

The Arlington Connection

On Election Day in Arlington, Yorktown students man a bake sale table outside the polling center at Madison Community Center to raise funds for Model General Assembly. From left: Mary Pearson, Dina Nguyen, Izzy Levenson and Samantha Whitlock.

Arlington Turns Out To Vote

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Time To Sign Up To Trot

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Community Cats

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PHOTO BY SHIRLEY RUHE/CONNECTION

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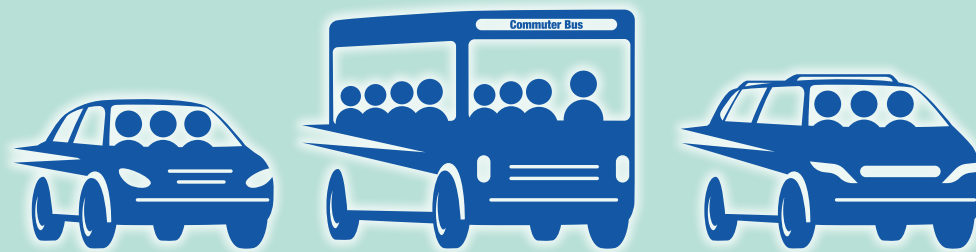
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PHOTOS BY SHIRLEY RUHE/CONNECTION

Voters cast their ballots early Election Day for a Congressional representative, one County Board Member, one School Board member and six bond issues.

Arlington Comes Out Early at the Polls

BY SHIRLEY RUHE
ARLINGTON CONNECTION

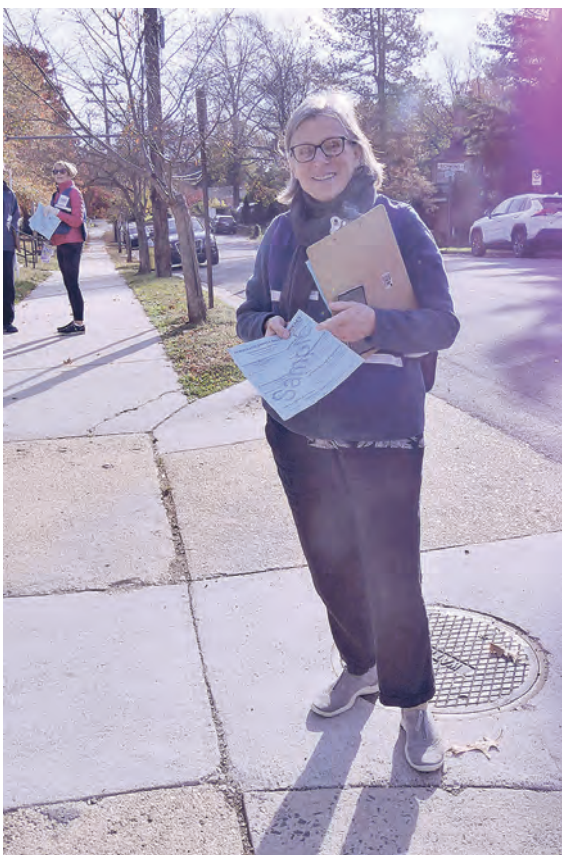
Arlington voters head for the polls the morning of November 8 to select a Representative to the U.S. House of Representatives for the 8th Congressional district, one County Board member, one School Board member and to vote on six bond issues. Madison Community

Center polling place reported 300 voters by 8:30 a.m. The election official in charge of the voting site said she hadn't seen or had expressed to her any signs of disruption at the polls so far.

Voters dotted the sidewalk, one dog and several children included, headed toward the polling site with a determined step. Marjorie Signer, a long time poll worker who said she has been working at

various sites around Arlington for 100 years said, "I'm surprised by how many people there are. It is very brisk this morning." She added that voters in this part of Arlington aren't motivated by saving democracy or any of these other big issues. "If there is passion here, it is because of the local missing middle proposal — because of property issues."

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Marjorie Signer, a poll worker, is handing out Democratic sample ballots at Madison Community Center on Election Day. There were no Republican poll workers at this site at this time in the morning.

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Kelly Bozzi has brought her three children — Dominic, Emilia and Leo to watch the voting process on Election Day to show them what it is all about.



Election signs dot the sidewalk outside the Madison Community Center polling place including a sign with a position on the missing middle, the major issue in the County Board contest.



PHOTOS CONTRIBUTED

Mark Riley, the Turkey Chief. Or is that Chief Turkey?



Will the Real Mark Riley Please Stand Up?

It all started when he was 5, knocking on doors.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Mark Riley started knocking on doors when he was five-years old. “My mother would tell me to go knock on doors and find someone to play with because she was busy.” Riley says he has been knocking on doors for the last 65 years and finding people to play with in the community and help ever since.

As a result he is one of the three recipients of the Spirit of Community Award being presented in March by Arlington Community Foundation for his years of service.

These days Riley is preparing for his 10th year as Chief Turkey at Arlington’s annual Turkey Trot. Riley said the Turkey Trot began in 2006 with 275 runners. It was started by Christ Church with a small congregation but looking to make a big difference. “We had a new pastor who was looking for ways to reach out. I call it ‘the little church that did.’”

That first year they made \$4,200 which was donated to Doorways and Bridges to Independence. The next year the number of participants doubled to 550 and the third year to 1,100, then 1,800 and on it went. He says participation kept growing and today is capped at 4,000. Riley says the race is run through the small neighborhoods of Lyon Park and Ashton Heights and they have to be sure they can manage the crowd. This year they hope to raise \$120,000 for the eighteen nonprofits who have been selected to share in the proceeds.

During COVID, they had to move to a virtual race where people signed up and ran their own race. The participation shrank 75 percent from 4,000 to 1,000. “But last year

we rebounded as we were coming out of COVID with 3,200 registered. But they had a setback with insufficient police officers available to manage the crowd so they had to make a major tricky course correction and run down Pershing over and over. “This was not good for some of the runners,” Riley said.

He is hoping to return this year to the regular 5-K course down Pershing, Highland, Washington Boulevard and ending up at Lyon Park Community Center. He said they will know the final course Nov. 10. “We have to work with the police to ensure we have the officers to cover the 5-K course.”

PLANNING for the Thanksgiving Day race begins in February when Riley makes sure everything is cleaned up from the previous year — bills paid, thank you notes sent. Then in March and April the website is set up for the coming year with the T-shirt ready in May. During the summer months they start to engage with the church, reach out to the community, make a really nice flyer and choose the beneficiaries. This year they have 18 non-profit organizations who will share the proceeds of the race. “This is unprecedented from my experience for any organization to have this many beneficiaries.”

During September and October Riley is assembling the 130 volunteers it takes to distribute flyers to neighborhoods before the event, to give out the T-shirts, bibs and packets the weekend before Thanksgiving. Then the day of the event they set up the park, man the start-up at 9th and Fillmore, encourage the racers, clean up the event and, of course, hand out the medals. “We have 800 medals for kids this year.” Riley says the number of kids from 6-17 years-old has grown to 600-800. “Some runners who raced 17 years ago now return with their kids.”

The day of the race the runners line up at 8 a.m. The countdown begins 10-9-8 ... He says some people run like mad and are finished in 15 minutes; others may take an hour and a half. Some have dogs. “It is a



PHOTO BY SHIRLEY RUHE

The every day Mark Riley

“Some runners who raced 17 years ago now return with their kids.”

— Mark Riley

spectacular community festival with people all over the place. There are little people, great big people and all in between. Some wear costumes. The common denominator is the joy on people’s faces. People are pumped.”

Riley says he started wearing his turkey costume in 2018 which was the first year they had an official pre-trot costume party on the Saturday before the event. “My costume has big yellow feet, a body suit from neck to ankles, a headdress, couple of big eyes and big red nose. And of course I wear my black sunglasses. It is fantastic, warm

Turkey Trot

Register at arlingtonvaturkeytrot.org. Online registration closes Sunday, Nov. 20 at 8 p.m. \$50 for adults; \$25 for kids 6-17, free for children 5 and younger. The racecourse begins at the corner of Garfield and Pershing, one block from Christ Church of Arlington.

and cozy. I love it.” But he says he strictly saves it for Thanksgiving. He ordered it from Amazon which he points out is one of the sponsors of the trot.

SO HOW DID Riley end up as Chief Turkey in a turkey trot?

He says he thinks it all goes back to his mother and her exhortation to knock on doors. He says he has been proactive since he was five and later having to negotiate payment on his paper route at ten.

Riley attended the University of Arizona where he majored in child and family studies. After school he ended up working at the Children’s Seashore House in Children’s Hospital of Philadelphia where in 1979 he met Tracy. He says she had encephalitis at three-years-old and was developmentally functioning at a two-month level. “I watched her walk out of the hospital 9 months later. She changed my life.”

He decided to move to D.C. with his wife to find a job to help children like Tracy. “I had no contacts here so I got out the white pages of the phone book and picked ten organizations to start calling. When they didn’t call back, (here comes that knocking again) I went knocking on their doors and asked to see their chief executive for 10 minutes. I was crazier than a loon.” But he says he got to know people that way and ended up at the National Network of Runaway Youth Services.

Along the way he went to law school with a focus on family and juvenile law. After

SEE CHIEF TURKEY, PAGE 5
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PEOPLE

Chief Turkey Mark Riley

FROM PAGE 4

a career focused on helping those most in need, he retired in January 2018 but he says he knows in his heart and soul that he will be doing his community work until he dies. Riley says he is grateful and pleased to be receiving the Spirit of Community Award and he wants to share it with the community he

has been so close with for so long, especially the nonprofits so dedicated to helping others.

Register at arlingtonvaturkeytrot.org. Online registration closes Sunday, Nov. 20 at 8 p.m. \$50 for adults; \$25 for kids 6-17, free for children 5 and younger. The racecourse begins at the corner of Garfield and Pershing, one block from Christ Church of Arlington.



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— Mark Riley

A large advertisement featuring a blue-tinted background image of a man and a woman. The man has a bandage on his arm, and the woman has a bandage on her arm. A yellow rectangular box is overlaid on the image, containing the text 'TO AVOID COVID-19, YOU'VE GOT OPTIONS.' in bold blue and yellow letters. Below the box, there is more text in white and yellow, and the VDH logo at the bottom.

**TO AVOID
COVID-19,
YOU'VE GOT
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To increase your protection from COVID-19, ask your doctor or pharmacist if the latest bivalent booster shot is right for you. If you haven't received your flu shot, remember to ask about that too.

To find a free vaccine near you, go to vdh.virginia.gov/coronavirus or call 877-VAX-IN-VA.

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You've Got Options, Virginia.

Trap-Neuter-Return: Approaching Arlington’s Community Cats

“Up to 164 million cats reside in the United States, of which an estimated 30 to 80 million are unowned.”



Community cats are usually not used to human contact and pull away from people during the process of spray or neuter, vaccination and other treatment.

Two days ago, CICommunity Cats reported: “Another busy day for CICC volunteers and the Neuter Scooter. Today 25 cats were spayed/neutered, vaccinated for rabies and distemper (FVRCP), microchipped, treated for fleas and ear tipped. The Neuter Scooter staff was fabulous. It was nice working with them and very convenient to ‘transport’ the cats just a few steps down the sidewalk.”

By ASHLEY SIMPSON
ARLINGTON CONNECTION

Many cats are cuddly companions that remain exclusively indoors. Then, there are their outdoor counterparts that advocates call “community cats.” These cats primarily live outside and are ownerless. Some such feral cats are provided with food and water and sometimes vet care by people who know they are out there and support them.

“Up to 164 million cats reside in the United States, of which an estimated 30 to 80 million are un-owned,” according to the Department of Agriculture’s Animal and Plant Health Inspection Services (APHIS),

While a domesticated cat might almost never experience the outdoors – at least not in an uncon-

finied space or without the direct human supervision – a community cat will live on its own, or among a clowder of other cats.

According to Alley Cat Allies, “community cats have a wide range of behaviors and degrees of social-ization, but they generally do not want to live indoors and are un-adoptable.”

Many experts will tell you not to be saddened by the idea of owner-less cats, though.

“A community cat is usually well groomed and in good condition due to the ability to hunt,” Jennifer Toussaint, Chief Animal Control Of-ficer at the Animal Welfare League of Arlington (AWLA), said. “They likely belong to a colony of cats in the area.

They will not approach people and will bolt or run away when ap-proached.

They do not purr or meow. It is rare that adult community cats can be rehomed. Occasionally, we do take in cats that are very friendly and social with people but are living with a colony, but in those cases, it’s likely that that cat was lost from his home and joined the colony for food and safety.”

So, if you were to see an uncol-lared cat roaming around outdoors, do not bring the animal home and



This cat, part of a colony of community cats in another part of Vir-ginia, is released after being spayed or neutered, vaccinated, treated for fleas and ear-tipped.

expect it to settle into a life of com-panionship.

“To put it simply, community cats don’t want to live inside with people,” Toussaint said. “If a com-munity cat was forced to live inside someone’s home, it is likely they would hide most of the time, at-tempt to scratch or bite people – out of fear – and not know how to use a litterbox.”

Cats, Cats, and More Cats

Cats are not only survivalists – they also have an astounding ability to reproduce, reproduce, and then reproduce some more.

Intact female cats come into heat every two to three weeks during their breeding seasons. And since most outdoor cats are unsterilized, community cat colonies can experi-ence exponential growth – and very quickly.

In a 2009 study for the American Veterinarian Association, Alley Cat Allies estimated that while about 80 percent of domesticated cats were spayed or neutered, only about three percent of community cats were.

“The average mature cat can have three litters with a total of 12 kit-ens per year,” Touissant said. “In

just seven years, a single pair of cats and their offspring could produce a staggering total of 420,000 kittens.”

“In this area, ‘Kitten Season’ runs from March through October and refers to the time of year when un-spayed female cats are most likely to give birth,” Toussaint said. “Fe-male cats tend to go into heat at the end of winter as temperatures start to rise.”

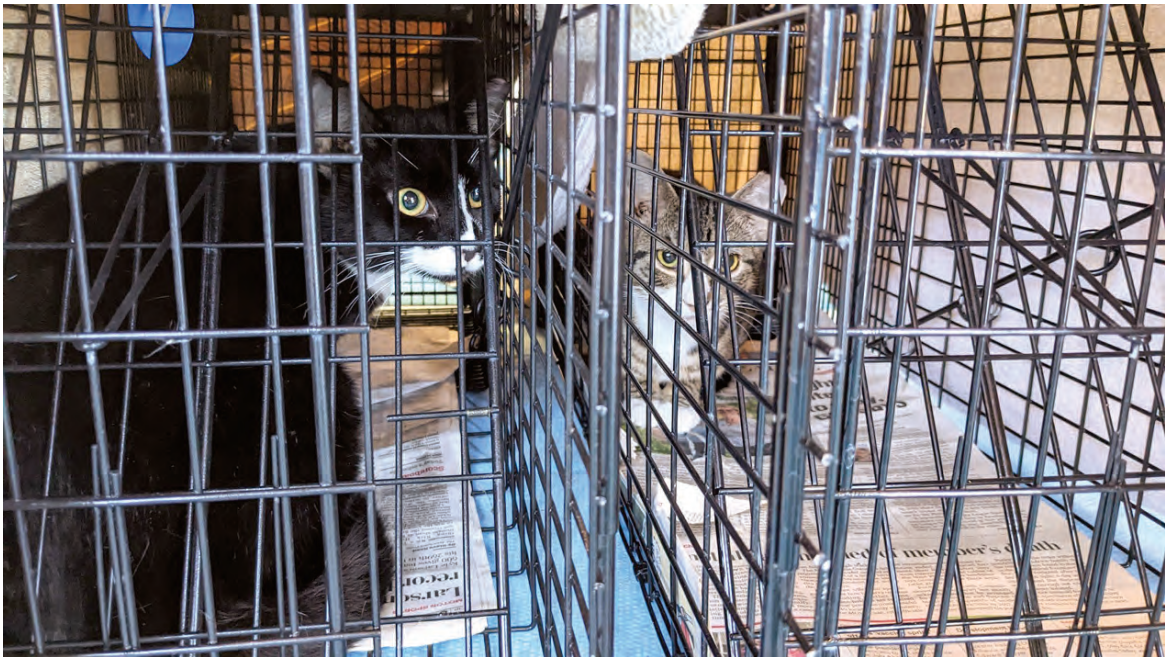
And while the thought of this many innocent, adorable kittens may seem harmless, it’s actually an alarming phenomenon.

What’s to stop the forthcoming generations of female cats from re-producing themselves? Which begs the question, how do communities ensure the health and wellbeing of all these cats?

As capable as cats are of fendng for themselves, there are only so many available resources and means of protection in the great outdoors.

A Growing Approach: Trap-Neuter-Return

Stray cats became such a notice-able problem that in the 1990s,



Community cats, part of a colony of community cats in another part of Virginia, between trapping and neutering.

communities across the country – and even across the globe – began to launch Trap-Neuter-Return (TNR) programs.

In the words of the Best Friends Animal Society, TNR is “a humane, nonlethal alternative to the old trap-and-kill method of controlling feral cat populations.” It is through these programs that “all community cats, whether they are considered stray, feral or just free-roaming, are caught in humane cat traps, medi-cally evaluated, spayed or neutered by a licensed veterinarian, vaccinat-ed against distemper and rabies, and then returned to their original outdoor homes.”

Molly Armus, Virginia State Di-rector for the Humane Society of the United States (HSUS), explained that animal rescue and other relat-ed organizations typically take full ownership of the TNR process.

The Animal Welfare League of Arlington (AWLA) is one of these organizations.

“There are many, many TNR pro-grams in place across the country at shelters, veterinary offices, and nonprofits, and we’ve had our TNR/Community Cat Program in place at AWLA since 2011,” Anna Barrett, the AWLA’s TNR program manager, said.

And, the AWLA has it down to a science.

“The basic process is that AWLA assists community cat caretakers (or members of the public who have community cats on their property) with trapping and surgery,” Barrett said. “AWLA provides traps to the members of the public and makes sure they know how to use the traps

and the safety procedures that go along with it. We then work with the caretakers to bring the cats to a local veterinarian to have them spayed or neutered – all of which AWLA pays for.”

The way that AWLA does it is pret-ty standard across Virginia. Accord-ing to Armus, community members will typically trap the cats, and then non-profit organizations will work with in-house or volunteer veteri-narians to perform the spay-neuter surgeries and vaccinations.

Following these medical proce-dures, it is standard for the veter-inarian to tip the cat’s left ear as a signal to the community that the cat has been safely steril-ized and vaccinated.

Then, once the cat is fully recovered, it is again typical-ly community members who return the animal to its origi-nal location.

“A lot of these cats are un-accustomed to being handled by humans, so organizations will have outreach programs that teach community mem-bers how to properly trap cats when they see them,” Armus said. “We at HSUS, for example, have guides and trap-ping best practices for the commu-nity. It’s really a collective, amazing effort with the programs in Virginia between the veterinarians doing the spaying and neutering and other community members doing the ac-tual trapping and returning.”

Armus said that TNR programs have become increasingly common throughout the last decade.

“The practice may have started

in the 1990s – a time when it real-ly gained popularity in the United Kingdom in particular,” Armus said, “but it’s really been over about the last ten years that animal rescues and other organizations have been implementing these programs in the US.”

The Case against TNR

Even though TNR programs have had positive impacts by limiting re-production and disease among cat

“Since TNR’s inception in 2011, we noted a 70% decrease in feral colony size and a 82% decrease in cat euthanasia.”

— Jennifer Toussaint,
Chief Animal Control Officer at
the Animal Welfare League of Arlington

communities, not all animal experts are proponents of the practice.

Why? Simply put, it’s not enough; it will never completely solve the slew of problems brought on by outdoor cats.

The US Department of Agricul-ture’s APHIS October 2021 report on free-ranging and feral cats re-ports that, “free-ranging cats are as-sociated with a number of sociolog-



Cats from a community cat colony during the recovery period, covered to keep them from being frightened.

ical and ecological conflicts. They impact people directly through the spread of parasites and diseases, damage to gardens and property, and noise nuisances.”

Also, cats in general are an inva-sive species, so when they are left outdoors and to their own devices, they can wreak havoc on wildlife. As natural predators, cats have con-tributed significantly to the reduc-tion of multiple animal populations. They’ve killed off or reduced some populations through predation, as competition for resources and through the spread of disease.

“Proponents of free-ranging cats on the landscape argue that predation by such cats on wildlife is negligible when compared to other sources of mortality, however many studies have shown that cats are a major, if not the greatest, source of mortality to native birds, mammals, reptiles, and amphibians,” the APHIS report goes on to state. “While loss of habitat is the primary cause of spec-ies extinctions, cats have contributed to the extinction of at least 63 species in the

wild around the world.” Finally, there is the argument that, as content as cats may seem outdoors, there is no way to really evaluate their quality of life. Once back in their outdoor environments and without human oversight, cats can suffer from diseases and sustain injuries that translate to pain and suffering. Also, other outdoor pred-ators, for example coyotes, pose threats to all community cats.

The alternative to TNR is some-thing more aggressive: the pursuit of measures that will result in eradi-cation of unsupervised outdoor cats.

In other words, the ‘T’ and the ‘N’ are fantastic measures. But then, in-stead of releasing cats back to where they were originally trapped, com-munity organizations should facil-itate their adoption to owners who will keep them as indoor pets, or set them up in long-term holding facil-ities (cat sanctuaries, for example). If a cat is not fit for either of these scenarios, then the last resort is to euthanize.

TNR Has Transformed How Many Rescues Operate

No matter how you look at it, community TNR programs have transformed the way rescue orga-nizations embrace the community cat population. This is certainly the case in Arlington, where TNR has the County Board’s official stamp of approval.

“Before TNR, shelters didn’t know what to do with these community cats who were just not adoption can-didates,” Armus said. “As a result, they were euthanized. TNR is great because it is a proactive answer to a crisis situation so that shelters don’t have to make reactive decisions in shelter situations. It helps manage the outdoor cat population and makes for a manageable number of cats that communities can adopt.”

Through their efforts, the AWLA’s community TNR program has pre-vented the euthanization of thou-sands upon thousands of stray cats.

“Entire neighborhoods have seen a shift in the number of outdoor cats visible on the streets and in their yards,” Toussaint said. “Since TNR’s inception in 2011, we not-ed a 70% decrease in feral colony size and a 82% decrease in cat eu-thanasia, as less strays mean fewer cats are brought to the shelter. Our TNR efforts achieved what everyone ultimately wants to see – a humane solution to the issue of outdoor cats.”

The impact ripples through the community – extending even fur-ther past animal shelters and cat colonies.

“TNR halts the reproduction of cats through sterilization, which ul-timately reduces public health and safety risks,” Armus added. “That’s why in general, an important goal of the Humane Society of the Unit-ed States is to make sure these pro-cedures are not prohibitively expen-sive – both for animals owned and unowned. TNR illustrates how im-portant it is that people have access to spay/neuter, as well as animal wellness services.”

So, is TNR enough?

One thing is for sure: there is no perfect way to protect outdoor cats while also protecting communities and the environment from cat relat-ed damage. TNR is an expanding, impactful practice.

To learn more about local pro-grams that offer accessible spay/ neuter and animal wellness ser-vices, visit www.awla.org or www.humanesociety.org.

Shepherd's Center Seeking Volunteer Drivers

Shepherd's Center of McLean-Arlington-Falls Church (SCMAFC), an all-volunteer organization, is seeking additional volunteers to support its mission of providing free transportation to seniors for medical and dental appointments or run errands to

grocery stores and pharmacies.

The center is an all-volunteer non-profit organization [501(c)(3)] that has been operating since 2006.

The total number of rides provided in 2022 is expected to exceed 2,500, but to fully respond to recent increases in the number

of requests, there is a need for more volunteers to join the current team of 60 volunteer drivers.

"Of the rides provided, roughly 75% are medically related, 25% grocery, and 1% for handy helper needs," said Tom Callanen, Board Chair.

For volunteers there is no minimum commitment. Volunteers are free to choose how often and when they drive.

For detailed information or to apply, please visit the center's website <https://scmafc.org/volunteer> or call (703) 506-2199 and leave a message.

"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.

Beginners quilling, use strips of paper, rolled and glued together to create decorative designs, Thursday, Nov. 10, 1:30 p.m., Lubber Run 55+ Center. Supplies provided. Cost \$18. Registration # 911310-06.

Ballroom bootcamp for beginners, learn common steps for a different dance each week, Thursdays, 2:30 p.m., Lubber Run 55+ Center. Drop-in.

November's movie discussion of "Found" (2021) (PG), Thursday, Nov. 10, 3 p.m., virtual. Registration # 9121402. Movie available to stream on Netflix prior to discussion.

Preparing parsnips, demonstration and recipes by Virginia Cooperative Extension Master Food Volunteers, Thursday, Nov. 10, 11 a.m., Walter Reed 55+ Center. Registration # 911501-06.

Union Soldiers at Fredericksburg, presented by authors Joseph Stahl and

Matthew Borders, Thursday, Nov. 10, 1:30 p.m. Hear never before told stories onscreen at Lubber Run 55+ Center. Registration # 911400-22 or virtual, same time, registration # 911400-23.

Library of Virginia's Genealogy Series features how to research business records, Thursday, Nov. 10, 2 p.m., virtual. Registration # 911400-42.

55+ Friendsgiving with tunes from the musical group PhEd Up with Judy, plus tasty slices of pie and a game of "Friendly Feud," Monday, Nov. 14, 12:30 p.m., Walter Reed 55+ Center. Registration # 911890-08.

Making the most of Medicare open enrollment. Meet a Virginia Insurance Counseling and Assistance Program (VICAP) representative and learn how to use the Medicare Pathfinder and other tools, Monday, Nov. 14, 10 a.m., Walter Reed 55+ Center, registration # 911503-03 or virtual, registration # 911503-04.

55+ Travel group to visit "Beyond King Tut: The Immersive Experience" exhibit at the National Geographic Museum, D.C., Tuesday, Nov. 15. Cost \$24, Arlington resident; \$28, non-resident. Registration # 902211-04.

Turkey roasting tips and demonstration by a Master Food Volunteer from Virginia Cooperative Extension,

sion, Tuesday, Nov. 15, 11 a.m., Lubber Run 55+ Center. Registration # 911890-09.

Generation You and Me, discuss what makes each generation unique, Tuesday, Nov. 15, 6:30 p.m., Walter Reed 55+ Center. Registration # 911400-19.

Genealogy 101, share information and research tools, Tuesday, Nov. 15, 11:30 a.m., Lubber Run 55+ Center. Meet experienced genealogist Eileen Bogdanoff. Registration # 911402-08.

Musician Carl Gold discusses and plays the music of Rock Legends: the Beatles and Bob Dylan, Tuesday, Nov. 15, 1:30 p.m., Arlington Mill 55+ Center, registration # 911400-46 and virtual, registration # 911400-47.

Come to the Acoustic Café and enjoy the vibes of a 1960s coffee house including live music by singer-songwriter Justin Trawick and local duo the Black Oranges, Tuesday, Nov. 15, 7 p.m., Walter Reed 55+ Center. Registration # 911301-03. Open to all ages.

Neurographic Art, perfect class for doodlers, no rules, Thursday, Nov. 17, 1 p.m., Langston-Brown 55+ Center. Registration # 911303-10.

Recreate artworks on display at

area museums, paint along with Community Arts Programmers, Thursday, Nov. 17, 10 a.m., virtual. Registration # 911303-13.

"Mary McLeod Bethune: A Woman of Firsts," presented by Park Ranger John Fowler. Hear about her unparalleled courage as a powerhouse activist for the rights of African American women, Thursday, Nov. 17, 1:30 p.m., virtual. Registration # 911400-16.

History discussion group led by Dwight Rodgers from Encore Learning, focuses on cultural, economic, artistic and political history, Thursday, Nov. 17, 1 p.m., Walter Reed 55+ Center. Registration # 911402-20.

Name That Tune, songs from the 50s-70s, played by musician Carl Gold, Friday, Nov. 18, 2 p.m., Langston-Brown 55+ Center. Registration # 911304-08.

Community Arts Programmer Jim Halloran will explain the context, history and techniques of famous artists, Friday, Nov. 18, 10 a.m., virtual. Registration # 911302-03.

Aurora Hills 55+ Center Harvest Fest, live music, refreshments, Friday, Nov. 18, 1 p.m. Bring a donation of canned food items for the Arlington Food Assistance Center. Registration # 911899-13.

BULLETIN BOARD

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

NOW THRU NOV. 17

The Ballston Farmer's Market returns to Welburn Square near the Ballston Metro stop. Visit the Mega Markets on the first Thursday of each month, 3 - 7 p.m., with live music, local vendors, and the return of the beer and wine garden. The market offers conventional and certified organic fruits and vegetables, grass-fed meats and pastured eggs, organic milk, yogurt, ice cream, sweet and savory baked goods, Virginia-made wines, cold-pressed juices, handmade soaps and lotions, wood-fired pizza, hot-pressed sandwiches, and more.

DONATIONS NEEDED

Pet Food Bank. AWLA has established a Pet Food Bank to serve

qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFd4YWdZm4tPw2.

Donations Needed. Our Lady Queen of Peace Catholic Church, 2700 South 19th St., is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated), the pantry will rebag), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit www.ourladyqueenofpeace.org for more.

ONGOING

Online Salary Negotiation Workshop.

AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit salary.aauw.org.

Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit audubonva.org/audubon-at-home-1/ for more.

Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law.

Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a RE-VIVE! training. Contact Emily Sigveland at 703-228-0913 or esigveland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness/ for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, virtually. Registration is free and highly recommended to reserve spots, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacareconnections.com/memory-cafe

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The
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Connection

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ENTERTAINMENT

OCT. 14 TO DEC. 3

Cast/Recast. At Mason Exhibitions Arlington, 3601 Fairfax Drive, Arlington. George Mason University's College and Visual and Performing Arts and Mason Exhibitions is honored to present Cast/Recast, a group exhibition of photography, video, sculpture, painting, site-specific installation, and live performative work for select programs. The exhibit is curated by Alissa Maru in collaboration with Hannah Barco and Sue Wrbican. Gallery hours are Wednesday through Saturday, 11 a.m. - 4 p.m.

OCT. 31 TO NOV. 25

Offbeat: Mixed Media Art. At Gallery Underground, in Crystal City Shops, 2120-A Crystal Plaza Arcade, Arlington. The Focus Gallery presents Offbeat: Mixed Media Art from artists Steena Fullmer and Anna Nazaretz Radjou during the month of November. The works from Ms Fullmer and Ms Radjou deploy glass, found objects, stenciling, fabric, embroidery, acrylic, and printmaking in creating patterns, symbols, and unleashed statements. For more information about the gallery: <https://www.arlingtonartistsalliance.org/gallery-underground>

FILL THE CRUISER TOY DRIVE

Help spread joy this holiday season by donating new, unwrapped toys during the Arlington County Police Department's eighth annual Fill the Cruiser Holiday Toy Drive. Your generosity helps ensure the holidays are bright for some of our most vulnerable community members - children in need.

Donation Locations

Officers will collect new, unwrapped toys for children ages newborn to 17 at the following locations:

Wednesday, November 9 at Arlington Assembly of God, 5:00 p.m. - 7:00 p.m.
4501 N. Pershing Drive

Tuesday, November 15 at Walter Reed Community Center, 5:00 p.m. - 7:00 p.m.
2909 16th Street S.

Wednesday, November 23 at Westover Baptist Church, 6:00 p.m. - 8:00 p.m.
1125 Patrick Henry Drive

Sunday, December 4 at Ballston-Virginia Square, 11:00 a.m. - 1:00 p.m.
10th Street N. at N. Pollard Street

Wednesday, December 7 at Ballston BID Day, 5:00 p.m. - 7:00 p.m.
4035 Fairfax Drive

Those wishing to donate toys, but unable to attend the Fill the Cruiser events can drop off donations at Police Headquarters, located at 1425 N. Courthouse Road, through Friday, December 9 at the 2nd Floor Administrative Support Unit Front Counter from 8:00 a.m. - 4:00 p.m., Monday thru Friday.

WEDNESDAY/NOV. 9

Coffee and Conversation Speaker Series. 10:00-11:00 a.m. Zoom Link below. Arlington Public Library. You know where they are, and you may even stop in from time-to-time to pick up a book. But are you aware of all that the Arlington Public Libraries have to offer? Ruth Comp-ton, Librarian Detention Center and Adult Services Outreach, will talk about what's new at the library! Zoom link for Coffee and Conversation: <https://us02web.zoom.us/j/88948577106?pwd=eW0rN1RTTU5ITmJ5NnF2QXZINmdUQT09>

SATURDAY/NOV. 12

2022 DC-Metro Modern Home Tour. 10 a.m. to 4 p.m. At private residences in Arlington and Great Falls. The DC-Met-



Bram Weinstein will be the speaker at the Better Sports Club on Wednesday, Nov. 9.

Bram Weinstein Speaks

6:15 p.m. At Better Sports Club Speaker Event, Knights of Columbus, 5115 Little Falls Road, Arlington. Bram, along with 10-year Washington defensive back and native Virginian, DeAngelo Hall, are part of the Washington Commanders' media team. They join Senior Vice President of Media and Content, Julie Donaldson, as a three-person booth for the team's game day radio broadcasts and will take part in various aspects of the team's weekly television broadcast programming. Join this exciting discussion about the future of the Washington Commanders football. Visit <http://www.bettersportsclub.org/>

ro community is invited to come and explore the inside of some of the area's most spectacular Modern homes once again. Architects, designers, and builders will be on site and ready to talk about their work with visitors. Tickets will be limited. A special "last house" with reception will be hosted by listModern! Visit: <https://mads.media/2022-dc-metro-modern-home-tour/>

SATURDAY/NOV. 12

Second Saturday Crafternoon Workshops. Join in each month for a new, fun, free hands-on art project at our Second Saturday Crafternoons! On Sat., Nov. 12, come get crafty and messy creating marbled paper. Drop in to the Fairlington Community Center Art Studio (room 130) any time between 1:30-3:30 p.m. This program is for all ages; however, children must be accompanied by an adult. Learn more here: <https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Parks-Events/Second-Saturday-Crafternoon-Workshops>.

SATURDAY/NOV. 12

Champion Tree Bike Ride. Marvel at some of Arlington's most spectacular trees on this free ride on Sat., Nov. 12, 10 a.m.-noon. We'll proceed at a leisurely pace over mostly level, paved pathways, stopping at points of natural and environmental interest along the way. Bring your own bike and water, snacks and repair kit. Teens ages 12 and up are welcome, but must attend with a registered adult. Meet at the Caboose at Bluemont Junction Park, 744 N Emerson St, Arlington. Learn more and sign up here: <https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Parks-Events/2022/Fall/Nature-Center/Champion-Tree-Bike-Ride>.

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BULLETIN

FROM PAGE 8

or www.seniorhelpers.com/arlington-alexandria-va for more.

Arlington County, in partnership with the Human Rights Commission's Equality Task Force, has launched a web page with resources for the LGBTQ community. The new web-page compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth — such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit topics. arlingtonva.us/lgbtq-resources.

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/aging-matterswera to listen to programs. MICHAEL W. SMITH Returns to The Birchmere, May 19, 2022, 7:30pm, Alexandria, VA.

Volunteer Bike Repair Night. First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary.

Public Financial Fraud, Waste and Abuse Hotline. Arlington County launched a new public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at arlingtonva.ethicaladvocate.com. The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

Created by the Arlington Initiative to Rethink Energy (AIRE) in partnership with the Arlington Public Library, the nation's First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools such as thermal imaging cameras, energy meters and books play a vital role in achieving a "greener" home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit arlingtonva.us/locations/central-library or call 703-228-5990.

Arlington Rotary Club Lunches. Thursdays, 12 - 1:30 p.m. now on Zoom. Organization brings together political and business leaders for humanitarian services. Listen to guest speakers on various topics of interest. Visit <https://arlingtonrotaryclub.org/>

Job Seeking Help. 5-9 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit www.arlingtonva.libcal.com.

Arlington PFLAG Community Group. 7:30-9 p.m. on the second Tuesday of each month, PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgender people and their families. Meets at the Unitarian Universalist Church of Arlington, 4444 Arlington Boulevard. Contact arl.pflag@gmail.com for more or go to www.pflagdc.org

Helmsten Toastmasters meet

SEE BULLETIN, PAGE 11

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PHOTO BY SHIRLEY RUHE/CONNECTION

On Election Day in Arlington, Yorktown students man a bake sale table outside the polling center at Madison Community Center to raise funds for Model General Assembly. From left: Mary Pearson, Dina Nguyen, Izzy Levenson and Samantha Whitlock.

Arlington Comes Out Early at the Polls

FROM PAGE 3

Kelly Bozzi was there with her three children — eight-year-old Dominic, six-year-old Emilia, and Leo who proudly announced he is 3-1/2-years old. Bozzi said she wanted to show them how to vote and “they wanted the stickers. Oh, Leo you got two!”

“I wanted them to know you always vote no matter what,” Bozzi hadn’t seen any signs of voters concerned about security issues at the polls. “It is definitely happening in other places but we are fortunate to live here. It isn’t happening in our backyard.”

Four Yorktown students sat at a table arrayed with cupcakes, brownies, muffins and a large jug of apple cider. They said there is a bake sale at the polls every year to raise money for the Model General Assembly. The cinnamon muffins and “vote” cupcakes had been best sellers so far. “Someone came and bought eight of the ‘vote’ muffins,” Izzy Levenson said. We’ve been here since 5:30 this morning.”

The students all said they couldn’t wait to vote. Samantha Whitlock said she can vote next time. All agreed that while they are excited for their first opportunity to vote, a lot of young people they know don’t think it makes much of a difference. But Whitlock continued that it is an important process.

“Anything helps even if it is just you voting.”

The election was shaping up to be a pretty standard mid-term event when an unexpected issue, missing middle housing, surfaced in the spring and has dominated the race for County Board. The County Board proposal to allow multi-units up to 8-plexes to be built in single family zoned areas has caused heated debate, competing yard signs and disruption at County Board meetings.

Matt de Ferranti, the current Board member running for reelection, and Adam Theo support slightly different versions of the missing middle housing approach and Audrey Clement opposes the proposal.

After extensive community conversations, release of studies and backup documents, the next step in the consideration of the missing middle proposal is the Nov. 9 public hearing of the Long-Range Planning Committee and Zoning Committee. That will be followed by the Dec. 5 meeting of the Planning Commission. There will be a vote at the County Board meeting on Dec. 17 on whether to publicly advertise the new zoning with the final Board vote to be in January of February 2023. Due to Arlington County’s form of government, there is no vote permitted by the residents of the County on the up zoning proposal.

BULLETIN BOARD

FROM PAGE 10

Thursdays, 7:30-8:45 a.m. at Pentagon Library and Conference Center. Toastmasters is an international organization that helps everyone speak, think, lead and listen better. Most clubs are meeting online at this time. Contact Carl Sabath carl.e.sabath.civ@mail.mil or 703-695-2804 or Elizabeth Femrite elizabeth.m.femrite.civ@mail.mil or 571-256-8674. Soil Testing. Virginia Cooperative Extension

is offering soil testing services to analyze soil and determine what is needed to condition soil for plantings. The routine soil test is all one normally needs for a fertility evaluation. Pick up soil sampling box at the Virginia Cooperative Extension Arlington office, 3308 S. Stafford St., 8 a.m.-5 p.m. Monday-Friday. Send filled soil sample box with form and fee to the Virginia Tech Lab for analysis. Fees vary, visit www.soiltest.vt.edu/Files.

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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 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 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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Give Me Some Credit, Will You?



By KENNETH B. LOURIE

As a former C.F.P. (Certified Financial Planner) and insurance broker prior to joining Connection Newspapers as an advertising representative in late February 1997, I have an above-average familiarity with stocks, bonds, mutual funds, insurance, annuities, and money matters in general. It's not as if I could teach a class on any of these topics, but I'd likely have a pretty good understanding of what I was being taught. Moreover, debt consolidation, mortgage refinancing and the use and abuse of credit was similarly familiar to me. I understood their pros and cons, and their dos and don'ts. They were not exactly products I could sell. Rather they were situations I could possibly discuss/utilize to provide clients some unexpected financial relief/assistance.

Speaking of credit cards: I got my first credit card in 1977. How do I know that year? Because that was the year I got engaged and I used my brand new “Central Charge” card (a credit card local to the DMV) to pay for the dinner the night I surprised my wife, Dina with the engagement ring that I had laid away. Once I experienced the convenience of using a credit card to pay for something I couldn't readily afford, I was hooked, like so many of us; and I've been on a slippery slope ever since. Over the ensuing years, I've cash-advanced and consolidated mountains of debt enabling me to navigate the many cross currents of familial and financial ups and downs. And from my perspective, I should receive a lifetime achievement award for keeping our credit history as clean as it still is. Unfortunately, my wife, Dina has never agreed with this assessment. Not that the mundane world of income and outflow ever interested her; nevertheless, she expected results.

So here we are, almost 45 years since that engagement still having differences of opinions concerning money; made even more significant now that we're both over age 65 and I'm only working part time and Dina is, as she's fond of saying: “Presently not working.” There's enough money to go around but after it has completed its journey, it's kind of tucked out and the few dollars remaining make very little sense.

Consolidating credit card debt into one lower monthly payment at a lower interest rate is on paper a reasonable and mostly prudent action. However, as a practical matter, I don't see how, given today's online lifestyle and new consuming patterns, it could work, especially if the goal is to have fewer monthly payments; not the same number, just with different lenders/cards. Albeit at a lower rate – for a while. Still, fewer monthly obligations are the goal, not having the same amount. Consolidate doesn't mean differentiate.

As a few examples of my dilemma: Many of us shop at Costco. A membership is required to shop there. A membership card, with your picture on it is also required. For convenience, and miscellaneous other benefits, it makes sense to use a Costco Visa credit card as your method of payment. Not using their card wouldn't be a hardship per se, but it would minimize the gains realized shopping there. Since it serves its own unique purpose, I feel compelled to keep it.

Many of us also shop online with Amazon. To facilitate your online transactions, using their Amazon-brand Visa makes an otherwise arduous process, simpler. If I consolidate it elsewhere, that next Amazon purchase won't be as easy or as beneficial. Again, that card is a keeper.

Our everyday Visa is a United Miles Visa. We've used it for over 20 years. Fortunately, or not, due to years of accumulating debt, we've earned multiple airline trips for free to California, Idaho, Colorado, Utah, Wyoming, and Montana, expensive trips, especially to Bozeman in Montana. The West is amazing, but it usually requires an airline flight to get there. If we have to carry/accrue debt, I'd rather there be some benefit to it, considering the interest isn't as deductible as it used to be.

Lastly, my wife has her own American Express card. It provides her independence – from me. If we consolidate, it must go. Do I really want to sacrifice her independence for my financial gain. As you can see, there are other consequences/extenuating circumstances, to consolidating. It's not always about the money.

If I were to consolidate, it seems to me, given the consuming world in which many of us live, I'd be stuck with more cards, more payments, less convenience, and more aggravation. The exact opposite of what I intended. “Too much for anybody's nerves,” to quote my late mother.

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



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TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 11/30/22.

**LUBE, OIL &
FILTER SPECIAL
\$39.95**
\$44.95 FOR SYNTHETIC OIL CHANGE
INCLUDES: CHANGE OIL (UP TO 5 QTS.), INSTALL GENUINE TOYOTA OIL FILTER, INSPECT & ADJUST ALL FLUID LEVELS AND COMPLIMENTARY MULTI-POINT INSPECTION WITH PRINT OUT.
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 11/30/22.

**ALIGNMENT
SPECIAL
\$89.95**
4-WHEEL ALIGNMENT
INCLUDES: 4-WHEEL ALIGNMENT, INSPECT SUSPENSION, BALL JOINTS, STRUTS & SHOCKS, TIRE CONDITION AND SET TIRE PRESSURE.
TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 11/30/22.

**BRAKE PAD
SPECIAL
\$99.95**
BRAKE PAD REPLACEMENT
INCLUDES: INSTALL GENUINE TOYOTA FRONT BRAKE PADS, INSPECT FRONT & REAR ROTORS AND/OR DRUMS, CHECK TIRE CONDITION AND INSPECT ALL HARDWARE. TOYOTA PADS ONLY. MACHINE ROTORS AN ADDITIONAL \$199.95
NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 11/30/22.

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PLUS
\$329.00**
SPECIAL
MAINTAIN PEACE OF MIND BY EXTENDING YOUR TOYOTACARE COMPLEMENTARY MAINTENANCE PLAN TO 4 YEARS/45,000 MILES!
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**SERVICE
VARIABLE
DISCOUNT**
**THE MORE YOU SPEND,
THE MORE YOU SAVE!**
\$10 OFF... WHEN YOU SPEND \$50-\$99
\$15 OFF... WHEN YOU SPEND \$100-\$199
\$20 OFF... WHEN YOU SPEND \$200-\$499
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