



# The Arlington Connection

## 100th Birthday; Still Mows Her Own Lawn

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Minnie Tipping's friend, Jo Allen, has handed over an ivory envelope with an embossed message inside — a surprise 100th birthday greeting from President Joe Biden on the occasion of Minnie's 100th birthday at Crystal City Sports Bar. But Minnie's daughter says "No politics at this table."

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OCTOBER 5-11, 2022

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## NEWS BRIEFS

## It's Academic Is Back Exclusively on WETA

"It's Academic" is recognized by The Guinness Book of World Records as the world's longest-running quiz program in TV history, having been founded in 1961 by Producer Sophie Altman in Washington, D.C. and enduring for over 60 years. Throughout the show's long run, thousands of students from high schools across the D.C. Metro area have competed, encouraging a lifelong journey of learning and accomplishments over many generations.

Now in its 62nd season, It's Academic will be exclusively broadcast on WETA and will debut Saturday,

Oct. 29 at 10 a.m. and repeat at 7 p.m. on WETA PBS and WETA Metro. The first episode will feature teams from Herndon High School in Herndon, Va.; Washington-Liberty High School in Arlington, Va.; and W.T. Woodson High School in Fairfax, Va.

Episodes initially broadcast on Saturdays at 10 a.m. and 7 p.m. on WETA PBS and WETA Metro. Each episode will repeat the following Monday at 3 p.m. on WETA PBS and 7 p.m. on WETA Metro. Episodes will also be available to stream on the PBS Video App and at [weta.org](http://weta.org). Visit [weta.org/itsacademic](http://weta.org/itsacademic).

## Crystal City to Washington National Airport: 1300 Feet

This week, Arlington County announced significant progress in the federal approval process for the Crystal City to Ronald Reagan Washington National Airport Multimodal Connection project (CC2DCA), a project to create a multimodal connection between Crystal City and the airport for use by walkers, bikers, and micro-mobility users. When complete, CC2DCA will make National Landing the only downtown in the country with a short, direct pedestrian and bike connection to an airport.

Arlington County has identified a recommended preferred alternative alignment and facility type for the connection: a bridge stretching from the planned VRE rail station at 2011 Crystal Drive to Terminal B/C at National Airport providing a direct connection between Crystal Drive, the relocated VRE Station at National Landing Station, the Mount Vernon Trail and DCA. Once completed, the journey from the foot of the bridge in Crystal City to the newly constructed security checkpoint at Terminal 2 at DCA would be about 1,300 feet or less than a five-minute walk.

"As CC2DCA advances to the

next phase of the approval process, we look forward to working with Arlington County, other local stakeholders, and the community to ensure a robust community dialogue yields the very best design and project outcome," said Tracy Sayegh Gabriel, President and Executive Director, National Landing BID.

The next virtual public meeting on the project is scheduled for Tuesday, Oct. 25. A confirmation of the preferred alternative could happen by spring of 2023 with the planning process wrapping up and entering the design phase by the end of the calendar year.

Listed as one of five transportation projects included in the 2018 agreement to bring Amazon's HQ2 to Virginia, CC2DCA already has over \$38 million in committed funds, with Arlington projecting delivery in 2028.

For more information on CC2DCA, upcoming meetings, and opportunities to provide feedback on the project, please visit Arlington County's project website <https://www.arlingtonva.us/Government/Projects/Project-Types/Transportation-Projects/CC2DCA-Multi-modal-Connection-Study>

### "FLOURISHING AFTER 55"

Office of 55+ Programs

Contact: Judy Massabny, [jmas-sa@arlingtonva.us](mailto:jmas-sa@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](http://registration.arlingtonva.us) or call 703-228-4747.

#### OCT. 6

Ballroom Bootcamp, learn basic steps to a different dance each week, Thursday, 2:30 p.m., Lubber Run 55+ Center. Drop-in.

Normal Aging vs. Dementia, warn-

ing signs of a memory problem, Thursday, 11 a.m., Langston-Brown 55+ Center. Registration # 911500-03.

How HIPAA affects patients and the medical community by protecting the privacy and security of health data, Thursday, 1:30 p.m. Virtual presentation by Dr. Matthew Hicks, dir., Information Technology and Cyber Security at George Mason University. Registration # 911500-04.

Life in the Fast Lane, remote

SEE FLOURISHING, PAGE 4





Arlington County Fire Department vehicle used for code inspections. The City of Alexandria also brought a Nissan Leaf which is the same make and model as this one.



Think BIG Arlington-Alexandria electric vehicle event Oct. 2, Large poster features current EVs available on the market, their prices and their travel range.

## It's a Bird, It's A Plane, It's an Electric Vehicle

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

**T**hink BIG. Think electric. Arlington County and the City of Alexandria partnered to sponsor the first Think BIG About the Future of Movement event at Northern Virginia Community College Alexandria (NVCC) on Sunday, Oct. 2.

Rebecca Moser, the event organizer for Arlington County, says, "We've never held this event in the past and started our heavy planning in May. But it wasn't soon enough given the scope and the scale of the event." In addition to the opportunity to drive an electric vehicle and to explore the different options in a technical showcase with buses, electric school buses and transit buses, there was an afternoon of speakers, children's activities with boothing and tabling exhibitions.

Moser, who is Environmental Management Associate, Energy Market Specialist on the AIRE Team in the Arlington County Department of Environmental Services and Bill Eger, the Energy Manager for the City of Alexandria, have been working regionally on the event. Eger says it was an opportunity to educate the community on how electric vehicles work, the availability and types and to build comfort. He says the event fit with the Alexandria and Arlington mutual goals of reducing greenhouse gas emissions by 50 percent by 2030.

Moser says the e-mobility rodeo allowed a person to test drive a number of vehicles including cars, scooters and bikes. She says since people are test driving vehicles, the organizers are partnering with Columbus American who have hosted riding driving

events in the past. She says they are doing most of the logistics, working with dealerships to get cars, getting insurance. "So far we have Mercedes and Hyundai, are working with Ford, Audi and Mini Cooper."

In addition to the planning and organization for the event itself, the team had to make a contingency plan in view of the weekend weather projections. "We've been checking in every two hours. As of right now it's still on. The bottom garage is completely covered." Eger said after the event that weather was a challenge but fortunately NVCC had a parking structure that worked for most of the activities. But he says they had one of the 14 electric Dash buses on display but it didn't fit and had to be parked up on the street so it was a little less of a feature than they had hoped.

The children were able to join in the fun with a coloring table stacked with black and white logos of trains, buses and cars printed on butcher paper. They could get a temporary tattoo of a plane, train or bike and take home a squish ball in the shape of the van imprinted with the event logo. And if your poker chip travels down the Plinko board to the energy-related question number at the bottom, you can win a prize for a correct answer.

The three afternoon discussion sessions focused on "EV Ownership & Home Charger Installation," with both an Alexandria and Arlington resident and dealership owner, followed by "Local EV Development and Initiatives" and the final session "Research, Advancements and Innovation in the EV Space" with Dr. Jennifer Gerbi, Department of Energy Acting Director of Advanced Research Projects Agency.

Moser said this project has been

an organizational challenge and a learning curve. Since it is being held at NVCC which is state-owned and not in Arlington or Alexandria they had to sign a facility rental agreement and get insurance that would normally have been covered by the local governments. There were a lot of legal obstacles. "But we have the groundwork done to replicate it in the future."

Eger says the only thing he'd change next time is the weather (if he could). "It was a little bit of a challenge with the weather but overall it was really great. People were really enthusiastic to see and to share their experiences with EVs. It was a really exciting peer to peer sharing. An electric vehicle is a car but it has new features or ways of operating that people need to learn."

Eger says the most recent DMV records indicate Alexandria households have about 1,200 electric cars which is 3-5% "but it is growing." Eger speculates that part of the reluctance to purchase an EV has to do with the limited availability and long waiting lists. And he adds part of the reluctance has to do with education and not knowing enough about owning and operation. He explains that was the purpose of this event, one of many different events held around the country during National Drive Electric Week.

Moser adds Arlington and Alexandria have both been urging citizens to move toward sustaining practices "and we want to educate citizens on how easy it is to make the switch to an electric vehicle and get your home set up for electric charging." The transportation goals are part of the Community Energy Plan which is a long-term vision for rethinking Arlington.



Alexandria 60-foot accordion DASH transit bus.



Motorcycle brought from VEO a eMobility company in Arlington. Patrons were allowed to test ride these motorcycles.



# 100: It's a Big Birthday

**M**innie Tipping walks to her surprise 100th birthday party at Crystal City Sports Bar. She joins friends there every Monday to take advantage of half price hamburger day.

"You shouldn't have done all of this for me," she says looking around at the gigantic gold 100 above her head and the jeweled crown which has just been placed on her head.

Tipping's daughters Linda McIntyre and Gail Alford are there to help celebrate the big birthday.

Alford says, "Yesterday at the Methodist Church just down the street we had a big celebration with her four grandkids, six great grandkids (oh we forgot two) and all of her friends. Tipping says, "I've been going to that Methodist Church since '54 or '55."

Tipping received a birthday greeting from President Joe Biden.

Her daughter points out Tipping is a special lady. She worked with the Army Air Corps, one of the first women in the Pentagon.

"And she still mows her own grass."



Tipping's friend, Jo Allen, has handed over an ivory envelope with an embossed message inside — a surprise birthday greeting from President Joe Biden. But her daughter says "No politics at this table."



A friend stops traffic on 23rd Street as Minnie Tipping walks unexpectedly to her surprise 100th year birthday party at Crystal City Sports Bar. Her friend picks her up every week for lunch even though Tipping has lived at the same house down the street for 70 years.

Tipping's daughters Linda McIntyre from Sterling (left) has come with her grandson Blake, and Gail Alford from Boston, Virginia has come with her husband Bob to help celebrate the big birthday along with friends who join Tipping here every Monday to take advantage of half price hamburger day.

PHOTOS BY SHIRLEY RUHE  
THE CONNECTION



## "FLOURISHING AFTER 55"

FROM PAGE 2

control cars, demonstration of high speeds, Thursday, 11 a.m., Walter Reed 55+ Center. Registration # 911400-35.

Library of Virginia's Genealogy Series, learn how to use Virginia Historical Inventory, Thursday, 2 p.m., virtual.

Registration # 911400-39.

**OCT. 7**  
Explore drawing, no experience necessary, materials provided, Friday, 1 p.m., Aurora Hills 55+ Center. Registration # 911303-03.

Intro to line dance, basic steps, Friday, 10:15 a.m., Aurora Hills 55+ Cen-

ter. Drop-in.

Social ballroom dance, spacious dance floor, partners not necessary, Friday, 1:45 p.m., Lubber Run 55+ Center. No instruction provided. Drop-in.

Sugar and Spice Hike, dedicated to Paw Paw and Spicebush plants,

Monday, Oct. 10, 11 a.m., Long Branch Nature Center. Led by Naturalist Jaron Winters. Registration # 911106-15.

Pumpkin recipes and demonstration by Master Food Volunteer from Virginia Cooperative Extension, Tuesday, Oct. 11, SEE FLOURISHING, PAGE 5

The  
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PHOTO BY CHRIS KLEPONIS ON BEHALF OF AMAZON

Amazon collaborates with three organizations working to alleviate hunger for local students and unveils a new on-campus food pantry stocked with food from Amazon Fresh. The announcement took place at Arlington Community High School, 800 S. Walter Reed Drive Arlington.

# Amazon Donates \$250,000+ For Hungry Students

With families continuing to face the brunt of rising food costs and inflation, Amazon is donating more than \$250,000 worth of products from Amazon Fresh to Food For Neighbors, Abingdon Elementary School in Arlington, and DC Food Project to help ensure more students facing food insecurity have access to fresh and shelf-stable food and toiletries.

“At Abingdon, we focus on taking care of our students’ needs and building upon their strengths,” said Abingdon Elementary School principal David Horak. “Having a healthy and accessible snack every day is a significant step to ensuring that all students have their needs met so that they can focus on learning. This partnership for snacks for all students is a significant step in meeting the needs of our students.”

According to Capital Area Food Bank, nearly 1 out of 10 residents of the Capital region are food insecure – and nearly one-third of those people are children. To kick off the new school year, Amazon’s donation will support hundreds of students facing food insecurity across the area. With rising food costs and the

elimination of the USDA food waivers that allowed all children to eat free school lunch regardless of income, Amazon’s contribution will help ensure more students have food and toiletries from Amazon Fresh throughout Amazon’s HQ2 region.

“As we roll out our services to Arlington Public Schools, this is a big investment in the local community,” said Karen Joseph, Founder and Executive Director of Food For Neighbors. “Access to a dependable food source helps students meet their immediate nutritional needs, which helps them be better students.”

In Arlington, Abingdon Elementary School is using Amazon’s donation to build snack baskets in each of their classrooms filled with items like granola bars, cheese crackers, and applesauce, from Amazon Fresh.

People interested in supporting Food For Neighbors may sign up to be a Red Bag food donor here <https://www.foodforneighbors.org/red-bag-program/>

They can register to provide hands-on and other support here <https://www.foodforneighbors.org/get-involved/>.

## "FLOURISHING AFTER 55"

FROM PAGE 4

11 a.m., Lubber Run 55+ Center. Registration # 911501-04.

How to use financial apps for budgeting and investing, presented by a Virginia Cooperative Extension Master Financial Education volunteer, Tuesday, Oct. 11, 6:30 p.m., Walter Reed 55+ Center. Registration # 911403-06.

The study of words, phrases and expressions, and the history of language, Wednesday, Oct. 12, 10:30 a.m., Lubber Run 55+ Cen-

ter, Registration # 911402-31 or virtual, registration # 911402-32.

Autumn Leaf Art, get crafty with Community Arts Programmer Liz Steinbach, Wednesday, Oct. 12, 1 p.m., Aurora Hills 55+ Center. Supplies provided. Registration # 911310-02.

Homemade Halloween treat demonstration by a Master Food Volunteer from Virginia Cooperative Extension, Wednesday, Oct. 12, 1 p.m., Aurora Hills 55+ Center. Registration # 911890-05.

Genealogy discussion with local genealogist Susan J. Court, Wednesday, Oct. 12, 3 p.m., virtual. Ask questions, share research techniques. Registration # 911402-10.

History roundtable group to discuss the impact of inventors on history, Wednesday, Oct. 12, 11:15 a.m., virtual. Registration # 911402-16.

Virtual Tea Service, share favorite teas, recipes for clotted cream and other goodies, Thursday, Oct. 13, 1 p.m. Registration # 911501-09.

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# Documenting Butterflies

Volunteers fanned out across Northern Virginia to survey butterflies, part of the North American Butterfly Association's nationwide count.



PHOTO BY GLENDA BOOTH

One team started in Belle Haven Park along the Potomac River shoreline.

BY GLENDA BOOTH  
THE CONNECTION

The silvery checkerspot butterfly has a row of black and white spots on the edges of its hind wings. The eastern comma butterfly has a small silvery-white comma-like mark on the underside of its hind wings. Such are the fine distinctions or unique field marks that help citizen scientists identify individual butterfly species.

On Sept. 17, 28 volunteers fanned out across Northern Virginia to survey butterflies, part of the North American Butterfly Association's nationwide count and sponsored by the Audubon Society of Northern Virginia. Teams identified 35 species and 798 individual butterflies. Last year, surveyors saw 34 species. People have confirmed over 100 species in Northern Virginia, according to the survey's leader, Larry Meade. Their presence and numbers vary by season.

There are around 120 species in the U.S. mid-Atlantic.

The teams surveyed at the Dyke Marsh Wildlife Preserve, Mount Vernon Estate, River Farm, the Jackson M. Abbott Wetland Refuge at Fort Belvoir, Huntley Meadows Park, Green Spring Gardens, the Winkler Preserve, Mason District Park, Glencarlyn Park, Bluemont Park, Four Mile Run and Fort C.F. Smith.

"It was optimal butterfly weather," said Meade. "It was sunny and



PHOTO CONTRIBUTED

Larry Meade organized and led the butterfly survey.

warm with a light breeze, but not really hot," he explained. "The low 80s are perfect. It's warm enough for them to get energy from the sun

and be active. If it gets into the 90s, it's too hot. They like sun." Butterflies spread their wings and absorb the sun's heat, say experts.

September is a good month to observe butterflies, not just because of usually temperate weather and because some butterfly species are migrating through. The best-known migrant is probably the monarch, a four-inch butterfly that has orange wings with black veins and white edges. Through several generations, they make a two-way migration. In the fall, they fly from the central and eastern U.S. to central Mexico to overwinter. In the spring, they mate, leave Mexico for the U.S. and the next generation continues north. Their yellow-, white- and black-striped caterpillar feeds exclusively on milkweed

leaves.

Meade was heartened to see the ocola skipper at River Farm, a butterfly with dull yellowish-brown wings, a 1 1/4-to-1 3/4-inch wingspan and a forewing much longer than its hindwing. Ocolas migrate to and through Northern Virginia from the south in the fall.

At Mount Vernon Estate, Meade's team spotted an American lady and a painted lady.

Swallowtails, striking two- to four-inch butterflies with forked hindwings, are always show-stoppers. The zebra swallowtail has black and white striped wings, hence the name. The eastern tiger swallowtail has bold yellow wings with black stripes. Males are yellow,

low, but females can be yellow or black.

Meade sees surveying not just as data collection, but a gateway to becoming engaged in nature.

Jessie Strother, retired Fairfax County urban forester, spent her Saturday counting butterflies because she said, "Identifying butterfly species and their numbers is one measure of the diversity and health of our increasingly compromised environment in Northern Virginia. Environmental protection and con-

servation need to be front and center of much of what we do today."

Master naturalist Judy Gallagher from Woodbridge also sees butterflies as indicators of the health of the environment. She co-authored "Butterflies of the Mid-Atlantic" with Bob Blakney.

Butterflies and moths are in the order Lepidoptera, a Greek word that means "scaly wings." Butterflies are active during the day

and have a knob or club on their antennae. Most moths fly at night and have thicker antennae that are sometimes feathery. Butterflies tend to be colorful and moths more drab brown or beige.

Meade is a dedicated conservationist and naturalist who lives in Merrifield and is president of the Northern Virginia Bird Club.

## Helping Butterflies

Butterflies usually like natu-

ral vegetation and most adult butterflies feed by nectaring at flowers. "Butterfly diversity is usually correlated with the complexity of the landscape," observes Jeffrey Glassberg in Butterflies through Binoculars. He calls manicured lawns, "biological deserts." Some butterfly species spend the winter in fallen leaves as eggs, caterpillars, pupae or adults so many butterfly enthusiasts recommend leaving the leaves.

Some gardeners are creating butterfly gardens, which can be from a window box to a multi-acre field.

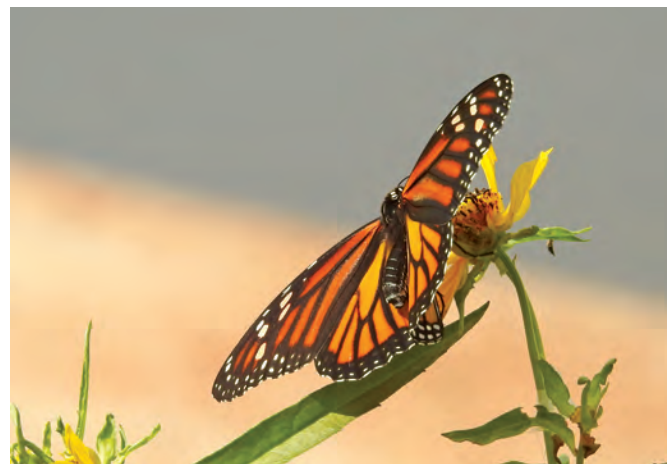
The key is planting plants appropriate for butterflies, host plants for laying eggs and plants for caterpillars to feed on.



Eastern Tiger Swallowtail



Ocola Skipper



Monarch Butterfly



American Lady Butterfly



Silvery Checkerspot



Peck's Skipper



Zebra Swallowtail

BUTTERFLIES PHOTOS BY LARRY MEADE



# Arlington's 'Whiskey Chicks' Place Second in Kentucky Race

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

A group of local moms, deemed the "Whiskey Chicks," headed for the airport for Lexington, Kentucky to run the historic Bourbon Trail on the first weekend in October. Susan Michaels, captain of the team said, "Some of our group had never run a race before but a number of us are long-time runners and a couple of us had done this run before and we had some real bourbon fans."

Their group took second place in the Wild Card Division of the Ragnar Relay Bourbon Chase. The Wild Card Division is made up of teams who customize their runner line up but opt out of competing for time.

There were 386 teams competing.

The group consisted of 10 Arlingtonians who were joined by two other team members from Birmingham, Alabama and Denver, Colorado. Michaels said they signed up in January and have spent the months since then organizing all of the details. "I was in charge of the logistics for hotels and travel." She says it took a lot of organizing to figure out the schedules with some stay-at-home moms and others working different schedules. "And," she says "it took a lot of support from our husbands to get the kids to all of their activities while we were gone."

The race took place on Sept. 30

and Oct. 1 in Lexington, Kentucky and the surrounding area. Karen Garesche, a race participant, says the team finished in 34 hours, 12 minutes and 49 seconds. The Ragnar Relay Bourbon Chase is a 200-ish mile street race composed of 12 runners who run three legs of different mileage.

Michaels, who ran the lap that was 21 miles over three legs, says she was runner number six in the first van. She said the race started at the Jim Beam Distillery and most of the relay exchanges were at local distilleries along the way. But she said they saved the bourbon until later.

"We brought it home for our husbands and many of us are big bourbon fans."

"After my leg we stopped to eat and catch a few hours of sleep in the van before turning it over to runners 7-12 in van 2; then we started over again." Michaels says they ate a lot of bagels and sandwiches to get enough energy to keep going but nothing too heavy to upset the stomach."

The weather was perfect without the hurricane rains happening in Virginia. "We ran on streets, everything from four-lane roads to sidewalks through neighborhoods to two-lane country roads. We had to wear a lot of gear through nights so people could see us. It was a pretty big deal with 386 teams competing."

Garesche explains, "It takes a lot of coordination between 12 individuals including travel and lodg-



PHOTO CONTRIBUTED

Local moms "Whiskey Chicks" run Ragnar Relay Bourbon Chase race in Kentucky.

ing accommodations, team logo, shirts and magnets (to tag other team vans) and race preparation such as runner line up, food and drinks to last over the entirety of the race." Leslie Humes designed the logo that went on the hats and the T-shirts. "It is an old fashioned drink made out of bourbon."

The team was captained by Susan Michaels and included Arlington residents Johanna Bindseil, Stephanie Close, Lindsay Egge, Kristin Garesche, Leslie Humes, Susie Luongo, Angie Quinn, Stephanie Mitchell and Laura Seymour. Elizabeth Holmes from Birmingham, Ala. and Teresa Ulmer from Denver,

Colo. completed their team.

Garesche says, "Most of the team were bourbon enthusiasts and jumped at the chance to pair two passions together. But mostly the team enjoyed a weekend away to bond with friends while challenging themselves and exploring new places."

# Arlington Open Studio Tour: Highlight Zofie King

Artist evokes some of the struggles of Polish citizens in the forties.

BY SUE GRACE  
ARLINGTON CONNECTION

Zofie King, who works and makes her home in Arlington, Va., taps into many things when we view her work.

Her work conjures up the sensation of memory. King is tapping some deep reservoir of our memory, not the same as her memory of course, but we feel summoned to witness a region of our mind that is partly mysterious. We recognize the images and assemblages as something from the past not just because of the somber hues and references to gothic architecture but also reliquaries and religious altars that speak to more pointed symbolism. Some aspects of her work create a slight "hair-raising" sensation. The decay and Faustian struggle come

to mind as King creates an awareness of the dark side of the inner, human struggle and human flaws. Bat images and inky stains send shivers up your spine.

King's work speaks not only on an interior level, but speaks to a struggle on a more global level. Her parents were born in Poland and moved to Germany when she was a young child. She eventually settled in the U.S. in 1998. Her grandmother was caught up in the rounding up of Polish citizens for forced servitude in 1939, at barely 14. King's sculpture "On My Knees to Czestochowa" is based on taped recordings her grandmother made recounting her experiences working in servitude. The piece references a dark inside joke among Polish laborers during the beet harvest, when they were forced to work 16 hour days, mostly while crawling on their knees. Czestochowa is an important place of pilgrimage for Catholics in Poland. The 19th century seamstress samples that form the cross shape refer to her grandmother's life as a seamstress. The cyanotypes in the center part have been "drape molded" over actual beets.

SEE ARLINGTON OPEN, PAGE 11



PHOTO BY SUE GRACE

Zofie King during the Arlington Art studio tour.



# ENTERTAINMENT



“Dracula” plays at Synetic Theater in Arlington from Oct. 13-Nov. 6, 2022.

## “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](http://www.synetictheater.org) for dates and showtimes

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### WEDNESDAY/OCT. 5

National Coffee with a Cop Day. The Arlington County Police Department’s Community Engagement Division is hosting two events to celebrate. Community members are invited to join officers at these informal events to ask questions, voice concerns, get to know their neighbors, interact with the Community Engagement Division and meet officers from other sections of the department.  
9:30 a.m. – 11:00 a.m. at Meda Coffee & Kitchen – 5037 Columbia Pike, Arlington.  
1:30 p.m. – 3:00 p.m. at Sweet Science Coffee – 2507 Franklin Road, Arlington.

### FRIDAY/OCTOBER 7

Leave the Leaves!: And Other Beneficial Composting Practices. 10:00 – 11:30 a.m. Online. Fall is the perfect time to practice good composting and mulching practices for your trees and plant beds and to start a compost system to create

black gold for your spring garden. Instead of raking leaves to the curb, allow fallen leaves to feed your trees, enrich the soil and provide overwinter protection for roots and habitat for insects. Extension Master Gardener Nina DeRosa will discuss where to compost, what to compost and what not to compost, and how to manage your compost system. Free. RSVP at <https://mgmv.org/rsvp-for-public-education-classes/> to receive a link to participate.

### SUNDAY/OCT. 9

38th Annual Army Ten-Miler Race. The 38th annual Army Ten-Miler race will occur on Sunday, October 9, 2022. The race begins at 7:50 a.m. on Route 110, crosses the Key Bridge into the District of Columbia, returns to Virginia via the 14th Street Bridge in the northbound I-395 HOV, and ends in the Pentagon reservation.

### MONDAY/OCT. 10

Art & Sip at Palette 22: Candy Apples & Mushroom Ghosts Painting Party, 7 p.m. Kick-off spooky season with a colorful evening of painting with Palette 22’s resident artist Mirela! Create spooky art inspired perfect for Halloween decorations! Reservations are required and seating is limited. Class fee includes: 2-hour art class; art supplies; one glass of Chardonnay or Cabernet Sauvignon; and choice of two select appetizers.  
Address: 4053 Campbell Ave., Arlington, VA 22206 Link to purchase tickets: [www.eventbrite.com/e/palette-22-art-sip-halloween-art-tickets-414986585047?aff=Oct2022ArtSipEmails](https://www.eventbrite.com/e/palette-22-art-sip-halloween-art-tickets-414986585047?aff=Oct2022ArtSipEmails)

### TUESDAYS, OCTOBER 11, 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

### 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 even

### OCT. 17-24

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>.

### 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](http://www.laif.mycaf.org).

## BULLETIN BOARD

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

### 9-8-8 NATIONAL HOTLINE NOW AVAILABLE

A new 9-8-8 crisis and support hotline is now active across the

United States, including here in Arlington County. In 2020, Congress designated a new 9-8-8 dialing code to operate through the existing National

Suicide Prevention Lifeline (NSPL) network, which has more than 200 locally operated

SEE BULLETIN, PAGE 10

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**FORMER OWNERS NOTICE OF INTENT TO DISPOSE** IS HEREBY GIVEN that pursuant to the Provisions of the Code of Virginia (1950) as amended 33.2-1005A (formerly 33.1-90A). This is to notify Percy Talley, their heirs or assigns, of the opportunity to purchase property located between 38th Place North and North Richmond Street, in Arlington, Virginia. (No Tax Map or Parcel # Assigned). Contact Jordan Cheresnowsky at Jordan.Cheresnowsky@VDOT.Virginia.gov, 703-259-2971, Virginia Department of Transportation – Right of Way and Utilities Divisions, 4975 Alliance Drive, Fairfax VA 22030 by October 17, 2022.

TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411



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**Legals**

**PUBLIC NOTICE**

AT&T proposes to collocate antennas (tip heights 98.5' & 101.9') on the building at 2001 North Adams St, Arlington, VA (20221095). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

**BULLETIN**

FROM PAGE 9

and funded crisis lines across the country. PRS, Inc. operates the local network in Arlington.

Dialing either 9-8-8 or the existing NSPL number, 1-800-273-TALK (8255), will connect you to behavioral health care and support 24 hours a day. Virginia continues to be invested in building capacity to enhance community-based crisis services. Further updates will be provided in the upcoming months.

**What You Need to Know**  
You can call or text 9-8-8 or use the online chat at [www.988lifeline.org](http://www.988lifeline.org). Services are for mental health and substance abuse support.

9-8-8 provides someone to talk to and referrals to other services as needed.

Currently, 9-8-8 routes calls to local support centers based on the caller's area code and not their location in the community. In the future, geolocator features will be added for more localized routing. 9-8-8 is not like 9-1-1 in that the dispatch function has not yet been built out. For a life-threatening emergency call 9-1-1.

**What's Next**  
The Department of Human Services is moving to staff its Crisis Intervention Center (CIC) 24 hours a day and seven days a week, with an anticipated rollout of late fall. The CIC offers assessment and crisis stabilization in a therapeutic environment.

National workforce shortages in the field of behavioral health present a challenge to the development of crisis services. The vision for Arlington County is that the Regional Crisis Call Center will serve as the mobile dispatch hub for Northern Virginia's public and private crisis response providers and deliver air traffic control-type navigation. This will be an evolving process over the next year.

**Additional Crisis Resources**  
There are many ways to obtain behavioral health care support in Arlington:  
Community Regional Crisis Response ("CR2")

Available services: Crisis stabilization and prevention, including screenings, assessments, psychiatric services, case management, post-discharge follow-up, care coordination and safety planning.  
Who qualifies: Anyone experiencing a mental health and/or substance abuse emergency that puts them at risk of hospitalization.  
How to access: Call 844-627-4747 or 571-364-7390 to access phone, video conferencing or in-person services.  
Availability: Operated by the National Counseling Group and staffed by counselors 24/7.  
Website: [www.cr2crisis.com](http://www.cr2crisis.com)

**COUNTY BOARD ADOPTS \$3.9 BILLION 10-YEAR CAPITAL IMPROVEMENT PLAN**  
The Arlington County Board has unanimously approved a \$3.9 billion ten-year Capital Improvement Plan (CIP) that focuses on stormwater management and flood response, climate and environmental programs, parks, transportation, and community infrastructure over the next decade.

This is a return to the first ten-year capital plan since FY 2019. It follows a series of short-term CIPs adopted as a result of the COVID-19 pandemic. The County is highly encouraged by

SEE BULLETIN, PAGE 11

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## NEWS



Zofie King's work reflecting her Polish grandmother's work as a seamstress and forced labor during the 1940s.



One of Zofie King's works.

# Arlington Open Studio Tour: Highlight Zofie King

FROM PAGE 8

We can learn about the injustices that go on in this vulnerable part of Europe, then as now, on some small level when the intimations of them are given to us from the hands of a skilled artist.

Zofie King participated in the Arlington Studio Tours. A yearly, self-guided tour of the studios of working Arlington artists. Over this weekend of Sept. 17-18, 56 artists opened their studios for the public to see their workspaces, talk with the artists and purchase art.



Zofie King's work exhibited last week.

PHOTOS BY GEORGE STALEY

## BULLETIN BOARD

FROM PAGE 10

this return to a traditional ten-year plan. "While COVID remains a reality in our community, my colleagues and I feel that this CIP reflects the needs and priorities of Arlington beyond the pandemic," stated County Board Chair Katie Cristol. The adopted CIP has several primary themes:

**Resilience & Root Cause:** Addressing the environment and resiliency through storm-water management and flood mitigation, introducing a new parks program for natural resiliency, and investing in various other energy efficiency projects such as electric vehicle charging infrastructure and renewable energy assessments and installations to help reduce the County's carbon footprint.

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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.

Please, help save these historical papers. 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 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.

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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## Cancer, Then and Now



By KENNETH B. LOURIE

When my brother was emergency-admitted to the hospital on July 16th, it was just a few days removed from my most recent every-three-months cancer scans. For the following two months or so, until his status was no longer day to day but rather marginally less urgent, I hadn't really focused/ thought too much about my own cancer-affected mortality. It was sort of on the back burner, for a change. And given my brother's tenuous grip on life for a while, it seemed bad form/ totally inappropriate to expend any mental energy on myself considering that he was in such distress (not breathing on his own, connected to a ventilator, 24-7 dialysis, just to name a few of the many life-sustaining medical marvels he was dependent on while in SICU). It was a sort of "all hands to the pump" kind of effort, to quote the Brits. And as the doctors and staff provided my brother round-the-clock care, the least I could do was harness whatever positive vibe I could muster in his direction.

Slowly, but surely, my brother began to rally. Over the course of the last month, he was disconnected from all life-sustaining machinery, taken off all medication and eventually transferred out of SICU into a regular hospital room. There his care was much less intense and where he began to really recuperate, enough so that a few weeks after his initial transfer there he received the penultimate transfer: to the adjacent rehab hospital with an eye toward the ultimate goal: release and back home. He was getting better every day and as he improved, we improved; in our mood and in our expectations for him. His semi-return to normal enabled me, subconsciously almost, to reconsider my own mortality once again. Not that that's anything new. It's quite old in fact, over 13 and half years old, ever since I was originally diagnosed with stage IV lung cancer in Feb. 2009. But for the last two months, it's been hardly a blip on my internal radar. My attention had been elsewhere.

And I must admit, in a weird kind of way, it was almost a relief to have something else to worry about for a change other than my own mortality. To clarify, it's not as if I forgot that I had cancer, but I was able to not think about all the time, if you know what I mean? I was thinking of my brother, not me. It felt unselfish which for a cancer patient is sometimes a challenging emotion to control. I remember the first bit of unsolicited advice I received from a friend (and fellow cancer patient) after she learned about my diagnosis: "Kenny" she said, "it's all about you now." Words to live by, for sure. Because a cancer diagnosis changes you in every way imaginable and in that aren't so imaginable. It's your life now – full time. As such, it's easy to lose oneself in all the demands and anxiety that characterize a cancer diagnosis and subsequent treatment/aftercare. Sometimes, it's helpful to have a diversion of sorts; to get your mind off your own troubles and try to help another cope. In that way, my brother's hospitalization and subsequent months' long recovery has been instructive. It turns out that even though I have cancer, it doesn't prevent me from doing the right thing on someone else's behalf. For almost six weeks, along with my sister-in-law, Vanessa, we visited my brother in the hospital every day, splitting shifts, so to speak. It wasn't about me. It was about my brother. It felt good to be there.

This week, if all goes according to plan, my brother will finally be home, after almost 10 weeks in the hospital. And with his return home (which itself will present any number of challenges for both Richard and his wife, Vanessa), my own health once again becomes top of mind. He has been in the hospital so long that low and behold, it's time for my quarterly scans already. The party, such as it was, is officially over. With my scans return all the usual mortality fears and questions. One of these days, I'm going to receive the wrong result. After all, when my diagnosis was changed to thyroid cancer three years ago, the medication I was prescribed (the best available at the time) had an effective time of three years or so. We're past that. Now that my brother is out of the hospital – or about to be, I'm back to thinking about me and my cancer and wondering if trouble is lurking.

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



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