

The Arlington Connection

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NEWCOMERS & COMMUNITY GUIDE

2022-2023

Stop in at Cherrydale Farmer's Market located at Dorothy Hamm Middle school and grab some breakfast. Recently added, rotating music groups, featuring Post Script, a high school band, on Saturday, Sept. 10, 2022.

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What Makes Arlington Special?

It's the neighbors, the markets, the schools, the trees, the river ...

BY EDEN BROWN
ARLINGTON CONNECTION

What makes Arlington special? It's the Master Gardeners and the Tree Stewards. It's the non-profits and the universities. It's the Splash Girls and the swimming pools. It's Moore's barber shop in Hall's Hill offering a reading program to kids, and the BP Station down the street offering free air. It's the proximity to the city, the Potomac, the bike trails, and it's the canopy trees. It's the slight tackiness of its 1950's era motels catering to tourists next to the new Clarendon scene. It's Northside Social, the Vietnamese restaurants, the Heidelberg Bakery, the flea market, and the old timer's fishing gear repair shop on Langston Boulevard. It's the mix of old and new, tradition and innovation, history and culture, as each ethnic immigration comes in and leaves a little of itself.

It's "This," said the shopper at the Cherrydale Farmer's Market, as she waved her hand around the market. "This is what makes Arlington special." She continued, "It's the sense of community. Arlington is very family-oriented. It's the parks and the trees and the schools. She describes having

moved her family to Palo Alto for a couple of years when work took them there. "I called up the local school and asked them about my son's disability and how he would fit into the school. They said they had never had a student like that and suggested we go look for a private school where he would be in a class with similar abilities." Back in Arlington two years later (the family all voted to return) the school principal said, 'We have never had a student like your son but we will make it work.' And they did. My son went all through the system in classes with other children, not isolated."

"And that, she adds, pointing to a shopper who has just walked by and greeted her by her first name. "She and I served on a committee together." Arlington is full of people who serve on committees. Although she doesn't want to give her name or have her photo taken, this Arlingtonian offers that Arlington is "a place we want to be able to live even as we age. I know people who still live in the house they raised their children in, alone. They are widows whose children want them to move. 'No,' they tell their children, 'because Arlington is a special place and I belong here.' I hope it stays that way," she adds. I am worried about the teardown of small Arlington houses and their canopy trees."



Nalani Cates at the Westover Farmers Market on Sunday. Cates has lived in Arlington for almost 30 years. She lives in the Barcroft neighborhood.

"What's special about Arlington? It's unique in that it's so close to D.C. but bucolic. "Arlington is unique in its neighborhoods. It has little neighborhoods that have their own character," said Nalani Cates, who has

lived here nearly 30 years. "In each neighborhood, the houses and shops are different. The people are different. The architecture is different. The street signs are different. The schools are different. My son was in Barcroft Elementary School which is tiny - about 400 kids in the whole school - and now he is in Kenmore Middle School which has 400 kids in a grade and it's great the way everyone comes together from different neighborhoods."

What's special? "You can walk, bike, drive, or Metro into D.C. really easily," says Elizabeth Thomas. "It's rare to live in a place like Arlington where the city is so close but you don't feel crowded or dread the commute."

What makes Arlington special? It's Arlington Cemetery or Bon Air Rose Garden, Arlington House, the Arlington Symphony, Arlington Adult Education, Arlington's Committee of 100, The Ninth Street Quartet, the Arlington Jazz Festival, Arlington Arts Center, the composting and recycling program, the U.S. Army Band concerts, the libraries, Teddy Roosevelt Island. It's the friends who bring you a casserole after your operation, and share recipes, it's the W and OD Trail, the Restorative Justice movement, the Fort C.F. Smith park, the Arlington Connection local newspaper ...

About Connection Newspapers in 2022

IN THE MIDST of the crisis which never ends, we at the Connection hear the call to serve our communities. We still seek to fulfill our mission by continuing to publish, even with reduced resources. It's still our mission to provide information about where to get help and how to help; to disseminate information about the virus and efforts to stem its spread; to tell the stories of those who are helping, of those who are hungry. It's still our mission to tell the stories of those working for social and racial justice, and battling income inequality.

It is our mission, set out in the first amendment of the U.S. Constitution, to press local government every day for transparency. Your local paper can be your window into the workings of schools, police, transportation, zoning, storm-water management, services, and a nearly infinite number of other functions. These are the things that impact our lives at home and work. The public has a right to expect transparency from such local institutions, more so when they are publicly funded. The constitution clearly anticipated the ongoing need for the press to help in this role.

It is still our mission to deliver the local news you need, to help make sense of what is happening in your community, to advocate for community good, to provide a forum for dialogue on local concerns, and to record achievements, milestones and events in the community and people's lives. It is still our mission to cover the normal news of the local communities.

We publish photos and notes about personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We also publish notes about news and events from local businesses. Notes about openings, new employees and anniversaries are welcome.

For many months blending into a year, there were no calendar listings in our papers. Everything was canceled. Now there is a return of many face-to-face events. If you are planning an event, we appreciate getting notice at least two weeks ahead of the event, and we encourage photos.

Your community Connection newspaper is published by the independent, locally owned Local

"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."

First Amendment, U.S. Constitution

Find What You Need

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- ❖ Events to list in the calendar, www.connectionnewspapers.com/Calendar/

Media Connection LLC, serving the suburbs of Metropolitan Washington in Northern Virginia and Potomac, Md. Our flagship paper, the Alexandria Gazette Packet, is one of the oldest continuously publishing papers in the country, beginning publication in 1784.

This year, 2022 in the time of the pandemic, we struggle to keep going.

Local newspapers, including the Connection Newspapers, are facing an existential threat from the combination of nationwide downturn in newspaper advertising that has been worsening over several years, compounded by the economic crisis of coronavirus.

We turned to GoFundMe at a critical point, and our readers answered, raising nearly \$50,000 to get us through a terrible time. We thank all who gave, as well as all who wished us well.

Now, we are back to great difficulty. Revenue has not nearly rebounded to pre-pandemic levels, and we are going to need more help to keep going. We will renew calls for contributions shortly to try to carry on. Here is the link to our current GoFundMe. <https://www.gofundme.com/f/help-keep-your-newspaper-printing>

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM
WWW.CONNECTIONNEWSPAPERS.COM

NEWCOMERS & COMMUNITY GUIDE 2022

Wherever You Are There's A Taco Nearby

Come are the days of the ground beef with pre-packed seasoning mix tacos. Now Arlington features tacos from all regions of Mexico with specialty creations of local chefs added to the menus. In the mood for goat “extra dirty,” chili relleno, sweet potato or soft

taco supreme with added black beans, seasoned rice and jalapeño peppers. And that’s just a start.

Small neighborhood spots can be found around the corner where for \$3.00-4.00 each you can mix and match something for the kids and something for the more adventurous eaters in the family.



Crispy cheesy barria filled with shredded beef and Oaxacan cheese with cilantro and grilled onions on the side (pictured) is the most popular taco at Tortas Y Tacos. Although open at 9 a.m. there are no specialty breakfast tacos. “We just serve the same ones all day.”



Drive through your local Taco Bell almost anytime of the day or night or dine inside.



The chef at Tacos + Pinos has just prepared the fried chicken taco (customer favorite) with k-pop, salsa, chili-garlic mayo, cotija and curtido. The restaurant opened during the pandemic with curbside and carryout and now offers dine-in with an informal cantina atmosphere.



Highly credentialed Taco Bamba Chef and Owner Victor Albisu has created two taco menu lists: originals, some of which are only offered in the particular neighborhood and traditionals such as carnitas, chicken tinga and al pastor (featured here).



Tortas Y Tacos at 2911 Columbia Pike has a healthy lunch carry out crowd. “Hola” and up steps a local worker with an order of five taco lengua. This is a tongue taco which he comments is “very tender.”



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

The year old Taco Bamba at 4000 Wilson Blvd. is the fifth location in this popular chain. It features 35 seats and a small patio and has a busy local carry-out business including popular breakfast taco creations such as the OG Breakfast Taco with cheddar omelette, chorizo, guacamole, pickled onions and cotija.



Fill a small plastic cup with a hot salsa, or mild, or in between at the salsa bar at Taco Bamba.



Lunchtime break at this Taco Bell at 4923 Lee Highway with the chalupa today's taco of choice.

Beagles Find Freedom, Comfort

Animal Welfare League of Arlington one of several local shelters to facilitate adoption of more than 4,000 beagles freed from cruelty.

BY ASHLEY SIMPSON
ARLINGTON CONNECTION

As we scrub with our favorite cleanser, apply make-up to our faces, and take our daily medications, many of us don't think for even a second about how products like these make it to market.

It simply doesn't cross many of our minds that so many of these products are approved and released for human use only after they've been tested on animals. In fact, since the 1930s, animal testing has been a legal – and, to date, a common – practice in the United States.

"An average about 60,000 dogs are used by institutions each year ... by the government, in private laboratories, and in scientific institutions that conduct research," said Molly Armus, Virginia State Director for the Humane Society of the United States. "You'd be surprised how common testing on dogs and other animals is ... for all kinds of purposes."

This is the case even though, according to the Humane Society International, "all procedures, even those classified as 'mild' have the potential to cause the animals physical as well as psychological distress and suffering."

Even so, despite the pain and suffering that animals endure through these testing processes, they do still have certain rights as dictated by the Animal Welfare Act.

Regulations stipulated under the "AWA apply to animals sold as pets, used in research, or transported commercially," and that "facilities using regulated animals for

regulated purposes must provide their animals with adequate housing, sanitation, nutrition, water, veterinary care, and they must protect their animals from extreme weather and temperatures."

However, despite these clearcut laws – and regular checks by legal authorities – not all laboratories and institutions follow AWA guidelines. Just this year, after several failed welfare checks conducted by the Department of Agriculture, the Envigo breeding facility in Cumberland, Virginia was shut down. Over the course of the last couple years, Envigo staff had been consistently mistreating and neglecting at least 4,000 beagles who were slated to be sold for the purpose of scientific research.

"This was a facility licensed by the Department of Agriculture, and so they had regular inspections," Armus said. "They had consistently terrible inspection reports, so the DOJ stepped in to take action, and to coordinate getting these beagles to safety."

Following the closing of the Envigo facility, the Department of Justice (DOJ) struck an agreement with the Humane Society of the United States to rescue these thousands of beagles from their former lives.

"This operation happened because of a lawsuit," Armus said. "It was an agreement between Envigo, the Department of Justice, and the HSUS for us to remove these dogs. Our animal rescue team has been coordinating the removal [which began in July of this year], and they are a team of highly trained experts that typically gets called in when local resources and law enforcement doesn't have the capacity to execute an animal-re-

"These dogs had never been outside."

— Chelsea Jones, AWLA



Despite a lack of medical records, the dogs that the AWLA took in all seem to be in relatively decent health. And, the issues that these dogs do present for the most part can be remedied.



lated mission."

The Envigo mission has been one of the largest scale operations that the HSUS has ever executed.

"We've done very large-scale rescues before, but it's often been a lot of helping to transport dogs ... nothing of this scale," Armus said. "This was a huge deal because we worked in tandem with the Department of Justice to actually take action as a result of these alleged welfare act violations. This was a collaboration and team effort on a national scale, and typically we are working with more state and local authorities."

Fortunately, as of today, the HSUS has removed nearly all of the beagles. And also luckily, even though all of these dogs were bred and/or born for testing, none of them had yet suffered through any form of testing. In other words, authorities and the HSUS stepped in right in the nick of time.

"For the most part, the beagles seem to be doing pretty well, especially all things con-

sidered," Armus said. "Most of the beagles we've gotten out of Envigo so far have been pretty young, so they haven't been in this environment for very long. As for the older ones, they are definitely more tentative and nervous. Lack of veterinary care was one of the charges, so a lot of these adults will need medical care."

All in all, it never ceases to amaze Armus and her team just how unbreakable dogs can be, even after all they've ever known has been mistreatment and neglect.

"What we are seeing are very resilient dogs," she said. "It warms your heart, but it also makes you feel really sad about the number of dogs who are tested upon."

After testing is done, many animals who served as test subjects are euthanized.

Although the Envigo facility was located in Virginia, this was an all hands on deck operation, with the HSUS involving rescue partners all over the country.

SEE BEAGLES FIND, PAGE 5



PHOTOS COURTESY OF AWLA ARLINGTON

Rescued: The oldest beagle that arrived at AWLA Arlington is five. "But she looks older than her five years. She's had a hard life," said Chelsea Jones of AWLA.

NEWCOMERS



PHOTO COURTESY OF AWLA ARLINGTON

Tremendous Ten: The first 10 beagles arrive at Animal Welfare League of Arlington, all adult females.

Beagles Find Freedom

FROM PAGE 4

"This didn't just fall on Virginia's shoulders," Armus said. "We have amazing organizations across the country that have taken in these dogs to make sure they have wonderful lives ahead of them. It's really amazing how many groups have stepped in to help."

One of HSUS's rescue partners that has played an important role in this Envigo beagle mission is the Animal Welfare League of Arlington (AWLA), which in total has taken in twenty of the beagles. The original group of ten dogs that the AWLA took in, dubbed the Tremendous Ten, was brought to AWLA facilities in early August.

"Since we are an HSUS partner, their team reached out to us and asked if we had the capacity to help – and we did," Chelsea Jones, AWLA Senior Communications Specialist, said. "The first ten dogs that we got were all adult females, but unfortunately, there are not a lot of great medical records. It would be safe to say that they've all had puppies since none of them have been spayed. The oldest one we got is five, but she definitely looks older than her five years. She's had a hard life. Still, she – and the rest of the Tremendous Ten – are all doing a lot better than we expected."

Despite a lack of medical records, the dogs that the AWLA took in all seem to be in relatively decent health. And, the issues that these dogs do present for the most part can be remedied.

"They all have bad teeth, so a decent number of them will need dental work," Jones said. "Thankfully, other than that, we haven't noticed any health issues to be worried about. The sickest beagles were part of the original group that was pulled out of Envigo first."

Aiding the HSUS in this operation has also been a big undertaking – unprecedented, even – for the AWLA.

"We didn't know what to expect, and the only comparable situation I can think of are rescues from dog meat farms in South Korea," Jones explained. "Just like those dogs, these Envigo beagles have had no interactions with other humans. However, unlike dog meat farm rescues, the Envigo dogs have been used to handling – bad handling yes, but, still, they are used to human touch."

They equate humans with food."

And while they aren't the cuddliest of animals (yet), the AWLA projects positivity for the future of these dogs.

Within the first week of entering the AWLA facility, "most of the [first] ten beagles were coming up to the front of their kennels to say 'hi,'" Jones said. "For the most part, they didn't want to be touched, but one actually did let us pet her."

In mid-August, all of the Tremendous Ten were carefully placed with experienced foster families who were prepared to care for these dogs.

"These dogs had never been outside," Jones said. "We had let fosters know that this was going to be a very different foster situation than they are used to."

Still, in spite of these beagles' rough start in life, as of early September, most of these ten beagles have been adopted out to loving homes.

And because the AWLA was so successful with the Tremendous Ten, they've taken on an additional ten of the Envigo beagles.

"All of our Envigo beagles are doing so much better than we ever expected," Jones said. "They are so trusting and resilient despite where they've spent their entire lives up until now. Watching them discover toys and grass and beds for the first time has been so wonderful. Several of them have already been adopted, some are currently available for adoption, and then the rest are spending some time in a foster home until they are ready to be adopted. We are giving them time to settle in and adjust to their new lives before spaying them and then finding their new families. We know these dogs are going to make amazing pets and make their new families so happy!"

Watching this progress, the AWLA team is honored they could play a role in this historic rescue mission.

"We are so happy that we could play a small part in this process and step in to help," Jones said. "We have had a lot of interest from the community, which has been really encouraging."

Armus hopes that the HSUS will be involved in more missions like the Envigo undertaking. She said she is confident that the

SEE BEAGLES FIND, PAGE 15

20th Annual

ALEXANDRIA OLD TOWN ART FESTIVAL

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GIVE LOCALLY IN ARLINGTON

Arlington Nonprofits Need Your Help

There are literally hundreds, probably thousands, of ways to give locally, financially, food and other goods, volunteer time. Here are a few ideas. Please let us know what we have missed.

❖ Arlington Free Clinic provides free, high-quality health care to low-income, uninsured Arlington County adults through the generosity of donors and volunteers. www.arlingtonfreeclinic.org 2921 11th St. South, Arlington, VA 22204, 703-979-1425

❖ PathForward Empowering people from streets to stability with the

PathForward Continuum of Care, 703-820-4357, pathforward-va.org

❖ Arlington Thrive provides one-time, same-day emergency financial assistance to Arlington residents facing a financial crisis, and also has programs to help prevent homelessness. 703-558-0035, www.arlingtonthrive.org

❖ Bridges to Independence leads individuals and families out of homelessness and into stable, independent futures. They offer a continuum of aid and support for all family members, helping them attain financial security and move forward into self-sufficiency. www.Bridges2.org

❖ Animal Welfare League of Arlington - Since 1944 the Animal Welfare League of Arlington has worked to improve the lives of animals. Help them create a world where all companion animals find homes; enjoy their lively social media presence. www.awla.org/event/drive-up-rabies-microchip-clinic-3/ 703-931-9241, www.awla.org

❖ OAR (Offender Aid and Restoration) Offender Aid Restoration (OAR) community based nonprofit working with individuals returning

to the community from incarceration and offering alternative sentencing options through community service. 1400 N. Uhle Street, Suite 704. 703-228-7030 www.oaronline.org

❖ Doorways for Women and Families provides services to help women out of domestic violence and homelessness toward safe and stable lives, Arlington, www.doorwaysva.org, 703-504-9400.

❖ The Arlington Food Assistance Center provides supplemental food assistance to Arlington County residents, distributes groceries to over 2,300 families every week. More than 35 percent are children. 2708 South Nelson Street, Arlington, VA 22206, www.afac.org/, 703-845-8486.

❖ Habitat for Humanity of Northern Virginia, Arlington, 703-521-9890.

❖ Arlington Partnership for Affordable Housing (APAH) has expanded its Resident Emergency Fund to help more than 4,000 low-income neighbors hit the hardest by the economic repercussions of COVID-19. Donations to this fund go directly to struggling households to help them meet their basic needs like putting food on the table, paying their rent or utility bills, keeping infants and toddlers in diapers, filling prescriptions, and picking up personal hygiene items. <https://apah.org/>

❖ Just Neighbors provides immigration legal services to low-income immigrants in Washington D.C., Maryland and Virginia, especially those who are most vulnerable. 7630 Little River Turnpike, Suite #900, Annandale justneighbors.org

❖ The Lost Dog & Cat Rescue Foundation helps homeless pets find their way into loving homes through rescue and adoption. Same-day adoptions and two-week

trial periods. ALL pets are spayed or neutered prior to adoption. www.lostdogrescue.org/ P.O. Box 50037, Arlington, VA 22205; To donate www.lostdogrescue.org/donate-now/ or email giving@lostdogrescue.org 703-295-DOGS

❖ Northern Virginia Family Services, 571-748-2500, www.nvfs.org, Employment and job training, healthcare, housing, mental health, foster care and Healthy Families.

❖ Second Story — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182. 703-506-9191, second-story.org. Second Story (formerly Alternative House) provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children.

❖ Comfort for America's Uniformed Services (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, 703-591-4965, cause-usa.org

❖ Neighborhood Health Clinics www.neighborhoodhealthva.org, Improving health and health equity in Alexandria, Arlington, and Fairfax by providing access to high quality care regardless of ability to pay.

❖ Literacy Council of Northern Virginia, 703-237-0866, www.lcnv.org, Teaches adults the basic skills of reading, writing, speaking and understanding English.

❖ The Community Foundation of Northern Virginia works to respond to critical needs and seed innovation in the region. www.cfnova.org/for-donors/donate-now

❖ TAPS, Tragedy Assistance Program for Survivors, 3033 Wilson Blvd., Third Floor, Arlington, VA

22201, Call 24/7 800-959-TAPS (8277) The Tragedy Assistance Program for Survivors offers compassionate care and resources to all those grieving the loss of a military loved one. Make a donation to support surviving military families and loved ones. You can also make a gift in honor or memory of a loved one. www.taps.org/donate

❖ Friends of Guest House Northern Virginia offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org, friendsofguesthouse.org/

❖ Ronda A. Gilliam Clothing Bank provides free clothing, shoes and linens to individuals of all ages. Located in Arlington Presbyterian Church, 716 S. Glebe. 703-920-5660.

❖ Shirlington Employment and Education Center (SEEC) established to link employers with temporary day laborers; serves mainly low-income immigrants. At the Arlington Mill Community Center at 909 S. Dinwiddie Street, Suite 422, Arlington, VA 22204 703-933-1101 or seecjobs.org

❖ Alliance for Housing Solutions 3100 Clarendon Blvd, Arlington, VA 22201 703-859-0452, working to increase the supply of affordable housing in Arlington County and Northern Virginia through public education, policy development, advocacy and innovation. <https://www.allianceforhousingolutions.org/>

❖ Catholic Charities Diocese of Arlington, 200 North Glebe Road, Arlington, VA 22203 (703) 841-3895 www.cdda.net

❖ Homeward Trails Animal Res-

cue, PO Box 100968 Arlington, VA 22210 (703) 249-5066 We find homes for dogs and cats rescued from low-income, rural animal shelters or whose owners can no longer care for them. www.homewardtrails.org

❖ The Clothesline for Arlington Kids, 2704 N. Pershing Drive, Arlington, VA 22201 (703) 243-2615 Collects new and clean, gently used quality clothing from the community, and distributes it free of charge to low-income school-aged children in a welcoming space. www.clotheslinearlington.org/

❖ Potomac Riverkeeper Network works to protect the public's right to clean water in our rivers and streams; to stop pollution to promote safe drinking water; to protect healthy river habitats; and to enhance public use and enjoyment.

3070 M Street, NW, Washington, DC 20007. (202) 888-2037

www.potomacriverkeepernetwork.org

❖ Potomac River Conservancy, 8403 Colesville Road, Suite 805, Silver Spring, MD 20910, 301.608.1188 potomac.org, seeks to improve the Potomac River's water quality by building an impassioned base of river advocates to impart change at the local level. www.potomac.org

❖ PRS, Inc. is a non profit providing mental health, crisis intervention and suicide prevention services in Northern Virginia and Washington, D.C. Seeking to change and save lives in our community by empowering hope, safety, recovery, wellness, independence and community integration.. PRS also provides crisis counseling and connection to supports CRISISLINK When crisis calls, we answer 24/7 Call: 800-273-TALK [8255] Text: "CONNECT" to 85511 <https://prsinc.org/>

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.

MORE PEOPLE NOW ELIGIBLE FOR MONKEYPOX VACCINE

The Arlington County Public Health Division (ACPHD) has expanded eligibility for the monkeypox virus vaccine and launched a new appointment request process. The expanded vaccine eligibility aligns with current Centers for

Disease Control and Prevention (CDC) and Virginia Department of Health (VDH) criteria and now includes Virginia residents of all ages of any sexual orientation or gender who meet one of the following: Have had anonymous or multiple (more than one) sexual partners in the last two weeks; OR Are a sex worker; OR Are a staff member at an establishment where sexual activity occurs (bath-houses, saunas, sex clubs, etc.) The criteria for being vaccinated may be updated in the future. Close contacts of known cases continue to be eligible and prioritized for the monkeypox vaccine.

ACPHD also launched a more streamlined process to request an appointment for a first dose of the monkeypox vaccine. People who meet the eligibility criteria can request an appointment by visiting acphdmpv.timetap.com. ACPHD will review all requests to verify eligibility before confirming the appointment. Starting this week, ACPHD also began administering the monkeypox vaccine using the intradermal (in between the layers of the skin) method and dose in accordance with federal and VDH guidelines. People ages 18 years or older who received their first JYNNEOS dose by the subcutaneous (under the

skin) method will receive their second dose by the intradermal method to complete their vaccination series. Monkeypox is a contagious rash illness caused by the monkeypox virus. In most cases it resolves without treatment. It is spread by close contact with an infected person. Close contact includes touching skin lesions, bodily fluids, or clothing or linens that have been in contact with an infected person. Spread can also occur during prolonged, face-to-face contact. While anyone can catch monkeypox if they have close contact with someone with the virus regardless

of gender identity or sexual orientation, many of those affected in the current global outbreak are gay, bisexual, or men who have sex with men. People with monkeypox in the current outbreak generally report having close, sustained contact with other people who have monkeypox. Currently, the highest risk activity is having sex with multiple or anonymous partners. Avoiding these activities greatly reduces one's risk of catching or spreading monkeypox. Monkeypox does not spread from
SEE BULLETIN, PAGE 7

NEWCOMERS & COMMUNITY GUIDE 2022

Five Myths About Recycling in Arlington

No, you shouldn't bag your recyclables - ever.

BY EDEN BROWN
THE CONNECTION

Myth Number 1. Arlington County will sort through your recyclables, even if they are in a plastic bag, to take out the stuff that belongs there.

Wrong. If it's in a plastic bag, it will not be recycled. This differs from many other cities. If you put glass, hangers, or metal pots in recycling, it just means more work for the staff and the stuff does not get recycled. Don't guess. Look it up.

Myth Number 2. Glass goes in the blue bin.

Wrong. Glass goes to the glass recycling purple bins at North Kentucky and Langston or Washington Boulevard and Quincy. Set up a neighborhood round robin to take the glass.

Myth Number 3. It's okay to put dirty pizza boxes or aluminum pans in the blue cart.

Wrong. Dirty pizza boxes or compostable carry-out boxes go in the green compostables cart and dirty aluminum should be washed out.

Myth Number 4. Plastic bags go in the blue cart.

So wrong. Not only should you not bag recyclables, but plastic bags of any kind do not go in. They even mess up the machinery. You can take them to Safeway or Giant for recycling through their plastic bin. Even plastic film can go to the Safeway box.



PHOTO BY EDEN BROWN/THE CONNECTION

A cart loaded to the gills with bags of recycling that will just go to the landfill because recycling has to be free and clear of plastic bags.

Myth Number 5. It doesn't matter if you recycle wrong or don't compost, it all gets incinerated anyway.

Wrong. Arlington recycles a huge amount of glass, aluminum, paper and plastic when it is correctly binned. Compost and garden waste get sent to a facility in

Fairfax or processed in Arlington, where they are turned into soil amending compost, leaf mulch, and wood mulch the County distributes to residents.

For questions about recycling in Arlington visit: recycling.arlington.us or call 703-228-6570

BULLETIN BOARD

FROM PAGE 6

person to person from walking past someone who is infected or through casual conversation with someone who is infected. If someone has a new or unexpected rash or sores, they should work with their health care provider to determine the cause. Health care providers in Arlington can visit ACPHD's Monkeypox for Healthcare Providers website for more information and how to contact us should they have questions. For the latest information on monkeypox and the vaccine, please visit ACPHD's website and the VDH and the CDC websites.

**SHERIFF BETH ARTHUR
ANNOUNCES A NEW
CHIEF DEPUTY**
Captain Jose Quiroz was named

the Arlington County Sheriff's Office Chief Deputy Monday, making him the first Latino Chief Deputy to serve in that role. "As Sheriff, I have worked closely with Chief Quiroz throughout his various roles within the Arlington County Sheriff's Office. I have seen firsthand his commitment to being actively engaged with community members, staff and those remanded to our custody," says Sheriff Arthur. Chief Quiroz's parents immigrated to the US from Honduras in the late 1960's, arriving in Washington, DC and later settling in Arlington, VA. He and his family lived on the south side of Arlington County on the Columbia Pike corridor. Being a native of Arlington County, he attended Abingdon Elementary School, Kenmore Middle School, and Swanson Middle School. After graduating from Bishop O'Connell

High School in Arlington in 1997, Chief Quiroz joined the United States Marine Corps and served for four years with an honorable discharge. After being hired with the Sheriff's Office in September 2001, Chief Quiroz rose through the ranks from a Deputy Sheriff working in the detention center and courthouse to being promoted to Sergeant in 2015. While working as a Sergeant he was assigned to all four shifts of the detention center and worked assisting two sections as their Administrative Sergeant. In 2018, he was assigned to the Training Sergeant which was a newly created position in the Training Section. He was assigned to oversee the Field Training program, supervise

SEE BULLETIN, PAGE 11

Marquita Raley-Cooper

Dara Rahming

Rodrick Dixon

Daniel Rich

ALEXANDRIA symphony orchestra

22-23 season

Beethoven's Ninth

All Hearts Vie for Joy!

SAT. OCT. 1, 2022 - 7:30 P.M.
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99 Percent Live a 10 Minute Walk to a Park

Arlington's Park system ranked third in the nation by the Trust for Public Land's ParkScore Index.

By Shirley Ruhe
ARLINGTON CONNECTION

Got 10 minutes? Take a walk to an Arlington park. Arlington's Park system was just ranked third in the nation by the Trust for Public Land's ParkScore Index. Ninety-nine percent of Arlington residents live within a ten-minute walk of at least one of the 150 parks located in Arlington.

The parks offer activities for young and older with something for everyone from toddler swings to senior centers, basketball hoops, spraygrounds, trails and nature cen-

ters, special campfire programs, salamander walks, interpretative gardens, a diverse population of wildlife on the nature hikes and seasonal festivals as well as space for birthday party celebrations.

During the COVID shutdown the County's parks served as one of the few places to connect and exercise and to strengthen our community's mental and physical well being.

Katie Cristol, Arlington County Board Chair says, "Our parks and recreation opportunities are a key contributor to quality of life in Arlington County."

Arlington scored 79.1 points in the Park-



Tam, an enthusiastic border collie, drops ball for one more toss at Ethan Allen Dog Park. This is one of nine dog parks located around the County.

Score index which was based on an average of five categories including access, investment, amenities, acreage and equity.

The County scored near the top on investment and access, about average on percentage of the city's overall area that is dedicated to parkland and below average on park size.

The Trust for Public Land added an equity category to the ParkScore in 2021. This category includes two types of metrics: that people of color live within a 10 minute walk of a park and that they have access to park space. Arlington scores highest on the first measur

e with 99 percent of people of color and low-income households living with a 10-minute walk of a park. However, residents of color have access to 36 percent less nearby park space than those living in white neighborhoods.

The County has been addressing this issue of disparities with the opening of John Robinson J. Town Square and the continuing renovation of Jennie Dean Park.

Critters class to collect and identify pond inhabitants at Gulf Branch Nature Center. This is one of many programs and classes offered for families and kids of all ages.



Basketball anyone? Lyon Village Park offers basketball courts, a spray park and a playground with picnic tables.



Long Branch Nature Center at Glencarlyn Park, Arlington County's second oldest nature center opened in 1972. Featured here is the spring plant sale.



Young rider borrows one of many toy vehicles available for all at Chestnut Hills Park.



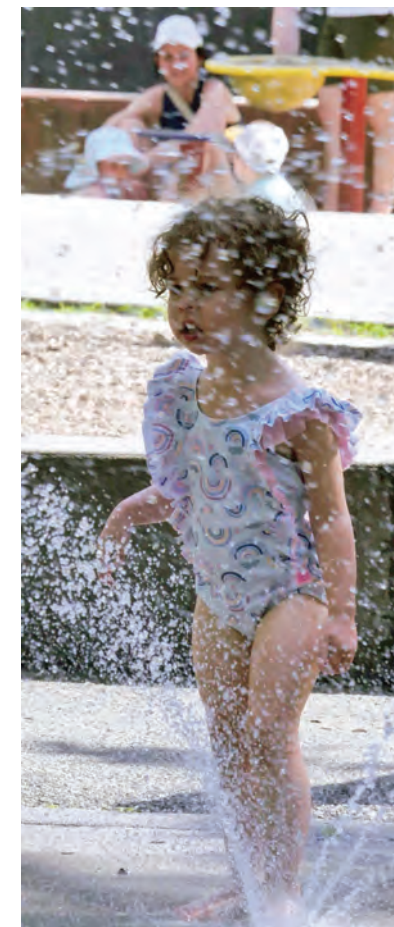
Bluebells in a native garden at Gulf Branch Nature Center.



The Young Divas lead parade followed by motorcycle club in festivities to open new Jennie Dean Park.



Splash down the water tunnel at Upton Hill Regional Park.



Arlington County operates six spray grounds around the area with differing times for operation, open Memorial Day-Labor Day.



Potomac Overlook Regional Park offers a wildlife center with live animals and exhibits, trails, an organic garden and even a visit from Santa at Christmas.



Join the locals for one of many musical offerings at parks across Arlington.



Upton Hill Regional Park offers a batting cage, swimming pool, miniature golf or take a day and try them all.

COMMUNITY

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Stop in at Cherrydale Farmer's Market located at Dorothy Hamm Middle school and grab some breakfast — a baguette or some gluten-free muffins at Baguette Republic and a cup of the Burundi medium roast beans of the day at Inner Loop Coffee Roasters. Check out their “exciting” new grinder for their home roasted beans—more precise, less noisy, quicker and always delicious.



Recently added rotating music groups features Post Script, a high school band, on Saturday, Sept. 10.

Eat Fresh at a Market Near You

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Wherever you live in Arlington, there is a farmers market nearby. Eight farmers markets are open on different days of the week with varying schedules. Some vendors are located in several of the locations while others are specific to a particular market. The farm to market offerings range from vegetables and fruits to breads and muffins, specialty cheeses, home-raised sausage sandwiches, homemade pastas and jams, Philippine sweet potato donuts and Guatemalan beef or mushroom empanadas. You can check online for the details.

Arlington Farmers Market/Courthouse
Saturday 8 am-12:30 pm April-December; 9 am-noon January-March

Ballston Farmers Market
Thursday 3-7 pm

Cherrydale Farmers Market
Saturday 8am-noon

Columbia Pike Farmers
Sunday 9 am-1 pm

Fairlington Farmers Market
Sunday 9 am-1 pm

Lubber Run Farmers Market
Saturday 8 am-noon

Rosslyn Farmers Market
Wednesday 3-7 pm

Westover Farmers Market
Sunday 8 am-noon



It's the season for sunflowers with autumn squashes and onions and peppers supplementing the usual large summer display of tomatoes at Linda Vista Farm.



A French treat for everyone at J (heart) Madeleine—birthday cake or strawberry madeleines the favorite for young kids, Nutella sable for older kids with navette de Marseilles with tea or coffee for the adults.

ENTERTAINMENT

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>

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=eW0rN1RTTU5lTmJ5NnF2QXZlNmduQk9>

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

Falls Prevention Month & In-Person Safety Expo. 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 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

FRIDAY/SEPT. 16

Saving Seeds from Your Urban Garden. 10:00 – 11:30 a.m., ONLINE. Are you curious about saving seeds from your garden? Or from veggies you bought at a farmer’s market or grocery store? Gardeners across the country are saving their own seeds to develop plants with the qualities they value, and that are adapted to their own specific gardens. Join Extension Master Gardeners Libby Good and Kathryn Kellam to learn when and how to save seeds, which ones are likely to be reliable, and which ones may surprise you. Choose wisely and you may develop your very own heirloom strain! Free. RSVP at <https://mgnv.org/rsvp-for-public-education-classes/> to receive link to participate.

SATURDAY/SEPTEMBER 17

AutumnFest at Glencarlyn Library Garden 10:00 a.m. – 3:00 p.m., Glencarlyn Demonstration Garden, 300 South Kensington St., Arlington. Join us at our celebration of Fall and nature with plants, crafts, food and education! Taste foods and beverages featuring herbs; Visit the Ball-Sellers House for tours and the



“Rooster Teapot” is a sculpture by Andrea Uravitch, who will open her studio for visits by the public on the weekend of September 17 and 18.

Arlington Visual Art Studio Tour.

Nearly 60 artists have signed up to open their studios to the public on the weekend of September 17 and 18. The Tour will offer a free guide to what’s on view where, so that anyone can meet the artists in their maker spaces and see examples of their work. Visitors will see all kinds of painting, plus assemblage, collage, printmaking, photography, ceramics, sculpture, weaving and fiber, drawing, papercutting, glass, metalwork, calligraphy and jewelry. Contact: Elisabeth Rhyne at arlstudiotour@gmail.com.

Glencarlyn Library for story time at 10:30 am; Buy Native plants, pottery, honey, T-shirts; Make sachets from dried herbs; Learn from Extension Master Gardeners! Mini-workshops include: 11:00 am-Native Plant Walk - Learn about native plants for your yard; 12:00 pm-Garden Basics – How to plant, test your soil, and choose the right plant; 1:00 pm-Invasives – How to recognize and remove invasive plants. Fun kids’ activities occur all day and you can take home a FREE native tree sapling! Free. For more information email: glencarlynlibrarygarden@gmail.com

SUNDAY/SEPTEMBER 18

Pepper Fest at the Organic Vegetable Garden. 1:00 – 4:00 pm, Organic

Vegetable Garden at Potomac Overlook Regional Park, 1284 Marcey Rd., Arlington. Come sample the many kinds of peppers we grow and tour the garden! Extension Master Gardeners will answer questions about growing peppers and other beloved summer crops. We’ll also cover topics such as composting, soil preparation, seed selection, protecting crops from insects and animals, and ideas for your garden this Fall. Free. Contact mgnv.org for more information.

TUESDAYS, SEPTEMBER 20, 27

Simpson Park Demonstration Garden. 10-11 a.m. At Simpson Park Demonstration Garden, 420 E. Monroe Ave., Alexandria. Ecologically, 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, 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.

SATURDAY/SEPT. 24

Capital City Showcase. 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. The Capital City Showcase, the variety show that features the DMV’s best performing artists and hosted by Christian Hunt, returns with its new one-of-a-kind blend of entertainment: The Comedy Karaoke Trivia Funtime Show. Bring a team or fly solo and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle. September’s headliner is the hilarious Tommy Sinbazo!

AUG. 29-SEPT. 30

Gallery Underground. 2100 Crystal Drive, Crystal City Shops, Arlington. Gallery Underground’s Focus Gallery in September presents Enjoy the View, a solo show of oil paintings by local artist Jessica Mickey. Sunsets, clouds, water, and traveling are at the top of Jessica’s list of favorite things. And over the past dozen plus years, she has skillfully combined those loves with photorealistic oil painting. Jessica has a knack for capturing moments in time and amazing scenes, sometimes even beyond what a camera could do. In fact, most of her paintings start out as photographs that she then transforms into moody artworks that make you feel as if you could step right into them. While the pandemic halted her travels, it did not stop her from painting and this first ever solo show of hers invites us all on a visual journey of places she’s been, wishes to go, or merely finds beautiful. Jessica Mickey’s solo show encompasses 40 of her landscape paintings and offers us all a brief moment in time to stop and “enjoy the view.”

BULLETIN BOARD

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newly hired deputy sheriff recruits, and assist with other assignments in the section. In 2019, he was promoted to the rank of Lieutenant and assumed the role of Training Coordinator, overseeing all training related functions for the Sheriff’s Office. Most recently, in 2022, he was promoted to Captain, and assigned to oversee all Sheriff’s Office contracts to include the medical and food services contracts. Chief Quiroz created the Sheriff’s

Office annual breast cancer awareness campaign which has donated over fifteen thousand dollars to the Virginia Hospital Center Outpatient Clinic. He served as the Director of the Arlington 9/11 Memorial 5K from 2019-2022. He oversaw the planning, budget, and execution of the event and worked closely with all four Arlington public safety agencies and community leaders to put together a successful event. Prior to serving as the Director, he was a member of the planning committee. He still serves as an advisor to the Arlington 9/11

Memorial 5K. Chief Quiroz is a member of the Virginia Sheriff’s Association, American Jail Association, and the American Correctional Association.

Chief Quiroz takes pride in his Latin American heritage and in 2019 donated a monetary gift he received from the VFW Post 3150 Deputy of the Year award to Edu-Futuro, a nonprofit organization based in Arlington. He received this award for his integral involvement with the agency and community involvement in many of the organizations previously shared. Edu-Futuro’s

mission is to empower immigrant and underserved youth and families through mentorship, education, leadership development and parent engagement. Chief Quiroz’s sense of service to the community and to his profession is something that we hope to instill in each member of our agency. He goes above and beyond every day, while being one of the humblest people you will ever meet. He embodies service and duty, as well as treating everyone he engages with dignity and respect. “I am honored to have the opportuni-

ty to continue to serve the Sheriff’s Office, community, staff, and those remanded to our custody. Growing up in Arlington, serving our community is very important to me and I will continue to stay engaged, committed, and work hard for the Sheriff’s Office”, says Chief Quiroz. Chief Quiroz lives in Arlington with his wife, two children, and their two dogs. In his time off, he enjoys spending time with family and friends and enjoying the diversity of Arlington.

THESE FLOWERS HAVE A LOT OF FIGHT IN THEM.

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don't stop when something's in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia.

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NEWS

Ebbin Named Chair of General Laws & Technology Committee

Senator Adam P. Ebbin (D-Alexandria) was elevated by the Virginia Senate Democratic Caucus to chair the Senate General Laws and Technology Committee. The General Laws and Technology Committee considers legislation concerning, among others, consumer affairs, housing, gaming, professions and occupations, veterans affairs, religious and charitable matters, technology, engineering, and electronic research.

Ebbin served as the Chair of the Senate Privileges and Elections Committee from January to September of 2022, where he oversaw election law and the vetting and consideration of Gov. Glenn Youngkin's gubernatorial nominees.

"I look forward to this new responsibility, and am thankful to my colleagues for their trust in me," said Ebbin. "The General Laws Committee entertains legislation crucial to many longstanding priorities of mine including housing affordability, consumer protections, and making Virginia a leader in technology and innovation."



Sen. Adam Ebbin

"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.

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., 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 # 911402-09.

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.

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 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 senior-health@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 # 911103-03.

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+

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NEWCOMERS

New Head of Potomac Heritage National Scenic Trail

Jeri DeYoung is the new superintendent of Potomac Heritage National Scenic Trail, a network of trails spanning the Potomac River along the Chesapeake Bay to the Allegheny Highlands in western Pennsylvania.

As superintendent, DeYoung will work with an evolving network of partners to connect people, places, and stories through a variety of outdoor recreational and educational experiences along 710 miles of existing and planned trails within this rich network.

"Jeri's strong background in bringing people together to enjoy and conserve our nation's natural and cultural resources and her experience working with Tribal partners make her a great fit for this position," National Park Service Regional Director Kym Hall said. "Her diverse experience combined with her passion for continued learning and outdoor recreation will serve her well as the superintendent of Potomac Heritage National Scenic Trail."

DeYoung previously served as the manager of cultural and natural resources, planning, compliance, and lands programs for the Chesapeake and Ohio Canal National Historical Park. In this role, she engaged in strategic planning, engaged community partners to resolve complex park resource issues and advanced important scholarship on previously unknown and untold stories.

"The Potomac Heritage Trail provides countless opportunities for people to recreate outside and learn about nature and history," Jeri DeYoung said. "I look forward to collaborating with the many individuals, partners and communities that are working to expand and improve this incredible trail network."

The Potomac Heritage National Scenic Trail is a diverse network of locally-managed trails and routes in Maryland, Pennsylvania, Virginia, and the District of Columbia. Access to trailheads is possible through a variety of transporta-



Jeri DeYoung.

tion modes, including hiking and biking.

Dedicating her career to preserving and making accessible natural and cultural resources, DeYoung's background includes leading the cultural and natural resources program at Cape Lookout National Seashore, managing facilities and cultural and natural resources programs at the Carl Sandburg Home National Historic Site, serving as an environmental protection specialist in the Transportation Division at the NPS Denver Service Center, and working as a museum specialist, archeologist and Tribal liaison for the Flagstaff Area National Monuments. DeYoung began her 32 years of federal public service in the western United States as an archeologist and fire fighter for the U.S. Forest Service.

DeYoung has a Master of Arts in Anthropology from Northern Arizona State University and a Bachelor of Integrated Studies from Weber State University in Ogden, Utah.

Her academic focus included historic preservation, anthropology, archeology, history and botany. She is also a graduate of the National Park Service Facility Manager Leaders Program.

She is married and has a 17-year-old daughter, loves being a band mom, and enjoys travel, skiing, horses and working for the National Park Service.

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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. Stat. #	Route #	Structure Name	Clearing	Posted Date
GILES	8517	781	SNIDERTOWN RD/ 781	BIG STONEY CREEK	8/31/2022
HENRY	10136	650	SPRUCE STREET/ 650	MULBERRY CREEK	8/31/2022
PATRICK	13259	615	JACKS CREEK RD/ 615	SMITH RIVER	8/31/2022
BEDFORD	2918	804	TEASS TERRACE/ 804	NININGER CREEK	8/30/2022
HENRY	10171	699	MAYO LANDING RD/ 699	NORTH MAYO RIVER	8/30/2022
MONTGOMERY	12345	785	CATAWBA RD/ 785	MILL CREEK	8/30/2022
PATRICK	13414	832	GOLF COURSE RD/ 832	SPOON CREEK	8/30/2022
PATRICK	13413	825	PALMETTO SCH RD/ 825	RUSSEL CREEK	8/30/2022
PATRICK	13290	631	RIVER RD/ 631	ARARAT RIVER	8/30/2022
PATRICK	13269	622	DEER RUN RD/ 622	SHOOTING CREEK	8/24/2022
PATRICK	13283	631	DOE RUN RD/ 631	ARARAT RIVER	8/23/2022
BEDFORD	2782	666	ELKTON FARM RD/ 666	NORFOLK SOUTHERN RR	8/18/2022
BOTETOURT	3455	653	KINZIE RD/ 653	BUFFALO CREEK	8/18/2022
PATRICK	13396	749	LETCHER LANE/ 749	ARARAT RIVER	8/18/2022
PATRICK	13392	727	POPLAR DRIVE/ 727	SOUTH MAYO RIVER	8/18/2022
PATRICK	13410	813	SAWMILL LANE/ 813	DAN RIVER	8/18/2022
ROANOKE	14974	603	BONSACK RD/ 603	COOKS CREEK	8/18/2022
CRAIG	5503	615	CRAIGS CREEK RD	MILL CREEK	8/17/2022
CRAIG	5556	692	ROUTE 692	CRAIG CREEK	8/17/2022
HENRY	10147	669	MURRY HILL LANE/ 669	BRANCH OF REED CREEK	8/17/2022
HENRY	10152	682	RIVER RD/ 682	JORDAN CREEK	8/17/2022
PATRICK	13278	628	DICK & WILLIE/ 628	MILL CREEK	8/17/2022
PATRICK	13337	675	FRIENDSMISSION/ 675	ARARAT RIVER	8/17/2022
PATRICK	13317	649	GAMMONS RD/ 649	LITTLE DAN RIVER	8/17/2022
PATRICK	13336	672	JOHNSON CR RD/ 672	JOHNSON CREEK	8/17/2022
PATRICK	13303	642	POORHOUSE CR RD/ 642	POORHOUSE CREEK	8/17/2022
BOTETOURT	3387	622	DAGGER SPRNG RD/ 622	MILL CREEK	8/16/2022
MONTGOMERY	12355	787	DRY VALLEY RD/ 787	MEADOW CREEK	8/16/2022
MONTGOMERY	12304	679	NOLLEY RD/ 679	ELLIOTT CREEK	8/15/2022
STAFFORD	18127	608	BROOK RD	ACCOKEEK CREEK	8/3/2022
STAFFORD	18065	3	WBL KINGS HWY	4' STREAM	8/3/2022
RICHMOND	14789	614	BEAVER DAM RD	RICHARDSONS CREEK	8/2/2022
RICHMOND	14773	3	HISTORY LAND HWY	CHINN'S MILL POND	8/2/2022
RICHMOND	14801	634	NAYLORS BEACH RD	CAT POINT CREEK	8/2/2022
SPOTSYLVANIA	17921	3	(WBL) PLANK RD	LICK RUN	8/2/2022
SPOTSYLVANIA	18041	738	PARTLOW RD	ARNOLD'S CREEK	8/2/2022
SPOTSYLVANIA	17913	1	PATRIOT HWY	NI RIVER	8/2/2022
SPOTSYLVANIA	17914	1	PATRIOT HWY	PO RIVER	8/2/2022
WESTMORELAND	19218	3	KINGS HWY	POPES CREEK	8/2/2022

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 <https://www.virginiadot.org> 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.

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NEWCOMERS

Beagles Find Freedom

FROM PAGE 5

successful beagle rescue mission will show the DOJ that the Humane Society is always ready for these major undertakings.

“For this specific operation, the goal is to provide immediate relief for these dogs, and to pull them until the operation is complete,” Armus said. “However, this has also been a great opportunity for us to show our capacity to the federal government – namely the DOJ.”

The HSUS certainly has a bigger goal, fortified by the rescue of the Envigo beagles.

“Separate from getting these dogs to safety, in other parts of the organization, we have been working for years to make animal testing a thing of the past,” Armus said. “We’ve been doing this through lobbying, corporate engagement, and researching and encouraging the development of non-animal test methods. We want to get all these Envigo beagles out, and provide immediate relief

to them. But we also want to acknowledge that most of the dogs bred there were ultimately destined for a life of pain, suffering, and isolation as test subjects once they left the facility.”

As for AWLA’s and the HSUS’s immediate shared goal for getting the Envigo beagles into loving homes – and to have a more lasting impact for animal testing subjects everywhere – both organizations recognize that it is all only possible through massive participation, cooperation, and collaboration. Team work really is the only way to make these dogs’ dreams happen.

“We are so grateful for our partners like AWLA ensuring that these dogs will have an upright, healthy future,” Armus said. “We couldn’t do any of it – or continue to grow the scope of our goals – without them.”

To donate, please visit <https://awla.sal-salabs.org/walkfortheanimals2022/p/awla-beaglesfriendspage/index.html>.



PHOTOS COURTESY OF AWLA ARLINGTON



In mid-August, all of the Tremendous Ten were carefully placed with experienced foster families who were prepared to care for these dogs.

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The pandemic has been a bear, financially and otherwise. Revenue plummeted at the beginning in 2020. Some beloved advertisers have stayed the course supporting us throughout, and many more have done what they can. In the fall of 2021 we saw the return of some advertising for events and Grand Openings, but now omicron clouds the horizon in so many ways. Revenue still remains short of expenses despite our greatly curtailed costs.

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Not Exactly Up and At'em But ...



By KENNETH B. LOURIE

... neither is he down and out. In fact, my brother is alert and wide awake – for some hours during the day, and mostly disconnected from all his I.V. pumps and all the associated medical machinery that had been sustaining him in SICU and partially while in the regular hospital wards. Moreover, his feeding tube is gone as is the ventilator apparatus. He's certainly not ambulatory, but he's now eating solid foods, however unappetizing. After all, this is a hospital and as much as they try, institutional food – often bland by doctor directive, is hardly the food by which dreams are made, and I imagine would desire, for a patient to eat after four-plus weeks being fed liquid nourishment (cannot call it food) through a tube. Nevertheless, and I know this from my own hospitalization seven years ago – also in an SICU, progress of the patient is semi measured by how much food they eat. And not eating the food served (I hesitate to say, prepared) is not considered a positive, as in you must be getting your taste buds back in order so you're improving. Hardly. It's the complete opposite. The presumption is the patient is having challenges eating, and not because he has a discerning palate, but rather that his medical condition/slow recovery is preventing it somehow.

All of that being said, and likely corroborated by patients in hospitals the world over, lack of meal consumption by the patient is often an impediment to the patient getting released or even transferred to another medical facility. (In my brother's case, his next stop after last week's successful surgery, is a rehabilitation hospital.) Unfortunately, for his first few days, Richard was barely touching his food. (Let me be clear: he was touching it; he just wasn't eating it.) His post-op fatigue and seven weeks in a bed and five weeks-plus on a ventilator have eroded his capacity to manipulate plasticware, as an example, or much else, really. He's only recently, in the last day or two, been walked around. And as he told me today, 10 feet is about as far/as much as he can muster, even when supported by a therapist. It seems to me, he's got to be able to do more activities of daily living ("bathing or showering, dressing, getting in and out of bed or a chair, walking using the toilet and eating"), only some of which he's capable of at this point before he can be moved. From my nearly daily observation, if he was left on his own, or transferred to another facility, where the level of care was reduced, or were not structured to accommodate a patient with these kinds of deficits, he wouldn't thrive (and that's meant to be the understatement of the year, certainly one for his last seven weeks, anyway).

But has been proven many times before in this weekly space, what do I know? Other than baseball, chocolate and writing a weekly column (for almost 25 years): not much. Still, I persevere, as does my brother. His will to survive, his refusal to not succumb to all the demands on his body, from the beginning of his septic shock to today when he insisted over the phone that there was no need for me to visit him today (Sunday) have been beyond amazing. I only wish some of his former SICU nurses who tended to him 'round the clock for four weeks or so, could see and talk to him now. They never met him. He never was able to speak or even gesture much while in their care. He was moved to a regular ward because after a month, he simple didn't need their extraordinary level of care, but he was still a long way – until recently, from being able to express himself. (As an example, the other day I heard him say to his nurse, Will, that he would like to take him and his wife out to dinner when he's better to thank him for his care/ attentiveness. Previously, while in SICU, I remember my wife, Dina saying: "If Richard knew how excellent his care had been, he'd probably buy pizza for the entire unit.") He didn't. But he does know.

Barring any unexpected relapse of sorts, he's definitely on the road to recovery. It's likely to be a bumpy road full of potholes, but since he lives in Washington, D.C., he's used to it (just kidding). He's already planning to install incliners in his multiple staircases at home, buy a motorized fold-up scooter (that he's seen a close friend use) and follow his physical therapy regimen as directed by his releasing physician. But we're not quite there yet. Heck, he's not even been transferred to a rehabilitation facility to begin his rehabilitation. But in his head, he's thinking about the future/moving forward. And if he is, then it couldn't have happened to a better brother.

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

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