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## "Flourishing After 55"

Office of 55+ Programs

Contact: Judy Massabny, jmassa@arlingtonva.us

55+ Programs are in person at 55+ Centers, unless otherwise noted. A 55+ Pass is required

to participate (starting at a \$20 annual fee). To join or register, go to registration.arlingtonva.us or call 703-228-4747.

Tai Chi Ch'uan class begins Thursday, Sept. 8, 2 p.m., Walter Reed 55+ Center. Prior experience helpful. Cost \$65, 11 sessions. Registration # 911105-02.

Clara Barton House and the Dentzel Carousel, virtual tour with Park Ranger Kevin Patti of the National Park Services, Thursday, Sept. 8, 1:30 p.m. Includes Q&A with Ranger Patti. Registration # 911400-11.

Library of Virginia's lively genealogy series begins Thursday, Sept. 8, 2 p.m. featuring yearbook

records. Virtual program led by Ashley Craig, community outreach specialist. Registration # 911400-

Movie discussion on "The Life Ahead" (2020) (PG-13), Thursday, Sept. 8, 3 p.m. Virtual. Registration # 911402-03.

Quilling for beginners, create raised images from paper strips using coils, Thursday, Sept. 8, 1:30 p.m., Lubber Run 55+ Center. Supplies

provided. Cost \$18. Registration # 911310-04.

Arlington Mill 55+ Center trekkers, easy paced walking group, Thursday, Sept. 8, 9 a.m. Walk along W&OD and Four Mile Run Trails. Drop-in.

Tour de Friends Bike Club to bike from Bluemont Park to Vienna, Friday, Sept. 9, 9 a.m. Registration # 911206-01.

When Arlington Became Arlington, Friday, Sept. 9, 1 p.m., Aurora Hills 55+ Center. Presented by Sean Denniston, Arlington Historical Society. Registration # 911400-17.

2022 Northern Virginia Senior Olympics opens Saturday, Sept. 10, 9:30 a.m., Thomas Jefferson Community Center. Opening ceremonies, followed by seven track events and ERG rowing. Open to the public. Events continue at 25 different venues throughout Northern Virginia through Sept. 24. Check website for schedule of events and locations at www.nvso.us.

Falls Prevention Month & In-Person Safety Expo, Friday, Sept. 16, 10 a.m. - 12 p.m., Lubber Run Community Center. Falls are the #1 reason older adults end up in the ER, but falls are not a normal part of aging and can be prevented. Learn from experts throughout the community about fall risks and fall prevention strategies. Informational booths, activities and screenings will be available and include fall

SEE FLOURISHING, PAGE 5

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## News

# Fun at Public Safety Block Party

he Arlington County Police Department, Fire Department, Sheriff's Office and the Department of Public Safety Communications Emergency Management held a Public Safety Block Party at Kenmore Middle School Saturday, August 27. This event, last held in 2017, provides an opportunity for the community to experience firsthand the responsibilities of the County's public safety personnel.



Step into the uniform and pretend you're a police officer for a minute or two.



K9-Arlo stops with his handler Cpl. Anatoliy Biskoup for a picture after showing off his skills in the ring at the ACPD Safety Block Party on Saturday, August 27. Arlo is certified in obedience, tracking, building and area search, evidence search and narcotics detection.

www.ConnectionNewspapers.com





Eleanor Smits and Theodore Apfelbaum have signed up for the 4:30 pm session of the fingerprint workshop in the gymnasium at the Public Safety Block Party. Cpl. Tara Crider, of the ACPD crime scene unit, explains to five-year-old Eleanor Smits that her job on the scene of a crime is to look for clues—things you can't see—like fingerprints. She tells Theodore, who couldn't wait to investigate, "Here are some gloves. Whoops too late. Well, it washes off." Crider opens a small bottle of dark powder. "We use this special powder and dip the brush into the bottle very gently." Eleanor follows the instructions, concentrating very hard, to evenly wipe the powder around her plastic dish. She proudly hold up two finger-prints that have been revealed.



It's a hot day but a few of the kids have discovered the open fire hose that is squirting water near the fire engine. It was parked at Kenmore Middle Schools where the ACPD Safety Block Party is being held on Saturday afternoon.



An Arlington park booth features a rat snake with petting privileges available for any brave volunteer. Rat snakes are constrictors but not to worry. They eat mostly rodents.



Long lines form at Kidzone Alley in the Kenmore Middle School parking lot which offers popcorn cotton candy and snow cones. "Blue raspberry has been the favorite snow cone flavor."

Photos by Shirley Ruhe The Connection



Two-year-old Dion Combs investigates the crime scene tape at the special display of items used in solving a crime in Arlington.



Spin the wheel and answer a question about safety or preparedness.



One ticket will get you a white carton filled with a hot dog and hamburger. "But hot dogs are the most popular so some kids get two."

## Here Come the Senior Olympians

he opening ceremonies of the 40th Northern Virginia Senior Olympics will take place Saturday, Sept. 10 at the Thomas Jefferson Community Center, 3501 S. 2nd St. Arlington. NVSO Chair Herb Levitan of Arlington, said, "The public is invited to attend the opening starting at 9:30 a.m. and stay for seven track events that will

The annual competition is made possible by the sponsorship of eight Northern Virginia jurisdictions, the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Loudoun, Fauquier and Prince William. Participants in NVSO must reside in

one of the jurisdictions.

Competition will take place at 25 different venues throughout Northern Virginia and continue through Saturday, Sept. 14. Lev-

itan reported that 831 senior adults have set a new record for participation. They will be competing in 70-plus events.

Pickleball, track, field and table tennis have garnered the most registrants. The oldest participant is Vera Punke of Arlington, age 107 who is registered

to play duplicate bridge, said Levitan. The complete schedule of events is on the NVSO website, www.nvso.us. Results of each event will be posted on the website as the competition continues. All events are open to the public.

"We are also fortunate to have 15 Gold Patrons this year who

The oldest participant is Vera Punke of Arlington, age 107, who is registered to play duplicate bridge.

> have contributed \$1,000 each," said Levitan.

The Patrons are Aarondale Assisted Living, Advanced Hearing Services, Anthem HealthKeepers Plus, Ashleigh of Lansdowne, Chesterbrook Residences, Goodwin Living, Greenspring Retirement Community, Facial Plastic Surgery

> Center, Heatherwood Retirement Community, The Jefferson, Koons Toyota Arlington, Paul Spring Independent and Assisted Living, The Wellington by Lake Manassas and Westminster at Lake Ridge.

NVSO is a non-profit-C-3 organization and 100% of money donated is used entirely for NVSO activities.

For more information, check the website www.nvso.us or email nvso1982@gmail.com.

## $A^{\text{The}}lington_{\text{\tiny Connection}}$

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### CIRCULATION

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League of Women Voters Registers More Than 2,300 New Citizens in Northern Virginia

cooperative effort by multiple local Leagues in the Northern Virginia area is underway to register new citizens at naturalization ceremonies.

Following a two-year break due to COVID-19, the United States Citizenship and Immigration Services (USCIS) once again welcomed League of Women Voters (LWV) in-person participation at Northern Virginia's naturalization ceremonies. Since April, more than 160 local League volunteers have spent close to 600 hours registering over 2,300 new citizens.

Many of the new citizens have prepared for years to meet the stringent requirements to take the oath of citizenship, in which they commit to supporting and defending the Constitution and, when required by law, bearing arms, doing noncombatant service, and performing work of national importance under civilian direction. Before being allowed to take the oath, applicants for naturalization must have demonstrated an ability to read, write and speak basic English, good moral character and a knowledge and understanding of U.S. history and government, among other requirements.

In the words of one newly minted citizen, "I have worked and waited for this day for so long. And now I can vote as an American. What an honor." Another said, "In my old country, we could not vote – we had no voice. Now I have a voice and I want to use it. This is a great country - the best country."

Members from the Leagues of Fairfax Area, Arlington-Alexandria City, Falls Church City, Prince Wil-



Since April, more than 160 local League volunteers Many new citizens have prepared for years to have spent close to 600 hours registering over 2,300 new citizens to vote.

liam-Fauquier Area, and Loudoun

County all participated in the voter

As the nation's largest and lon-

gest-standing grassroots voter reg-

istration organization, LWV volun-

teers across the country register

hundreds of thousands of voters

each year. For the second year, LWV

of the Fairfax Area will be hosting

voter registration events at each of

Fairfax County's 21 public libraries

on Sept. 20 in honor of National

LWV volunteers will also provide

❖ Sept. 10 Burke Center Festi-

❖ Sept, 17 Reston Multicultural

information about voter registra-

tion and the Nov. 8 national elec-

Voter Registration Day.

registration effort.

❖ Sept. 24-25 Merrifield-Mosaic District Fall Festival, and the

❖ Oct. 1 Vienna Oktoberfest.

For additional information about the LWV of the Fairfax Area, go to: www.lwv-fairfax.org.

In order to register to vote in Virginia, go to: www.elections.virginia.gov

The League of Women Voters of the Fairfax Area is a non-partisan political organization that encourages informed and active participation in government and works to increase understanding of major public policy

For the second year, LWV of the Fairfax Area will be hosting voter registration events at each libraries on Sept. 20 in honor of





meet the stringent requirements to take the oath of citizenship.

of Fairfax County's 21 public National Voter Registration Day.

Festival,

tion at the

## "Flourishing After 55"

From Page 2

risk assessments, balance and strength exercises, medication review with a pharmacist, home modification techniques, blood pressure and vision screening, along with general safety tips to protect yourself and your home. The Expo is co-hosted by Arlington County 55+ Program, VHC Health, and the Northern Virginia Falls Prevention Alliance. For more information, please contact seniorhealth@vhchealth.org

55+ Camp, a week of activities designed for adults over 55. Includes biking, hiking, creative arts, cooking, games, a trip to a winery, and more. Monday, Oct, 10 to Friday, Oct. 14, 9 a.m. Cost \$100. Registration # 911899-01.

New Hatha Yoga basics class includes breathing and relaxation techniques, 10 sessions begin Monday, Sept. 12, 5 p.m., Arlington Mill 55+ Center. Cost \$55; bring your own mat. Registration # 911103-

Chair Hatha Yoga adapts classic poses in a safe and accessible manner, 10 sessions begin Monday, Sept. 12, 3:15 p.m., Langston-Brown 55+ Center. Cost \$50. Registration # 911103-07. Also on Wednesday, Sept. 14, 12 p.m., Walter Reed 55+ Center. 10 sessions, cost \$55. Registration # 911103-08.

Folk music sing-along, Monday, Sept. 12, 1:30 p.m., Madison Community Center. Drop-in.

Nintendo Switch night, preview three games with Nintendo enthusiast Ben Childers, Tuesday, Sept. 13, 6:30 p.m., Walter Reed 55+ Center. Registration # 911600-01.

Easy eggplant ideas, Tuesday, Sept. 13, 11 a.m., Lubber Run 55+ Center. Registration # 911501-02.

Centerpieces and dining room décor, Tuesday, Sept. 13, 11 a.m., Arlington Mill 55+ Center. Presented by professional event planner Samantha Nuamah. Registration # 911401-01.

Opera appreciation group to discuss Viva Verdi, his life of struggles and drama as reflected in his operas, Wednesday, Sept. 14, 1:30 p.m.,

## BULLETIN BOARD

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

## NOW THRU NOV. 17

The Ballston Farmer's Market returns to Welburn Square near the Ballston Metro stop. 3 - 7 p.m. Visit the Mega Markets on the first Thursday of each month with live music, local vendors, and the return of the beer and wine garden. The market offers conventional and certified organic fruits and vegetables, grass-fed meats and pastured eggs, organic milk, yogurt, ice cream, sweet and savory baked goods, Virginia-made wines, cold-pressed juices, handmade www.ConnectionNewspapers.com Lubber Run 55+ Center. Registration # 913300-04.

Apple of my eye, fall recipes, Wednesday, Sept. 14, 1 p.m., Aurora Hills 55+ Center. Registration # 911501-03.

What is Probate? Discussion led by elder law attorney Ed Zetlin, Wednesday, Sept. 14, 11 a.m. Virtual. Registration # 911404-01.

Cutting the cord, overview on how to use today's technology to reduce cable, phone and internet bills, Wednesday, Sept. 14, 5 p.m., Arlington Mill 55+ Center. Registration # 911403-01.

Genealogy discussion, share discoveries and techniques with fellow enthusiasts, Wednesday, Sept. 14, 3 p.m. Virtual. Registration #

History roundtable group to discuss the impact in history of consorts to the powerful, Wednesday, Sept. 14, 11:15 a.m. Virtual. Registration # 911402-15.

The study of words, the history of English, Wednesday, Sept. 14, 10:30 a.m., Lubber Run 55+ Center, registration # 911402-29 and virtual, registration # 911402-30.

Learn about Affordable Connectivity Program (ACP), a U.S. government program run by the FCC to help low income households pay for internet service, Wednesday, Sept. 14, 10 a.m.- 1 p.m., Walter Reed 55+ Center. Registration #

Inventing your best retired life, Thursday, Sept. 15, 10 a.m., Lubber Run 55+ Center. Features a panel of professionals sharing information about volunteering, plus educational and recreational activities. Registration # 911400-03.

Fall Prevention Month: Safety Expo at Lubber Run 55+ Center Friday, Sept. 16, 10 a.m. -12 p.m. Informational booths, activities, screenings, medications review with a pharmacist and more. Registration # 911899-05.

Acoustic hour in Virginia Highlands Park, 1600 S. Hayes St., Friday, Sept. 16, 1 p.m. Registration # 911301-04.

soaps and lotions, wood-fired pizza, hot-pressed sandwiches, and

## **DONATIONS NEEDED**

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-reg-SEE BULLETIN, PAGE 11

et www.connectionnewspapers.com/Calendar S know about an upcoming

eve

20th Annual ALEXANDRIA OLD TOWN
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Sept. 17th - 18th Sat./Sun. 10am - 5pm

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**SEALED BID SALE** SALE OF REAL ESTATE 8846 Ox Road Lorton, VIRGINIA **PMI 6798** 

Sealed bids will be accepted by the Virginia Department of Transportation (VDOT) in the office of the Northern Virginia District Right of Way and Utilities Division located at 4975 Alliance Drive, Fairfax, Virginia 22030, until, but no later than, September 27, 2022 for the following property:

Wooded lot, located at 8846 Ox Road (Tax Map #1062-02-0001C) in the Springfield Magisterial District of Fairfax County, on the corner of Route 123 and Rommel Drive. The lot consists of 0.4484 acre, more or less, land, is relatively level at an elevated grade with a slight slope towards the rear of the property. Percs for a conventional three bedroom septic system.

The value placed on this parcel is \$298,000.00.

Employees of VDOT, their immediate families or any person employed with the valuation and/or acquisition of this property are ineligible to bid. The property is being sold "as is" with conveyance by deed without warranty. For further information and proposals, contact VDOT at the above address or call Jordan Cheresnowsky at (703) 259-2971.

# The Poodles of Arlington, Part II

Puppies are cuddly and chaotic: then lifelong companions.



Cucumber teaching Isaac Dunn how to love a dog. "Guys," said Isaac, 4, "This dog really loves me. He wants me to stay here with him."

By Eden Brown The Connection

uno, like any new mom, is exhausted, stumbling into the kitchen at 3 a.m. for a feeding. She leaks milk from her saggy teats. A small issue like a fever becomes a trip to the ER. She is physically spent, panting as her insides rearrange themselves. It's hot. The puppies need to be at 90 degrees because they don't know how to regulate their body temperatures. She asks herself, "How could anything so joyful be this hard?" She'd love to take a bath but the puppies are too demanding. Her manicure and pedicure have gone on hold. Her chic haircut is a distant memory. And foxes come by to visit at the weirdest hours, sending her into 6 ❖ Arlington Connection ❖ September 7-13, 2022

apoplexy.

She has to watch out for predators, not to mention illness. Parvo. Distemper. Bacteria. Heartworm. Any worm. The vaccinations can't be done yet. The pups are sitting ducks for diseases.

Weeks later, they've survived. But the garden has not. The herb garden has been turned into a toilet, the azalea has been puppy-pruned into a stick, the Moroccan pots broken, and the recently power-washed terrace smells. All the babies get hungry at once and whine miserably in unison. All nine of them. It's difficult to ignore on the baby monitor. They want to suckle, but they have very sharp puppy teeth now. But Juno's playbook is to nurse them when they ask. They stare in a milk coma as they feed voraciously, transformed

into piranhas. "Why on earth does anyone want to become a mom?" Juno asks herself.

Ah, but, there is an upside. Puppy dogs are so cuddly and helpless. They can't see or hear for two weeks. They fit into your hand when they are born. Puppy breath is toasty and sweet. The little black replicas of Juno twitch and murmur in their sleep. Personalities emerge. Skills are acquired. Juno sighs.

May as well enjoy this lovely toddlerhood before the inevitable next stage when they trip you up, sneak out, whine for attention, and start to talk back. They are anklebiters and houdinis, all of them. They eat everything in the house. Then poop, a lot. They pull on your hair and attack your glasses. They



Minion as a baby. He was a runt who had to be bottle fed to keep up.



Pumpkin Face first portrait.

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## News

## Puppies are Cuddly and Chaotic: Then Lifelong Companions

From Page 6

fight with each other over toys. They beg. They whine miserably when they are hungry. They destroy things when they are bored. They break your favorite things. They steal car keys.

Juno vows, never again.

But in the months after they all go to puppy Kindergarten or new homes, she will listen carefully to mentions of her brood. The pups will have done so well. They will be on the Holiday Card. In a Halloween hat. They are a child's best friend. They have rejuvenated an old dog. They are Instagram poodles. They replaced a well-loved dog no one thought could be replaced. They won a competition. They visit nursing homes and calm wounded warriors. They have cured couch potatoes and soothed widows.

Good dogs, all of them. Good dog, Juno.





Tank aka Dumpling just opening his eyes.



Violet leaning into her belly rub. www.ConnectionNewspapers.com



Peppermint Pattie working her charms.



Pumpkin Face showing his serious side.



Minion showing early interest in the Ball. It must be genetic.



Arlington Connection & September 7-13, 2022 & 7

## New Fire Station No. 8 Under Construction

# A tribute to the past and a look forward.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

he heritage of Fire Station No. 8 will live on in the new 20,000 square foot, four bay state- of-the-art facility currently being constructed on the site of the previous station located at 4845 Langston Blvd. This station was one of the first African American volunteer fire departments south of the Mason Dixon line. It was Arlington's first Black-operated fire station.

The volunteer fire company was organized by the Black residents of Hall's Hill in 1925. The firefighters first housed their equipment at the John M. Langston School. They used a two-wheel cart with a 60-gallon chemical tank pulled by six men.

In 1932 Arlington County started to provide equipment and pay utility bills for volunteer fire companies and in addition provided Halls Hill Volunteer Fire Department (HHVFD) with a Diamond T. pumper.

Yet the Halls Hill Volunteer Fire Department was excluded from annual salaries paid by Arlington County to their paid fire department established in 1940, and in the 1940s they were further excluded from paid pensions and other benefits for other firefighters in the County. After years of struggle and a number of roadblocks in a segregated Arlington, by 1950 Halls Hill Volunteer Fire Department was allocated three paid positions and given second hand equipment by the County.

Planning for a new county-owned fire house started in the 1960s and by 1963 Fire Station number 8 was placed in operation at its current location as a combination engine and truck company.

When the station started aging, planning began for a new fire station with strong community voices expressed about whether to move the site to a more convenient location or whether to preserve the heritage by rebuilding at the same location. In September 2015 the Board appointed a task force to review the parcels for possible locations for the replacement station. After a lengthy public process the Task Force recommended building the new station on the same location and the County Board approved the recommendation in The station was temporarily moved to three parcels on N. Culpeper Street which are close to the old Fire Station No. 8 and would provide minimal disruption in fire operations while the new station is being built. On Dec. 6, 2021 the Arlington County Fire Department relocated Fire Station No. 8 to their temporary quarters before the construction began on the new station. Staffing levels remain the same and no service disruption is anticipated.

The demolition of the old station was completed in late June 2022. During August construction workers were digging the building's footings, setting reinforcing bar and pouring the footings.

In September crews will be laying underground piping for the electrical, plumbing and other systems. This will be followed by pouring the concrete floors and laying masonry. Construction is expected to be completed in late fall 2023.

The new three story station has been designed with a focus on energy efficiency and to meet LEED Silver. In addition to its four bays, it will include 12 gender neutral sleeping suites, living and administrative spaces, a fitness training room as well as industry leading decontamination areas.

A Fire Station Number 8 His-



Construction continues in late August on the new Fire Station No. 8 at 4845 Langston Blvd. The new facility is expected to be completed in late fall 2023.

tory and Legacy Working Group (FS8HL) was established to "develop and recommend strategies to recognize, emphasize and honor the history and legacy of the halls Hill/High View Park Volunteer Fire Department and Fire Station No. 8."







8 ARLINGTON CONNECTION SEPTEMBER 7-13, 2022

www.ConnectionNewspapers.com

## News

## Local Media **Connection Wins** Multiple Awards

Top writing prize; in depth/ investigative; column writing; combination photos and story; education writing; ongoing coverage all garner praise.

he Alexandria Gazette Packet, the Mount Vernon Gazette, the Arlington Connection and Fairfax County editions of the Connection Newspapers won multiple Virginia Press Association awards, announced last week for work produced in 2021.

The Pennsylvania NewsMedia Association judged the entries.

Michael Lee Pope won the top writing award for nondaily publications with his entry for Government Writing which also won first place for the Alexandria Gazette Packet in that category.

"2021 was an especially difficult year for Local Media Connection and these papers, continuing to benefit the community in the face of the pandemic, economic crisis and an onslaught of challenges for local news, said Editor and Publisher Mary Kimm". "Our ability to have an impact in the communities we cover was dependent entirely on the quality and commitment of our writers and photographers, and I am grateful for their amazing work."

In the words of the judge on Michael Lee Pope's Best in Show writing award, "Virginia is blessed to have such excellent community journalism and talented writers."

(We won't say 2021 was the most difficult year ever because in 1862 the Alexandria Gazette Packet building was burned down by the U.S. Army.)



## Absentee Minded Lawmakers consider bill to assign ballots to precincts where voter



Michael Lee Pope won Best in Show for nondaily writing and first place for Governmental Writing for his stories in the Alexandria Gazette Packet.



Michael Lee Pope



Ashley Claire Simpson won first place for her animal columns in the Arlington Connection, "ArPets."

Alexandria

Gazette Facket Senior Living

Earl Lloyd Statue Unveiled Colo

## News

## An Afghan Family

Struggles here, and the family left behind.

BY SHIRLEY RUHE GAZETTE PACKET

## Special Immigrant: A person who qualifies for a green card (permanent residency) under the special immigrant program. This includes reli-gious workers, broadcasters, Armed Forc-

hmed and his wife Suraya and their two sons came to the U.S. from Aftuvo sons came to the U.S. from Afplanistan in August 2017 on a spelal immigrant visa program for Afghanis 
tho worked for the American government.
"I couldn't go see my parents and had 
cevied threats but I didn't take them seriusly until my uncle was very brutally murered when he was shot in the back."

Ahmed and Suraya have both worked for 
the U.S. experiment. But their parents and

Ahmed and Suraya have both worked for the U.S. government. But their parents and siblings didn't qualify for the program at the time. They are still in Afghanistan and desperate to get out.

"They are in hiding. Everyone in the neighborhood knows we live in the U.S." Ahmed says his parents are retired and not in good health and are barely able to

"My relatives are in serious

eyes are in the government biometric data base. "They have your loca

Shirley Ruhe won first place for in-depth, investigative writing in the Alexandria Gazette Packet for her extensive coverage of refugees from Afghanistan.









Plaid Tidings Scottish Walk returns to celebrate 50th anniversary.



ENTERTAINMENT



Janet Barnett and Jeanne Theismann won second place for combination picture and story for their coverage of "Scottish Walk Returns."

St. Elmo's Comes to Old Town (with Cocktails)

## danger."

Snakeheads Are Thriving in Area Waters





Glenda Booth won third place in Health, Science and Environmental writing for her reporting in the Mount Vernon Gazette.

## writing in the Alexandria Gazette Packet.

Jeanne Theismann won second place for sports





Spring Brings Fresh Produce to Arlington Needy





Shirley Ruhe won third place for her coverage in the Arlington Connection of food and feeding the hungry during the pandemic.

## School Buses and Sites Provide Free Grab and Go 7-day Meal Kits No questions asked, no IDs needed — County children under 18 and all FXCO students eligible Mercia Hobson won second place for educa-

tion writing in the Fairfax County Connection newspapers.

## News

Memorial to Suffragist Women Dedicated





Susan Laume won third place for her ongoing coverage in the Fairfax County Connection of the creation of the The Turning Point Suffragist Memorial.





Hope Nelson won third place for Column Writing for her food column, "Appetite."



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### Legals

Dish Wireless proposes to collocate wireless communications antennas at a top height of 95-feet on a 95-foot building rooftop at the approx. vicinity of 4320 Old Dominion Road, Arlington, Arlington County, VA, 22207. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: Trileaf Corp, Meagan Henderson, m.henderson@trileaf.com, 1395 South Marietta Parkway, Building 400, Suite 209, Marietta, GA 30067, (678) 653-8673 ext. 657.

## Be a part of our:

Wellbeing pages, the first week of every month.

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.

**Senior Living**, fourth week of every month.

## **Questions?**

E-mail sales@connection newspapers.com or call 703-778-9431





## Calendar

### CHECK OUT THESE PLANT CLINICS

The Arlington Central Library Plant Clinic is open from 6:00-7:45 p.m. every Wednesday through Sept. 28 and is located in the East Lobby of the Library, 1015 N. Quincy St.

The Arlington Farmers Market Plant Clinic, open Saturday mornings from 7:45-11:15 a.m., operating through Sept. 24, is located at N. 14th St. and N. Courthouse Rd.

The Del Ray Farmers Market Plant Clinic, located at 203 E. Oxford Ave, Alexandria is open on Saturdays from 8:30-11:15 a.m., and will operate through Sept. 24.

The Alexandria Old Town Farmers Market Plant Clinic, located at 301 King St., Alexandria, operates on Saturdays from 7:00 - 9:30 a.m., through Sept. 24.

The Small Space Garden Plant Clinic, located at the back of the Fairlington Community Center at 3308 S. Stafford St., Arlington, is open on Sundays from 9:00 – 11:00 a.m., coinciding with the Fairlington Farmers Market.

### THRU SEPTEMBER

Witness the Changing of the Guard. At the Tomb of the Unknown Soldier, at Arlington National Cemetery, Arlington. From April-September, the ceremony occurs every 30 minutes, on the hour and half-hour. For more information, visit: https://arlingtoncemetery.mil/Explore/ Changing-of-the-Guard

### VIRGINIA HOSPITAL CENTER CLASSES FOR SEPTEMBER

Health fitness classes begin new sessions throughout the week of Sept. 12. For those ready to return to in-person classes, VHC has classes at Faith Lutheran Church and at the main campus of VHC Health in Arlington.

In-person classes include Tai Chi, Body Sculpt, Fitness Fusion, Zumba, Beginner Yoga, Senior Strength and Stretch and more. Based on demand, VHC Health also continues to offer a wide variety of virtual classes on Zoom. Virtual classes include Prenatal and Postpartum Yoga, Feldenkrais, Boost Your Balance, Gentle Pilates, Core Challenge, Cardio Strength Circuit, Seniorcise and more. View the full schedule and register online: http://www. vhchealth.org/healthy. The Health Promotion Department can answer any questions about community fitness classes. Call 703-558-

### TUESDAYS, SEPTEMBER 13, 20, 27

Simpson Park Demonstration Garden. 10-11 a.m. At Simpson Park Demonstration Garden, 420 E. Monroe Ave., Alexandria. Economically, exotic invasives cost the United States over \$120 billion annually (Pimentel et al. 2005). Exotic invasives come in all shapes, sizes, and kingdoms. Virginia has over 90 species of exotic invasive plants. [Exotic Invasive Plants (Apr 29, 2020), Jennifer Gagnon, Extension Associate, Forest Resources and Environmental Conservation "Right Plant,

> tices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit audu-

bonva.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 or health.arlingtonva.us/opioid-awareness/ for available training sessions. The

Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

Right Place" is an easy guide for homeowners to remember when planting. Extension Master Gardeners have many other solutions to planting beautiful eco-friendly gardens as alternatives to invasive plants. See examples of pollinator beds and shade loving plants. We will be on hand to answer your questions about the demonstration gardens and "Right plant, Right place". Free. Contact mgnv.org for more information.

## WEDNESDAYS, SEPTEMBER 14, 21 AND 28

Coffee and Conversation with Arlington Neighborhood Village. 10-11 a.m. "Coffee and Conversation" speaker series. Everyone is invited to join the conversation via Zoom. Bring your own coffee, learn interesting things about our community and hear from the speakers listed below. Zoom link: https://us02web.zoom. us/j/88948577106?pwd=eW0rN1RTTU5ITmJ5NnF2QXZINmdUQT09

### THROUGH-OCT. 1

Group Exhibition. George Mason University's College and Visual and Performing Arts and Mason Exhibitions present Approaching Event Horizons: Projects on Climate Change by Atlantika Collective, a group exhibition of photography, video, sculpture, and performance. Curated by María Alejandra Sáenz, the exhibition will be on view at Mason Exhibitions Arlington located at 3601 Fairfax Drive, Arlington, VA 22201 from August 24- October 1, 2022. Gallery hours are Wednesday through Saturday, 11 a.m.-4 p.m. An event horizon alludes to a boundary in space around a black hole beyond which nothing, including light, can escape. Acknowledging the current climate crisis of our planet, Approaching Event Horizons: Projects on Climate Change by Atlantika Collective resists the idea that the future of planet Earth is reaching a point of no return. The seven artists in this exhibition illustrate the present environmental crisis and inspire actions to help mitigate the critical consequences of climate change.

### Friday/Sept. 16, 10 a.m. - 12 p.m.

Falls Prevention Month & In-Person Safety Expo, Lubber Run Community Center. Falls are the #1 reason older adults end up in the ER, but falls are not a normal part of aging and can be prevented. Learn from experts throughout the community about fall risks and fall prevention strategies. Informational booths, activities and screenings will be available and include fall risk assessments, balance and strength exercises, medication review with a pharmacist, home modification techniques, blood pressure and vision screening, along with general safety tips to protect yourself and your home. The Expo is co-hosted by Arlington County 55+ Program, VHC Health, and the Northern Virginia Falls Prevention Alliance. For more information, please contact seniorhealth@vhchealth.org

## BULLETIN BOARD

From Page 5

istration form. Visit goo.gl/forms/s2FuFdaYWdZm4tPw2.

## **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.

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 prac-



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## **And Now** We Wait



### By KENNETH B. LOURIE

When my sister-in-law Vanessa and I were first requested to attend a "family meeting" with the chief attending physician in SICU, the surgeon originally scheduled to perform the Colo-rectal surgery on Richard, the consulting oncologist, and the head of Palliative Care at the hospital, Richard's recovery was far from certain. Still, the hospital felt it timely and prudent to get feedback from the patient's immediate family.

Basically, they wanted to know what kind of person Richard was/what mattered to him. They were trying to gain an understanding from us - since Richard was unable then to express/indicate even his wishes concerning what he was willing to endure, risk and possibly live with should he recover from the surgery, a surgery which was fraught with danger and whose success, given the size and location of the tumor was hardly guaranteed. The surgeon offered up some percentages for success, which were still an estimate given the unknown/unpredictability of what and where they'd find the mass and, if there were other organs impacted. The scans can only show so much, unfortunately. Moreover, the surgeon said she won't know definitively my brother's prospects until she has him on the operating table. Given that "chemotherapy failed," according to his longtime primary care physician, the surgery may be his only option, as risky as it is.

Now, Richard is awake and talking and very much aware of his condition and his 'failure,' and that surgery, however frightening is the next and only remaining option. And barring any unexpected setbacks from his previous septic shock, and presuming he continues to "get stronger," per his surgeon's assessment, Richard will indeed have his surgery on Tuesday, Sept. 6, two days from when I'm writing this column. When that date was first mentioned at the family meeting, it seemed like an eternity before we'd ever get there, Richard's tenuous recovery notwithstanding. Now the surgery is very nearly here. It all seemed so unrealistic six weeks ago. Then, all we were thinking about was day to day. Now, almost seven weeks have passed. We were all afraid to hope for this day thinking it was too great a leap. Nevertheless, our faith in Richard and the staff has been rewarded and here we are two days before the date. As George Allen famously said in 1971 when he became coach of The Washington Redskins: "The future is now!"

I can't imagine the excruciating time (Vanessa and I) will endure as we sit idly by at the hospital waiting for the surgeon to come out of the operating room and update the family. (Covid rules mandate only two people can be present per day and as of a recent inquiry, those two people can't be visiting the patient/hospital at the same time. We've been so preoccupied even getting to this point that we haven't yet asked if we'll both be allowed in the hospital.) Somehow, we'll get through it. It will give us time to talk about Richard's next phase. We don't know exactly what his schedule will be or his whereabouts, either. I guess he'll return to SICU after surgery and whether he returns to a regular room on a hospital floor or is immediately transferred to a Rehabilitation Hospital, we also don't know. Whatever happens, we'll be ready to accommodate the patient. For what he's accomplished these past few weeks, surviving against difficult odds, it's the least we all can do to assist him in whatever help he needs to adjust to his new normal. He's made us all extremely proud to be a part of his extraordinary recovery. We'll do whatever we can now during his rehabilitation/recouperation to support him during this next challenge. He's certainly earned it.

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

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