

# The Arlington Connection

Kylie Williams (left) and Sophie Davis, Yorktown High School students, are sitting outside the polling place at Madison Community Center selling donuts, coffee and homemade cupcakes to raise funds for the Model General Assembly in Richmond in April 2022.

## Election Day in Arlington

NEWS, PAGE 3

## Rallying with Biden, McAuliffe

ELECTION, PAGE 4

## Bunnies, Birds And Reptiles

ArPets, page 6

## Turkey Trot And Toy Drive

PAGE 7

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### 55+ Programs

Travel trivia, Thursday, Nov. 4, 11a.m. Registration # 911601-3

English conversation and culture, Thursday, Nov. 4, 9:45 a.m., Arlington Mill 55+ Center, 909 S. Dinwiddie Street. Registration # 911650-4.

Cold war intelligence in the skies, presented by Scott Willey, senior docent, National Air and Space Museum, Thursday, Nov. 4, 1:30 p.m. Registration # 911400-40.

Library of Virginia's genealogy series features Organizational Records, Thursday, Nov. 4, 3 p.m. Presented by community outreach specialist Ashley Ramey. Registration # 911400-41.

Matinee cabaret, Broadway and movie musicals performed by Julianne Corley, Wednesday, Nov. 5, 1 p.m., Auroral Hills 55+ Center. Registration # 911802-9.

Arlington Spellbinders, a group of volunteer storytellers, monthly meeting, Friday, Nov. 5, 9:30 a.m., Langston-Brown 55+ Center. Registration # 911300-6.

"The Virginia Plan" author Bob

Gillette presents the story of how William Thalheimer saved dozens of teens from perishing in the Holocaust, Monday, Nov. 8, 1:30 p.m., Lubber Run 55+ Center, 300 N. Park Drive. Registration # 911400-42. Or virtual, 911400-43.

Healthy-ish Happy Hour ideas from Kristin McGill, registered dietitian, Tuesday, Nov. 9, 11 a.m., Arlington Mill 55+ Center, 909 S. Dinwiddie Street. Registration # 911500-17.

Acoustic Café, music from the 50s to the present, Tuesday, Nov. 9, 7 p.m., Lubber Run 55+ Center, 300 N. Park Drive. Registration # 911802-3.


History roundtable topic, the impact of famous leaders, Tuesday, Nov. 9, 11:15 a.m., Lubber Run 55+ Center 300 N. Park Drive. Drop in, no need to register.

Pinterest 101, how to get started demonstration by Amy Collins, Tuesday, Nov. 9, 7 p.m. Arlington Mill 55+ Center, 909 S. Dinwiddie Street. Registration # 911403-7.

Ukulele class, basic strumming, taught by Sandy O'Shea, Tuesday, Nov. 9, 4:30 p.m., Arlington Mill 55+ Center, 909 S. Dinwiddie Street. Registration # 911702-4.


Meaningful volunteer opportunities, Wednesday, Nov. 10, 1 p.m., Aurora Hills 55+ Center, 735 S. 18th

SEE FLOURISHING, PAGE 7



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## Election Day in Arlington

PHOTOS AND REPORTING BY SHIRLEY RUHE

The Arlington Connection went to press on Election Day, Tuesday, morning Nov. 2, 2021, before the polls had closed and before any results were available. For more, see [www.Connection-Newspapers.com](http://www.Connection-Newspapers.com).



And, Kylie Williams adds, one man had already stopped by and bought 10 of the “Vote” red, white and blue cupcakes to take to his office.



Kim Zarish-Becknell has just voted and stands by a sign that said “Vote, Tell them Ruth Sent You,” with a lace collar representing Ruth Bader Ginsberg, outside Madison Community Center. This election has made her feel uneasy, she says. She usually posts yard signs and works at the polls but not this year. “I have been busy with kids. But things don’t feel the same.”

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

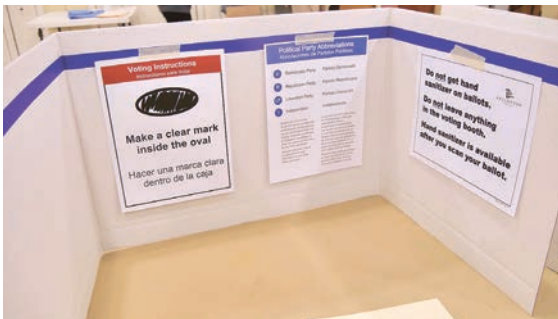


Kylie Williams (left) and Sophie Davis, Yorktown High School students, are sitting outside the polling place at Madison Community Center selling donuts, coffee and homemade cupcakes to raise funds for the Model General Assembly in Richmond in April 2022. Business started slow but picked up about 7:20 a.m. when the sun came up.



A Younkin campaign volunteer stands outside Madison Community Center. “I’m stationed here because this is the most Republican precinct in Arlington, and it helps us get our pulse on what is happening.” Polls reported have indicated a close race for Governor, which could delay results.

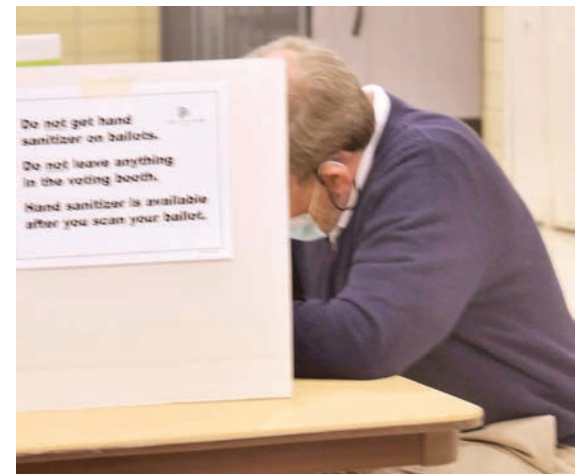
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New instructions this year counsel voters to fill in the entire oval on their ballot in order for it to be counted. An election worker explains once you put your ballot through the recording machine, if it hasn’t been filled out properly, the ballot is destroyed and the voter is sent to a station to get a new ballot to fill out correctly. “Everyone has a chance to vote.”



The Democrats are busy greeting voters outside Madison Community Center on Election Day. Other volunteers are constructing a canopy nearby in anticipation of the rain expected later in the day.



A voter fills in a double sided ballot at Madison Community Center on Election Day. The election official at the site says 108 voters have been recorded at 8 a.m. On Nov. 1, 1.2 million Virginia voters had been recorded as voting early. An election official has just spent 10 minutes on the telephone with a voter who had accidentally listed her middle name as her last name so they couldn’t find her in the records. But they successfully tracked her down in Alexandria records to enable the woman to vote. The election official says filling out provisional ballots is extremely rare. She added that everyone should serve as an official at the polls and they would see that it is really impossible to skirt the rules and commit voter fraud.



# Arlington Rallies with Biden for McAuliffe

Family event ignored  
Youngkin supporters,  
vulgar hecklers.

BY EDEN BROWN  
THE CONNECTION

The story of the Get Out the Vote rally on Tuesday night on South Hayes Street in Arlington was not the speeches of the warm up speakers before President Joe Biden and candidate Terry McAuliffe arrived. You would have expected those. They were like preaching to the choir.

They whipped up enthusiasm in a crowd that was already fired up, but cold from standing for three hours outdoors on the windy night. Those speeches just confirmed what people at the rally already knew: voting for McAuliffe was a way to sustain the programs initiated by McAuliffe, Gov. Ralph Northam, and the newly blue Virginia General Assembly.

Lieutenant Governor candidate Hala Ayala literally danced onto the stage and struck a chord with the crowd. U.S. Rep. Don Beyer's simple gesture of bringing out a little red book called "Beloved," which he said he was going to review for the audience, was the best articulation of what Democrats said on Tuesday night: We don't want a governor who says he would ban Toni Morrison's book from Virginia Schools because it talks about racism.

A small group of Youngkin supporters gathered outside the security perimeter and stood in the way of McAuliffe supporters as they arrived, holding up signs too vulgar to quote here, rude enough to make people wince. The signs were ugly and offensive. One woman in her mid-sixties was overheard asking a protester using the "F" word in connection with the candidate to watch her language; the response was "F" you, old woman."

The speeches about the important need to get out the vote were directed to the crowd of over one thousand; almost half raised their hands when asked if they had already voted. The other half planned to vote on Election Day.

Taking part in the Democratic process was important to people like Alex Sivlov, who came here from Moscow about 30 years ago, at the rally with Julianne Nzinga, who had grown up in Kinshasa, Zaire, seeking a more Democratic country. She wanted to hear what McAuliffe was going to say about his programs; Sivlov wants free community college in Virginia.

Barbara Butcher was at the rally to "form a bulwark against Trumpism." Duane Butcher said: "We're out here to show that Virginians care about democracy."

Augusta MacQueen brought her two boys, Mads, aged 2-and-a-half, and newborn of 3 months, Wilkie, "because it's important to bring them, to show them this. I hope Mads will remember." MacQueen, who was accompanied by her mother-in-law Elaine MacQueen, said she was a moderate Democrat but becoming more committed as a



Sonia Petrella, who at just 8 years old, was one of the most enthusiastic Terry supporters in the crowd, kept jumping up and down with her "Terry" sign as if ... her future depended on it.



August MacQueen with her sons, Wilkie and Mads, and their grandmother, Elaine MacQueen, wanted her sons to remember this night.

democrat after the last few years. "I wanted to show my support tonight, particularly since I can't do much else with a new baby."

Elizabeth Thomas, an Arlington resident, applauded bringing children to the rally: "You should start them young, like you would take a kid to a baseball game because you want them to grow up loving baseball."

Sonia Petrella, who at just 8 years old was one of the most enthusiastic Terry supporters in the crowd, kept jumping up and down with her "Terry" sign as if ... her future depended on it.

"I was happy to be there and see so many young people participating," said Jody Goulden. The crowd was mostly 20-50 years old, but she was not the only senior. The rally was well organized and courteous, with young men in blue blazers directing the crowd and saving umbrellas for those who had to put them aside to enter. The crowd



Hala Ayala was buoyant as she engaged the crowd about the need to vote.



The Butchers were there "as a bulwark against Trumpism" and "to show Arlington's support for democracy."

was happy, excited, kind to each other, dancing to "Uptown Funk" and other rally-ish music. There were newborns and grandmothers, whole families, and students. There was an

older man of South Asian heritage waving an Indian flag, there was dancing on the bleachers, and an increasing anticipation as Democrat after Democrat spoke about what had been achieved under McAuliffe and Northam: medicaid expansion, lower drug prices, a higher minimum wage, preserving a woman's right to choose, the huge investment in K-12 education, reducing child poverty by half, voting rights, and marriage equality.

After a very difficult day negotiating his Build Back Better plan, one of the hardest working men in Washington arrived, the President of the United States, looking as though this was his most important event of the day. The President popped onto the stage and launched into, as Rose Fabia described it, "his usual conversation with the crowd, rather than a prepared speech." Biden was there to support his friend McAuliffe.

Kate Giroux noted that when he was heckled by the Youngkin supporters, "Biden smiled his million dollar smile and simply suggested that someone give them some water because it appeared they had something caught in their throat."

Augusta MacQueen would be telling her son when he grows up about the night he saw the President of the United States act like a grown up.

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PHOTOS BY EDEN BROWN/THE CONNECTION



# The Arlington Connection

www.ConnectionNewspapers.com

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An independent, locally owned weekly newspaper delivered to homes and businesses.

**Published by**  
Local Media Connection LLC

**1606 King Street**  
**Alexandria, Virginia 22314**

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

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Alabama the bunny. Quite a few rabbits are available, see <https://www.awla.org/adopt/small-animals/>



Gilligan the guinea pig. Guinea pigs make great pets, and AWLA has a selection of them.



Mice Gus Gus and Jaq. Mice are responsive and take up less room than a cat or a dog. A rat can learn more commands than a dog.

# Rabbits, Guinea Pigs, Birds, Reptiles

## Getting to know the exotic animals of Arlington.

BY ASHLEY SIMPSON  
ARLINGTON CONNECTION

**T**he term exotic animals probably has a few wild animals roaming through your mind: maybe even lions, tigers and bears (oh my!).

But, you actually don't need to go on safari in order to interact with exotic animals, or even to bring one home. In the animal welfare and veterinary worlds, exotic animals are actually domestic animals – pets that aren't dogs, cats or farm animals. Think: reptiles, rodents and birds.

You can find all kinds of exotic animals at your local animal rescue organizations, including the Animal Welfare League of Arlington (AWLA).

"A lot of people don't necessarily realize that shelters have these exotic animals," Chelsea Jones, AWLA Senior Communications Specialist, said. "They think they have to go to pet stores to buy these kinds of pets, when that's just not true."

Those enticed by these exotic pets need to look no further than the AWLA, which has a full spectrum of these less traditional pets.

"The most common of these animals we get are rabbits, guinea pigs, hamsters, birds, rats, and ferrets," Jones said. "We also sometimes get mice, chinchillas, reptiles and large parrots. It is exciting and it definitely keeps us on our toes because their care vastly differs depending on the species."

AWLA refers to these animals as their "small companion animals," or simply "smalls." And there really is nothing that the AWLA team hasn't seen.

"Our 'small companion animals' include rabbits and guinea pigs – our two most common – and then there are birds, hamsters, gerbils, rats, domesticated mice, chinchillas, ferrets, and reptiles," she said. "We actually just started adopting the lizards out, as they used to go to reptile rescues. Right now, we



This cockatiel was already adopted, but another one plus several parakeets and other birds are available now.

have two geckos, snakes, lizards. Then, every so often, we get fish. For example, last year, we got 350 guppies. We've had parakeets, quaker parrots, and we recently had a macaw."

AWLA cares for and adopts out a lot of these exotic animals due to their agreement with Arlington County, which is different from rescue organizations that do not have county or county-contracted shelters.

"Many shelters do take exotics," Jones said. "Some, like us, are open-access shelters that are required to take in any animal from our jurisdiction that needs our help, meaning sometimes we get very interesting animals! Other shelters or rescues may not be required to do this, and so may decide not to take certain pets if they do not feel they can properly care for them."

They are called 'exotic' for a reason, too. These animals must go to special veterinarians, and in general have different needs than those of cats and dogs.

Currently, AWLA Arlington, including its robust foster network, is home to more than 25 exotic creatures – smart and personable ones whose species are oftentimes simply misunderstood.

"I think the biggest misconception about smaller pets is that they aren't affectionate or smart," Jones said. "They are both of these things and more, but show these traits in different ways than a cat or dog might."

A lot of these animals are prey animals, so their predisposition often involves being fearful of larger species, including humans.



Holly the Macaw with her new owner. Holly was seized from unsuitable living conditions and AWLA won custody of her in court. "She was adopted by an awesome couple from Richmond."

As a result, earning their trust and affection takes a little time.

"They need more time, patience, and understanding for us to really get to know them," Jones said. "They take longer to trust us. They are not always immediately giving back that outward exuberant affection the way a dog or cat will, and sometimes it's just a lot more subtle. ...

"For example, rabbits will nudge you with their nose when they want attention. Guinea pigs give 'kisses' by nuzzling you gently. Then rats are incredibly smart and affectionate and typically can be taught far more commands than a dog."

As for those winged and feathered companions?

"Birds preen the person or people they have bonded with," Jones said.

Although cats and dogs tend to get more attention, exotic pets bring a ton of benefits to the families who adopt them.

"They come with the same positives as having a dog or cat, with the companionship and giving you a sense of purpose," Jones

said. "Also, smaller pets let more people experience the joy of a pet. People who are allergic to cats and dogs, or may not have enough space for a large animal can definitely consider having an exotic pet."

Like their canine and feline counterparts, exotic pets come to AWLA in two main ways: when previous owners surrender them, and when people find them lost outdoors.

Exotic animals arrive at AWLA by way of other, truly bizarre avenues.

"Once, we got a call that a person living in an apartment complex found a baby anaconda in her toilet," Jones said, still in disbelief. "Anacondas gravitate toward water, and we assume it had been someone's pet who had swam through the pipes to land in a neighbor's unit. That one, we had to send to a specialized reptile rescue."

It is important to note that some "exotic" animals are illegal to own as pets, and these are specified by Arlington animal ordinances. Of course, AWLA is always up-to-date and familiar with these regulations.

AWLA Arlington also has plenty of experts on staff and in its network to take care of most exotic animals that come through their doors.

"We have staff members who used to work at zoos, and we have several exotics vets we will call with questions," Jones said. "We have a great network to make sure we are taking care of these animals in the right way and giving them what they need to be happy."

And while dogs and cats are definitely the more common pets in Arlington, the AWLA team wants the community to know that exotic animals are also lovable, fantastic options.

"We want people to love small companion animals as much as we do," Jones said. "They are just as deserving of a home as dogs and cats and have so much personality to show off and love to give. We hope people will look for a pet at a shelter first, so that they are giving homeless pets a new home, and not subsidizing the breeding of small pets by buying them from pet stores."

For more information on AWLA's "smalls" – from rabbits to guinea pigs – visit <https://www.awla.org/adopt/small-animals/>



# Arlington is Hot to Trot ...in Person

**Arlington's Turkey Trot attracts more interest every year.**

The 16th annual running of the Arlington Turkey Trot, "Flight to the Finish," will take place Thanksgiving morning and will feature newly minted turkey, 'Major Tom,' and Mid Atlantic Drones, flying live and filming the festivities from above.

The 5K will be run (or walked) in person/live this year, but given the importance of comfort and safety, organizers will not "stuff the turkey" with 4,000 runners at the start on Pershing Avenue between Fillmore and Garfield Streets, but rather employ a 'rolling start' to provide ample breathing room between runners.

With the rolling start, registrants come to the no-wait start area (on Pershing at Garfield) within an approximately 30 minute window, either side of 8 a.m., and go on their own. More details will be provided closer to race time. The success of the Turkey Trot depends on participation. Organizers are asking Arlingtonians to register and invite family and friends. If you want a shirt, the deadline is Nov. 1, and otherwise, registration can be as late as Nov. 24, according to Mark Riley, charity race coordinator, who always comes to the race dressed as "The Big Turkey," and who encourages all manner of silly Thanksgiving themed hats to be worn by runners.

The Turkey Trot, once a small affair designed by the pastor of Christ Church to raise charitable funds, is now a big event. Sponsored by over 30 Arlington businesses, including Amazon, who this year is a Platinum Sponsor

The Turkey Trot logo this year will be featured on the coveted Turkey Trot T-Shirt.

and the most major sponsor of the Trot in the past 15 years; Dittmar, a local rental company; Christ Church, the original sponsor of the Trot; the Arlington Community Foundation; Arlington County; Good Company Donuts and Cafe; Ann Wilson Homes, a real estate company which is very involved in nonprofits; Beyond Monuments, Brookfield Properties (they did the Ballston mall); Clarendon Animal Care, Columbia Gardens Cemetery; Design Powers; Horizon Government Affairs; the Phoenix Team, a real estate company new to the Trot this year; Restoration Anglican Church; Screwtop Wines; and the Virginia Paving Company; and others.

The funds raised will go to char-

ities that have been the lifesaving safety net for people who lost jobs or got sick during the pandemic. Arlington Thrive, Arlington Food Assistance Cooperative (AFAC), Bridges to Independence, and a host of other stalwarts of Arlington's safety net circle, plus new this year, more smaller organizations. The whole event will be filmed from above by another local firm: the Mid-Atlantic Drone company. This race is truly a labor of love by and for the Arlington community.

And the second best thing about the race? You get to go home and eat more turkey because you just ran off 600 calories. To register for the race or learn more about it, see: <https://www.arlingtonvaturkeytrot.org>

# Fill the Cruiser Toy Drive

Help spread joy this holiday season by donating new, unwrapped toys during the Arlington County Police Department's (ACPD) seventh annual Fill the Cruiser Holiday Toy Drive.

This year, with families impacted by the COVID-19 pandemic, the need for donations may be greater than ever. Help ensure the holidays are bright for some of our most vulnerable community members – children in need.

Contactless Donation Drop-Off Locations:

Officers will collect new, unwrapped toys for children ages newborn to 17 at the following locations:

Thursday, Nov. 11, 2021 at Ballston Quarter, 6 p.m. – 8 p.m. 4238 Wilson Boulevard (a cruiser will be parked on the sidewalk between Ted's Bulletin and True Food Kitchen)

Saturday, Nov. 13 at the Fashion Centre at Pentagon City, 12 p.m. – 4 p.m. 1100 S. Hayes Street

Wednesday, Nov. 17 at Lee Harrison Shopping Center, 5

p.m. – 7 p.m. 2425 N. Harrison Street

Tuesday, Nov. 30 at Our Lady of Lourdes Church, 6 p.m. – 8 p.m. 830 23rd Street S.

Friday, Dec. 3 at Arlington Assembly of God, 5 p.m. – 7 p.m. 4501 N. Pershing Drive

Participants should stay in their vehicles until they reach the unloading areas, where officers will be on hand to remove donations from vehicles. A separate area will be available for those arriving by bike or foot.

Those wishing to donate toys, but unable to attend the Fill the Cruiser events can drop off donations at Arlington Police Headquarters, located at 1425 N. Courthouse Road, until Friday, Dec. 10 at the 2nd Floor Administrative Support Unit Front Counter from 8 a.m. – 4 p.m., Monday thru Friday.

Toy Distribution: Toys will be distributed by the Police Department to community organizations throughout the month of December. Due to the ongoing pandemic, ACPD will not host pop-up distribution events in the community.



Fill the Cruiser event in 2018.

FILE PHOTO BY SHIRLEY RUHE

## FLOURISHING AFTER 55

FROM PAGE 2

Street. Registration # 911400-5

Care of houseplants, presented by Master Gardener Lynn Pelkey, Wednesday, Nov. 10, 11 a.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. Registration # 911401-1.

Genealogy discussion group shares techniques and discoveries, led by Susan J. Court, Wednesday, Nov. 10, 3 p.m. Registration # 911402-6.

The study of words and the history of the English language, Wednesday, Nov. 10, 10:30 a.m., Lubber Run 55+ Center, 300 N. Park Drive. Drop

in; no need to register.

Smart home capabilities described by Tech Guru Nick Englund, basic introduction of home automation devices, Wednesday, Nov. 10, 6:30 p.m., Arlington Mill 55+ Center, 909 S. Dinwiddie Street. Registration # 911403-08.





PHOTO CONTRIBUTED

## Arlington County Crime Solvers Presents Ninth Annual Award

Arlington County Crime Solvers (ACCS) presented its 2021 Law Enforcement Award on Thursday, Oct. 14 to the Arlington County Police Department, the Arlington Sheriff's Office and the Arlington Department of Public Health for the work their departments performed in protecting and serving during the pandemic. Andres Tobar, President of Arlington County Crime Solvers, presented the award to (from left) Director of Public Health, Dr. Reuben Varghese; Police Chief Charles "Andy" Penn; and Major Jimmie Barrett, who represented the Sheriff's office. The recipients accepted the awards on behalf of their departments.

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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.

### LEBANESE TAVERNA TURNS 30

This November, Lebanese Taverna Market is celebrating its 30th anniversary. A fixture in the community since November 1991, Lebanese Taverna Market has long been a go-to for imported Lebanese specialty foods, wine and housewares as well as prepared foods, house-made spreads and ready-to-cook items from the deli counter.

To celebrate this milestone, the Abi-Najm family is hosting a series of special tasting events on Nov. 3-4 and 11-12. All events are held from 4-7 p.m. at Lebanese Taverna Market at 4400 Old Dominion Dr, Arlington, VA 22207.

#### Schedule:

Wednesday, Nov. 3: Grape Leaf Demo and Tasting, Wine Tasting;  
Thursday, Nov. 4: Kibbeh Tasting, Sparkling Wine Tasting;  
Thursday, Nov. 11: Thanksgiving Tasting, Wine Tasting;  
Friday, Nov. 12: Armenian Cake Tasting, Wine Tasting.

### NOV. 5, 6, DEC. 3, 4

Help Plant Daffodils. At Culpepper Garden in Arlington. Looking for an opportunity to get outside and connect with nature? This fall, Culpepper Garden is hosting a variety of community planting days as they plant 3,000 daffodils in

preparation for our Spring Daffodil Walk. Dates include: 11/5, 11/6, 12/3, and 12/4. Masks and social distancing will be required. To volunteer, contact Ashley Gomez, Volunteer Manager at [agomez@culpeppergarden.org](mailto:agomez@culpeppergarden.org).

### THURSDAY/NOV. 4

Reimagining Our Homes. 7-8:30 p.m. Via Zoom. Industry experts will discuss how we can transform our homes to meet the goal of carbon neutrality. To learn more and to register visit <https://www.ecoactionarlington.org/get-involved/events/>.

### ARLINGTON COMMUNITY HIGH SCHOOL FINDS HOME

Arlington County and Arlington Public Schools announced that Amazon will support the building of a permanent home for Arlington Community High School as part of its PenPlace development in Pentagon City.

The school will be built as part of the mixed-use development located at the corner of South Fern Street and Army Navy Drive on approximately 10.5 acres in the transit-rich Aurora Highlands neighborhood. With Amazon's support, the new facility will be completed in time for the 2026-27 school year.

Arlington Community High School serves a diverse student body of approximately 300 students ages 16 and older from across Arlington County, who are focused on earning

SEE BULLETIN, PAGE 9

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# CALENDAR

## NOW THRU NOV. 30

Forty+ Project. 12:30 to 1:30 p.m.  
Jane Franklin Dance, 3700 S Four Mile Run Drive, Arlington. Forty+ celebrates the collective creativity of people past the age of 40. Each project features a different choreographer.  
The goal is a unique tapestry of collaboration between choreographer and performers. Cost: \$160 for the 8 session series Visit the website: <https://janefranklin.com/adult-dance/forty-plus>

Annual Craft Fair. 10 a.m. to 4 p.m. At 700 S. Buchanan Street, Arlington. The Woman's Club of Arlington will have their annual craft fair. Margaret's Food truck will be on site. New vendors and lots of pre Christmas gifts. Pottery, jewelry, stuffed animals, make up, wooden items.

## SATURDAY/NOV. 6

Enchanting Elgar, the English Romantic. 7:30 p.m. At Gunston Arts Center, Theater 1, Arlington. National Chamber Ensemble is programming music of Great Britain for the first time and will pay tribute to

the most famous English composer with a premiere of one of his most famous compositions in a chamber ensemble setting. Sir Edward Elgar's music still has a resonance which chimes precisely with the difficult times and challenges we now face. Tickets are \$36 for adults and \$18 for students. 2700 S. Lang St., Arlington. Tickets are available online at <https://www.nationalchamberensemble.org/tickets.htm>

## NOV. 12-14

"The Eye of the Beholder." The McLean Art Society, a local group of professional artists and art enthusiasts is sponsoring an Art Show and sale on Friday Nov. 12, 5-8 p.m., Saturday, Nov. 13, 10 a.m.-4 p.m., and Sunday Nov. 14 10 a.m.-1 p.m., hosted by Walker Chapel United Methodist Church, 4102 N Glebe Rd, Arlington. There will be all original framed paintings in many styles with a large variety of subject matter as well as less expensive matted pieces and originally designed greeting cards. Everyone is welcome in a Covid safe environment.



The National Chamber Ensemble presents Enchanting Elgar, the English Romantic on Saturday, Nov. 6, 2021 at Gunston Arts Center in Arlington.

## BULLETIN BOARD

### FROM PAGE 9

ing a high school diploma, while preparing themselves for college, work, and the future.

### ARLINGTON COUNTY

#### NEW WEBSITE

Arlington County Government launched a new website, the first major refreshment of the County's online presence in more than seven years. The site launched Oct. 18. Users will continue to access the site by visiting [www.arlingtonva.us](http://www.arlingtonva.us). The upgraded site brings needed improvements to the website's overall stability, security and performance, plus a light design refresh and navigation updates to better serve the community's digital needs.

Now more than ever people rely on the County's website for news and information affecting nearly every area of their lives in Arlington, whether it's a public health notice, applying for a permit, watching a County Board meeting, or paying taxes online. This upgrade will ensure that residents, businesses and visitors alike have a positive and productive online experience with the County government and can confidently and securely access the information they need.

### POLICE ANNOUNCE

#### APPOINTMENT OF LATINO LIAISON OFFICER

Arlington County Police Department has created the Latino Liaison Officer position, filled by Corporal J.P. Montoya, who has served with the Department since 2018.. According to the U.S. Census Bureau, 15.6% of Arlington's population identifies as Hispanic or Latino Origin. Historically, the Department recognizes that crimes may go unreported due to concerns about police interactions and individuals may have reservations about seeking police assistance. The addition of the Latino Liaison is one of many steps they are taking to strengthen our relationships, creating a safer, more informed community, and better ensuring equitable access to police services.

### DONATIONS

Pet Food Bank. AWLA has established a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit [goo.gl/forms/s2FuFdaYdZm4tPw2](http://goo.gl/forms/s2FuFdaYdZm4tPw2).

### GET MORE WITH SNAP

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

### ONGOING

Online Salary Negotiation Workshop. AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit [salary.aauw.org](http://salary.aauw.org). Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat by providing information on sustainable gardening practices. These prac-

tices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit [audubonva.org/audubon-at-home-1/](http://audubonva.org/audubon-at-home-1/) for more. Naloxone (Narcan) can save the life of someone who is overdosing, if

given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqveland

at 703-228-0913 or [esiqveland@arlingtonva.us](mailto:esiqveland@arlingtonva.us) or visit [health.arlingtonva.us/opioid-awareness/](http://health.arlingtonva.us/opioid-awareness/) for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit [www.chrisatwoodfoundation.org/naloxone](http://www.chrisatwoodfoundation.org/naloxone) for details.

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**877-315-1200**

For eligibility, visit: [HOMEofVA.org/RRPinfo](http://HOMEofVA.org/RRPinfo)



*Housing Opportunities Made Equal conducts the outreach and engagement initiative for the Virginia Rent Relief Program to provide one-on-one application assistance.*

*The Virginia Rent Relief Program is administered through the Virginia Department of Housing and Community Development.*

*Residents in Fairfax and Chesterfield counties should reach out to their counties' programs.*

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## WELLBEING

# The Grim Reality of the High Maternal Death Rate among Black Women Racism and access to medical care are among the causes.

BY MARILYN CAMPBELL  
THE CONNECTION

**C**hest pains during and after her pregnancy were the first sign that something might be wrong. When Corretta Lewis of Alexandria visited her doctor, she was told that her pain was the result of low iron levels and a nutrition-deficient diet. She was skeptical of her physician's diagnosis.

"I had a friend that died at 21 with her 3-day old baby in her arms because the doctors didn't take her seriously, so I was scared," said Lewis.

She adjusted her diet but the discomfort persisted.

"I nearly died while in labor with my son and then I was dismissed by my OB-GYN during postnatal care," she said. "After giving birth, I was still experiencing severe chest pain and after a few weeks my wife forced me to go to another doctor to have them look into it further."

A cardiologist ordered an echocardiogram. "It turns out that the doctor saw something on an ultrasound of my heart," said Lewis. "I could have died. I was dismissed because I was a young black woman."

Lewis' experience is not uncommon. Black women are three-to-four times more likely to die of pregnancy-related causes at a higher rate than white women in Northern Virginia and parts of Montgomery County. A lack of access to healthcare and racism from medical professionals are among the top reasons for this gap.

Most pregnancy-related deaths are preventable, according to the CDC. Racial and ethnic disparities in pregnancy-related deaths have persisted over time, the CDC re-

SEE HELPING, PAGE 11

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Corretta Lewis, pictured with her wife Mea and their son Caleb says that she almost lost her life due racism in healthcare.



PHOTO COURTESY OF CORRETTA LEWIS

## The Grim Reality of the High Maternal Death Rate among Black Women

FROM PAGE 10

ports. Even in states with the lowest pregnancy-related deaths per 100,000 live births, and among women with higher levels of education, significant racial differences persist. These findings suggest that the disparity observed in pregnancy-related death for Black and American Indian/Alaska Native women is a complex national problem, according to the CDC. <https://www.cdc.gov/media/releases/2019/p0905-racial-ethnic-disparities-pregnancy-deaths.html>

“Institutional racism, implicit bias, toxic stress, and intimate partner violence ... are contributing factors to the staggering disparity among black women,” said Joanna Hemmat, assistant director, Health Services Division, Fairfax County Health Department.

The actions that are associated with these behaviors are dismissing a patient’s symptoms, making assumptions and generalizing.

“We work on addressing institutional racism and implicit bias –in collaboration with One Fairfax, our county-wide initiative to bring an equity lens to all areas of operation throughout the county, including health,” Hemmat said.

A lack of access to prenatal and postnatal healthcare is another barrier to closing the maternal mortality gap between Black and white women. “Uninsured women are less likely to seek routine health care and more likely to receive episodic care in the emergency department,” said Hemmat, “The diagnosis and management of chronic health conditions may be delayed and follow-up care is not coordinated.”

To address the issue of a lack of healthcare, local counties are partnering with medical facilities to offer services on a sliding scale for uninsured patients. For example, Arlington County teams up with the Virginia Hospital Center to provide services to pregnant women, says Kurt Larrick, assistant

**“Institutional racism, implicit bias, toxic stress, and intimate partner violence ... are contributing factors to the staggering disparity among black women.”**

— Joanna Hemmat,  
Health Services Division.

Fairfax County Health Department

director of Arlington County Department of Human Services. “They do all deliveries and we actually send any high risk pregnancies to them immediately as well,” he said.

Addressing pre-existing medical conditions and creating an overall healthy lifestyle can help lower maternal mortality rates among women of color.

“Mental Health screening, screening for intimate partner violence and substance use, as well as subsequent referrals, are essential components of care provision during the prenatal and postpartum periods. In order to reduce maternal deaths due to suicide, overdose, and intimate partner violence,” said Hemmat.

Though she survived her pregnancy and now has a happy family of three, Lewis is still concerned about the plight of other women of color.

“It’s not asking a lot for all black women to live long enough to see the child they carried celebrate their first birthday, and many others,” Lewis said.

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## Diffusing But Still Losing



By KENNETH B. LOURIE

And not too proud or embarrassed to admit it. Although it’s hardly an AA-type situation where I’m also powerless against its pull, I am nonetheless acknowledging my weakness. With five cats living exclusively indoors - under one roof in approximately 1700 square feet, the ruckus is non stop. Trying to integrate into an animal-family unit an older pair of siblings, a single female and a new pair of siblings, has not been easy. Granted, we haven’t exactly followed the presumptive advice cat whisperer Jackson Galaxy might have recommended: slowly introducing and acquainting the various cats to one another and into shared areas of the house. Unfortunately, we’re way past being able to undo any inadvertent psychological animal trauma we may have caused. Though our house remains standing with relatively minor impact, there does appear to be a path forward to possibly upend the “territorializing” that goes on when new cats are added to a household where older cats have already taken up residence - and staked their claims. The answer is a product called “Feliway.” Or so I hope, and have been led to believe - by my wife, Dina.

“Feliway” is a retail product we are now buying online from Chewys, the online pet superstore. It is similar in design and application to a plug-in room freshener. There’s a part which plugs into an electrical socket: the diffuser, and another part, a liquid which is inserted into the diffuser. This heated up liquid is supposed to release a sort of calming vibe throughout the house and promote peace among the warring cat factions. Moreover, it’s supposed to prevent fighting, staring, posturing and chasing. So far, three-plus months or so into it, the results are mixed. The cat mood in the house seems occasionally tranquil with cats coexisting and tolerating. Though nobody is making new friends, there does seem to be some allowances from some cats for other cats to sometimes occupy similar/familiar spaces. And it’s only apparent to us that this is happening when it’s not happening. And by that I mean, when our supply of diffuser refills run out - and we don’t immediately replace them with new. Then there seems to be an upset/upheaval of sorts among the various cat groups. The cat groups being Andrew and Sloane, the oldest siblings and longest living in the house; Twinkle, the middle cat and not part of a pair; and the newest additions, siblings Louie and Mia. The siblings get along with one another perfectly well, but when any other group appears, aside from feeding time (we feed the three groups in separate rooms in an attempt to keep the peace) when the fighting is minimal, chaos usually ensues. And since diplomacy does not work, Dina and I are forever reacting to the sound of a cat screaming, locating it and running off to protect/prevent any unnecessary fistacuffs (invoking one of my fathers’ expressions from my youth). Since we’re reacting, we’re usually too late, but we do what little we can and try to comfort whomever seems the most distressed.

As a consequence, I am constantly on the phone with Chewy buying diffusers and diffuser refills, and/or checking the fluid levels of the in-home diffuser refills trying to determine how much time/relative peace we may have until war breaks out. It seems unlikely that we’ll have enough diffusers in the house, or have enough refills in inventory, to maintain the calm. Quite frankly, we’re running out of electrical outlets in which to plug in the diffusers. Our house is over 25-years old and aside from limited closet space, there are also minimal electrical outlets. Throw in the number of outlets which are already being used for non-Feliway uses: lamps, television, stereo, miscellaneous other electrical appliances, and then consider that some of the outlets are old and tired and no longer working and you have a recipe for disaster, at least as far as living in a house with five cats - most of whom don’t get along, is concerned. Trying to regulate the peace becomes next to impossible. Feliway may not be the answer, but I’m addicted nonetheless. Their products are all I think about; morning, afternoon and evening.

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



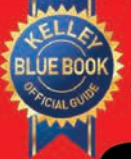


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