

### Looks a Lot Like Election Day

EARLY VOTING, PAGE 5

Four community centers are open through Oct. 31, M-F, 2-7pm and Saturday 9am-5pm. This includes Madison Community Center pictured here, Aurora Hills Community Center, Langston-Brown Community Center, and Walter Reed Community Center.

### Voting on Question 1

NEWS, PAGE 3

### ArPets, Black, Blind Kitties

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### Census Tops 10 Years Ago

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

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# ArPets: Meet Sully and Kelly -- Two Blind Delights

BY JOAN BRADY

**A** mom with no name. And a litter of kitties with eye and sight issues. Sullivan (Sully) and Keller (Kelly) didn't have an easy start. Born into a large community of feral cats in rural Virginia, they were living outside when a good samaritan found the tiny kittens and resolved to rescue them along with their mother.

But the regular meals, comfy pillows and catnip enjoyed in the foster home weren't enough to replace the freedom of life in the great outdoors for mom. The rescue knew they had to let her go. To prevent future pregnancies, she was spayed before being released a few weeks later.

Feral "community cats," who survive kittenhood, live an average of two years, according to the ASPCA website. That's compared to the generous lifespan of indoor cats, which ranges from 13 - 17 years.

I'd like to believe that bio mom recognized her babies had special needs and that they would be better off getting the quality veterinary care that humans could provide. And I imagine her, just healed from surgery, giving those sweet bundles of fur a quick goodbye snuggle and one last loving look before disappearing into the wild.

Sully and Kelly were born with a congenital condition called microphthalmia, which prevented their eyes from fully developing. Kittens born with this condition, which can be caused by an infection in the mother, are often euthanized under the assumption that no one will want them.

But Sully and Kelly were fortunate. They were rescued by the Lost Dog and Cat Foundation (LDCF) about a month ago. The folks at LDCF paid for the two to have surgery to close their open eye holes, to prevent infection. And they committed to keeping the brothers safe and happy until their forever home is found.

I was amazed to learn that blind cats are able to do just about everything a sighted cat can do including self-grooming, enjoying toys, climbing, jumping on (and off) of furniture, finding their food and water bowls and yes, using a litter box. How do they do it? Apparently, similar to people without sight, they rely on other senses including touch, scent, sound and memory. And, they rely on their whiskers more than sighted cats to judge proximity to objects.

According to foster mom, Jen Boger, Sully and Kelly easily navigate their foster home and negotiate family dynamics (Jen and her husband have three other cats). And Boger says they climb just as high and compete for



PHOTO CONTRIBUTED BY JEN BOGER/FOSTER MOM  
**Irresistible Kitties: Sully and Kelly, blind siblings that get around the house just fine.**

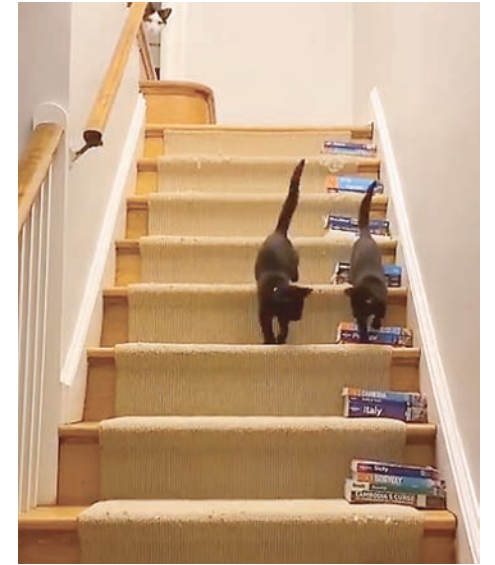
toys just as well as the rest of the clowder. Yup. That's your bit of trivia for today. A group of cats, you guessed it, is referred to as a "clowder."

It's worth mentioning that Kelly has a seizure disorder, well controlled by medication. It doesn't get in the way of her zest for life.

Sully and Kelly love nothing better than snuggling with each other and with their foster parents. During work hours, they can most often be found nestled in Boger's lap and/or shoulder. And they live for the moment when foster dad, Ian Warrington, comes home from work and doubles the cuddling.

Sully and Kelly long to find their forever home. They hope that you will want to meet them so they can show you that being different doesn't make them "less than." Rather, it makes them wonderfully unique. And they feel it's worth mentioning that adopting two black cats just after Halloween would significantly enhance their "gotcha day" story.

To learn more about this dynamic duo, go to [lostdogrescue.org](http://lostdogrescue.org) or email [cats@lostdogrescue.org](mailto:cats@lostdogrescue.org). And if you are touched by their



SCREEN GRAB FROM JEN BOGER VIDEO

**Learning to navigate the stairs, while foster brother supervises. Blind kittens can't easily feel the next step down, so Boger trained them on "shallower" steps. Today they do stairs like champs.**

story, but don't think these friendly felines are the right fit for your family, please share. Let's help Sully and Kelly find their forever home. You can follow Jen and Ian's cat adventures on Instagram @pokeypotpie

*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](mailto:joan@joanbradyphotography.com).*

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



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# NEWS

## Arlington Divided Over Amendment One Issue

Which is the real anti-gerrymandering vote?

BY EDEN BROWN  
THE CONNECTION

**A**t a dinner party — held outside — last Saturday night, five Arlington Democrats talked about how they had voted on Amendment One. Three were for the amendment, two were against. One had based her decision on the fact the ACLU supported it; two said it was “better than nothing.” One had based his decision on the opposition to the amendment by Arlington Democrats, and the final “no” had read extensively about the pros and cons. That discussion made it clear well-meaning Democrats could say they had voted either way and feel they had voted against Gerrymandering. But had they?

**THERE WERE SOME** good reasons to vote yes, as articulated by State Sen. Barbara Favola (D-31), among others. The proposed amendment puts citizens at the table with legislators for the first time; 8 legislators, 4 Republicans and 4 Democrats, and 8 citizens, would discuss boundaries, and disputes would be settled by a Supreme Court of Virginia-appointed “impartial” decider.



PHOTO BY SHIRLEY RUHE, THE CONNECTION

Signs like this, and the other side of the issue, abound on Arlington’s medians. But does a Yes vote really end partisan redistricting? Why are Arlingtonians so divided on the issue?

For supporters, another plus in the amendment is that it would establish specific voter rights protection for minorities into the State constitution for the first time.

And supporters say that the deliberations would be transparent. Open meetings would take place across Virginia and all data coming out of the process would be publicly available.

Lastly, defenders say it would get the maps drawn fairly in 2021 and not delay the

process another ten years.

**BUT THOSE WHO OPPOSE** the amendment say it’s not at all non-partisan: it leaves the Republican minority and conservative judges on the Supreme Court with too much power. Only nine Democratic legislators supported the passage of the amendment this year. “We can do better next year,” is the refrain of opponents. They point out that on the commission, any two



PHOTO BY EDEN BROWN, THE CONNECTION

Rip Sullivan said voting “no” on Amendment One was the hardest vote he has ever had to cast in the General Assembly, but as a major proponent of non-partisan redistricting, he had to vote no.

members from the same party and the same chamber could block maps they don’t like, opening the door to gamesmanship.

Arlington Democrats believe adopting the amendment will not end gerrymandering. It leaves the Virginia Legislature in control of the redistricting process. Voters should choose their legislators, not legislators. The opponents say if we vote NO now, then in 2021, the nine criteria outlined in House Bill

SEE ARLINGTON DIVIDED, PAGE 11

## An American Patriot Wants YOU to VOTE

Local Vietnam Vet is a strong proponent of voting as a duty.

BY EDEN BROWN  
THE CONNECTION

**“S**oupy” (John) Tyler walked into Jim Moore’s barber last July and asked him if he’d be willing to make up a sign about voting, something that would inspire people to get out and vote, and he’d be glad to cover the costs.

Why?

“Well,” Soupy Tyler said, “It’s the anniversary of the Million Man March — I’m not really an activist but I was there for the first march. It brought to my attention how important it is to vote. That was an important point in history. And now we’ve come to a point where we are marching again and it’s even more important to vote.

I’m grateful I was born in this country, the United States of America,” Tyler continued. “But we could never be the greatest country in the world as long as we were racist.”

Soupy has been going to Moore’s barber shop since he was a kid growing up in what was then segregated Arlington. He knew it was a gathering point for a lot of Arlington Black people, and a kind of “Village Green” for many generations. He wanted to make sure the people in the community were aware how important their vote was, particularly this year. He didn’t care what the poster said, he didn’t want it to be partisan: he just wanted folks to remember how the vote wasn’t given to them. They fought for it.

Tyler heard some of the young people who saw his sign in the barber shop said they weren’t going to vote because it wouldn’t make a difference. “In my family, I am well known for telling the young people they HAVE to vote. Me? I already voted. I got up at 6 a.m. in case there was a long line. I stay pretty close to home now to avoid the virus. I went down to Royal Street in Alexandria



PHOTO BY EDEN BROWN/THE CONNECTION

Soupy Tyler in a photo from last December. He has been an Alexandria resident for a while now, but has lived in Hall’s Hill and Green Valley in Arlington previously.

to vote and got a cup of coffee, thinking to wait and just sit on my golf chair, but there wasn’t a line and it was easy to get in and out.”

Tyler graduated from Washington-Lee High School in the 60s and was drafted into the U.S. Army in 1968 and shipped out to Vietnam. “I did 16 months, and 22 days in Vietnam with the Ninth Infantry Division. I was there right after the TET offensive and my unit moved around a lot, but I was in the Mekong Delta mostly. It was funny, I’d be walking down the street in Saigon or someplace and run into guys from my neighborhood (Hall’s Hill). These were guys I went to school with or played ball with, and there we are, thousands of miles from home running into each other.”

“I guess Vietnam was a lot of things, some bad, some good: for me it was the greatest adventure of my life, a real eye opener. It was the first time I ever looked at America from a distance. You hear the conversations of foreigners and the ideas

SEE AN AMERICAN PATRIOT, PAGE 8





Joe's Pizza's storefront is the same.... but different.



PHOTOS BY EDEN BROWN/THE CONNECTION

The Kenna family - dad Randy, sons Eph and Max and daughter Ruby - enjoys the new menu and embraces the changes. "Wow!" Ruby Kenna exclaims. "The food is really better!"

# Joe's Pizza Gets a Neopolitan Makeover

Some shake their heads at the change in the Arlington tradition; others embrace it.

BY EDEN BROWN  
THE CONNECTION

Vernon Walters used to go to Joe's Pizzeria Place and sit alone at a table far from the front door and the arcade style games that kept kids busy in the vestibule while their parents relaxed into the blue naugahyde banquettes. But Walters never felt alone, because Joe's had the atmosphere of a village. And Joe always stopped by to say hello to the elder statesman, and other regular customers. General Walters had lived all over Europe and spoke more than six languages. At Joe's, he was at home.

On the wall were Joe's awards; he had quit smoking and celebrated each race he ran with the joy of someone with a new lease on life. Along with those awards were the acknowledgements of a community he supported.

Since 1978, Joe Farruggio has provided a family oriented Italian restaurant experience to customers in Arlington. But 40 years is a long time to do the same thing. Joe, and his nephew, Rosario, decided to make the restaurant better, partnering with cousin (also) Joe Farruggio, owner and founder of il Canale in Georgetown, to bring the world renowned Neapolitan Pizza to Arlington. Il Canale, according to Farruggio, has been ranked in the top 70 restaurants with Pizzeria in the world.

"This was definitely something Joe wanted to do," Rosario said, "But it was also a change we had to make. With Covid-19, we couldn't have the salad bar anymore, and that was 40 percent

of our business." He went on to say, "We could have charged people more for what we could serve, but that didn't seem fair — charge more for the same thing. So we decided to take it up a notch, and serve really fine Neapolitan pizza." He pointed with pride to the shiny new pizza oven.

Rosario Fuggiano met customers at the front door on opening night, October 23, and was concerned about how people might accept the change to their old family pizza joint. It was a place you could let the kids run around and no one would (steal them or) get mad at them. Joe would have a balloon for the youngsters. The "big" boys would drive race cars or play PacMan in the game corner, and the teenagers would rejoice in as much pizza as they could eat while their mothers heaped up salad on large white plates.

But, then COVID-19 happened.

The blue banquettes are still there. But instead of the salad bar, a polished blonde wood bar extends down the far wall. The dividing wall between the two parts of the restaurant is now a wine rack. While there may be an entirely pandemic-appropriate focus on wine at Joe's new incarnation, there is also enthusiasm for the real Neapolitan Pizza, and customers have already said it "rocks."

This was the first night, and some kinks still had to be ironed out. One old-timer customer who said he had been coming to Joe's for so long he couldn't remember, said the phones weren't answering so he had come in to complain. He wasn't thrilled about the changes, but

he hadn't tasted his pizza yet.

The Kenna family, on the other hand, seated outside in the COVID-19 appropriate open-air dining area, raved about the changes. "The food is really better tasting," chirped Ruby Kenna, savoring a bite of cannoli that certainly looked like the real thing. Her father said it was definitely the real Neapolitan pizza, with a crust that was perfect in texture, not too hard, chewy and light. A waiter came over and pointed out that the ingredients for the cannoli were flown in from Naples. As one does.

At least one college student who had grown up eating pizza at Joe's and playing a few rounds of race car arcade games while the quarters lasted, expressed concern.

"What? They couldn't just keep the games?!" said Youssef Thomas. Maybe he will change his mind when he tastes the Neapolitan pizza.

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# It's Only Oct, 22, But Looks Like Election Day

**A**rlington has five early polling places. Courthouse Plaza is open for early voting from Sept. 18-Oct. 31 on M-F from 8 am-5 pm and Saturday 9 am-5 pm, with extended Saturday hours, 8am-7pm, Oct. 19-30.

The four community centers are open from Oct. 17-Oct. 31 on M-F from 2-7 pm and Saturday from 9 am-5 pm. This includes Aurora Hills Community Center, Langston-Brown Community Center, Madison Community Center and Walter Reed Community Center.



PHOTOS BY SHIRLEY RUHE



Twelve days left until Election Day and early voting is steady on Thursday, Oct. 22 at Madison Community Center, one of Arlington's early voting centers. Volunteers working outside the building and election officials inside the balloting site are wearing masks, and cardboard bins sit beside the door for returning pens used to mark ballots.

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# Census Bureau: Arlington Hits 99.98 Census Response

Self response rate was 76.5 percent by mail, phone or on-line.

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

Stand up and be counted, and Arlington did. Despite challenges posed by COVID, changing deadlines for participation, language barriers and suspicion of government, Arlington reported on Oct. 23 that as of Oct. 15 an estimated 99.98 percent of Arlington households had been counted in the 2020 Census. Census information is used to calculate distribution of state and Federal funding.

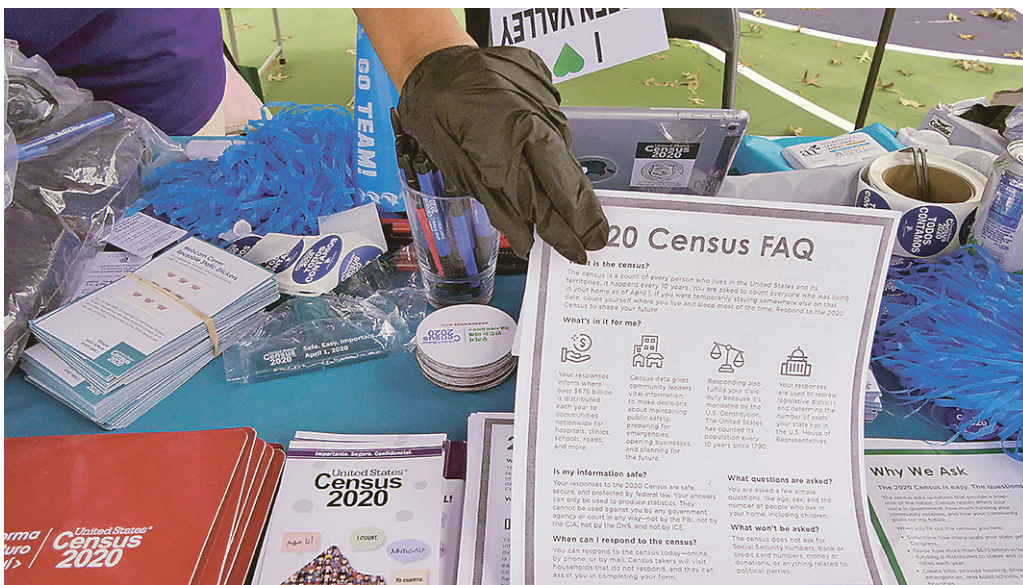
Bryna Helfer, Assistant County Manager and Director of Communications and Public Engagement, says the Complete Count Committee worked to educate, mobilize and energize Arlingtonians while the Census Bureau tracked participation with a roam map and signed people up who had not already self responded.

Helfer said they wanted to get the self-response rate as high as possible. “In the middle of COVID, about June, it hovered at 69 percent for three-four weeks. We were completely stuck.” She said, “We had to rethink our plan. Our self-response rate in 2010 was 74 percent. We knew we wanted to beat that. We wanted to be sure the Census Bureau was successful. We provided energy and translation.” In the end they were able to get 76.5 percent self response by mail, phone or on-line.

Helfer, with County demographer Elizabeth Hardy, were the lead county staff for the 42 member community team to assist the U.S. Census team effort. She explained the Complete Count Committee could encourage residents but not actually help them fill out the Census forms, which had to be done by the U.S. Census staff. “Our role was to educate, motivate and energize people to fill out the Census. We had to tell people the information is not tracked. There was a fear around citizenship.

“We built over 250 partners like PTAs, Civic Associations, Arlington Partnership for Affordable Housing properties, Rotary, Committee of 100.” She explained this was important because there can be a mistrust of government, and people are more likely to listen to people they trust. For instance, when the Census Bureau went door to door to get people to fill out the forms, sometimes they found the high-rise apartments were hard to get into. That’s where the County group was able to step in with the property manager to facilitate. “We worked as a team.”

The group kept track of the participation rate and put out a weekly newsletter. They



PHOTOS BY SHIRLEY RUHE/ARLINGTON CONNECTION  
Mobile Question Assistance pop up site in Green Valley provided information on how to sign up for the 2020 Census.



PHOTO CONTRIBUTED  
Arlington Complete Count Committee on MLK Day of Service in 2020 which included extensive community outreach about the 2020 Census.

ran social media campaigns and “did a ton of work” to set up Mobile Questionnaire Assistance (MQAs) pop-up sites each week around Arlington, led by Portia Clark. “She did an amazing job.”

Clark says they focused on areas with low response rates. Once they got going in July they sometimes had two-to-three pop-up sites a day and talked to 10,000 people in 14 weeks. “We would set up a table and tent and have promotional materials available. Sometimes we would buy someone a tamale or hand out baskets with cleaning supplies to get them to participate.”

They held the events outside and the volunteers wore masks and used hand sanitizer. She said they had difficulty with access to some grocery stores and the Salvation Army wouldn’t let them set up Census sites. “We

had quite a few people who had been told not to take the Census.” Clark said they had never tried pop-up sites in the past, “and I think people were surprised at the success.”

Since Arlington residents speak a number of languages, they put up Census signs in Mongolian, Amharic, Spanish and Arabic in strategic locations. There are a lot of people who speak Mongolian so they put extra signs there.

Helfer says League of Latin American Citizens (LULAC) helped to get information to the Hispanic Community, and a Bolivian personality on Facebook with thousands of viewers also helped reach that community. Outreach extended to the Ethiopian Center as well.

Flyers were inserted in the Arlington schools lunch distributions. “Kids can in-

“We built over 250 partners like PTAs, Civic Associations, Arlington Partnership for Affordable Housing properties, Rotary, Committee of 100.”

— Bryna Helfer,  
Director of Communications and  
Public Engagement

fluence their families; they could champion the Census.” They reached low-income families at the Arlington Food Assistance Center (AFAC) grocery distribution sites. Thousands of door hangers were used in high-rise apartment buildings where residents were difficult to reach.

“We tried to leave no stone unturned.”

They encountered challenges along the way. Census efforts were in full gear with 54 events planned in a five-week period with their first Palooza event the first weekend in March. Then COVID hit and shut down everything.

“COVID was not expected. It was hard to energize people. We had to pivot on-line. But we said we have to give it all we got. We’re keeping the course until we can’t.”



## SENIOR LIVING



PHOTO COURTESY OF MARYMOUNT UNIVERSITY

Researchers at Marymount University helped establish programs to reduce the number of falls and resulting injuries among seniors.

# Preventing Falls

Physical exercise and home safety reduce risk.

BY MARILYN CAMPBELL  
THE CONNECTION

One of the leading causes of fatal injuries in older adults is falling. In fact, every 19 minutes an older adult dies from a fall and emergency room visits related to falling occur every 11 seconds. A group of researchers at Marymount University in Arlington is teaming with senior service organizations to lower those statistics locally. The coalition has won more than \$1 million in federal grants to create falls prevention programs that are available to seniors.

“It was a real academic-community partnership to provide a needed service to our community,” said lead researcher Rita Wong, Ed.D., Associate Vice President for Research at Marymount University. “Through the grant, we established the Northern Virginia Falls Prevention Alliance. This Alliance brings together senior-serving communities for advocacy, education, networking, and expansion of falls prevention initiatives.”

Three falls prevention programs were designed based on research by Wong; Sara Pappa, Ph.D., Assistant Professor of Health and Human Performance and coordinator of the Northern Virginia Falls Prevention Alliance; Uma Kelekar, Ph.D., Associate Professor of Healthcare Management; and faculty from the Physical Therapy program: Diana Venskus, Ph.D.; Cathy Elrod, Ph.D.; Julie Ries, Ph.D.; and Jade Bender-Burnett, DPT.

The research team created a regional training office for falls prevention at Marymount. “We train lay leaders to run these community falls prevention programs and we help organizations and senior community centers set up falls prevention programs,” said Wong. “Once they’re established, the centers take on primary responsibilities for sustaining the programs.”

Designed to address the needs of seniors at three levels of functioning, the team created three programs: SAIL (Stay Active and Independent for Life), which is a balance and strengthening exercise program geared to fairly active older adults. A Matter of Balance (AMOB) focuses on independent seniors who are worried about falling and want to learn preven-



PHOTO CONTRIBUTED

Rose Robinson, instructor and Senior Services Recreation Therapist at ServiceSource, Inc., leads a virtual SAIL (Stay Active and Independent for Life) class for strength and balance.

tion techniques. And Otago Exercise Program (OTAGO), which is toward those who are frail and need closer supervision and an exercise program that is tailored to their specific needs.

As a result of the coronavirus pandemic, programs are now offered virtually. “Our SAIL classes are structured so we can provide strength, balance, and fitness classes,” said Rose Robinson, instructor and Senior Services Recreation Therapist at ServiceSource, Inc. “We have two SAIL leaders in every class. One instructs while the other adapts.”

Those adaptations, based on ability, are categorized as “Level 1” and “Level 2,” says Robinson. “Level 1 is seated exercise with a steady pace and same routine as Level 2. Level 2 is standing exercise with a higher pace,” said Robinson. “The routine starts with a warm-up and about 20 minutes of aerobics. Then we do balance exercises and strength training exercises. We end the class with a cool down like stretching.”

The Montgomery County Fire and Rescue Service reports that half of all falls happen at home, and they encourage home safety. “Remove clutter from your home or least areas where you walk a lot like the hallway or living room,” said occupational therapist, Brittany Ferri, of Simplicity Health. “Remove throw rugs, excess cords, and other items that can be tripped on; get non-slip surfaces for the bathroom like padding under the bathmat, grippies for inside the tub, and similar mats for catching water on bathroom tile.”

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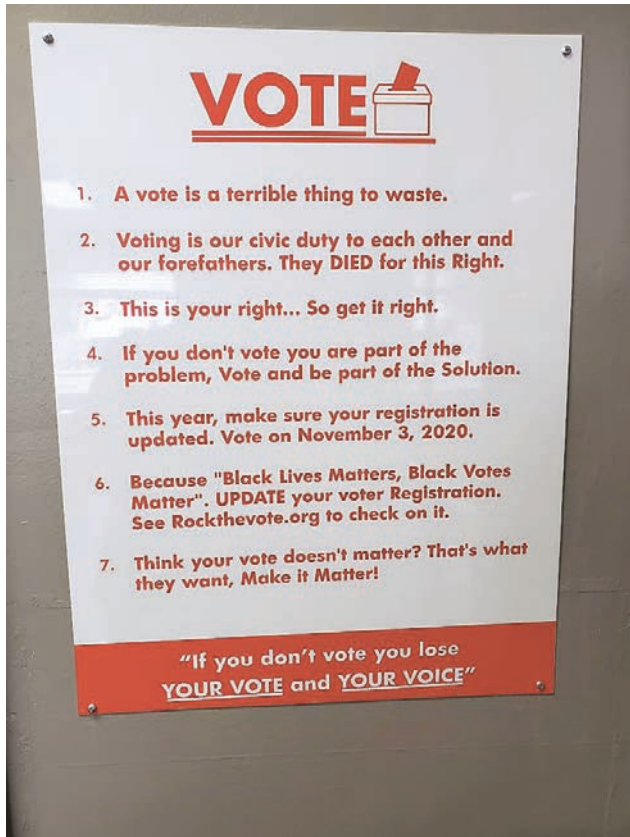


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Jim Moore placed the sign in a prominent position in his shop, near his wall of mementos of the eras of change the shop has lived through.



PHOTOS BY EDEN BROWN/THE CONNECTION

Soupy Tyler decided he wanted to get the message out to voters in the neighborhood of Hall's Hill in Arlington, his old neighborhood, that they should vote. He asked Jim Moore to make up a sign that he could then put in his shop. Here is the sign.



The League of Women Voters also sent a sign to Moore's shop. He put it on the door so it is the last thing his clients saw on the way out.

# An American Patriot Wants YOU to VOTE

FROM PAGE 3

other people have about America and Americans. It's a different perspective. After I got out of the service I worked for the Post Office, then the Department of Defense where

I was for 37 years. I did some security work too."

"But America isn't what it should be right now. This Supreme Court imbalance, that's wrong. But the major thing that needs to be changed, well, I always thought the most

important part of the Constitution is 'We the People' but then you hear people saying they can't change anything, or they don't want to educate themselves on the issues or speak up. People say, 'What can I do to change things? Nothing!' But that sentence

that starts 'We the People' doesn't mean you let someone else do the work. I believe you have it within your power to change things, to take the first step by voting. You have to work at making things better. It won't just happen on its own."

## 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 the event.

### ARLINGTON MEMORIAL BRIDGE TO CLOSE

The National Park Service will completely close Arlington Memorial Bridge from 9 p.m. on Friday, Oct. 30 until 5 a.m. on Monday, Nov. 2. This temporary closure will allow the NPS to move equipment and repair pavement on the south side of the bridge. When the bridge reopens on Nov. 2, one lane will be open eastbound and one lane will be open westbound. Pedestrians and bicyclists will use the sidewalk on the north side of the bridge. The NPS will post signs for pedestrians and bicyclists to follow.

**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](mailto:iva.gresko@gmail.com). These official cards will be sent directly to you from the NMJL in late March/early April 2021.

<cal1>Free Redbud Seedlings  
<cal2>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:  
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 ACCEPTS \$100,000 AMAZON GIFT

The Arlington County Board accepted a \$100,000 donation from Amazon to support the County's efforts to advance racial equity. The donation will help support the County's Dialogues on Race and Equity, community conversations that are part of Arlington's broader commitment to racial equity. The virtual conversations will offer opportunities for individuals, local faith groups, civic organizations, and community leaders to learn about and address ways in which Arlington can be a more equitable and inclusive place. Amazon is building its East Coast headquarters on a 6.2-acre site in Pentagon City's metropolitan Park. The 2.1-million sq. ft. mixed-use project is being built at 1232-1450 S. Eads St. and 501 and 525 15th Street S.

**FRIDAY/NOV. 13**  
Invasive Plants & Native Alternatives. 10-11:30 a.m. Online. Invasive

plants in the home garden like English Ivy, Bamboo, Porcelain berry, and Mimosa, can spread from cultivation to our natural areas where they out-compete beneficial native plants. Learn how to rid your yard of some common invasive plants and substitute alternative native species that have similar ornamental qualities and which also support our local wildlife. Extension Master Gardener Elaine Mills, a creative force behind the resource Tried and True Native Plant Selections for the Mid-Atlantic, 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.

**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. 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 renovation with inspired design features, reimagined workspaces and experiential shared environments. The Rosslyn City Center location is expected to open in Spring of next year.

SEE BULLETIN, PAGE 10





PHOTO BY PAT MCGEEHAN

PHOTOS BY SHIRLEY RUHE

Arlington Finds a Way to Celebrate Halloween from revolving eyeballs that light up at night, to friendly or scary or intellectual skeletons, to blow up monsters and ghosts that wave in the wind. But where are the pumpkins?

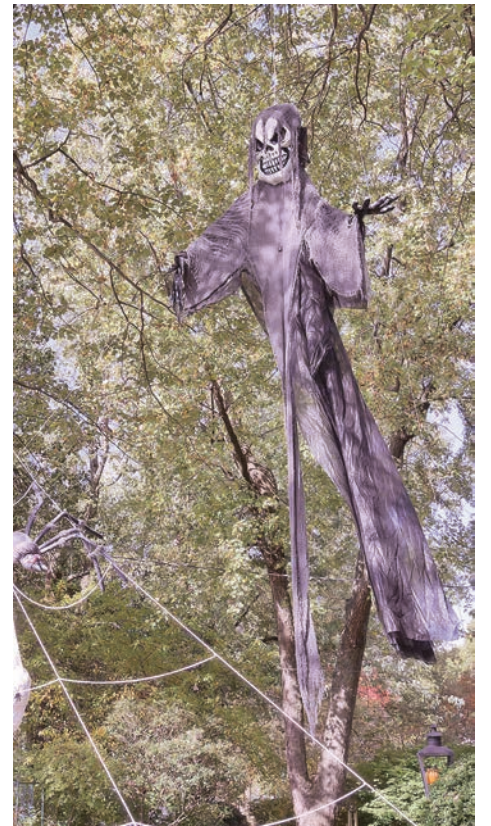
# Another Kind of Scary

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

**H**alloween is an official holiday but is not regulated by the County. However, Arlington County has issued suggestions on high risk activities to avoid. This includes traditional trick or treating where treats are handed to children who go door to door, events with large gatherings like costume parties, hayrides with people who are not in your household or crowded haunted houses where people may be close together and screaming which can spread droplets.

If you do go trick or treating, be sure to wear a cloth mask (costume masks are not a replacement) and physical distance at least six feet from others. Wash your hands before going trick or treating. If handing out candy, set up a table in the yard and space out treats so multiple people don't reach into the same bowl and so that you aren't touching the treats while handing them out.

But Halloween doesn't have to be a disappointment. There are a number of creative ways to celebrate while still protecting yourself and others.



PHOTOS BY SHIRLEY RUHE



Have an outdoor scavenger hunt around your yard or walk down the block. Make a list of Halloween-related items for children to check off: witch, pumpkin, spider, eyeball, broom, monster, ghost, black cat. When you return home, count the number of items they found and offer a choice of treat from a tray for each item they found.

Carve a pumpkin or two. Maybe establish a theme. Put your pumpkins on your porch or steps or in your window for passersby or those other kids doing a scavenger hunt to check off.

Dress up in your Frankenstein or princess costume (use last year's) and take a walk around the neighborhood to see what creative imaginations have produced this year in people's yards when they have more time at home to decorate. Or if you want to explore further, drive around instead and count how many pumpkins or ghosts you see.

Design your own front yard or window display. Have craft time to make bats that can fly from the gutters, spiders that can crawl on the windows and pumpkins that can line your porch railing.

Bake Halloween cookies. Use pumpkin, witch or bat cookie cutters if you have them, or if not use a glass to make round shapes which will look just like a pumpkin when you cover them with orange frosting. Make icing out of 2 Tbls. melted butter, 2 cups powdered sugar and enough milk to get the right consistency. Add 2 drops red, 1 drop yellow food coloring for orange; leave a little frosting to add green food coloring for the stem. Or buy cans or tubes of frosting in the bakery aisle.

Bake Halloween pumpkin cupcakes using a can of pumpkin puree or use yellow cake mix and decorate to look like a pumpkin. Wrap each in plastic wrap and tie at the top with a green ribbon if you want to give away.

A popular pastime, particularly relevant for our times, is the "you've been boo'ed." Prepare a small basket or box with Halloween treats including your cookies, cupcakes, small candy bars, paraffin vampire lips, light up pumpkin necklace or stickers, or whatever your imagination conjures up. Deliver contact free to your friends or relatives. Ring the doorbell and then disappear behind a tree. Watch their expression as they guess



who left them the surprise.

Have a scavenger hunt around the inside of the house with treats hidden all over in surprising places.

Take a picture of your children in their costumes and/or your yard and send to the grandparents and cousins who will be long distance this year.

SEE SCARY, PAGE 10



### 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.

### Legals

**ABC LICENSE**  
 Clarendon Popup, LLC trading as Clarendon Popup, 3185 Wilson Blvd, Arlington VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises; Mixed Beverage license to sell or manufacture alcoholic beverages. Michael Bramson and Abdul Khair, Managing Members NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 dates 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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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



PHOTOS BY SHIRLEY RUHE

# Scary

FROM PAGE 9

Have a virtual Halloween costume contest with cousins, friends, neighbors or classmates on Zoom.

Hold a scary movie night with your family.

Arlingtonians who do choose to offer treats have invented new ways to participate while still staying safe. A number of families report they will be offering candy which they have sealed in bags days ahead of time while wearing gloves in order to allow any virus time to disappear. They plan to chalk six foot social distancing guidelines on the sidewalk to keep children apart.

A resident of Franklin Park reports they will hold a daytime



parade and hand out candy. Others are building candy chutes out of pipe material using patterns from the internet to funnel treats downward from their porch or upstairs window to tiny hands on the sidewalk. Some families report planned yard parties where the neighborhood will put tables at the end of driveways so they can socialize across the yards. Another reports a glow in the dark egg hunt.

Whatever you do, stay safe.

## BULLETIN BOARD

FROM PAGE 8

### 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/>

### ARLINGTON BANS FIREARMS

The Arlington County Board voted unanimously to adopt a Firearms Ordinance banning guns in County government buildings and parks, and at designated special events that require a County permit. The restrictions will apply where the County has posted notice at entrances to buildings, parks, recreation and community centers, and at entrances to events. The Board's action was authorized under a State law signed by Governor Ralph Northam in April 2020 that allows localities to set their own rules on the presence of firearms in public.

### ARLINGTON ADOPTS METROPOLITAN PARK MASTER PLAN

The Arlington County Board adopted a park master plan and design guidelines for the expansion and transformation of Pentagon City's Metropolitan Park. The 2.47-acre public park will create an urban oasis on the site of Amazon's east coast headquarters. Amazon agreed as part of its community benefits package for its headquarters site plan to provide the \$14 million needed for the renovation, and to maintain the park in perpetuity. The headquarters and park are expected to open in 2023.

### FRESHFARM MARKETS OPEN

Local FRESHFARM Markets are opened. Residents are encouraged to pre-order as much as possible, but grab-and-go and prepackaged options will be available for purchase at all of the markets listed below.

**Saturday Markets**  
 Arlington, 8 a.m. - 12 p.m. -- N Courthouse Rd. and 14th St N, Arlington  
 Oakton, 9 a.m. - 1 p.m. -- 2854 Hunter Mill Rd., Oakton.

**Sunday Market**  
 Mosaic, 9 a.m. - 2 p.m. -- 2910 District Ave., Fairfax



# FLOURISHING AFTER 55

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](http://registration.arlingtonva.us) or call 703-228-4747, option 3. These instructions follow the Governor's Forward Virginia guidelines.

## In the Park programs: Through 10/31/20

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 - 11 a.m. Activity # 902009-3.

## Virtual Programs: Through 10/31/20

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](mailto: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.

## Virtual Programs: 11/2-11/6/20

Art activity, Monday, Nov. 2, 7-8 a.m., led by community arts programmer Jennifer Droblyen. Registration # 911301-14.

Energy in America, led by Susan Court, formerly with the U.S. Dept. of Energy, Nov. 4, 1-3 p.m. Registration # 911400-27.

World and American history discussion group, led by Dwight Rodgers of Encore Learning, Thursday, Nov. 5, 1-2:30 p.m. Registration # 911402-18.

Local history group to discuss Lost Eating Places, Wednesday, Nov. 4, 12:30 - 1:45 p.m. Register #911402-21.

Remodeling for retirement, Wednesday, Nov. 4, 2 - 3 p.m. Presented by Melissa Fielding, FA Design and Build. Registration # 911401-05.

Estate planning 101, Wednesday, Nov. 4, 11 a.m. - noon. Registration # 911404-03.

Journey around the world with fellow travelers, Thursday, Nov. 5, 1-2:30 p.m. Armchair travelers welcome. Registration # 911402-25.

Keeping joints healthy discussion with Dr. Patricia Winter, GMU's Global and Community Health, Thursday, Nov. 5, 1:30-2:30 p.m. Registration # 911500-16.

The impact of caregiving, Friday, Nov. 6, 1:30-2:30 p.m. Presented by Markita Brown, Insight Memory Care Center. Registration # 911500-14.

# Arlington Divided Over Amendment One Issue

FROM PAGE 3

1255 and Senate Bill 717 would govern re-districting. If the amendment passes, those two bills do not bind the Virginia Supreme Court.

Opponents point out the Virginia courts have shown repeatedly they will intervene in electoral matters to advance Republican interests. They are unlikely to suddenly adopt a neutral position on disputes.

Opponents believe racial concerns are not adequately addressed. The Virginia Legislative Black Caucus opposes the amendment because it doesn't do enough to ensure diversity on the commission itself or prohibit racial gerrymandering. The commission's eight citizen members would be recommended by legislative leaders and selected by a committee of five retired circuit court judges.

Del. Rip Sullivan (D-48) voted against the Amendment this year, calling it one of the hardest votes he has ever had to cast. Del. Patrick Hope (D-47) said he realized at the last minute how flawed it was and voted against it this year. Both delegates think new

lines can be drawn in 2021 without delay. Legislators who opposed the amendment noted how much it had morphed during the process to get it passed, making it less non-partisan.

Some opponents also note the Amendment was first passed by the Virginia General Assembly when Republicans still controlled the State legislature, and last year, only support from the Republican minority allowed the measure to pass, clearing the way for a vote on the ballot on Nov. 3. That means 46 out of 55 Democrats were against it.

For more, see: Election about Elections, Voters to determine how redistricting works next year. <http://www.connectionnewspapers.com/news/2020/sep/23/election-about-elections-virginia/>

<https://bluevirginia.us/2020/08/senators-ebbin-favola-and-howell-argue-for-the-redistricting-amendment-here-are-two-rebuttals>

And, <https://www.onevirginia2021.org>

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## Missive or Dismissive



By KENNETH B. LOURIE

For the last few months, I have been receiving unsolicited emails from Tommy Chug; he being the other half of the 70's era comedy duo, "Cheech and Chong" with whom I spent countless hours in college laughing at their recorded routines, but beyond that I don't remember much. There were a few follow up movies - which I never saw, and more recently, I have found somewhat belatedly a early 2000s cop show starring Cheech Marin alongside Don Johnson: "Nash Bridges." Nothing at all from Tommy Chong until these emails began arriving.

The email is a solicitation followed by content about his life these last years, and the discovery he made after he had served a nine-month prison sentence for selling decorative bong (there's a bit more to that story, but it's not particularly pertinent to this column). After being diagnosed with prostate cancer, Tommy sought help trying to mitigate the effects of his chemotherapy treatment and perhaps even improve his quality of life. (he's 81 now, by the way.) In so pursuing, he met a doctor from Utah while on a plane, and the rest is Tommy's email.

The content is not exactly personalized but it does resonate. It resonates because it sounds reasonable and plausible and the remedy not too impactful to major organs, specifically liver and kidney, for which I'm very keen and concerned, given my nearly 13-year chemotherapy-plus treatment for cancer. However, the email has struck a nerve. It did so because as a cancer patient, it's easy to believe (hope certainly), there's a magic (often non-Western) cure to whatever ails you, especially when cancer is the culprit. I wouldn't necessarily characterize my feelings/emotions as susceptible but it's hard not to lean that way when you've been given a "terminal" diagnosis by your Western/conventional doctors. To say you have nothing to lose is a bit of a simplification. Still, hearing the words I heard on Feb. 27, 2009 (you bet I remember the date) at the initial Team Lourie meeting with my oncologist, does cause your antennae to go up and out and all-around seeking an answer to what might very well be, the unanswerable.

When an oncologist tells you you're likely to die within "13 months to two years," all bets are off and caution no longer becomes an impediment. Standing pat and adhering exclusively to what your doctors are telling you seems like giving up sort of. For me, I didn't give up. I started trying alternatives, many of which I am continuing a decade-plus later. Now whether these non-conventional/non-Western methods have proven beneficial I certainly can't confirm, but if living is any indicator, they likely did no harm (the crux of the Hippocratic oath). So yes, on the face of Tommy's email about improving one's quality of life, I am open to some other possibilities to prescription medication.

In fact, to this day, I still consume about 60 pills a day and always wash it and most other things down with alkaline water. Moreover, I try to limit my sugar, which is impossible and I remain open to new ideas. Over the years, I have ingested spoonfuls of pureed canned asparagus, drank water with baking soda, drank water with apple cider vinegar, blended fruit and vegetable smoothies (how else does one tolerate kale?) and tried to be mindful of a maintaining an alkaline diet. The goal has been to enhance my immune system while eliminating toxins in order to enable my body to heal itself. Again, it's difficult to know what alternatives have worked and what hasn't. Whether it has been real or a type of placebo effect where I thought it was beneficial, I am not prepared to say. However, I am living proof of something.

As concerns what Tommy is selling, the problem is, as it was with all my previous choices, there are no guarantees. Unfortunately, that was a problem at the beginning, and I fear it will be a problem at the end.

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



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