden renovation partners as well as Libby Garvey, Chair of the Arlington County

Board, and Culpepper management.

The renovation included a facelift for the apartments with new energy efficient windows as well as new floors and replacement fixtures for kitchens and bathrooms in 204 apartments that had been built in 1975. In addition, the project included six completely new units. The renovation extended to state of the art kitchen enhancement, and common areas were refurbished with renovation of elevators, a new roof and additional parking.

Culpepper Garden is Arlington's largest affordable community for low-income elderly and as Arlington County Board chair, Lib-

by Garvey pointed out during the celebration, "the only one that offers both assisted living and independent housing." Residents pay rents based on their income.

Garvey pointed out the average age of the resident in independent living is 79 years old with the oldest resident 101 years old, and with an average income of \$18,000 per year. The average age of a resident in assisted living is 87 years old with the oldest 103-years-old, and with an average income of \$23,000 a year.

Garvey urged everyone to come tour the facilities. "It's gorgeous. It's just the feel of the place."

In the meantime you can see the transformation with a virtual tour at Culpepper-Garden.org.

This recent renovation is the most recent step in a journey that began in 1971 when the Unitarian Universalist Church of Arlington founded Culpepper Garden. In 1975, 204 independent living units opened followed by 63 independent units added in 1992. Finally 73 assisted living units were added in 2000. Today Culpepper Garden includes 340 apartments built on four acres in the heart of Arlington using HUD programs and with the assistance of local and state housing funds.

CALENDAR

NOW THRU THE HOLIDAYS

Art on the Avenue. The 25th Annual Art on the Avenue festival will move to a virtual format for 2020, running through the holidays. Over 150 artists will be featured, offering hand-made items in a wide range of mediums, including wheel-thrown vases and bowls, tiles, sculpture, tote bags and purses, drawings and pastels, knitted and crocheted hats and gloves, woven scarves and shawls, gourmet food, fused and blown glass, jewelry, paintings, photography, and much more. Traditionally held each fall on Mount Vernon Avenue, Art on the Avenue is a multicultural arts festival that strives to re-

flect the vibrant mix of the Del Ray community through the artists and their work, and draws an estimated 75,000 visitors each year. Visit www.artontheavenue.org.

NOW THRU NOV. 1

Art by Mail II. The "Art by Mail II" The exhibit features the artwork of Del Ray Artisans members. You'll find one-of-a-kind, small format, original paintings in watercolor, oil, and acrylic; mixed media art and artful cards; plus, small 3D works. Enjoy browsing the collection. Artwork will be mailed directly from the artist within 10 days of purchase. Purchases are mailed directly to you. Enjoy the exhibit at www.DelRayArtisans.org/artbymail.

OCT. 23-24

Metropolitan School of the Arts (MSA) in Alexandria is hosting two free, October performing arts virtual events, Fri., Oct. 23 and Sat., Oct. 24. On Fri., Oct. 23 at 3:30 p.m., MSA Academy students will perform a live, outdoor cabaret at the Lee District RECenter Amphitheatre in Alexandria that can be viewed by the public virtually on the MSA Facebook page the following week. MSA Academy students will also present their pre-recorded One-Act Play, 4 A.M.—Stay-At-Home Edition by Jonathon Dorf on Sat., Oct. 24 at 8 p.m. streamed on Broadway On Demand at [https://www.broadwayondemand.com/not-live/XgRAvIQxoJcU-4am-the-stay-at-](https://www.broadwayondemand.com/not-live/XgRAvIQxoJcU-4am-the-stay-at-home-edition--metropolitan-school-of-the-arts?channel=live-productions)

[home-edition--metropolitan-school-of-the-arts?channel=live-productions](https://www.broadwayondemand.com/not-live/XgRAvIQxoJcU-4am-the-stay-at-home-edition--metropolitan-school-of-the-arts?channel=live-productions). Go to metropolitanarts.org/support on how to donate to these free performances.

SUNDAY/OCT. 25

Nature Trivet Workshop. 2-4 p.m. At River Farm, 7931 East Boulevard Drive, Alexandria. The colors in your garden may have faded, but its beauty can live on. Preserve a piece of your garden (or River Farm's) by creating a pair of ceramic trivets with impressions of flowers, leaves, stems, or seed pods. Heather Lezla of Persimmon Street Ceramics will demonstrate the process of hand-cut tile making from start to finish. Texturize and personalize your trivets with im-

pressions of natural materials. Finally, choose from a selection of fall-inspired food safe glazes for finishing.

Heather will finish the process of firing and glazing your pieces in her home studio. Pieces will be returned to AHS two weeks later for pick up (or can be wrapped and shipped for a \$10 fee). Your pair of 5 1/2 inch trivets will be ready for use as hot pads or decorative tiles. Cost: AHS members \$80; non-members \$90. Visit the website: <https://connect.ahsgardening.org/river-farm-events/2020/nature-trivet-workshop---non-member>.

SEE CALENDAR, PAGE 11

Hiding at the Top of the Ticket

Race for Senate features two-term incumbent versus first-time candidate.

BY MICHAEL LEE POPE
THE CONNECTION

When Mark Warner ran for governor in 2001, opponents knocked him for wanting to be governor without having ever run for office before. Now, almost 20 years later, Warner is seeking a third term in the Senate. His Republican opponent in the race, Daniel Gade, has never held elected office before. And Gade's closing argument to voters as the campaign draws to a close is that they should reject Warner because he's a "career politician" who is little more than a partisan hack masquerading as a moderate.

"When he says he's going to work across the aisle, what we really see is him retreating into his partisan positions," said Gade in the third and final televised debate earlier this week. "He gets bipartisan only in an election year."

Warner rejects this line of argument. When questioned about his willingness to work across the aisle, Warner mentions prominent Republicans he's worked with in the Senate, including John McCain and Orrin Hatch. He also points to support from his predecessor in office, Republican Senator John Warner. During his first campaign for the Senate he positioned himself as a "radical centrist," an approach he continues to take 12 years later.

"Virginians know my record," says Warner. "They know my record as governor, when as a Democrat with a two-to-one Republican legislature, we made record investments and remained the best-managed state, best state for business and best state to receive a public education."

The race for Senate in Virginia is not on the national radar as a race to watch, and Republicans have not identified Warner as an incumbent who might be vulnerable. Polls show Warner consistently with a double-digit lead over Gade. The most recent poll is from Christopher Newport University, which shows Warner with a 17 point lead. Despite the outsized lead, the airwaves have been buzzing with ads in the race — includ-



Sen. Mark Warner at Belle Haven to talk about the Great American Outdoors Act.

ing spots on broadcast television where Warner attacks Gade.

"That suggests to me that there's something there. Why go negative unless you have to?" asked Quentin Kidd, director of the Wason Center for Public Policy at Christopher Newport University. "I have not thought of this race in any sense as being competitive, but I don't know why Warner would run a

negative ad."

Six years ago, when Warner was campaigning for a second term in the Senate, he was running another race that few people identified as a race to watch. But in the final days of the campaign, Republican

Ed Gillespie surged and came close to beating Warner in an upset. Warner ultimately prevailed, but the unexpectedly close margin in that race gave Republicans hope they might be able to unseat him this year if they were able to find the right candidate.

"This is beyond an uphill race for any Republican running, especially candidates who have never held elective office and have no name recognition," said David Ramadan, a former Republican member of the House of Delegates who is now at the Schar School of Policy and Government at George Mason University. "Mark Warner wins this one with a landslide."

THE CANDIDATES have presented a contrast that's personal and political. Gade, 45,

is a combat-wounded vet who now teaches at American University and lives in Mount Vernon. Warner, 65, is a resident of Old Town who made a fortune as a founder of Nextel before becoming state party chairman and launching a



Republican candidate for Senate Daniel Gade lost a leg in combat in Iraq.

campaign for governor. On the campaign trail, they've disagreed on everything from the Affordable Care act to the Trump administration's response to coronavirus and the vacancy on the United States Supreme Court. They've also admitted a few mistakes along the way. During a debate at Norfolk State University, Gade acknowledged that he probably shouldn't have said wearing a mask during the pandemic was what government overreach and tyranny feels like.

"In May of 2020, what you saw there was me at a sort of philosophical point that a government that is powerful enough to make you do little things is also powerful enough to take your liberty in other ways," said Gade. "Maybe I mangled the point. I'm not a career politician."

The moderators of that debate also got Warner to admit to making a mistake in being slow to criticize the name of the Washington football team, which continued to use a racial slur as the team's nickname until the Black Lives Matter movement forced a national conversation about white privilege.

Mark Warner

raised: \$14 million
spent: \$5 million
cash on hand: \$9 million

Daniel Gade

raised: \$993,000
spent: \$768,000
cash on hand: \$225,000

During the debate, which was held on the campus of one of Virginia's HBCUs, Warner said he took the wrong position by being one of the few Democrats who failed to demand the team ditch its racist former name.

"I probably should have weighed in earlier," said Warner during the televised debate. "But you learn and you grow, and I think you look at people's history and record."

The role of government has been a central defining theme of the campaign, perhaps best illustrated by a debate over something that happened in 2016.

That's when a woman was killed by a beach umbrella in Virginia Beach. Warner reacted by urging

SEE HIDING AT THE TOP, PAGE 11

Synetic Theater Stages Virtual “Joy”

Show is an intimate take on Maria and Vato’s discovery of joy in their lives.

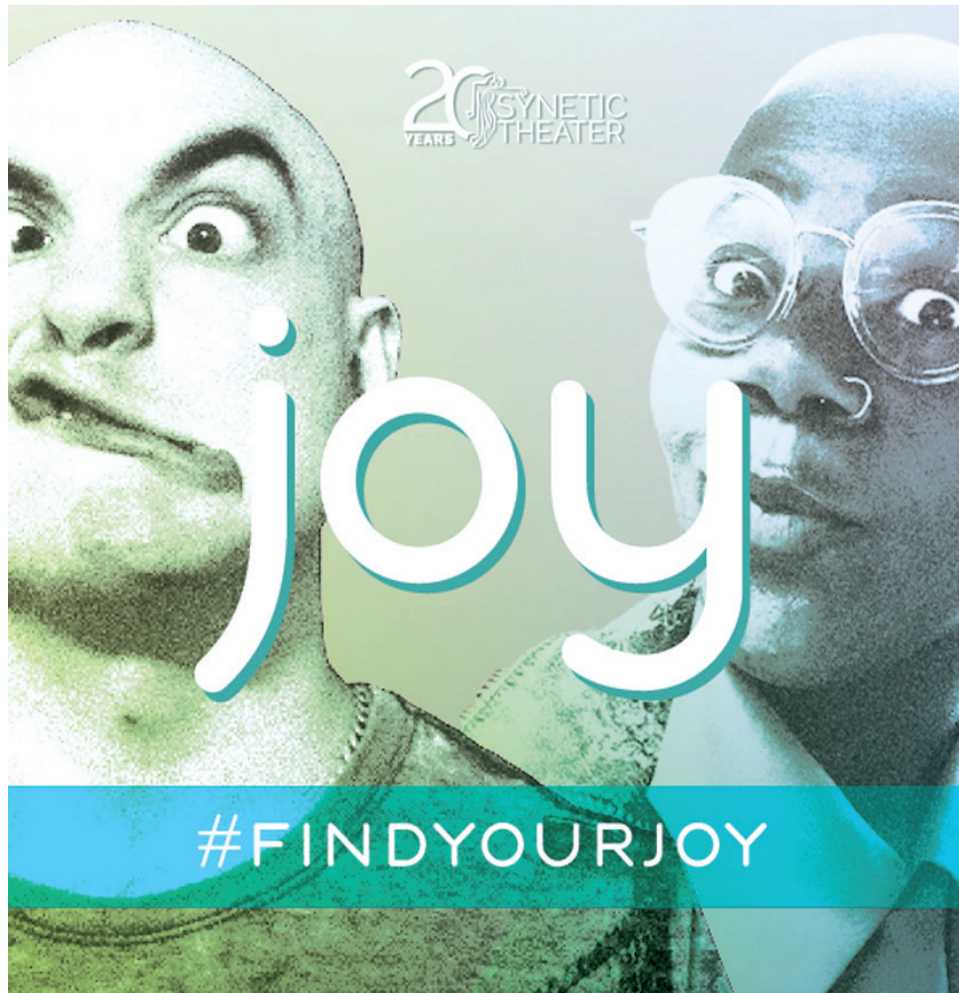
BY STEVE HIBBARD
THE CONNECTION

Synetic Theater in Arlington is staging live performances of “Joy” from Oct. 16 to Nov. 8, 2020 via Zoom. Company member Vato Tsikurishvili (directed by Paata Tsikurishvili) and Maria Simpkins (directed by Katherine DuBois) star in the intimate, autobiographical show about Maria and Vato’s own discovery of joy in their lives. Audiences capped at 25 households will receive a hand-selected prop box package in the mail for use during the show to kick off their journey back to joy.

With the pandemic, show adaptor Chris Rushing said the world seems hard and bleak right now so he believes everyone could use more joy in their lives. “But joy isn’t something that you just stumble on, it’s something that must be sought,” he said. “I was interested in using some of our company members’ personal stories and their own relationship with joy in order to help everybody else find joy in their own lives.”

He continued: “And I was particularly interested in how we could bridge the digital divide we find ourselves in. The hope is that doing this live, interactive, piece where audience and actor hold the same items in our own individual hands, we can create a shared communal experience -- one that brings us all joy.”

He said the hope is to remind everyone that we’re not alone. “And while we can’t experience theater in the traditional sense, we



Synetic Theater in Arlington is staging a virtual production of “Joy” from Oct. 16 to Nov. 8, 2020.

can turn these perceived weaknesses, distance and the virtual world, into a strength. We can create an experience that makes us feel connected again,” he said.

Directors Katie DuBois Maguire and Paata Tsikurishvili said jointly that the world today has a sense of stagnation, of waiting, bunkering down, and hesitating. “I want to remind people that they can be searching for joy,” they said.

The challenge in staging the show virtually, they said, was finding the balance between a vibrant and deep aesthetic of theatricality and a grounded and personal story.

As far as audience takeaways, they added: “Now is the time to share your story with your community. Personal history is a wonderful way to enrich your community and find connection.” Actor Vato Tsikurishvili said he isn’t really playing a character, per se, but he’s being himself and hopefully won’t be acting like himself. “But I will transform into different characters throughout the show, I’ll be bringing back some of the roles I’ve played before, so if you see Caliban playing poker with Quasimodo; it’s totally fine, it makes sense. I promise,” he said.

As far as audience takeaways, he added: “Joy. That’s what I want you guys to take. Joy, you all want it in your lives and I need to give it with mine, (you could say I’ve been going through withdrawal-like symptoms) I just want y’all to enjoy your time with me, that is my main goal.”

For tickets, visit <https://synetictheater.org>.

Arlington Restaurant Week

The Arlington Chamber of Commerce is sponsoring its second annual Arlington Restaurant Week, happening through Oct. 26. Through this event, diners will enjoy some of the best food the area has to offer at special prices. This is a great opportunity for participants to take the week to explore the diverse restaurant scene in Arlington and find a new go-to place for dining out.

Now, more than ever, restaurants need our support. Arlington Restaurant Week is designed to help local restaurants gain exposure and to attract new patrons. This event is open to all restaurants from fast-casual spots to five-star dining establishments. Restaurants pick their own price point, market their menu on our website, and offer both dine-in and carry-out options.

Kate Bates, President & CEO of the Arlington Chamber of Commerce said: “This event offers participants the opportunity to try a variety of dining experiences and culinary options at discounted

rates, and in return, restaurants gain exposure and are able to expand their customer base. We are proud to support and highlight the importance of the entire local restaurant community, particularly during this trying time.”

The current list of participating restaurants and their menus can be found here <https://www.arlingtonchamber.org/arlington-restaurant-week.html>.

Some of the Participating Restaurants:

- ❖ Ambar
- ❖ Amuse
- ❖ Bayou Bakery
- ❖ Bonefish Grill
- ❖ Celtic House Irish Pub & Restaurant
- ❖ Colony Grill
- ❖ Copa Kitchen & Bar
- ❖ Cowboy Café
- ❖ Domino’s
- ❖ Extreme Pizza
- ❖ Federico
- ❖ Fire Works Pizza
- ❖ Freddie’s Beach Bar
- ❖ Good Company
- ❖ Heidelberg
- ❖ Jaleo
- ❖ La Côte d’Or Café

[arlingtonchamber.org/arlington-restaurant-week.html](https://www.arlingtonchamber.org/arlington-restaurant-week.html).

Visit the Chamber’s website and follow the Arlington Restaurant Week event page on the Chamber’s Facebook to keep up-to-date on the event. Diners are encouraged to further support the restaurants by posting a picture of their dining experience to social media.

- ❖ La Moo
- ❖ Mussel Bar
- ❖ Olive Express
- ❖ Ozefka Catering
- ❖ Portofino
- ❖ Potomac Social Tavern
- ❖ Rien Tong
- ❖ Rocklands Barbeque and Grilling Company
- ❖ Rus Uz
- ❖ San Antonio Bar & Grill
- ❖ SER Restaurant
- ❖ Smokecraft
- ❖ Sushi Zen
- ❖ Thai Select
- ❖ The Commentary
- ❖ TTT Mexican Diner
- ❖ Zoup!

BULLETIN BOARD

FROM PAGE 4

prizes. Live streamed at www.gala.arlingtonfreeclinic.org. Visit facebook.com/Arlington-FreeClinic

OCT. 26 TO JAN. 21, 2021
Mah Jongg Cards. 8 to 10 p.m. To order, click on the link below (or copy and paste it into your browser), download the form. Order by January 21, 2021: <http://bit.ly/2021MahJongg>. Cost: \$9 for small cards and \$10 for large cards. Email: iva.gresko@gmail.com. These official cards will be sent directly to you from the NMJL in late March/early April 2021.

COUNTY BOARD ACCEPTS MORE COVID-19 RELIEF FUNDING

The Arlington County Board accepted more than \$3 million in additional federal aid to support low-to-moderate-income residents during the COVID-19 pandemic. The aid included more money for housing vouchers and funding for a range of relief programs to support families and small businesses.

FREE REDBUD SEEDLINGS

Thanks to Dominion Energy’s Project Plant It!, EcoAction Arlington is offering free redbud seedlings to be distributed at several farmers markets between Oct. 25 and Nov. 1:
Westover Farmers Market: Sun., Oct. 25, 9 a.m.-1 p.m., 1644 N McKinley Rd.;
Ballston Farmers Market: Thurs., Oct. 29, 3-7 p.m., 901 N Taylor St.;
Courthouse Farmers Market: Sat., Oct. 31, 8 a.m.-12:30 p.m., 1401 N Courthouse Rd.;
Fairlington Farmers Market: Sun., Nov. 1, 9 a.m.-1 p.m., 3308 S Stafford St.
Online reservations are required. Each seedling is approximately 12” long and will be bare root and wrapped in plastic. Distribution is first come, first served. Limit one per household.

ARLINGTON TRIPLE-AAA BOND RATING REAFFIRMED

For the 20th year in a row, all three credit ratings agencies have reaffirmed Arlington County’s debt ratings of Aaa/AAA/AAA — the highest possible rating.

SEE BULLETIN, PAGE 10

Chamber to Induct the Late Erik Gutshall Into Arlington Business Hall of Fame

The Arlington Chamber of Commerce says that the late Erik Gutshall is the 2020 inductee into the Arlington Business Hall of Fame.

The Arlington Business Hall of Fame honors men and women with a connection to Arlington County who have demonstrated a long record of successful management expertise and business skills, along with notable achievements and exceptional civic and community involvement.

"It feels absolutely fitting for Erik

to join the esteemed group in the Arlington Business Hall of Fame as our 2020 inductee. I had the privilege of first working with Erik as a small business owner, and active member of the Arlington Chamber, and advocate for the business community," said Kate Bates, President & CEO of the Arlington Chamber of Commerce.

"Erik was not only a successful business owner, but he was also a person who championed for small businesses in general, and celebrated all that the business com-

munity brings to Arlington."

Erik Gutshall was the owner of Clarendon Home Services, a small business which he founded in 2008 in Arlington after recognizing that many homeowners didn't have adequate time to care for their homes.

Clarendon Home Services offers regular routine maintenance to subscribers, along with full Class A contractor services for remodeling and renovations. In 2012, the Chamber recognized Clarendon Home Services as the Small

Service Business of the Year, an achievement that Erik spoke of proudly.

Erik won a seat on the Arlington County Board in November 2017, and took office in January 2018. As a County Board member, Erik was able to call upon his experience as a small business owner and years of community volunteer leadership to advance conversations about the role that Arlington's businesses play in strengthening our community.

Upon receiving a diagnosis of a

brain tumor, Erik lost his short but fierce battle on April 16, 2020. Erik leaves behind his wife, Renee, and their three children in the Clarendon neighborhood. Click here to view Erik's full biography. Erik will be inducted into the Arlington Business Hall of Fame at the 34th Annual Arlington Best Business Awards hybrid event on October 27.

For virtual tickets or additional information, visit arlingtonchamber.org/events or call (703) 525-2400.

Police Offer Contactless, Drive-Thru Disposal Locations During National Prescription Drug Take-Back Day

On Saturday, Oct. 24, 2020, from 10 a.m. to 2 p.m., the Arlington County Police Department and the Drug Enforcement Administration (DEA) will provide the public the opportunity 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.

This is the DEA's 19th nationwide event since its inception 10 years ago.

To keep everyone safe, collection sites will follow COVID-19 guidelines. All participants are expected to practice physical distancing and wear a face covering while dropping items off for disposal.

Contactless Drive-Thru Disposal Locations

The Arlington County Police Department will collect prescription medications at the following sites:

- ❖ Arlington County Police Department
1425 N. Courthouse Road
Arlington, VA 22201
- ❖ Fire Station #5
1750 S. Hayes Street
Arlington, VA 22202

Upon arrival, participants should stay in their vehicle until they reach the unloading areas, where officers will be on hand to remove items for disposal from their vehicle. A separate area will be available for those arriving by bike or foot.

Please note: The DEA cannot accept liquids, needles or sharps. Only pills or patches will be accepted. To safely dispose of sharps, Arlington County recom-

mends placing the item in a hard-plastic container, such as a detergent bottle, securing the container and placing it in your trash cart.

Permanent Drug Take-Back Locations in Arlington County

Community members 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. Free drug deactivation bags are also available through the Department of Human Services.

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

For those looking to dispose of sharps, Arlington County recom-

mends placing the item in hard plastic container such as detergent bottle, cap securely and place in trash cart.

Do not put this container in your recycling. If you need more infor-

mation, contact your local pharmacist.

Additional Resources

If you or someone you know is struggling with addiction, there

are numerous treatment resources available in Arlington County and through the Department of Human Services.

MORE: Arlington's Comprehensive Opioid Response

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Announcements

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844-947-1479

FREE 7-Year Extended Warranty*
A \$695 Value!

Offer valid August 24, 2020 - December 31, 2020

Special Financing Available
Subject to Credit Approval



*Terms & Conditions Apply

Announcements

BANKRUPTCY AUCTION Fri. Oct. 30
Bid live or online!
3034 Dickerson Mill Rd, Bedford, VA

MINNEAPOLIS-MOLINE
MODERN MACHINERY

Scenic 33Ac Farm • Log Home • 3 Barns
Also selling a Minneapolis-Moline collection (11 tractors from 1935-1972) plus Featherlite 4-stall trailer, NH Loader, & farm equipment. Details online.

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Announcements

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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

Announcements

Legals

ABC LICENSE

Los Chamacos Inc trading as Los Chamacos Mexican Restaurant, 922 S Walter Reed Dr, Arlington, VA 22204-2310. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises/Mixed Beverage on Premises license to sell or manufacture alcoholic beverages. Benedicto A. Yanez, President. 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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Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431

THE CONNECTION
NEWSPAPERS

"FLOURISHING AFTER 55"

Office of 55+ Programs Department of Parks and Recreation

3829 N. Stafford St., Arlington, VA 22207

Programs are open to residents 55 years of age and older who are registered with DPR's

Office of 55+ Programs (\$20 annual fee). To register for any of these programs or to join 55+ Programs, contact registration.arlingtonva.us or call 703-228-4747, option 3. These instructions follow the Governor's

Forward Virginia guidelines.

In the Park programs: 10/26-31/20

Outdoor needlecraft group, Monday, Oct. 26, 10 a.m. – noon, Virginia Highlands Park, 1600 S. Hayes Street. Activity # 911703-12

Croquet, Victorian lawn game, Friday, Oct. 30, 1-2 p.m., Walter Reed Park, 2909 S. 16th Street. Activity # 911700-11.

Bocce games, Italian ball game, Friday, Oct. 30, 10-noon, Walter Reed Park, 2909 S. 16th Street. Activity # 911700-11.

Long Branch hike, explore the hills and trails of the nature center, 625 S. Carlin Springs Rd., Saturday, Oct. 31, 9 – 11a.m. Activity # 902009-3.

Virtual Programs: 10/26-31/20

Detailed painting demonstration, Monday, Oct. 26, 10:30 a.m. – noon.

Presented by community arts programmer Jennifer Droblyen. Additional details provided with registration confirmation. Activity # 911301-13.

Realizing Arlington's commitment to race and equity, Monday, Oct. 26, 11:30 a.m. – 12:30 p.m. Led by Samia Byrd, Chief Race and Equity Officer. Activity # 911400-13.

BULLETIN BOARD

FROM PAGE 8

Arlington is one of just 48 counties in the United States, and one of nine in Virginia, to receive this designation.

ALL-DAY DINING COMING TO ROSSLYN CITY CENTER

Real estate leader American Real Estate Partners is developing a 29,000-square-foot project that will create a new venue for all-day dining, working and socializing for Rosslyn City Center.

The new gathering place from restaurateur and DMK Restaurants co-founder David Morton and his partner Scott Gidwitz will anchor the office, retail and transit hub at 1700 N. Moore Street, where AREP is completing a \$35 million

Making the most of Medicare using the Medicare Pathfinder and other tools, Tuesday, Oct. 27, 10 a.m. – noon. Led by VICAP certified counselor. Activity # 911503-3.

Genealogy 101 led by experienced genealogist Eileen Bogdanoff, Tuesday, Oct. 27, 11:30 a.m. – 1 p.m. Activity # 911400-11.

Yarn creations, knit and crochet while enjoying friendly conversation, Tuesday, Oct. 27, 1 -2:30 p.m. Activity # 911703-18.

Death Café, educational and lighthearted conversation about death, Tuesday, Oct. 27, 3 - 4 p.m. Led by End-of-Life doula, Jane Euler. Activity # 911404-2.

Author Talk, former U.S. Diplomat Carol Stricker, author, "Challenges of a Diplomatic Life," Wednesday, Oct. 28, 1:30 – 2:30 p.m. Activity # 911400-19.

Paint and Sip at home with community arts programmer, Jennifer Droblyen, Thursday, Oct. 29, 10 a.m. – noon. Additional details sent with registration confirmation. Activity # 911301-12.

History discussion group led by Dwight Rodgers from Encore Learning, Thursday, Oct. 29, 1-2:30 p.m. Activity # 911402-12. For weekly topic, email sreid@arlingtonva.us.

The Two Ann Masons, Ann the mother and Ann the wife. Presented by Tom Moncure, retired Counsel, George Mason University, Thursday, Oct. 29, 1:30 – 2:30 p.m. Activity # 911400-10.

Artist Chat with Jennifer Droblyen, community arts programmer and experienced artist, Thursday, Oct. 29, 4-5 p.m. Open dialogue about techniques, materials and creative expression. Activity # 911301-11.

FALL CLASSES AT ARLINGTON ARTS CENTER

Arlington Arts Center (AAC) is offering Fall 2020 art classes for novice and seasoned artists of all ages, from children to adults. AAC's classes will be held primarily online this fall, but they will be offering one small and special in-person Drawing and Mixed Media class for ages 8-10. Enrollment will be capped at 8 so sign up early. Visit the website <https://arlingtonartscenter.org/education/>



Senator Mark Warner, left, and Republican Daniel Gade debate at the studio of WTVR in Richmond.

Hiding at the Top of the Ticket

FROM PAGE 7

the Consumer Product Safety Commission to step in and potentially help save lives. Gade said that was the wrong response.

“That’s maybe a local government responsibility or state government maybe,” said Gade shortly after securing the Republican nomination over the summer. “But the idea that this overarching, over powerful federal government would reach into our lives in a way that would tell us how deeply we should drill our beach umbrellas into the sand; that’s absurd.”

Warner says it’s probably a bad idea to let local or state government regulate beach umbrellas.

“Generally speaking, businesses like to have state rules preempted so they can have a single standard,” said Warner when asked about Gade’s comments. “If Mr. Gade is suggesting that we ought to have 50 different sets of rules or maybe 50,000 different sets of rules because every locality ought to be able to make those rules, that would be an area I just respectfully disagree.”

Perhaps the biggest point of distinction

between the candidates has been over the Affordable Care Act. A Republican-led lawsuit challenging the law is on the calendar for the Supreme Court this fall, and candidates for office are using the issue as an appeal to voters on both sides. During the first televised debate hosted by the Northern Virginia Chamber of Commerce, Warner says Gade’s opposition to the ACA would undermine protections for preexisting conditions. Daniel Gade responded that was offensive.

“There were 25 states when the ACA was passed that already protected people with preexisting conditions,” said Gade, who lost a leg as a combat vet in Iraq. “And the idea that I would take away protections for people with preexisting conditions is offensive and it’s false and it’s defamatory.”

Warner says Gade can’t have it both ways.

“If my opponent wants to change his position and say he supported my decision along with John McCain to keep the ACA, he can make that change,” said Warner. “But you can’t go out and criticize me for the ACA and then cherry pick which parts of the ACA you want to preserve.”

franklin.com/adult-dance/forty-plus

SATURDAY/OCT. 31

“Magic of Music” – Halloween Family Program. 1 p.m. Drew Owen, magician and cellist | Elizabeth Pulju-Owen, special guest violinist. Fun for the whole family when musical wizard Musico the Magnificent and special guest astonish and amuse with stunning feats of magic and phenomenal music for cello; also featuring costume prizes, socially distanced photo station and sanitized, no-contact treats. At The Rectory on Princess St, 711 Princess St, Alexandria. Visit <https://www.classicalmovements.com/secretgardenconcerts-2/>

SATURDAY/OCT. 31

“A Venetian Halloween” -- Chamber Music. 5 p.m. Members of the National Symphony Orchestra: Marissa Regni, violin and String Quartet. The Secret Garden travels to Venice for a spellbinding program by string players from the National Symphony Orchestra; add a Carnival masque to your face covering for an elegant Halloween with gorgeous music, including the “Autumn” Concerto from Vivaldi’s Four Seasons, Puccini’s “Crisantemi” and other Italian composers. At The Rectory on Princess St, 711 Princess St, Alexandria. Visit <https://www.classicalmovements.com/secretgardenconcerts-2/>

CALENDAR

FROM PAGE 6

SUNDAY/OCT. 25

Death (& Mystery) at the City Hotel -- American Graffiti: A Mystery in History Guided Investigation. 7-8:30 p.m. Via Zoom. If you found something old and mysterious in your attic, how would you begin to unravel its tale? Join staff as they study the puzzle of Civil War era graffiti on the attic walls of Gadsby’s Tavern Museum. The night begins with the telling of the tragic stories of two Civil War soldiers who died in the building. Against this backdrop, participants will go (virtually) behind-the-scenes to follow the evidence in search of the story behind the perplexing prose artfully inscribed upon the attic walls. This program is sponsored by Gadsby’s Tavern Museum, part of the Office of Historic Alexandria. Tickets are \$8. Guests will receive an email with the Zoom meeting link, Meeting ID, and password by noon the day prior to the event.

OCT. 28 TO DEC. 9

Forty+ Project II. 3-4 p.m. Via Zoom. Forty+ celebrates the collective creativity of people past the age of 40. Fall Project 2 is directed by choreographer Kelsey Rohr through weekly sessions on Zoom (with outdoor or in-person meetings as conditions allow). The project is open to people of all physical facilities. Cost is \$100. Visit the website: <https://www.jane->

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“I’ll Think About That Tomorrow”



By KENNETH B. LOURIE

What I’m thinking about - and being thankful for, today, is the disappearance of all the side effects I’ve been experiencing during the last four weeks or so since I began my pill regimen for my papillary thyroid cancer treatment. Too many to list but upwards of a dozen side effects which encompass all activities from those of daily living to others pertaining to just plain living. Let me reprint the warning that came with the pills: “People using this medication may have serious side effects. However, your doctor has prescribed this drug because he or she has judged that the benefit to you is greater than the risk of side effects.” Put that in your pipe and smoke it. That’s what I have to smoke every day, if you know figuratively what I mean?

The bigger question, the overriding concern/anxiety is what exactly the thyroid cancer is doing now having been left unmedicated for the last nine days? How irreparable is the damage being done when the cancer has been left unchecked? Moreover, to the extent there has been some damage, is restarting treatment even an option or have I already failed the tolerance test? Being a cancer patient is a never-ending series of questions and/or concerns for which there is hardly clarity. As I have been led to believe/educated since my initial lung cancer diagnosis, there will be no more guarantees coming.

But of course improvements in cancer treatment and ongoing research have improved survivability, and with many patients, myself included, turned the cancer treatment into a chronic disease type protocol, like diabetes. Nevertheless, cancer is in control, the doctors are not. There are no slam-dunks in cancer treatment. How would I ever be able to unwind myself from years of stress and fear just because? I couldn’t. A cancer patient today sort of means, I’ll likely be a cancer patient tomorrow. I don’t see how I could shake that self-image.

Somehow, I must, as I’m trying to do now, exult in the joy of a semi uncomplicated, side-effect free existence because ..., it’s not guaranteed. I must try even harder to compartmentalize the unknown while savoring this known, relatively easy time. It’s not promised and it’s not necessarily likely to occur again, certainly not after I return to treatment. But maybe, my new normal will be switching on and off treatment, sort of like I did while being infused with alimta. Though I still had my CT scans quarterly, so long as the scans showed stable, we kept extending the interval between infusions. The goal being to balance effect on the tumors with the quality of life (freedom from side effects and infusion appointments). Eventually, we stretched the interval to as much as seven weeks from the original three enabling me to live - occasionally, a semi cancer free life. Perhaps this on-again, off-again schedule might apply to this recent thyroid treatment. I have to hope because the side effects, as I alluded to initially, have been affecting my quality of life. And if there’s one factor driving my better-than expected survival, it has been my attitude, which has derived directly from my management of side effects. Anecdotal speaking (or presuming) being in a good mood, being able to function with normal parameters (to quote Data from “Star Trek: Next Generation”) has been a tremendous contributor to my life expectancy (my oncologist refers to me “as his third miracle”).

But I can’t know for sure. And of course, that’s the crux of the problem for many of us cancer patients. One can never know for sure if you’re hindering or helping; and since guarantees stopped being made on the ground-zero day you were diagnosed with a “terminal disease” it’s often difficult to know which path to follow. Right now, it’s easy to follow the path which is creating a more normal/pleasant quality of life. But at what cost? I can’t know what the tumors are doing. Perhaps, in taking a break from treatment, I have unleashed the cancer once again. That’s my dilemma: reconciling the present with the future, the fear with the familiar, the hope with the inevitable. And it’s likely I’ll never know if what I’ve done has been a help or a hindrance. Yet somehow, I have to make plans and decisions. “Tomorrow is another day.” Lest, I be gone with the wind.

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

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