

Heather Sheire (front) and Wendy MacCallum of Livin' the Pie Life roll out pie dough that is full of butter, the secret ingredient.


The Arlington Connection

PHOTO BY SHIRLEY RUHE CLASSIFIEDS, PAGE 6 ♦ ENTERTAINMENT, PAGE 7

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911801-05. More information, email jweber@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.

Time capsule party, Tuesday, Oct. 24, 2 – 4 p.m., Lubber Run 55+ Center. Bring items for a personal time capsule and one for the Center's capsule. Registration # 911899-03.

Paint along with community arts programmers to recreate artwork on display at area museums, Thursday, Oct. 19, 10 a.m., virtual. Registration # 911303-13.

Making the most of Medicare open enrollment, Tuesday, Oct. 24, 10 a.m. – 12 p.m., Arlington Mill 55+ Center. Meet representatives from Virginia Insurance Counseling and Assistance Program (VICAP). Learn how to use the Medicare Planfinder and other tools for maximum savings. To register, email, Medicarehelp@arlingtonva.us or call 703-228-1725.

Matinee movie showing of "The Little Mermaid" (2023) (PG), Thursday, Oct. 19, 1 p.m., Arlington Mill 55+ Center. Registration # 911804-10.

How to arrange floral centerpieces for the holidays, Tuesday, Oct. 24, 11 a.m., Langston-Brown 55+ Center. Demonstrations by expert floral designers from Rock Spring Garden Club. Registration # 911401-03.

How to get your affairs in order presented by Sallie Wiley, certified federal coach, Thursday, Oct. 19, 6 p.m., Lubber Run 55+ Center. Learn how to identify critical data and have everything readily available in one place. Registration # 911404-06. Repeated on Friday, Oct. 20, 10:30 a.m. Registration # 911404-07.

55+ Travel group will visit The Smithsonian Museum of American History, Wednesday, Oct. 25 to view exhibits, "Mirror, Mirror For Us All: Disney Parks and the American Narrative Experience" and "De Ultima Hora: Latinas Report Breaking News". Cost \$9, Arlington resident; \$11, non-resident. Registration # 902310-06.

Artist Arthur B. Davies' great-grandson, Mac Cosgrove-Davis, will discuss this mysterious and under-researched artist, Thursday, Oct. 19, 1 p.m., Langston-Brown 55+ Center. Registration # 911302-03.

Local history discussion topic, the best bakery in Arlington, Wednesday, Oct 25, 10 p.m., Lubber Run 55+ Center. Registration # 911402-05.

55+ Travel group will enjoy a traditional British Afternoon Tea at The Tea Cart at Old Water Street Inn, Winchester, VA, Friday, Oct. 20. Cost \$74, Arlington resident; \$86, non-resident. Registration # 902310-05.

Smart money management presented by Sallie Wiley, career counselor, Thursday, Oct. 26, 6 p.m., Lubber Run 55+ Center, registration # 911404-08; repeated Friday, Oct. 27, 10:30 a.m., registration # 911404-09.

Travel swap, trade recommendations with fellow 55+ friends using five slide Power Point or Google presentation, Friday, Oct. 20, 11 a.m., Walter Reed 55+ Center. Registration

World-wide history discussion group to meet
SEE FLOURISHING, PAGE 5



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NEWS

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Heather Sheire (front) and Wendy MacCallum roll out pie dough that is full of butter, the secret ingredient.



Sheire places a wooden stick at the ends of each cookie sheet, her invention to allow stacking cookie sheets with pie crusts.



Owners of Livin' the Pie Life Wendy MacCallum (left) and Heather Sheire take a break mid- afternoon on the patio outside.



The glass case inside the door of Livin' the Pie Life is filled with scones, savory and sweet pies and cookies with the overflow on racks behind the counter.

Let Them Eat Pie

Wendy MacCallum and Heather Sheire find a winning formula at Livin' the Pie Life.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

The secret to the famous crust at Livin' the Pie Life in Arlington won't be entirely divulged here but there are a few hints. "Butter," Heather Sheire, co-owner, says. "There is a lot of butter. It tastes delicious and is easy to work with. Everyone loves butter."

Then there is the three-day process. First the flour and salt get blended with a high ratio of butter and a little shortening. Then it rests. The next day the flour and butter get mixed with ice water. Then it rests again. The third day the dough gets rolled out into a crust for the pies and quiches that fill the glass compartment inside the door five days a week.

"I think all that resting makes a difference," Sheire says.

Today is Thursday, often the busiest day of the week preparing for the weekend rush. The dedicated baker has arrived at 5:30 a.m. to bake the quiches and the cinnamon rolls made the night before. In half an hour, three more staff will arrive with another shift in the afternoon who will prepare the quiches, make the brownies, ice the cakes, cut the apples and precook them, measure out the berries. "Then we are ready to grab a tin, roll out the pie dough and plop in the filling."

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Apple pie is the all time customer favorite, and today they have made nine full-size apple, 12 mini and four 8-inch pies. In the beginning it was difficult to predict quantities to have available for customers but as time has passed, the weeks have taken on a rhythm and a certain predictability. But you never know.

Wendy MacCallum, co-owner, says in the summer we couldn't make enough key lime. Then for two weeks we didn't sell any."

Sheire adds, "And people love peach pie the first few weeks but as time goes by they get tired of it."

Sheire says, "When we have leftovers we donate them to the firefighters, the police officers, the schools. Recently when our power went out and we couldn't bake our already assembled quiches we donated them to a school for the teachers' lunch." Also on the selection list today are four different scones including blueberry and chive with jack cheese as well as two savory quiches including the most popular quiche Lorraine, 10 pie choices including pumpkin chiffon with gingersnap crust, salted chocolate caramel chess, triple berry and mile high chocolate. Three large size cookie choices include chocolate chip, peanut butter and ginger molasses, the latest addition. "I spent a lot of time tinkering with the molasses cookie until I was happy with it. With the peanut butter,

too," Sheire says.

MacCallum says they have a talented staff who have mostly been with them since the beginning. "We give them latitude and add things that they suggest to the choices for customers." MacCallum says most of the pie recipes came from Sheire. "She grew up in Seattle where there is a lot of pie. I grew up in Florida. Pies aren't big down there except maybe key lime in the summer. That recipe is mine. My mother probably never baked a pie in her life. I baked with my grandmother."

MacCallum says she and Sheire first met in 2011 at a Barcroft Elementary PTA auction where MacCallum was in charge of the food. But it wasn't until later in 2012 that they got together to make and sell pies when Sheire put out a query on a neighborhood listserv inquiring if anyone would want to join her in baking pies.

Sheire and MacCallum started selling baked goods at the Clarendon Farmers Market on Wednesdays. Sheire says, "We cooked in the commercial kitchen at the Unitarian Universalist Church on Route 50 and George Mason."

MacCallum remembers, "We went in the kitchen and started laughing and singing show tunes. We had such a good time."

Sheire says, "We got up on market days, went to the church kitchen and baked our pies, put them in boxes, loaded up for the market and set up our tent. We sold them still warm from the oven. Then we had to take everything down and pack it back up."

"We gave out a lot of samples at the market. The samples made us." Sheire says people would grab a sample and walk away, then head back after they had tasted it and buy a pie. "We were loud. We made a lot of friends there." They also sold cookies and cake. Sheire says she likes to bake cakes and, "who doesn't like cake?"

The two partners say they offered a lot of variety even early on but couldn't sell cold pies without refrigeration. "Apple was big and pumpkin and pecan. It was very seasonal." Sheire says they have a great relationship with Twin Springs Farm where they get their fresh fruit in season for their rotating selection of pies.

Blackberry is Sheire's favorite pie although they only sell it in August. Peaches, pears and plums as well as some herbs come from the farm as well as tomatoes for the savory tomato gruyere quiche. "Sometimes we just ask the farmer 'What do you have this week?'"

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First Projects Awarded Historic Preservation Grants

Twelve projects have been selected as the first grant recipients of the Arlington County Historic Preservation Fund (HPF). The fund was created to invest in preservation in Arlington County, providing funds for projects related to the County's history, built environment and cultural heritage.

"This inaugural group of Historic Preservation Fund recipients demonstrates the breadth of Arlington's unique history and many ways we can preserve our story for generations to come," County Manager Mark Schwartz said.

The projects were selected based on scoring focused on each project's quality, equity and inclusion, community impact, and managerial competence. Selected projects include both capital and non-capital projects.

Several of the projects have a strong focus on cultural heritage, said Historic Preservation Section Supervisor Cynthia Liccese-Torres.

One of the primary goals of the recommended draft Historic and Cultural Resources Plan (HCRP) is to provide incentives for preservation to residents, property owners,



developers, and community organizations by growing the Historic Preservation Fund. The recommended draft Historic and Cultural Resources Plan is being considered for adoption by the County Board this fall. Once adopted, the Historic Preservation Program can explore potential ongoing revenue sources for the fund.

2023 HPF Grantees
* 2737 23rd Road North House

Capital Project (Capital project, \$49,250, Required to provide a 100% match): This project will work to preserve the historic home at 2737 23rd Road North in the Maywood Local Historic District by repairing and restoring exterior building elements, promoting racial and social equity in the award and execution of the crafts work, and providing information to the community about the history of the house, trolley line, restrictions

on sales of homes to specific ethnicities, the construction of I-66, the relocation of homes onto subdivided property, preservation and repair of the home. Property owners Joseph and Beth Andrews will invite students from Arlington Tech and other similar programs to view the work at various stages, and the community will be able to learn about the project through social media and signage that will be translated into multiple languages.

❖ Arlington Historical Web & Mobile App (Non-Capital project, \$25,000): Created by Vlepos LLC, which is administered by local Arlington historian Peter Vaselopoulos, this project is a web and mobile app for publishing location-based history content. The project will share and tell neighborhood and community stories.

❖ Barcroft Community House Capital Project (Capital project, \$23,027, Required to provide a 100% match): The Barcroft School and Civic League (BSCL) is restoring the Barcroft Community House, a Local Historic District, by preserving the historical exterior so that it can continue to be actively used by a diverse community. Educational information and project updates will be shared in Barcroft News, the monthly neighborhood newsletter.

❖ Dominion Hills: Historic Interpretation Project (Non-Capital project, \$6,600): The Dominion Hills Civic Association will create three historic markers near the former location of the Febrey-Lothrop Estate. This land represents a rich swath of Arlington's history, and

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Historic Preservation Grants

FROM PAGE 4

the signage will include information about the Powhatan people, the Civil War and the 20th century. These new markers will allow residents and visitors to share in this forgotten history.

❖ Fraber House, 1612 North Quincy Street (Non-Capital project, up to \$21,000; Capital project, \$29,215+, required to provide a 100% match): Property owners Charu and Colin McDermott will work with a professional historic preservation consultant to develop a Building Envelope Analysis of the Fraber House, constructed around 1913 in Cherrydale. The results will create a long-term preservation plan for the Craftsman-style bungalow, support the recommendations of the accompanying capital project, and include completion of a Historic Rehabilitation Tax Credit application to the Virginia Department of Historic Resources. Neighbors and the broader Arlington community can follow along via the Cherrydale neighborhood newsletter and at community meetings.

❖ George Mason University: Curated Data Archive of Black Mobility in Arlington County (Non-Capital project, \$25,000): George Mason University will conduct local research and create a curated data archive of Black mobility, migration, and displacement for commissioning future contemporary art projects that visually interpret Black mobility in Arlington. The database and research, which will include maps, oral histories, Census data, photographs, historic Black newspapers, travel guides such as The Green Book, and more, will be a significant learning resource.

❖ Halls Hill-High View Park/ National Register of Historic Places Nomination and Outreach Campaign (Non-Capital project, \$25,000): The John M. Langston Citizens Association will work for the designation of the Hall's Hill-High View Park neighborhood in the National Park Service's National Register of Historic Places. The Halls Hill-High View Park neighborhood has made significant contributions to Arlington's history and its built environment and is one of the three remaining historically Black communities in Arlington.

"FLOURISHING AFTER 55"

FROM PAGE 2

Thursday, Oct. 26, 1 p.m., virtual. Led by Dwight Rodgers from Encore Learning. Registration # 911402-10.

Writing the Preamble to the U.S. Constitution, pre-recorded Supreme Court Historical Society lecture by Georgetown University law professor John Mikhail who discusses

❖ Historic Green Valley Project (Non-Capital project, \$20,908): The Green Valley Civic Association will celebrate African American life and culture in Arlington County through a community's lens. It will highlight 17 landmarks, conduct walking and virtual tours, offer neighborhood history workshops, digitize historical newspapers or other print media, and create interpretative signs, history guide maps, ground markers, along with new history webpages, resources, and educational material on the existing Green Valley Civic Association website.

❖ Langston Boulevard Alliance: Website Overhaul/History on Renaming of Lee Highway/History of Legacy Businesses (Non-Capital project, \$25,000): The Langston Boulevard project will collect oral histories and use new media to incorporate multiple voices, reach diverse audiences, and encourage popular participation in presenting and preserving two important pieces of Langston Boulevard's history—the renaming of Lee Highway to Langston Boulevard and the history of the corridor's legacy businesses — on the Langston Boulevard Alliance's new website.

❖ Lyon Park History Preservation and Education Centennial Project (Non-Capital project, \$25,000): Led by the Lyon Park Citizens Association, this project will preserve a century of historical materials stored at the Lyon Park Community House. The project will also share the story of Lyon Park by installing narrative signs on park grounds and amplifying the narrative of Zitkala-sa (1876-1938), an indigenous writer and activist who lived in Lyon Park. This will be in partnership with the Arlington Department of Parks and Recreation.

❖ We Are Barcroft: A 60 Acre History of People & Place (Non-Capital project, \$25,000): Artist and author Sushmita Mazumdar will plan, launch, and develop a culturally specific arts-based community for the residents of Barcroft Apartments to engage in creative, community building projects through documenting cultural heritage and sharing oral histories. The project strives to conduct oral histories and develop a series of videos, exhibits, workshops, talks, and more.

Founding Father James Wilson's important role, Thursday, Oct. 26, 1:30 p.m., virtual. Registration # 911400-19.

Stroke prevention and management session with Christine Crawford, certified brain injury specialist, Friday, Oct. 27, 10 a.m., Lubber Run 55+ Center. Registration # 911500-04.

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Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
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HALIFAX	9250	639	ROCK BARN ROAD	BUFFALO CREEK	9/1/2023
MECKLENBURG	11980	635	SAFFOLD ROAD	MEHERRIN RIVER	9/1/2023

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth, but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit <https://www.virginiadot.org> and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov.

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ENTERTAINMENT

MONTH OF OCTOBER

Urban Agriculture Month Activities. 1-3 p.m. At Arlington Central Library, Arlington. Urban Agriculture Month shines a spotlight on the significant role urban agriculture plays in our regional and local food system. This event will feature discussions on maximizing food production in an urban setting, demonstration sessions, and a reading of a proclamation naming October Urban Agriculture Month in Arlington County. We hope you'll get inspired to garden and get involved!

Program Schedule:

Arlington County Urban Agriculture Month Proclamation
Northern Virginia Conservation Trust & new Plot Against Hunger garden
School Gardens
Garden spotlight – Walter Reed Garden
Indoor Farming Update: Headwinds Developing Announcements

After the program ends, you can visit and chat with partner organizations at educational tables, pick up some free seeds and seedlings, and check out other giveaways and activities. Register for free here. <https://tinyurl.com/4bxwvtbx>

DATES AND TIMES

20 Oct. 10:00-11:30 a.m. VCE – Succulents and Cacti 101 (Zoom)
22 Oct. Ribbon Cutting at new Plot Against Hunger garden with NVCT
24 Oct. 7:30 a.m.-11 a.m. Gleaning at area farms with Plot Against Hunger.
24 Oct. Causes and Cocktails with Volunteer

MONTH OF OCTOBER

"The Pluviophile" Exhibit. At Gallery Underground, 2100 Crystal Drive, Crystal City, Arlington. Artist Barry Barnett Keith's art exhibit in honor of his older sister's recent passing. Keith is a graduate of Alexandria City School (T.C. Williams) and a native Alexandrian with a good following in the area. He is an educator and mentor (21 years teaching art and design) in Prince George's County Schools. A reception will be held Oct. 6 from 5-7 p.m.

MONTH OF OCTOBER

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CHECK OUT THE PLANT CLINICS!

The Arlington Central Library Plant Clinic at 1015 N Quincy St, Arlington operates on Wednesdays from 6:00 - 7:45 pm. The Alexandria Old Town Farmer's Market Plant Clinic at 301 King St, Alexandria operates on Saturdays from 7:00 - 9:30 am. The Arlington Farmers' Market at N 14th and N Courthouse Roads operates on Saturdays from 8:00 - 11:00 am. The Del Ray Farmers' Market Plant Clinic at Oxford & Mt. Vernon Avenues,

SEE CALENDAR, PAGE 8



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Livin' the Pie Life at 2166 N. Glebe Road

Livin' the Pie Life

FROM PAGE 3

Finally in 2016 MacCallum had found a good space just around the corner of Glebe and Langston Blvd. She says before Covid, they had an eat-in space where customers could sit and have their quiche or dessert. Then when Covid hit they needed to expand the work space for the comfort of the workers. "Then the staff got used to it and liked all of that extra counter space so we never went back."

MacCallum remembers during Covid they sold preorders on the outdoor patio. "We had orders tacked up on the wall. We went an entire year selling pies on the patio under a tent. I'm so proud of how we all got through this."

Sometimes they get 100 pie orders for weddings or from Realtors who like to give out pies at Thanksgiving. Sheire says, "We do quite a few weddings. Pies seem to be big for weddings."

"And a neighbor wanted a raisin pie so I

tried it, and another semi-regular customer wanted us to try her mother's classic sweet potato pie recipe. It was a good recipe, and she brought her mother in to taste it."

MacCallum adds, "We like to offer things you don't find other places like grasshopper pie with creme de menthe and creme de cacao."

Then there was the time Sheire decided she just had to try a grape pie. "It was so labor intensive. You had to pinch the grapes out of the skins, then cook and strain out the seeds." "And MacCallum said, "You were a sticky mess from head to toe."

Sheire says the cost of pies has gone up since they were selling in the market. She says that was 2012, and the cost of ingredients has gone up. "Everything went up—boxes, flour, butter, everything more than you would believe."

When asked if they would consider opening a second location, they reply in unison, "We think about it—the right time, the right place, the right situation. We haven't ruled it out."

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We Need Your Help Again
We are sincerely grateful and thankful to you for helping in 2021 to save one of America's oldest newspapers, the Alexandria Gazette Packet, publishing continuously since 1784

Alexandria Gazette Packet
Publishing Since 1784

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Potomac Almanac
Centre View

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 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 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.

Visit connectionnewspapers.com or <https://www.gofundme.com/f/help-keep-your-newspaper-printing>

Connection Newspapers—Alexandria Gazette Packet, Mount Vernon Gazette, Centre View, Potomac Almanac
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Couch The Entire Meal



By KENNETH B. LOURIE

I just got my dog's refrigerated food delivered – for the first time. Multiple times already I have gotten my dog's 30lb bag of dry food delivered. For much longer we have been getting our cats wet food, dry food delivered, and recently, thanks to Martha Stewart, we're getting the cats' litter delivered as well. Additionally, as concerns the critters (four cats and one dog), their various prescription medications (flea and tick, heartworm, and kitty Prozac), and miscellaneous animal accessories (waste bags, treats, toys, and bowls) are likewise delivered. During the early stages of the pandemic, we were getting our groceries delivered (no more though), also we were members of a wine-delivery club; monthly they'd replenish our diminishing inventory. Back to us humans, I also get my prescription medication (including my cancer drug), office supplies/computer paper, and most importantly, I get my jellybeans all delivered to my home. (Crucial that I have an ample supply of "Jelly Bellies" as one of the side effects of my thyroid cancer medication is dry mouth/saliva issues so that chocolate doesn't have the same effect on me/satiate in my mouth as it has for the past 65 years or so.) As a result, I still need sweets; ergo the jellybeans, but certain long-standing (and sitting) standards have fallen out of favor. And if today is any indication, we'll also be receiving via the mail, all my wife's beauty products, and horse supplies which will segue nice into the monthly – or so, delivery of clothes – with seasonal accommodations, she's been receiving for a few years now. And even automobiles – via the "car vending machines" can be delivered to your door. In fact, one can pretty much have your cake and eat it too, and have it delivered to your home as well. And finally – for the sake of this article; (this is not an entire list, just the more recent conveniences) travel channels nightly feature and boast destinations/locations from all over the world advertising that one doesn't have to leave home to have adventure and exposure. But wrapping up this paragraph: where's the fun in all of this? Life is for living, not sitting, right?

Getting in the game is way better than sitting on the sidelines/sitting on your couch. Although, the couch may be as far as anybody ever gets – or needs to get anymore. Granted, the couch is likely very comfortable, positioned in front of a rather large television (perhaps even with surround sound/stereo sound), near a bathroom, unaffected by weather and/or traffic/parking hassles, way less expensive than the real thing, close to the refrigerator/snacks/adult beverages, and finally, you don't have to mingle with the masses – which for some might be a good thing. Present company occasionally included.

Despite all these push-button-type amenities, I'm beginning to realize that the availability of all these modern conveniences is making Kenny a dull boy, and as the Brits say: "a bit of a dismal Jimmy." All I must do is to mind my own business, but not necessarily my own manners, and have a cell phone handy, as all I really need to see and do, I can have done and delivered without ever leaving my home. Granted, I can't get my passport stamped but if I pick my channels carefully, I never have to pack my bags and try to locate the proper size plastic bag in which to pack my toiletries. The world isn't necessarily inconvenient, but neither does it typically offer all the comforts of home. But if those comforts and conveniences matter more than touching and seeing and feeling the real thing than perhaps a Barcalounger is in your future.

Still, convenience may be one thing – and an important thing at that, but one's preference/inclination might be quite another. Certainly, as written above, I can appreciate – and benefit from the many super-easy ways there are to consume nowadays. And consume without lifting a finger; well likely lifting a hand to turn a doorknob and open the front door to accept your delivery and/or move your package from porch to pantry. Not only will most of this activity be out of sight, but the effect of it will be that you're increasingly out of touch. There has always been delivery of stuff, but the pandemic – and Amazon (lest not forget) really ratcheted up the delivery options and accommodations possible for man, woman, and child – and of course, business. Now however, after years are calling it in, so to speak and having been there and done that – repeatedly, I'm beginning to reassess. Do I want to stay home and disconnect, or do I want to engage and interact with my fellow man/woman? And though it may not always be pleasant to do so, getting out and about, "mushrooming" (being in a dark and putrid environment) is not exactly ideal either.

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

Bradberry Celebrates with National Recognition

Arlington student honored for outstanding academics by The College Board.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Sofia Bradberry was surprised when she was notified of her recognition for outstanding academics by The College Board. "I was really happy. I wasn't expecting it."

Bradberry is enrolled at Pearson Online Academy, an international fully accredited K-12 virtual private school where she has taken online high school classes for two years. She has earned above average PSAT scores and maintains a 4.06 GPA while at Pearson.

The College Board National Recognition Programs award academic honors to underrepresented students. The four national recognition programs include the National African American Recognition Program, National Hispanic Recognition Program, National Indigenous Recognition Program, and National Rural and Small Town Recognition Program.

Bradberry began online classes during Covid when she was in 9th grade. "We had no choice so I took online classes from Arlington Tech." Then 10th grade was virtual learning from Arlington County.

"I did the classes online and absolutely loved it. There was less stress, and the academics were great so I thought I should just



Sofia Bradberry with her certificate of recognition from The College Board

continue." She explains, "It eliminates all distractions like I've got to get to this class, can't focus, etc." Bradberry says when she is at home she has a controlled environment and only school to focus on.

Also she points out at home she can look out the window and see what is going on outside. "In school I missed the windows."

Bradberry adds another reason this teaching method works for her is because she isn't outgoing or social so she doesn't miss having other students in the class.

On a typical day she says she wakes up at 9 am and pops on the computer. "I log

in to see what I have to do for the day, to get feedback on my assignments. I work 6 hours; that's what they recommend." She takes a break for lunch when she gets hungry and then finishes the rest of her work. "I love being able to self-regulate. That's not how Arlington County does it." Bradberry says that sometimes she got bored when she was taking in-person classes.

Her classes include AP English which she has every day as well as World Geography and Environmental Systems every other day. She also has Psychology, and just this year Google added an IT support certificate. The English lesson for the day includes a link to reading, questions to answer, an activity and a quick quiz. If you don't understand something, teachers are available by phone



Sofia Bradberry with her mother, Marietta Bradberry

or email or can join the next lesson synchronously.

Bradberry has already finished her math and language requirements. "I took two years of Chinese in 9th and 10th grades. It was one of my favorite classes. I didn't think it was too difficult. I loved the way each word has its own character. And we learned some of the culture and about the cities and got Chinese recipes."

She says her favorite class is any history or social science. "I'll have AP government next."

Bradberry says once she graduates she is looking at four-year colleges and is keeping her mind open on applying and what the colleges offer.

She knows this method of learning isn't the right one for everyone, but it is just right for her. "I can set my own goals at my own pace."

ENTERTAINMENT

FROM PAGE 7

Alexandria operates on Saturdays from 8:30 – 11:00 am. The Fairlington Farmers' Market Plant Clinic at 3308 S Stafford St, Arlington, operates on Sundays from 9:00 – 11:00 am.

SEPT. 29 TO NOV. 5

"The Tell-Tale Heart." At Synetic Theater, Arlington. Step into the eerie world of Edgar Allan Poe's *The Tell-Tale Heart*, where madness takes hold and the boundaries of sanity blur. In this twisted tale, an eccentric old man and his caretaker embark on a lethal dance that spirals into madness and murder. With dark humor and a haunting atmosphere, Synetic invites you to question: who is the crazy one? Visit www.synetictheater.org for dates and showtimes.

OCT. 16-23

Arlington Restaurant Week. At restaurants throughout Arlington. The 2023 Arlington Restaurant Week will be held Monday, Oct. 16 through Monday, Oct. 23, and many Rosslyn restaurants are participating! Through this event, diners will enjoy some of the best food the area has to offer at special prices. The annual Arlington Restaurant Week is a great opportunity for participants to take the week to explore the diverse restaurant scene in Arlington and find a new go-to place for dining out. This event runs differently from your average Restaurant Week in that it is open to all restaurants. Visit the website: <https://www.arlingtonchamber.org/arlington-restaurant-week.html>



Arlington Restaurant Week takes place Oct. 16-23, 2023 at restaurants in Arlington.

WEDNESDAY/OCT. 18

Capital Area Economic Forum. 8 to 11 a.m. At George Mason University Arlington Campus, Van Metre Hall, 3351 Fairfax Drive, Arlington. The Washington Region is confronting new realities and many are not good. The Capital Area Economic Forum will harness the Region's leaders to engage the public about

how to address our high cost of living, lack of regional mobility, and affordable housing crisis. They will also discuss the impact of the post-pandemic environment on today's business community.

THURSDAY/OCT. 19

Potomac Overlook Open House. 2-5 p.m. At

2845 Marcey Road, Arlington. Potomac Overlook Regional Park staff are hosting an open house, Thursday, Oct 19, from 2-5 pm. ARMN members will be available to talk about efforts to remove invasives in the park, gardening with natives/Plant-NOVAnatives, and other ARMN initiatives. The new edition of the Plant NOVA Natives guide will be available too.

FRIDAY/OCT. 20

Succulents and Cacti 101. 10:00 - 11:30 a.m. Online. Unique, colorful, and often very easy to care for, succulents and cacti can be incredibly rewarding plants to grow both indoors and outdoors in our region. Yet many experienced gardeners and houseplant enthusiasts have never tried to grow them! Join Extension Master Gardener Benton Murphy as he shares tips and tricks on growing amazing and exotic cacti and succulents. During the session you will learn about what makes cacti with succulents unique, suggestions on care, pests and disease, propagation, and an overview of commonly encountered cacti and succulents. Free. RSVP at <http://mgvnv.org/rsvp-for-public-education-classes/> to receive a link to participate.

TUESDAYS, OCT. 24, 31

Simpson Park Demonstration Gardens, Tuesdays @ 10. 10:00 - 11:30 a.m., Simpson Demonstration Gardens, 420 E. Monroe Ave, Alexandria. Meet and talk with Extension Master Gardeners in the Simpson Demonstration Gardens to learn the best uses for fallen leaves and other organic garden waste. Free.