

The Arlington Connection



Chefs Melvin Urrutia (left) and Brian Michizuki at Sushi Zen.



Chef Jacques Imperato, La Côte d'Or Café.



Chef Melvin Urrutia of Sushi Zen.

Conversation With A Chef

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Chef Arup Borah at Spice Kraft Indian Bistro.

Mourning Kent Carter

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OBITUARY

Community Mourns NAACP Leader

Kent Carter killed in Turks & Caicos ambush.

BY SHIRLEY RUHE
THE CONNECTION

Kent Carter, vice president of the Arlington branch of the NAACP and a community organizer, was killed Oct. 2 while on vacation in the Turks and Caicos Islands in celebration of his 40th birthday.

Carter and girlfriend Alonia Williams were returning to their hotel following a jet ski excursion when the vehicle they were riding in was ambushed and riddled with gunfire. Along with Carter, a hotel employee riding in the vehicle was killed and three others, including Williams, were injured.

Local Chief of Police Trevor Botting said he believes it was a targeted attack by gang members and related to drug supply and turf wars.

Carter arrived in the country the day before the shooting and died shielding Williams from the gunfire.

Carter was born Sept. 28, 1982, in Clinton, Tenn., and graduated from Clinton High School in 2000. He joined the military that same year and served in the Army as a military police officer.

While serving on active duty, Carter earned a bachelor's and master's degree in criminal justice from the University of Phoenix. He later worked as a civilian special agent across several agencies before beginning his career as a real estate agent with Keller Williams Metro Center in Arlington.

Carter was a leader of the NAACP Arlington branch, and chairman of the criminal justice committee, where he worked on law enforcement reform. Carter pushed for implementation of body cameras on 100 percent of Arlington officers, improved training standards through analysis of incidents, protections against miscarriage of justice as well as banning chokeholds. Julius Spain Sr., president of the NAACP's branch in Arlington, described Carter as a gentle giant who was highly regarded in the community.

"You just can't replace a person like that," Spain said. "He was collegial and cool, not the loudest in



Kent Carter, vice president of the NAACP Arlington Branch and Keller Williams Metro Center realtor, was killed Oct. 2 while vacationing in Turks and Caicos.

the room but the most effective and was well respected. He never raised his voice; he was always smiling."

Carter also served as a Worshipful Master of Prince Hall Free Masons-Alexandria. The Prince Hall Freemans is the oldest and largest predominantly African American fraternity in the nation.

"My heart is broken to know that my friend and Brother, Past Master Kent Carter, was senselessly murdered while on vacation in Turks and Caicos," said James Morgan III in a social media tribute. "I had the pleasure of seeing this Brother be elected to lead Universal Lodge #1, the oldest African American lodge in Virginia, which he did with honor and distinction. He did nothing to deserve this. Kent was a hardworking, friendly and loving man who loved life, his family and was an asset to Prince Hall Freemasonry."

Carter, a combat veteran, and his then-wife, Melanie Bell-Carter, came to Arlington in July of 2009 from Hawaii.

"He was a special investigator at Andrews Air Force Base and I worked at the Pentagon," Bell-Carter said. "Our daughter was 3. He was such a dedicated father, always at school volunteering and chaperoning all the school dances. He would pull up in the yard with a little corsage. And he was assistant baseball coach to my son's baseball team."

Spain added Carter was also involved with helping kids get scholarships and with those in need in Alexandria and Arlington.

Rev. DeLishia Davis, Pastor of Calloway United Methodist Church and President of the Arlington Coalition of Black Clergy said, "Kent Carter was a dedicated community servant and strong champion for social justice. It was an honor to serve as his spiritual advisor and friend to such a hero and philanthropist. Kent will be remembered



Kent Carter speaking at "We Are Done Dying" Rally in Arlington on June 6, 2020.



Kent Carter speaks at the Arlington branch NAACP 70th anniversary Freedom Fund banquet.



Kent Carter, right, was a Worshipful Past Master of the Prince Hall Free Masons-Alexandria. With him are George Washington Masonic National Memorial executive director George Seghers, and Worshipful Master McArthur Myers.

as a spokesperson for equality and antiracism."

Carter is survived by a brother, Barry Cantrell from Nashville, sister Trista, also from Tennessee, former wife Melanie Bell-Carter, girlfriend Alonia Williams of Arlington, and a teenage daughter. Following the return of his remains

to the U.S. Carter will be buried with military honors in Tennessee.

A GoFundMe has been organized by Carter's colleagues at Keller Williams Metro Center to support his daughter's educational expenses and cover funeral-related expenses.

"Kent was an incredible man

who made everyone feel like he was their best friend," Keller Williams Metro Center wrote on its Facebook page. "He was a leader, a friend and a loving father to his 14-year-old daughter. The purpose of the GoFundMe campaign is to live out the legacy that Kent would have wanted."



Kent Carter was vacationing with longtime girlfriend Alonia Williams, right, when he was killed.



Kent Carter was celebrating his 40th birthday when he was killed while vacationing in Turks and Caicos.

PHOTOS CONTRIBUTED

The Arlington Chefs of Restaurant Week

Chef Arup Borah Spice Craft Indian Bistro

Chef Arup Borah has hand picked the restaurant's most popular dishes and offers them in a package of choices for Restaurant Week. "That way customers can enjoy their favorites at a reasonable price."

An individual dinner is \$29 with dinner for two at \$55. It includes choice of an appetizer like the vegetarian and gluten-free Spinach Pakora Chaat, a regular entree such as Chana Saag or an Indian Fusion Pasta Entree such as Butter Chicken Pasta or Lamb Vindaloo. "The butter chicken includes rigatoni since kids like pasta and it gets them used to Indian food." Finally a choice between two desserts. All dinners are served with naan, garlic naan and rice.

Borah has worked at this location on Wilson Boulevard across from the Metro for 18 years since it was the Delhi Club. "I came here from India and learned to cook in America because it seemed like a good skill to learn." It has turned out to be perfect for Borah. "I'm happy to cook all the time."

He says he knows what the customers like and makes special off-menu dishes for some of them. The butter chicken and samosas are always customer favorites although he says it takes him a couple of hours to make 50 samosas making the dough from scratch—sheeting and pulling it and adding the turmeric and omom seeds and then filling them with potatoes and peas.



Chef Arup Borah at Spice Kraft Indian Bistro.

"I'm happy to cook all the time."

— Chef Arup Borah



Six dishes featured during Restaurant Week including butter chicken pasta, lamb vindaloo and spinach pakora chaat.



Lamb vindaloo.



Spice Kraft Indian Bistro at 1135 N. Highland Street.

Chef Jacques Imperato La Côte d'Or Café

Chef Jacques Imperato says he has been thinking about cooking for the past 43 years. "I even dream in my sleep about how I'm going to prepare something. For me food has always been a passion." He has been the owner and chef of La Côte d'Or Café on Lee Highway for seven years after owning Mediterranean in Arlington where he was also the chef.

Imperato knew he wanted to be a chef since he was six years old and, "I wanted to be a monk cook. We visited them in the monastery, and they were big and happy." Imperato was born in North Africa but had to leave due to an uprising.

He says his cooking today combines his background in France, Italy and Spain and living in Nigeria. He says the first time he saw girls in the kitchen was in 1976. "They have a touch, an open mind."

Imperato says everything is made from scratch. "Nothing is pre-made. I make everything to order and cook all night." The ribeye with peppercorn sauce is a favorite. The sauce is made with cream, cognac and broth which has been cooking slowly for three days. "We do everything by reduction, no flour, the old way of making stock. With a big pot like that, we only get this much." Also he says the customer favorites include bouillabaisse with three types of fish and trout almonidine.

Imperato offers three fixed price Restaurant Week menus at \$26, \$40, and \$54. He says it's tough to do the \$26 menu; everything is so expensive now, and they make it all fresh every day. Imperato says the \$26 menu includes appetizers like chicken liver parfait, deviled eggs with smoked salmon and main courses like mussels Marinère and steak hachée with favorite dessert choices of creme caramel and floating island. The \$40 menu adds such choices as onion soup, escargots, bouillabaisse and profiteroles and the \$54 menu offers Dover sole Meuniere and mousse au chocolat.

He thinks a lot of people think of French food as onion soup, crepes suzette, and croque monsieur but are not adventurous. "All very good but we have much more to offer." He has combined the familiar with nouvelle cuisine. "I get inspiration from what I see in the market."

"I even dream in my sleep about how I'm going to prepare something. For me food has always been a passion."

— Chef Jacques Imperato



Chef Jacques Imperato, La Côte d'Or Café



La Côte d'Or Café at 6876 Langston Blvd..

PHOTOS BY SHIRLEY RUHE THE CONNECTION



Two Restaurant Week specials at La Côte d'Or Café — mousse au chocolat and apple tarte.



Salmon with little neck clams in light olive oil with sauce of grape tomatoes, garlic, red peppers and clam juice.

Arlington is holding its fourth annual Restaurant Week from Oct. 17-24 with 31 participating restaurants who will be offering special prices. The event is sponsored by Amazon. It gives an opportunity to explore the diverse restaurant scene and for restaurants to gain exposure. This takes on added significance this year for restaurants who are experiencing the impact of COVID accompanied by the supply chain issues and labor shortages. For a complete listing of restaurants and their menus: <https://www.arlingtonchamber.org/arlington-restaurant-week.html>

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BY SHIRLEY RUHE/THE CONNECTION



Chefs Melvin Urrutia (left) and Brian Michizuki at Sushi Zen.

PHOTOS BY SHIRLEY RUHE THE CONNECTION



Chef Melvin Urrutia prepares Leches de Tigre Peruvian style ceviche for Restaurant Week special. The red Japanese snapper is marinated with a citrus sauce with lemon and lime but the unusual twist of added Peruvian yellow peppers to give it an intense taste.

Chefs Brian Mochizuki and Melvin Urrutia Sushi Zen

Chefs Brian Mochizuki and Melvin Urrutia collaborate as a team at Sushi Zen located at Harrison Shopping Center. Urrutia has come to Sushi Zen in the last year with a long list of credentials from opening and working in a number of Alexandria restaurants. Mochizuki has been making sushi for about 20 years, learning from his father who has owned Arlington's Sushi Zen for many years. They maintain the traditional, but have started experimenting with different dishes and creating fusions of Japanese with flavors from around the world to bring in the best of both worlds.

Mochizuki says discipline is important for a chef. "There are so many aspects, and you have to be open to new ideas." Mochizuki says he and Urrutia trade ideas back and forth on new dishes. This led to the dessert featured on the Restaurant Week menu at \$5.50 which features mochi but with a new flavor twist of white chocolate and raspberry artfully arranged with raspberry sauce, dollops of whipped cream with several edible violas and a sprig of mint. "In Japanese tradition, you want to make it look like a beautiful Japanese garden."

Brian Mochizuki says discipline is important for a chef. "There are so many aspects, and you have to be open to new ideas."

Also on the Restaurant Week menu is an innovative Leches de Tigre. Urrutia says, "What makes this Peruvian style ceviche different is the citrus sauce we make with lemon and lime and Peruvian yellow peppers. It is very strong and so unique." Added to the snapper is black tiger shrimp, lots of thinly sliced red onions, boiled young cholo (corn). Urrutia adds, "Usually sweet potatoes are added on top but I decided to try something different by sprinkling fried sweet potato chips on the finished dish."

Mochizuki says it takes a long time to learn the skill of making sushi, to build up memory on how much rice for each dish, cutting fish so the weight is almost exactly the same. He says you are dealing with delicate fish. The Restaurant Week menu also offers a Japanese cheesecake with citrus fruit and strawberry sauce for \$5.50. In addition, a special including miso soup, choice of appetizer and a main course choice of assorted sushi, chicken teriyaki or shrimp and vegetable tempura will be offered for \$27.

Three newly created dishes for restaurant week — white chocolate and raspberry mochi with raspberry sauce, Japanese citrus cheesecake and Peruvian style ceviche.

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ENTERTAINMENT



Arlington Restaurant Week takes place Oct. 17-24, 2022 at various locations in Arlington.

Arlington Restaurant Week

At various restaurants in Arlington. During this week, diners are able to enjoy food at various restaurants throughout Arlington at special prices. Arlington Restaurant Week highlights the region's hospitality industry and encourages the community to explore new dining options close to their homes and businesses. Currently, 31 restaurants are signed up to participate in the event, and new restaurants are being added daily. Visit: <https://www.arlingtonchamber.org/arlington-restaurant-week.html>.

OCT. 13-NOV. 6

"Dracula." At Synetic Theater, 1800 S. Bell Street, Arlington. Blood-sucking temptresses, creeping mists, and a chill up your spine . . . Bram Stoker's classic tale rises again in Synetic's bold and bloody adaptation of the world's most iconic horror story. This sensuous and terrifying thriller arrives just in time for Halloween. Check www.synetictheater.org for dates and showtimes.

SATURDAY/OCT. 15

Disability Voting Rights Event. 1-3 p.m. At Arlington Central Library, 1015 N. Quincy Street, Arlington. Join the League of Women Voters of Arlington and Alexandria City and UU the Vote, for a voter registration and education event

TUESDAYS, OCTOBER 18, 25

Simpson Park Demonstration Garden. 10 – 11 am, Simpson Park Demonstration Garden, 420 E. Monroe Ave., Alexandria. Rake in the good vibes, leave the leaves! Extension Master Gardeners will share ideas to create habitats for pollinators and other insects for a protective overwintering environment. Be a pollinator hero! #Leave the Leaves

THURSDAY/OCT. 20

Author Event with George Saunders. 7 p.m. At Arlington Public Library, 1015 North Quincy Street, Arlington. For the last twenty years, George Saunders has been teaching a class on the Russian short story to his MFA students at Syracuse University. In "A Swim in a Pond in the Rain," he shares a version of that class with us, offering some of what he and his students have discovered together over the years. Paired with iconic short stories by Chekhov, Turgenev, Tolstoy, and Gogol, the seven essays in this book are intended for

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FRIDAY/OCT. 21

Native Grasses, Sedges and Rushes for the Home Landscape. 10:00 – 11:30 a.m., Online. Native grasses, sedges and rushes can add structure and beauty to your garden all year long while also playing an important role in supporting our local wildlife. Join Extension Master Gardener Elaine Mills to explore how to use these plants in your home landscape and how to maintain them. Elaine researches and writes the resources for the Tried and True Native Plant Selections for the Mid-Atlantic at <https://mgnv.org/plants/>. Free. RSVP at <https://mgnv.org/rsvp-for-public-education-classes/> to receive a link to participate.

SATURDAY/OCT. 22

Live In Arlington Information Fair. 11 a.m. to 4 p.m. At Walter Reed Recreation Center, 3009 16th Street S., Arlington. Free workshops, access to industry experts. Celebrating Affordable Housing Month. Visit www.laif.mycaf.org.

OCT. 24-26

Business Book Summit. Business Book Summit will be held October 24-26, 2022 as a virtual conference aimed at teaching business owner authors how to transform their published business books from a dust magnet to a client magnet. Business Book Summit is ideal for business owners who have written a business book, or those aspiring to write one. It features 16+ business strategy experts leading daily presentations, workshops and trainings offering proven strategies to business owner authors. Visit <https://businessbooksummit.co>.

Oct. 13, 1 p.m. Registration # 911501-09.

Movie discussion, "Leave No Trace" (2018) (PG), Thursday, Oct. 13, 3 p.m., virtual. Movie available on Netflix prior to discussion. Registration # 911402-04.

Beginner quilling, use a few basic tools to create a variety of shapes from paper strips, Thursday, Oct. 13, 1:30 p.m., \$18, Lubber Run 55+ Center. Supplies provided. Registration # 911310-05.

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Thank you to the hundreds of supporters who helped to keep all your Connection Newspapers alive throughout Alexandria, Fairfax County, Arlington County and Potomac, Md. along with affiliated websites and digital media. Now we need help again in 2022.

Each local newspaper's mission aspires to provide greater community service, and we do know that our communities are better off if we continue to publish. Last year's financial support from readers and supporters like you bridged the shortfall before Federal PPP funding arrived, and both made our survival possible. We now await a decision for a grant from Rebuild Virginia in early February that we hope will help us in 2022 and beyond. But we need help to survive the first quarter, always a brutal time for cash flow in weekly newspapers. Thank you.

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All gifts will be used to fund our printed newspapers and websites and to meet obligations to our loyal and patient employees, writers, contractors and suppliers.

The ongoing pandemic continues to crush many newspapers across the country, and our newspapers continue to be at risk. The Northern Virginia area's best read and most trusted source for community news includes the Alexandria Gazette Packet, Mount Vernon Gazette and all Connection Newspapers in the metropolitan region.

The pandemic has hit small businesses hard, which in turn has reduced advertising revenue that keeps these local newspapers alive to provide hyper local news to residents. It feels like no small miracle to be looking forward into 2022.

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 ominous clouds the horizon in so many ways. Revenue still remains short of expenses despite our greatly curtailed costs.

Connection Newspapers has been offering these local newspapers to residents for over 200 years. Countless residents have grown up with these papers covering significant moments in the lives of family and children, news, community events, school activities, and even pictures of your dogs and cats. Internet news and large national newspapers cannot provide the local connection or historical connection that local papers like Connection Newspapers and the Alexandria Gazette Packet provide. If your child, dog, mother, father, neighborhood, school has been featured, you understand the value of local community newspapers.

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Time is Telling



By KENNETH B. LOURIE

After nearly three months of 24-7 focus on my brother's struggle to survive the effects of sepsis (and septic shock), the immediate, imminent danger seems to have passed. Passed into a daily grind of occupational, physical and speech therapies, all of which are monitored six to eight hours a day by a care giver who lends her assistance as well to assisting my brother with his activities of daily living. All of which are improving due to his commitment to get better. No doubt my brother has come a long way since his admission to SICU in mid-July and has progressed further and faster than those original doctors anticipated. Nonetheless, the path ahead is fraught with obstacles (not literally, although there are three sets of stairs inside his house and even two smaller ones outside just to get in).

My challenges are all too familiar to you regular readers: 13 years-plus living with non-small cell lung cancer, stage IV. Originally characterized as "terminal," changed approximately three years ago to simply "incurable" after my diagnosis changed to papillary thyroid cancer, supposedly the "friendly cancer" because of its curability. For my situation, not so much, however. I'll spare you the details, most of which I've relayed in previous columns anyway. Not that I ever expected a health guarantee but given my parent's long lives (both lived into their mid to late 80s), I kind of figured that I'd live into my 80s as well. That being presumed; it turns out the facts are somewhat different. Initially, in Feb. '09, I was "prognosed" for "13 months to two years." After my re-diagnosis three years ago, I was given a new lease on life, sort of, until a procedure to rid the thyroid cancer from my body was unsuccessful and so I received an amended timeline/prognosis: the prescription medication that I have been taking daily since Sept. '19 is effective for three years-ish. I'm now into the "ish" time.

But this is my obstacle, as it has been going on nearly 14 years. Nothing new, but it sure gets old, slowly. A cancer diagnosis upsets every thought/plan you had concerning your "road to find out," to quote Cat Stevens, concerning your future (heck, your present, too). And not that I didn't share this feeling with my brother, quite the opposite in fact. Other than my wife, Dina, he was my go-to resource. But now, given his own health challenges and his own cancer diagnosis to boot, we've sort of become equal partners. Not in crime, but in the methodology of surviving. Now, we're on the same team, if you get my meaning; both having been diagnosed with cancer. And it's this shared burden that binds us together more than we ever imagined. (When you've had two healthy parents who lived well into their 80s, you don't anticipate having your own health problems at younger ages than ever afflicted them. It's a presumption, sure, but doctors will often learn a great deal about your prospects by asking about your immediate family history: mother, father, siblings.)

Even though my brother is five years older than me, I never imagined him dying before me. As an older, big brother, I looked up to him. He took care of me. He couldn't possibly die before I do. This feeling became even more prevalent after I was diagnosed with lung cancer. Now I had a perfectly good explanation/understanding of why I was going to predecease him. Not that I was happy about it. Hardly. It just seemed the normal order of things, in my chronological life, anyway. Yet, after his recent health struggles and near-death experience (sepsis is very often a killer and extremely difficult to overcome), I'm forced to consider that my brother might die before my time, despite my issues. And this awareness/revelation has weakened me. Seeing him fight for his life every day in SICU as I did for nearly six weeks was a life-changing experience, especially as a younger brother who looked up to and was somewhat dependent on that older brother.

Now that he's home recuperating and rehabilitating as vigorously as he can, he is – to me, anyway, establishing his bona fides. He is not letting his recent health struggles/challenges negatively affect him at all. He has accepted his deficits and is working every day to overcome them. And even though he can't walk without the assistance of a walker, his goal is to do so. Though he may not be able "to leap tall buildings in a single bound" (or even walk up a few steps) he is my superman and I'm proud to share all our burdens together. And due to his tireless efforts to get better, once again, I don't feel as if he's going to predecease me; and in an odd way, that's extremely comforting to me.

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

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