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## News

## Turkey Time Rolls Around at AFAC

By Shirley Ruhe Arlington Connection

ay Bynum remembers it was 7:09 a.m. when he started unloading the Sisco truck full of 2,600 frozen turkeys in front of the Arlington Food Assistance (AFAC) building on S. Nelson Street. The turkeys had been delivered on Friday morning, Nov. 12 and were waiting in a refrigerated truck for the AFAC Thanksgiving turkey distribution on Nov. 15.

The distribution had been scheduled to begin at 9:30 a.m. but people started lining up at 7 a.m. The line extended down the block — wheelchair clients, families with small children and everyone with a shopping bag, even a suitcase.

Jeremiah Huston, associate director of communications, says, "I don't know why but people always do that, even for the regular weekly food distribution. It's as if they are afraid we will run out." Huston says the line will slow to a trickle, and then there will be a rush at the end

Jolie Smith, AFAC director of development, says they had to order the turkeys and the chicken roasters for the residents at the senior living facilities in the middle of the summer. She says, "They are more expensive then but we had to be sure we could get enough for all of the AFAC clients." She says for the last couple of years Sisco has made things a lot easier for them by donating a refrigerated truck and preloading it with the turkeys, which has eliminated a lot of the

logistics.

Clients head inside the building and walk through the line where they can choose their regular milk, eggs, canned goods, bread.

"But," Smith says, "this week we have 70 cases of fresh green beans as well as fresh sweet potatoes donated by South Block, who also sends us apples during the year for the kids."

Randy Randall, who says he has been volunteering with AFAC for 13 years, moves a dolly stacked high with fresh kale, radishes, fennel and zucchini through the building. The fresh veggies have been gleaned from local farmers markets.

The last stop for the clients is the canopied turkey table outside which is manned by Marga Robillard. Cases of turkeys are stacked behind her against the wall waiting to be taken home. Each client receives a 12-pound turkey and a case of Fever Tree ginger beer. The word "beer" alarms a number of clients even though Robillard explains it is non-alcoholic.

AFAC volunteers stand ready to help clients carry the turkeys down the street to their parked cars. Parking is especially difficult today, and the load is heavy this week, especially for clients who have struggled just to get there.

AFAC is an incorporated 501(c) (3) non-profit organization dedicated to providing supplemental groceries to Arlington residents who cannot afford to purchase enough food to meet their basic needs. AFAC distributes over 80,000 pounds of food to families



AFAC clients line up early for turkey distribution on Monday, Nov. 15.





Randy Randall, an AFAC volunteer of 13 years, pushes a cart loaded high with fresh produce, which will provide plentiful choices for Thanksgiving at AFAC Nov. 15.

in need each week.

Charles Meng, AFAC chief executive officer, says during COVID the need for supplemental groceries increased with 2,334 fam-

ilies requesting assistance, many for the first time due to economic hardship. AFAC operates under the Choice Model, which allows families to select the foods they are more likely to eat and know how to prepare. AFAC currently operates 17 distribution sites at various locations around Arlington. For more information: www.afac.org



AFAC development director Jolie Smith and warehouse manager Raymond Bynum give an enthusiastic high five at the halfway unloading point for 2,600 turkeys.



AFAC development director Jolie Smith and warehouse manager Raymond Bynum inspect turkeys way in the back of the oversized Sisco semi trailer that earlier in the morning had held 2,600 frozen turkeys.



Marga Robillard mans the turkey distribution table outside the AFAC warehouse on Monday. She had been working inside the warehouse packing and sorting produce since 7:20 a.m.



Danielle Rampton, an AFAC staff member, chases a runaway turkey that catapulted out of a client's arms that were overloaded with groceries.

### News

## Arlington's Trash Can Debate: Innie or Outie?

### Handles out is the preference of workers and makes things go faster.

The Connection

hich is the right way to position your trash can when you place it on the curb: handle out or in? The debate broke out on Nextdoor, the website many Arlingtonians use to address important issues like snake identification and noisy gas blowers.

Many believed the Arlington County website instructions (handles in) were not debatable. "Why wouldn't you follow the country's instructions?" exclaimed at least one person. But there is one good reason why putting the cans with handles out makes sense. After the debate broke out, several residents asked the sanitation workers what they prefer.

"It's easier to grab onto the handle if it's facing out," one worker said, and he seemed pleased to

By Eden Brown be asked. While the original reason for putting them out with the metal bar facing the street (and the wheels and handle facing the house) was for the truck to lift the can automatically, many sanitation workers don't use the lifter unless the can is unusually heavy.

> Arlington resident Steven Anders confirmed this, "I sort of feel this is like the toilet paper "over or under" discussion. I did ask the collection team this week their preference, and he said "handle out."

> Most trash websites also ask residents not to put the cans too close together and to line them up instead of putting some behind others.

> The other refrain that always comes up when talking trash: please don't put plastic bags in the recycling bin or bag your recyclables in anything other than paper.



Trash cans put out on the street handle in. Less helpful for the sanitation workers. These are nicely separated though, for easier access.



Trash cans put out on the street handle out. More helpful for the sanitation workers. But these are too closely lined up: separate them a bit.

## Arlington Residents Get Out Rakes....

...and Caterpillar bulldozers... to do battle with falling leaves

> By Eden Brown THE CONNECTION

utumn color peaked this weekend in Arlington, but so did the number of leaves falling. It was blissfully quiet at the Walsh house, where gas blowers were not deployed, but mini-rakes, brooms, and.... Caterpillar bulldozers... were on the job.



Oliver Walsh was doing battle with maple leaves on Sunday, helping his mother and little brother.



Connor Walsh deployed the heavy machinery to help his mother deal with falling leaves around their home.

## Where There Is an Idea There's a Way

### What's your idea to collect food for hungry people?

BY SHIRLEY RUHE Arlington Connection

ot an idea? Anyone can sponsor an Arlington Food Assistance Center (AFAC) food drive for the holidays. AFAC runs food drives all year with boxes permanently located outside community centers, grocery stores, businesses, churches and even homes. Check the website for a list of all locations

AFAC's website has template flyers which you can customize for your own food drive as well as detailed information on how to register and organize your food drive step by step.

fooddrives@afac.org.

During the holidays the need is greater, and the community is responding. AFAC purchases about 60 percent of the food distributed to clients and the other 40 percent comes from donated food.

Last year 14,000 Arlington residents received AFAC services, many for the first time.

This year National Landing and other BIDs in the 22202 zip code are organizing a food drive with 17

collection boxes scattered around the area. Arlington Parks and Recreation will have collection boxes outside community centers the weekend of November 20-21.

For the second time due to COVID precautions, the annual Scouting for Food event has restructured their effort into neighborhood food drives to replace their usual large event. This event each year has been critical for AFAC to help them meet their heavy Thanksgiving demand. The Scouts generally provided AFAC with over 50,000 tons of non-per-



The Gaffney family created a splendid holiday music light show fundraiser to collect AFAC groceries for the 2020 holiday season.

ishable dry and canned food each year. This year the drive has been localized but they are asking you not to leave groceries in front of

your house unless you received a flyer at your door.

Creative ideas abound to inspire SEE WHERE THERE, PAGE 6 www.ConnectionNewspapers.com

4 ARLINGTON CONNECTION NOVEMBER 17-23, 2021



# Culture Shock of Private School Competition

Those unaccustomed to hyper-competitive education feel intimidated by the admissions process.

By Marilyn Campbell The Connection

chool tours, applications, teacher recommendations, test prep tutors and on campus visits. These are some of the topics of conversation in families who are in the midst of the independent school admissions process. For Sandy Adams, it conjures up memories of the time when her children had to adjust to a new academic environment. She and her family moved three times in six years, each time experiencing the shock of adapting to a new private school admissions process.

"During my children's elementary, middle, and high school, I moved my three children into three private international schools in Europe and Asia," said the Potomac mother of three adult children. "My top advice for parents is: Be open minded and flexible."

Those who are new to the Washington region can be caught off guard by the hyper-competitive independent school admissions process here. Families who were accustomed to a laid-back environment where school choices are plentiful and acceptance rates are high can experience culture shock. There are strategies for navigating the process and snagging a seat in the private school of your choice, say local education consultants.

"Yes, the path to

admission into such

exclusive schools is

it in the long haul.

tougher, but it is worth

Staying the course al-

ways pays dividends."

Perseverance and expectation management are the top coping mechanisms that education consultant Alex Ross believes will make the process less intimidating.

"For parents unaccustomed to the rigors and ultra-competitive environment of certain private schools, their knee jerk reaction when they're being thrown into such an environment is to shut down," said Ross, an education consultant who serves clients in Alexandria and Arlington. "They see nothing but the obstacles and

throw up their hands, thinking their children will just have to settle for public school."

To be truthful, though, the toughest school to get into in the region is a public school, Thomas Jefferson. And the social environment and whiff of celebrity in other public schools in Fairfax County, Arlington and Montgomery County can match many private schools. The list of super talented and now famous people who graduated from the public schools in those areas, or the Alexandria City High School, is daunting.

Still Ross believes that dedication and determination can increase the chances of being accepted to the school of your choice. "My best advice would be to stay the course and acknowledge the investment you're www.ConnectionNewspapers.com



A private school graduation from before the pandemic.

making in your children," he said. "Yes, the path to admission into such exclusive schools is tougher, but it is worth it in the long haul. Staying the course always pays dividends. Study after study shows that students coming out of private schools get admitted into more prestigious universities and ultimately are earning higher salaries."

Self-acceptance is necessary when navigating an unfamiliar and daunting process. "You have to be comfortable with your child going to school where other students may be wealthier, more socially connected, or have celebrity parents," said Great Falls education consultant Chris Perry. "If you are not comfortable, your child won't be comfortable. If you are

intimidated, your child will be intimidated. If you feel inferior, your child will feel inferior."

Taking time to attend open house events or take a tour of a school can put families at ease, continued Perry. "Putting a positive spin on a big change can set your family up for success by making it an adventure, rather than just a stressful, arduous move across the country or to a hyper-competitive school,"

For those who experience financial roadblocks, Ross

says, "Don't be shortsighted. Even though many people will tell you that you're too late to the game to get in, there are always side doors. You never know where a well-timed donation, political favor, or act of volunteering might catapult your son or daughter into the admissions line."

— Alex Ross

When selecting a school, the most important factors are finding an environment that is a good fit socially and academically, says Perry.

"The thing to ask yourself is, are you in love with the education your child will get at this school? If you are not, then you shouldn't go," And if you are truly in love with it, then nothing else, not money, not social status, not celebrity, should matter."









## McLean Art Society Showcases Local Art

BY SHIRLEY RUHE Arlington Connection

he church service lets out at Walker Chapel United Methodist Church on Glebe Road in Arlington on Sunday, Nov. 14. The parishioners head down to their community room to browse through the McLean Art Society (MAS) Show. The show began with a reception on the evening of Friday, Nov. 12 followed by juror Allen Bentley's awarding of ribbons for first-through-fifth place. One hundred and twenty hanging paintings and 90 tabletops by artists around the local area are on display and on sale to the public.

Lori Lisiecki, co-chair of the event, says the first place painting by Dipali Rabadiya has already sold. It was called "Eggs and Cups" and looked just like it sounds. "The painting featured broken eggs in a clear bowl pictured with coffee cups. The juror liked the way the objects appeared to be etched out." The first place painting has already been claimed but Lisiecki points to another painting by the same artist, a different version of eggs and cups, still on display.

Rabadiya grew up in India and has painted since she was a small child. She paints daily and believes that painting often, and small objects, inspires artistic skill and encourages the individual to be more creative.

Around the corner, Lisiecki's oil painting, "Kinderdijk Windmills," is on display; take it home for \$275. Lisiecki says she saw these windmills on a trip to the Netherlands where the small village was



Dipali Rabadiya won first place for her painting "Eggs and Cups," which has been sold and claimed. This painting, also by Rabadiya, has a similar theme.

famous for its 18th-century windmills. "It was a drizzly day and I was standing on a bridge over a canal. I tried to capture the subdued mood and the architecture of the structure against the sky." She said she took photos that she could work with when she got home and then spent days capturing the experience.

Judith Landry, the co-chair of the event also has a painting on display that was inspired by a painting trip she took about five years ago. She remembers crossing the bridge, "and there it was, the Notre Dame Cathedral in Paris, in a stunning scene. It was almost perfect. It kind of painted itself."



Lori Lisiecki (left) and Judith Landry, co-chairs of the McLean Art Society show November 14



Lisiecki and Landry view the "Kinderdijk Windmills" painting that is based on a trip Lisiecki took to the Netherlands several years ago.

Landry says the painting process took some days. She lets her painting sit, both so that the oil can dry as she goes along, and also to give her time to think about it and give her perspective.

A family rounds the corner and ten-year-old Emily Maginnis, who attends Jamestown Elementary in Arlington, stops in front of Landry's painting.

Her mother explains Emily likes to paint, "my favorite subject," and Emily adds, "especially trees." Emily's younger brother points to a picture nearby which he likes because of the water. "You know you've been there, Will. That's in Georgetown close to where your grandparents live."



Emily Maginnis and her brother Will are looking at the painting Landry submitted to the event based on the Notre Dame Cathedral in Paris.

The MAS was established in 1955 as a volunteer organization focused on broadening the interests of members and offering artists of every level the opportunity to show their art in a variety of media through regular exhibitions.

Monthly meetings are held at the McLean Community Center and are open to the public.

## Where There Is an Idea There's a Way

From Page 4

people to give to AFAC, especially during the holidays when the need is greater. Last year the Gaffney family put on a socially-distanced, 25-minute holiday music light show fundraiser for AFAC on S. Ives Street. They set the block aglow with holiday lights and invited those who passed by to share the holiday cheer by leaving a contribution for AFAC. The Arlington Girls Soccer Association 2004 Girls Academy assembled holiday baking baskets with the essentials of flour, sugar, shortening and baking soda.

The Keenan family sponsored a food drive in their front yard in April 2020 which could be identified way down the block by their large signs setting out their goal of collecting 10,000 cans. When they ended their efforts in September, they had collected 12,113 cans. They offered cheerful bottles of bubbles and an assortment of painted pet rocks

for those who stopped by.

Charlie Gaylord built a "Little Free Pantry" for his Eagle Scout project, and he installed it behind the Central Library. It serves as a permanent drop off spot for non-perishable contributions.

On Nov. 13, grandchildren from Potomac and Sterling organized a neighborhood food drive at their grandma's house in N. Arlington. They were astonished when a large AFAC Food Drive box was delivered to the driveway and busied themselves with making turkey crafts to hand out as a thank you.

#### Most Requested:

Low salt canned soups and vegetables tomato products peanut butter low sugar cereal cooking oil



The Keenan family set up a food drive in their front yard in April 2020 and by September had collected 12,113 cans.

Last year 14,000 Arlington residents received Arlington Food Assistance services, many for the first time.



Andrew Bowman makes turkey crafts, which he personally signs and hands out to neighbors who drop off food for AFAC at his grandma's house in N. Arlington on Saturday, November 13.

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6 ❖ Arlington Connection ❖ November 17-23, 2021

### CALENDAR



Encore Stage & Studio presents "Enchanted Bookshop Christmas" on Nov. 19-21 and Dec. 3-5 in Arlington.

#### 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

#### NOV. 19-21 AND DEC. 3-5

"Enchanted Bookshop Christmas." At Encore Stage & Studio, Gunston Arts Center - Theatre One, 2700 S. Lang St., Arlington. When an important holiday present disappears at the bookshop, it's up to our come-to-life book characters to solve the mystery of the missing bookmark and save the day — all without giving away their magical

existence. Characters include the Nutcracker Prince, Amy March, the Velveteen Rabbit, the Little Match Girl, and even Ebenezer Scrooge himself. Tickets \$15 for Adults, \$12 for Children, Students, Military and Seniors. Concessions are available for pre-order. Tickets are available online at www.encorestage.org.

#### SATURDAY/DEC. 11

Jane Franklin Dance. 7:30-8:30 p.m.
At Theatre on the Run, 3700 S Four Mile Run Drive, Arlington. Jane Franklin Dance returns to in-person performances at Arlington's Theatre on the Run with exciting new works by award-winning choreographers. This mixed-bill performance promises an exciting evening of dance by some of the DMV's finest movement artists. Visit the website: https://janefranklin.com/in-place

#### FLOURISHING AFTER 55

55+ Programs are virtual and outdoors. A 55+ Membership is required to participate (\$20 annual fee). To join or register, go to registration.arlingtonva.us or call 703-228-4747.

Senior Adult Transportation (SCAT) offers Arlington residents 55+ years of age and older pre-arranged taxicabs to and from 55+ Center locations for \$2.50 each way. For more information and an application, call 703-892-1900.

#### 55+ Programs

Learn about autoharps, similar to a zither, demonstration by Fran Fields, Thursday, Nov. 18, 1 p.m., Lubber Run 55+ Center, 2121 N. Culpeper Street. Registration # 911400-49.

Urban birds who don't flee during the winter, European starlings, Rock pigeons and Peregrine falcons, Thursday, Nov. 18, 6 p.m.. Presented by Park Naturalist Kenneth Rosenthal. Registration # 911400-51.

Movie group to discuss and critique, "Supernova," Thursday, Nov. 18, 1 p.m., Arlington Mill 55+ Center, 909 N. Culpepper Street. Registration # 911704-5.

Older drivers meet Mike Perel, Ret., U.S. National Highway Traffic Safety Administration, Thursday, Nov. 18, 1 p.m., Arlington Mill 55+ Center, 909 S. Dinwiddie Street. Hear how aging might affect WWW.CONNECTIONNEWSPAPERS.COM driving and how new technologies can help avoid crashes and reduce injuries. Registration # 911400-50.

Sunshine Gang Band, performs rock and popular classic selections, Friday, Nov. 19, 1 p.m., Arlington Mill 55+ Center, 909 S. Dinwiddie Street. Drop-in; no need to register.

Acoustic Hour at Aurora Hills 55+ Center, 735 S. 18th Street. Music from the 50s hosted by Carl Gold, Friday, Nov. 19, 1 p.m. Registration # 911802-8.

Folk music sing-along, Monday, Nov. 22, 1:30 p.m., Madison Community Center, 3829 N. Stafford Street. Drop in; no need to register.

Scale Down, weight loss support group, private weigh-ins, interesting programs, Monday, Nov. 22, 1:30 p.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. Drop in; no need to register.

Yarn Crafters group at Aurora Hills 55+ Center, meet to make hand-knit and crocheted items for babies, children and the elderly, Monday, Nov. 22, 10 a.m., 735 S. 18th Street. Drop-in; no need to register.

Genealogy 101, led by experienced genealogist Eileen Bogdanoff, Tuesday, Nov. 23, 11:30 a.m., Lubber Run Community Center, 300 N. Park Drive. Registration # 911400-57.

See Flourishing, Page 9



#### **Public Notice**

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

| Jurisdiction | Fed Struc Id | Route # | Route Name               | Crossing           | Posted Date |
|--------------|--------------|---------|--------------------------|--------------------|-------------|
| MONTGOMERY   | 12355        | 787     | DRY VALLEY RD./ROUTE 787 | MEADOW CREEK       | 10/28/2021  |
| DINWIDDIE    | 6063         | 631     | CLAIRBORNE RD.           | HATCHER RUN        | 10/23/2021  |
| CARROLL      | 4640         | 620     | FOREST OAK RD./ROUTE 620 | CROOKED CREEK      | 10/22/2021  |
| SCOTT        | 16924        | 796     | GILLENWATER LOOP         | BIG MOCCASIN CREEK | 10/20/2021  |
| LUNENBURG    | 11609        | 626     | DOUBLE BRIDGES RD.       | LEDBETTER CREEK    | 10/12/2021  |

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth, but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit <a href="https://www.virginiadot.org">https://www.virginiadot.org</a> and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact, haulingpermits@vdot.virginia.gov.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730.

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## Rush Hour Concert

th Street Quartet's Rush Hour Concert Series returns this week! This Friday, November 19 at 6:00 PM at St. George's Episcopal Church in Arlington, 915 N Oakland St, 22203.

https://www.9thstreetchambermusic.com/9th-street-quartet

We will be performing music by Prokofiev, Caroline Shaw, and arrangements by the Danish String Quartet. These pieces all have a 'Salt of the Earth' element: simple melodies from different places in the world. The last year and a half has allowed us to return to the simple



things, still finding and cherishing joy amidst the darkest of times. We look forward to celebrating the human spirit's capability of experiencing joy through this beautiful music.

Tickets are \$20 for adults and include a free glass of wine for

those over 21. Students 18 and under are FREE. Attendees can purchase tickets online here https://www.9thstreetchambermusic.com/event-details/9sq-in-concert in advance or at the door: cash, check or credit is accepted.

Launched in the spring of 2021, 9th Street Chamber Music, LLC is a new model for a professional string quartet, dedicated to creating new performance and education traditions that engage the audiences and culture of our current time.

– ArPets –

## 5 Safe Ways to Include Your Dog in Thanksgiving

By Ashley Simpson
Arlington Connection

dog's palate is absolutely baffling. Some dogs can't resist eating dead worms or discarded tissues from the ground. But then, their mouths also water when they smell your gourmet steak and potatoes.

So, on the food-oriented holiday of Thanksgiving — this year on Thursday, Nov. 25th — when we in America are typically busy all day preparing (or waiting for) big special meals and delicious spreads, it's particularly important to pay attention to the scraps your dog may be sneaking.

According to the United Food and Commercial Workers International Union (and many other sources), Americans eat more on Thanksgiving than any other day of the year. So, chances are in a dog's favor of getting his or her paws on some highly desirable human food.

Really: can you imagine what goes through your dog's mind as the scents of traditional Thanksgiving foods like turkey and fresh bread waft through your home all day?

With a dog's keen sense of smell, most will hope for even the smallest taste of these foods — turkey, ham, stuffing, sweet potatoes, mashed potatoes, cranberry sauce, bread rolls, pasta salad, pumpkin pie, and more.

Your dog's desperate yet

hopeful facial expression as they stare at you in the kitchen makes it so tempting to give them "just a little bit" of what you're cooking. Then at mealtime, it's nearly impossible not to give them a piece of something from your plate.

While some Thanksgiving foods are safe for dogs, others can cause serious harm.

It is not a good idea to encourage dogs to beg for food. But, isn't it a tradition to bend the rules on holidays — as long as you only bend the rules with safe, plain foods — free of most spices, sugars, and additives.

On this spicy note, according to Rover, the main spices that are toxic for dogs are: onion, garlic, salt, cocoa powder, and nutmeg. And on the other hand, they can eat small amounts of basil, cinnamon, ginger, parsley, and turmeric — some of which even have healthy properties for canines.

## Here are 5 safe Thanksgiving foods (and even healthy) for dogs

Skinned, cooked sweet potatoes are perfectly safe, and even beneficial, for dogs. As long as there are no added ingredients, "sweet potatoes are a great source of dietary fiber, B6, vitamin C, and beta-carotene," according to the American Kennel Club.

Mashed potatoes. Also according to the American Kennel Club, dogs can safely enjoy white potatoes (in moderation, just like for humans). For dogs though, spare the butter, salt, cheese, and the

other garnishes.

Tip: Mash up a separate, skinfree potato for your dog, and serve it plain or with a dollop of nonfat plain Greek yogurt in lieu of sour cream.

Also, potatoes — sweet or regular — should never be raw for a dog to eat. And to be on the safe side, remove all potato skin, which can lead to kidney problems for a dog that eats too much of it.

Turkey (but without bones, skin, or gravy. The turkey slices should be plain, free of added flavor.

In the words of Trupanion, "if cooked plain, without the skin or extra fats, turkey meat does have some great advantages for dogs. Turkey is rich in protein but fairly low in fat and contains riboflavin and phosphorus."

Pumpkin. According to expert veterinarian Gary Richter, MS, DVM, "pumpkin is a very healthy snack. It helps with digestive health and it's great for a dog's skin and coat. If feeding canned pumpkin, make sure it's just pumpkin and not the pre-spiced pie mix."

Plain cranberries. Round out your dog's Thanksgiving meal with some fruit: before you whip up your family's favorite cranberry sauce recipe, set aside a few plain cranberries for your dog.

According to PetMD, "you can feed raw, cooked or dried cran-

berries to your dog in moderation... Cranberries are also used in some dog food recipes because of all the vitamins, minerals, and disease-fighting nutrients they contain."

### Where to draw the culinary line for your canine

As for other Thanksgiving foods, make sure you research their potential impact on dogs before even giving them a nibble. It's a safe bet to steer clear of foods made with multiple ingredients and those that contain a lot of fat, sugar, and complex flavors.

Examples are: stuffing; casseroles; creamed vegetables; fatty meats like ham; chocolate, any other sweet like the classic pumpkin pie, or alcohol (again, according to experts with the American Kennel Club).

And, remember: amid the hustle and bustle of typical Thanksgiving celebrations and gatherings, it is entirely possible that your dog will find a way to steal some food that they shouldn't.

In the event of this understandable yet alarming situation, you should immediately call either Animal Poison Control ((888) 426-4435) or your local emergency veterinary practice with 24/7 on-call experts.

For holiday season questions relating to your pet, contact your veterinarian. And, equally important, Happy Thanksgiving to you and ArPets.

## Arlington

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### NEWS DEPARTMENT: arlington@connectionnewspapers.com

#### **Shirley Ruhe**

Contributing Photographer and Writer slrbc@aol.com

#### Joan Brady

Contributing Photographer and Writer joan@joanbradyphotography.com

#### **Eden Brown**

Contributing Writer arlington@connectionnewspapers.com

#### Ken Moore

Contributing Writer kmoore@connectionnewspapers.com

#### ADVERTISING:

For advertising information sales@connectionnewspapers.com 703-778-9431

#### Debbie Funk

Display Advertising/National Sales 703-778-9444 debfunk@connectionnewspapers.com

#### **David Griffin**

Marketing Assistant 703-778-9431 dgriffin@connectionnewspapers.com

#### Classified & Employment Advertising

703-778-9431

#### **Editor & Publisher**

Mary Kimm mkimm@connectionnewspapers.com *@MaryKimm* 

#### **Executive Vice President**

Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Art/Design:

Laurence Foong, John Heinly, Ali Khaligh

**Production Manager:** Geovani Flores

#### CIRCULATION

circulation@connectionnewspapers.com



### News

## Tree Stewards Volunteer Time and Expertise To Arlington Schools

Tree Stewards training class starts early next year.

By Eden Brown
The Connection

he Tree Stewards of Arlington and Alexandria have been busy in Arlington this week. If you have time to learn about trees and invasive plants, a new training class is forming and will start early in 2022. Applications for Tree Stewards Training have a deadline of Dec. 31. For more information see www.TreeStewards.org



Paul Kaplowitz got some great core exercise trimming trees on Sunday at the Arlington Traditional School.



A couple that prunes together stays together. Hugh and Marilyn Robinson have been working with Tree Stewards since 2011 and 2015 respectively. They joined forces with half a dozen other Tree Stewards on Sunday to help functionally prune trees at the Arlington Traditional School. Some older trees were badly in need of pruning.

#### FLOURISHING AFTER 55

From Page 7

Tai Chi practice Monday, Nov. 22,12:30 p.m., Wednesday, Nov. 24, 1:30 p.m., both at Lubber Run 55+ Center, 300 N. Park Drive. Drop in; no need to register.

Drumming circle, reduce stress, improve motor skills, Tuesday, Nov. 23, 1:30 p.m., Langston-Brown 55+ Center, 2121 N. Culpeper Street. Drop in; no need to register.

The Rocking Chairs, a grown up garage band, open rehearsal, playlist includes hits from the 50s through the 70s, Wednesday, Nov. 24, noon, Madison Community Center, 3829 N. Stafford Street. Drop in; no need to register.

## Buckle Up

he Thanksgiving holiday is traditionally one of the busiest travel times of the year. As the holiday approaches, the Arlington County Police Department (ACPD) is teaming up with the U.S. Department of Transportation's National Highway Traffic Safety Admin-

istration (NHTSA) on the national Click It or Ticket campaign. Law enforcement agencies across the country will increase enforcement efforts from Nov. 16-28, 2021, to work towards reducing the number of fatalities that occur when motorists

SEE BUCKLE UP, PAGE 10















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### News

## Fatal Crash with School Bus

motorcyclist was killed in a crash that occurred on the afternoon of Nov. 10, 2021, according to Arlington police. At approximately 2:49 p.m., police were dispatched to the 3500 block of 23rd Street S. for the report of a vehicle crash with injuries involving a school bus and motorcycle. Upon arrival, officers located the unresponsive motorcyclist partially under the school bus. He had succumbed to his injuries and was pronounced deceased on scene. The school bus had fourteen students onboard at the time of the crash. The students safely exited the bus, were evaluated by medics and no additional injuries were reported.

The preliminary investigation indicates the motorcyclist was traveling at a high rate of speed from an alley on 23rd Street S. onto S. Kenmore Street. He tried to avoid the oncoming school bus by laying down the motorcycle and ultimately ended up partially under the bus. The man has been identified as Stevan Zikic, 26, of Alexandria, Va.

This crash remains under investigation. Anyone with information related to this incident is asked to contact Detective L. Lugasi at llugasi@arlingtonva.us or 703-228-4054. Information may also be reported anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).

### Buckle Up

From Page 9

fail to buckle up. Everyone wants you to reach your destination safely, so it is critical to practice safe driving habits, like buckling your seat belt, on each and every ride.

According to NHTSA, there were 279 passenger vehicle occupants killed in traffic collisions across the United States during the Thanksgiving holiday weekend in 2019. Nighttime proved even more deadly, with 52% of those collisions occurring during nighttime hours. Wearing a seat belt is one of the most effective things anyone can do to prevent injury or death in a vehicle collision. The Click It or Ticket campaign combines powerful messages about seat belt safety with increased enforcement for unbuckled motorists.

Virginia law requires those under the age of 18 to be properly secured in a safety belt or child safety seat, no matter where they are sitting in the vehicle, and the driver is responsible for making sure this happens. In addition, Virginia law requires those in the front seat of vehicles to be properly restrained, regardless of age, and those 18 and older can be ticketed.

### OBITUARY

## J. Kenneth "Kenny" Klinge DIRECTORY

### Political consultant dies at 83.

By Jeanne Theismann The Connection

enny Klinge was just 26 years old when he began a career in Virginia politics as precinct captain for Barry Goldwater's presidential campaign in 1964. He went on to help shape the political fortunes of many Republican candidates, including President Ronald Reagan. On Oct. 27, the man known as a patriarch in Virginia GOP politics, died at his retirement home in Basye, Va. He was 83.

"I had the opportunity to meet and begin my admiration for Kenny Klinge in 1976 when I was a green rookie chair of Young Virginians for Reagan," posted former Governor George Allen in an online tribute. "Kenny was always a steady, shrewd leader in any competitive and tense operation from Ronald Reagan's to my campaigns. He was a revered and loved person.'

John Kenneth "Kenny" Klinge, was born in Arlington Aug. 4, 1938, to Henry John and Bernice Klinge. He developed a passion for politics and as an expert on transportation issues served as both a Special Assistant and Deputy Assistant Secretary to two Secretaries of Transportation during the Reagan Administration.

Klinge is credited with the modern expansion of Reagan National Airport while serving on the Board of Directors of the Metropolitan Washington Airports Authority and the successful efforts to expand Metro Rail out the Dulles Corridor during his tenure as Chairman of the Dulles Corridor Task Force.

"Kenny had so much to offer," said Maj. Gen. Keith Meurlin, president of the Washington Airports Task Force. "He was a great Board Member at MWAA and I so much enjoyed the opportunity to work with him and accept his guidance and advice.'

His transportation expertise was respected

"Kenny was always a

steady, shrewd leader

tense operation."

in any competitive and

— Former Governor George Allen

across party lines as then-governor Mark Warner appointed Klinge to chair the Northern Virginia Transportation Authority in 2002.

Klinge served as Executive Director of the Republican Party of Virginia (1973-1975), Regional Po-

litical Director of Ronald Reagan campaigns (1976, 1980, and 1984), and National Political Director of the National Republican Campaign Committee (1987-1989).

As Executive Director of the RPV, he partnered with the late Dick Obenshain to lay the foundation for the electoral successes of Governors' Mills Godwin and John Dalton. He served as a senior leader for the winning campaigns of Governors' George Allen and Jim Gilmore, as well as Representative Tom

Prior to retiring to the Shenandoah Valley, Klinge and his wife Jean were longtime Al-



Political consultant J. Kenneth "Kenny" Klinge died Oct. 27 at the age of 83.



J. Kenneth "Kenny" Klinge speaks to a group of young Republicans as Ronald Reagan's Virginia Campaign Coordinator in March of 1976.

exandria residents with Jean running unsuccessfully for Alexandria City Council in the

In retirement, Klinge volunteered as the Precinct Captain of the Orkney Precinct in Shenandoah County. He enjoyed playing

golf, late night poker games and sharing his skills as a natural raconteur with family and friends.

Klinge is survived by his wife of 44 years, Jean Campbell Klinge; sons Michael (Shari) and John (Mel): broth-

ers, Charles (Georgia) and Jonathan (Connie); grandchildren, John Klinge (Kylie) and Holly (T.J.); great-grandchildren, Jackson, Spencer, and Lincoln; and stepdaughter, Kendra Cipollina. A celebration of life was held Nov. 4 in Basye, Va. In lieu of flowers, donations may be made to the Orkney Spring Fire and Rescue Squad, 922 Orkney Grade PO Box 374 Basye, VA 22810.

"Kenny Klinge was a blessing in my life and for the advancement of freedom and opportunities for all," Allen added. "We will all miss Kenny's wisdom but will be grateful for his positive influences in our lives."

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## "One-Hundred Seventy-Three Minutes"



By KENNETH B. LOURIE

That's exactly how long the pre-recorded, artificially-computerized voice said I would have to wait on the phone if I wanted to speak with an actual person. For those of you arithmetically challenged, 173 minutes is almost three hours. Seeing no point in holding that long, I hung up the phone.. EZ-Pass of Maryland is not as easy as I had hoped. Sure the transponder on my car has changed the way I toll around. I only wish I had been earlier to the party. But I waited until the monthly fees were eliminated before I joined. Had I been more on the ball. I would have been sailing through toll plazas up-and-down the east coast years ago. Nevertheless, I'm in the game now (last few years) and enjoying modern technology as it simplifies and eases the occasionally arduous task of driving through tolls - yours truly now being for whom the bell now calculates.

However, I needed to contact the EZ-Pass offices to question a \$25 "replenishment"/charge/ debit to my EZ-Pass account. My car/transponder had been sitting in my driveway for most of the last week, undriven by anyone anywhere near a toll. Yet there it was in my email: a courtesy email advising of the \$25 charge/debit to my account. I was curious; having been told recently by my wife, Dina, of an EZ-Pass audit which showed phantom-charges (charges for roads not driven). As a result, I thought I would pursue the questionable debit to my account with a real person. I googled the EZ-Pass phone number and naively called it thinking I might get some satisfaction/resolution. Neither of which I did, but I did get a subject for this week's column

To be fair-ish, the message does refer the caller to the EZ-Pass website, but that requires the caller to know their account number and password, which of course, I don't. As the message continued however, it spoke to this very circumstance and advised that if one didn't know their account number/password, press #2 I think it was, and then hang on to speak with someone. That's when I heard the 173-minute warning shot fired across my brow. That's when whatever hope I had of a reasonable reconciliation ended. I couldn't justify/tolerate the time it would take to possibly reconcile/credit my account the \$25 I figured my time was more valuable than that so I hung up. Alas, poor Yurik. It was not to be or be at all. I can't think of a more efficient way to solve a dispute in your favor: making callers wait three hours on hold just to talk to a person who might credit back an unnecessary debit into their account. Hardly a guarantee. More likely a

In effect: there's no dispute. There's no discussion and there's no reconciliation. The money's gone and I have absolutely no way/recourse to "replenish" my bank account. Sure, I could call back when the message advises due "to extremely high call volume," but when would that be? Midnight probably, on a weekend. But guess what? There's nobody home at that time. Apparently, the only time to get through to someone is when there's nobody around to be gotten through to. Granted, it's only \$25, but I'm entitled/deserving of an explanation. If I thought of it, I could certainly get paranoid about computers having access to my bank account and/ or credit card information. I realize it's the way of the world to provide this information to total strangers/computer programmers, but if I have no real way to settle a dispute of a charge/debit, it makes me rather nervous. Dollars could very well disappear in the interests of whomever has access to the account. If I can't talk to a human being - in less than three hours, then in point of fact, I have no recourse. And no recourse is hardly the stuff from which dreams are made. It's the complete opposite, actually, It's a nightmare and one from which we might never wake up.

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



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