

The Arlington Connection

Life Saving
Act of
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Arlington Celebrates Olympic Champion Torri Huske

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Torri Huske comes home to a celebration in Arlington from the Olympics.

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PHOTO CONTRIBUTED/VIA INSTAGRAM

Arlington NAACP Opposes Dismissal of Human Rights Commissioners

The NAACP Arlington Branch strongly opposes the Arlington County Board's dismissal of the Human Rights Commissioners and the proposed changes to the Human Rights Ordinance which would scale back the Commission's oversight of employment discrimination and authority to act on alleged human rights violations.

These changes appear to be in retaliation for the Commission's letter on Feb. 9, 2024, to the U.S. Department of Justice (DOJ) requesting an investigation into the patterns and practices leading to multiple deaths in the Arlington County Detention Facility (ACDF). The NAACP Arlington Branch

raised similar concerns to DOJ in March 2022 and welcomed the Human Rights Commission's (HRC) letter after two additional in-custody deaths (within four months) at the ACDF. The NAACP Arlington Branch stands behind the HRC's attempts to bring attention to the in-custody deaths and any civil rights violations occurring in the ACDF. The County Board, Sheriff, and other elected and appointed leaders must do more to prevent the people placed in custody from suffering injury and death.

The NAACP Arlington Branch is outraged that the County Board, instead of addressing the issue raised by the HRC in their letter to DOJ, is choosing to dismiss the

commissioners and scale back the commission's authority to bring attention to future human and civil rights violations. Protecting human rights and enforcing laws against employment and housing discrimination should be a core focus for Arlington County. Some of the proposed amendments to the Human Rights Ordinance would reduce public oversight and transparency of employment discrimination within county government.

The County's commitment to proactively enforcing discrimination, whether in housing or employment, has been lackluster at best. The Office of Human Rights has long been neglected, underfunded, understaffed, and under-

valued. The proposed changes to the Human Rights Ordinance do not address these weaknesses and they do little to bring the ordinance into alignment with federal and state laws on fair housing enforcement.

The County Board's last minute and non-transparent process to rush through changes to the ordinance and HRC are not in keeping with what we believe the community needs right now and demonstrate a lack of commitment and professional engagement with the human rights of the community.

The NAACP Arlington Branch calls on the Arlington County Board to reverse its apparent retaliatory actions against the Human Rights

Commissioners and postpone the Aug. 27, 2024 Special Call meeting to allow the community and stakeholders sufficient time to review and engage with the proposed changes to the Human Rights Ordinance. The NAACP Arlington Branch urges the County Board to work with us and key stakeholder groups and individuals to take this opportunity to reform the Human Rights Ordinance, staff, and commission not out of a desire to punish county volunteers but because we share a commitment to ending discrimination and ensuring the safety of those in our community.

Michael D. Hemminger,
President
NAACP Arlington Branch

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.

2025 JUROR QUALIFICATION PROCESS BEGINS

The Arlington Circuit Court, which includes the City of Falls Church, will soon begin its annual juror qualification process. Juror questionnaires will be mailed in late August to approximately 35,000 randomly selected residents of

Arlington County and Falls Church City. These questionnaires are used to qualify residents for jury duty which begins Jan. 1, 2025, and ends Dec. 31, 2025.

In accordance with State law, questionnaires are distributed annually to a random selection of residents of Arlington County and the City of Falls Church.

Recipients are selected from registered voter rolls provided by the State Board of Elections.

If you do not receive a form in the US Mail, there is nothing you need to do.

Jury Commissioners appointed by the Court review the questionnaires in the Fall, to determine eligibility for service according to criteria estab-

lished by the General Assembly. For more information about jury duty, including a list of individuals who are exempt from serving, visit the Courts & Judicial Services website.

DONATIONS NEEDED

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.

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Liver Transplant Saved Her Life, Opened Her Eyes

Arlington resident healing with help of liver transplant, donated by.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Annabelle Cerame of Arlington says one day in January 2023 her younger son Pedro called her and said, “I’m taking you to the hospital—I’m seeing you sick.”

“I was surprised but it was true I’d been sick to my stomach for a very long time, almost two years. But I didn’t pay any attention. Then it got worse and it was taking me a day to recover. It was affecting my work, taking a toll. I thought I had reflux very bad. We went to the ER at Virginia Hospital Center and waited for 3-4 hours while they did a lot of tests.

“I was sent to a gastro here in Arlington, and he said he thought he might cure me with a strict diet and exercise. I lost 30 pounds over three months. I was working at home for a while and getting better.

But Cerame thinks back to May 6, “I remember the day. We were in Puerto Rico getting ready for the wedding. We had to attend—my husband’s first grandson—you know THE wedding.” She remembers she was so sick getting ready for the wedding she couldn’t do anything and had to leave. “I was so disoriented that I couldn’t get dressed and was shaking so much I couldn’t put in my contact lens. This was Saturday, and I couldn’t get out of bed until Monday. We came back home from Puerto Rico. I don’t remember much.”

By then she says her son had decided to take her to Johns Hopkins which is ten minutes away from their house. “The doctor had said we needed a plan B in case I didn’t get better.

“At Hopkins they did a CT scan and determined what had happened to me those two days was two blood clots had formed in the veins going to my liver. This started a free fall, and I never got better again.”

She says she went to the ER
WWW.CONNECTIONNEWSPAPERS.COM



Annabelle Cerame with her son Pedro.

twice at Hopkins, and by the third time she lost consciousness in her son’s home, fell and hit her head. “They called an ambulance and took me to Hopkins on June 30.” Cerame says she had two teams working on her medical issues. “I was there a month. The first 10 days they tried this; they tried that.

“You have to be between certain numbers to be on the list for a liver transplant, and there was a super huge queue. I wasn’t there yet. I got to the point I was so sick I knew I was dying. I cried every night. I thought about my sons who I thought I couldn’t leave alone, although of course I could.” She re-

members it was on a Thursday, and Hopkins said if they couldn’t come up with a new idea they would send her home on Monday.

Then Cerame says she couldn’t believe it. “A new doctor came in. I’d never seen him before. He said, ‘I’m a doctor, and I know about your case, and I’m going to get you a new liver within 48 hours. You’re young; you’re healthy. You’re a perfect candidate, and you deserve to live.’”

But when it hadn’t happened within 48 hours she sent her sons home at 6 pm. Her older son had been in Ukraine in the Foreign Service but was back. The next morning they woke her up at 4 a.m. and she said they told her ‘we’re going to get you a new liver.’ She remembers saying, “Now?” So at 6 am she got her new liver without her family there because, “Who wants to call them at 4 a.m. and wake them up?”

She says her recovery has gone well and she is scheduled to go back to work full-time in September. Some days are better than others and she has tons of pills but, “I am alive and I can see my sons, and Pedro has been and still is an excellent caregiver.”

But she speculates about life. “Ten years ago my nineteen-year-old godson got in a tragic car ac-



Annabelle Cerame of Arlington just after her liver transplant at Johns Hopkins on July 11.



Ambulance taking Annabelle Cerame to Johns Hopkins on June 30 suffering from hepatic encephalopathy.

PHOTOS CONTRIBUTED

cident. At that time his parents decided to donate his organs which they told his parents helped save 12-13 people.

“I’d never thought about organ donation before. I was so mad; he was such a good kid. I wondered how they could have donated his organs. I never could have done it.” But that was before.

Then she found herself on the other side, receiving a liver donation herself.

“My gratitude is immense. There are no words. I couldn’t under-

stand until 10 years later when a 20-year-old from New Jersey donated his liver to me. You can imagine how I feel in my head. I have seen the other side; I didn’t value [my godson’s parents’] gesture enough. Life is not in vain.”

August is National Minority Donor Awareness Month. Of the more than 100,000 people waiting for a transplant in the United States, sixty percent are from minority communities. Twenty-three thousand of those on the waiting list are Hispanic like Annabel.



PHOTO CONTRIBUTED

A Little Help From Their Friends

The principal of Wakefield High School invited Drew Elementary students to a Back to School event on the first day of school, Monday, Aug. 26. CARE, Inc. organized local community providers to donate backpacks and other school supplies for students who came by between 7:25-8:20 a.m. By lunch when some students stopped back, only a few folders remained. Community partners included 4-H, Green Valley Civic Association, Arm & Arm, Bridges to Independence, Alpha Kappa Alpha Sorority, Ezra Moore, Frances & Frank Walker.

Torri Huske Brings Home 2024 Olympic Gold

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Torri Huske, 21, just returned home to Arlington from the 2024 Olympics with three gold and two silver medals. Arlington celebrated with a welcome home ceremony on Sunday, Aug. 25 at Long Bridge Aquatics & Fitness Center.

Torri remembers her first time “swimming” was when her mother used to put her in the water, and she would paddle around.

“It was kind of an accident that I ended up here,” she said. “I didn’t like swimming. I was always so cold when I was a young swimmer that I wore a wetsuit. My parents didn’t realize how much I didn’t like it so I just kept going. When I was in second or third grade, it started to take hold.”

Since then Torri has come a long way, becoming the reigning Olympic champion in the 100-meter butterfly and holding world records in the 4x100 meter medley and the 4x100 meter mixed medley. She competed at 18-years-old in the 2020 Summer Olympics, winning silver in the 4x100 meter medley relay.

Torri’s father, Jim Huske, says like Arlington parents they tried soccer, karate, viola, everything, but swimming is what stuck.” He said Torri has been with the Arlington Aquatic Club since she was five-years-old and had 5-6 different coaches. He says Torri is different than some other swimmers because she was not a prodigy. “She was always really good but she was tiny. When she was 4-foot-9 tall she was swimming against others who were 5-foot-9.

“We are in one of the most competitive swimming areas in the country so to make Junior Olympics she would finish 3rd or 4th until she broke through at 13 years old and grew. But she got used to losing and when she was knocked down, she would get up that much more determined. She hasn’t had mental health problems like some of the other athletes because she was used to losing.”

Jim says he is proud of her swimming success but he is even prouder of her behavior, how she invited Gretchen Walsh up to the podium after Torri finished first and Gretchen, the world record holder in the 100-meter butterfly, finished 0.04 seconds behind Torri to grab the silver medal. He says they told him Torri’s action set the tone for others, like Katie Ledecky, who followed Torri’s example.

Torri says, “Honestly I thought



Torri Huske and Gretchen Walsh after they finished first and second in the 100-meter butterfly race.

it was the norm to invite Gretchen to stand on the gold medal podium with me. But it just seemed like the right thing to do. It was as much her moment as mine and they were playing the same national anthem for both of us.”

It remains in Torri’s memory and serves as a motivating factor that she came within 0.01 of a second of winning the bronze medal in the 2020 Olympics in the 100-meter butterfly. “I think everyone isn’t geared to lose, and I thought if you are on the USA team, you think you will medal. But making the Olympic team is really hard and medaling is a whole other more difficult thing.

“The medal slipped through my fingers and I was really crushed. But it also happened for a reason. This time I know how hard it is and how hard I worked. I really really wanted to win. I appreciate it more this time and wanted it more.”

During Covid all of the public pools were closed, and finding a good place to practice was hard. “We finally found a 42-foot backyard pool in Gainesville and then a 55-foot pool; and at the end of Covid, the Fairfax Country Club let us use their pool a couple of times a week. But we couldn’t get a long course pool,” Torri said. Long course is 50 meters, or 164 feet, long.

She says she doesn’t know if she ever worked as hard as during Covid. “I was running, lifting weights, rollerblading and biking every day. I had a younger body and was able to bounce back. I

don’t know how I did it. As I get older my body can’t take it in the same way recovery wise.

“Katie Ledecky is still the best at 27-years-old. She is a phenom, mind boggling. Not until you’re at that level do you realize how crazy good she is. It used to be that you thought of a swimmer at her peak at 16 but it’s cool that now people are able to keep swimming since they are able to get sponsors to support them.”

Torri says during the Olympics she took a two-hour nap every day and relaxed by reading “Reappearance of Rachel Price” and “Wild Love.”

After the Olympics were over she took the time to explore Paris—Versailles, the Louvre, some gardens, the Eiffel Tower. “We saw a lot of stuff and then I went to Spain and London.” Her flight home got cancelled, and she just made it back for a day of interviews Saturday, Aug. 24 and Arlington’s Welcome Home Ceremony on Sunday.

Torri asked that people attending the ceremony bring a can to contribute to Arlington Food Assistance Center. “I feel like the community has given me so much that I want to give back. When I was in elementary school I remember making sandwiches with my dad to deliver in D.C. to people suffering from food insecurity. I read ‘The Glass Castle’ and that reached me, too. We live in a bubble in this area; there are more in need in this community than you would think.”

She’ll have a week at home to catch up with her friends and then



PHOTOS CONTRIBUTED VIA INSTAGRAM

Torri Huske comes home to a celebration in Arlington from the Olympics.

head back to Stanford University to continue her education and for her friends on the Stanford Swim Team.

Looking ahead she says, “I think the timing for another Olympics works out perfectly with school.



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Making Music Near Home

It is 8 a.m. on Saturday morning at the Farmer’s Market located at Dorothy Hamm Middle School, and Nick Adde has walked the block from his house. Now he sits on a slight incline surrounded by a vegetable stand, a coffee place and the table selling fresh bread and muffins. Adde is playing blues, classic and jazz that comes from his roots in New Orleans. He says he has been playing guitar since he was a kid. Adde says he used to work for the Army Times as a reporter and now writes another column occasionally. But since he retired he likes to spend his time playing his guitar around Arlington whenever he can. “Most Saturday nights I play at Pines of Florence on N. Pollard Street.”

SENIOR LIVING

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Registration is open for 2024 Northern Virginia Senior Olympics to be held Sept. 14-29.

Register online at www.nvso.us. Cost \$20 for multiple events. For more information, email nvso1982@gmail.com.

Scrabble games, friendly competition, new players welcome, Wednesday, Aug. 28, 1 p.m., Langston-Brown 55+ Center and Friday, Aug. 30, 10 a.m., Walter Reed 55+ Center. Both are drop-in.

Calling all Samba players, an intricate variation of canasta played with a partner and six decks of cards, Fri., Aug. 30, 1:30-4:30 p.m., Walter Reed 55+ Center. Beginners welcome. Drop-in.

Open art studio for artists who work at their own pace, no instruction or materials provided, Wednesday, Aug. 28 and Friday, Aug. 30, 10 a.m. – 12 p.m., Arlington Mill 55+ Center. Drop-in.

Learn to play Wingspan, fun board game for bird enthusiasts, Thursday, Aug. 29, 9:30 a.m., Walter Reed 55+ Center. Registration # 914600-02.

Jigsaw puzzle exchange at Lubber Run 55+ Center, Thursday, Aug. 29, 6 – 7 p.m. Bring new or second hand puzzles in good condition to swap with fellow 55+ participants. Registration # 914801-10.

Communication and hearing loss information presented by Bonnie O’Leary from Northern Virginia Resource Center for Deaf and Hard of Hearing Persons, Thursday, Aug. 29, 10 a.m. Discuss frustrations associated with late-onset hearing

loss and more. Virtual presentation. Registration # 914500-16.

Series of virtual tours of South American countries concludes with Venezuela, Thursday, Aug. 29, 12:45 p.m. Presented by Ashley Gomez, Lubber Run 55+ Center director. Registration # 914400-42.

Afternoon meet-up with fellow 55+ participants for casual conversations, Friday, Aug. 30, 1:30-3 p.m., Langston-Brown 55+ Center. Drop-in.

Movie matinee, “Stand by Me” (1986) (R), Friday, Aug. 30, 12:30 p.m., Aurora Hills 55+ Center. Registration # 914804-06.

September is National Senior Center Month and many new activities will take place at the five 55+ Centers in the County, the first of which is a latte lounge hosted by the Walter Reed 55+ Center’s Advisory Committee, Tuesday, Sept. 3, 1 p.m. A discussion of ideas regarding new programs is on the agenda. Registration # 911801-01.

All Arlington 55+ centers will be collecting breakfast cereals through the month of September to assist the Arlington Food Assistance Center (AFAC) in their drive to provide families and kids healthy breakfasts. Donation boxes will be at all 55+ centers. For more information check with 55+ center director.

Encore Chorale rehearsals begin Tuesday, Sept. 3, 1 p.m., Lubber Run 55+ Center. 14 sessions run through Dec. 10. No audition required, newcomers welcome. Cost, \$165 plus \$25 materials fee. Registration # 911300-05.

55+ Travel group will tour the Antietam National Battlefield by bus plus a walking tour with John McNair, Sharpsburg, MD, Tuesday, Sept. 3. Cost \$25, Arlington resident; \$29, non-resident. Registration # 902409-01.

Langston-Brown 55+ Center’s book club will feature “Lady Tan’s Circle of Women” by Lisa See, Tuesday, Sept. 3, 1:30 p.m. Drop-in.

Playground clean-up at Lubber Run Community Center, Wednesday, Sept 4, 8:30 a.m. – 12:30 p.m. In partnership with Dept. of Parks and Recreation (DPR) and 55+
SEE FLOURISHING, PAGE 7

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Cure for Olympics Withdrawal

2024 Northern Virginia Senior Olympics offers 70 events.

The 2024 Northern Virginia Senior Olympics (NVSO) may not have breakdancing or pole vaulting or water polo, but we do have 70 plus events including track and field, swimming, cycling, pickleball, bocce and so much more beginning Saturday, Sept 14," said Chair Riley Geary. "Hundreds of folks are registering as they check out the wide variety of both indoor and outdoor events," he said. "We also award gold, silver and bronze medals after each event and encourage families to attend," he said.

Online registration closes Thursday, Aug. 29 at www.nvso.us. The fee of \$20 covers a multitude of events.

Participants must be 50 years of age by Dec. 31, 2024 and live in a sponsoring jurisdiction. "Last year we hit a record number of registrations and are prepared for even more this year," said registration chair Herb Levitan. "We have also added new events including a Sudoku pentathlon, a 100 yard individual medley to the swimming events, and badminton and bunco are returning this year," said Levitan.

NVSO opens Saturday, Sept. 14 at the Thomas Jefferson Community Center in Arlington and closes Sunday, Sept. 29 after 10K and 20K cycling events. Throughout the two weeks of competition, events will take place

at 26 different venues throughout Northern Virginia.

Sponsors of the NVSO are Arlington

County, City of Alexandria, City of Fairfax, City of Falls Church, Loudoun County, Fairfax County, Fauquier County and Prince William County. NVSO is also supported by patrons including AARP Virginia, Adobe, Anthem Healthkeepers, Goodwin Home Health, Greenspring by Erickson Senior Living, Johns Hopkins Health Plans, Sentara Health Plans, The Jefferson, The Virginian, The Woodlands and the Woodbine, Alexandria and Belmont Bay Rehabilitation & Healthcare Centers.

NVSO is a non-profit, 501 (c) 3 thus making donations tax deductible. Revenues received from registration, patrons and individual donations are used for equipment, judges, event officials, T-shirts for participants plus volunteers, graphics and flyers. There is no paid staff. Committee members include representatives and volunteers from the sponsoring jurisdictions.

SOURCE: WWW.NVSO.US

Shepherd's Center Seeks 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.

Shepherd's Center is an all-volunteer non-profit organization [501(c)(3)] that has been operating since 2006.

There were 3,341 rides in 2023 and 2,737 rides have been provided thus far this year. Of the rides provided this year, 69% were medically related, 19% grocery, and 12% for physical therapy. The Center has added 26 new drivers this year and 43 new riders, so there's a continued need for additional volunteers.

There is no set quota; volunteers are free to choose when and how often they drive.

They can choose rides that are one-way or round trip.

The best part is not only do drivers help those in need, they also get to meet wonderful people, often with very interesting backgrounds and stories to tell.

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

"FLOURISHING AFTER 55"

FROM PAGE 5

participants. Registration # 911899=01.

Get to know Arlington's five 55+ centers and programs during National Senior Center Month, Wednesday, Sept. 4, 6 p.m., Arlington Mill 55+ Center. Meet Center Director Carrie Conley to review all programs and suggest new ones. Open to all ages; 55+ Pass not required. Registration # 911400-03.

Travel guru and long-time 55+ volunteer Mary Smolenski will share her experiences from a Mediterranean cruise to Greece, Turkey, Egypt and Israel, Wednesday, Sept. 4, 1:30 p.m., Aurora Hills 55+ Center. Registration # 911400-26.

What is a Living Trust? Join Elder Law Attorney Ed Zetlin as he explains different types of trusts, Wednesday, Sept. 4, 11 a.m., virtual. Registration # 911404-01.

Common cybersecurity threats presented by Sangeetha Puligella from Arlington's Dept. of Technology Services, Wednesday, Sept. 4, 10 a.m., Lubber Run 55+ Center. Discuss ways to protect yourself from threats and scams. Registration # 911403-01.

Opera appreciation group to discuss and hear musical selections from the Baroque Opera "Agrippina" by George Frideric Handel, Wednesday, Sept. 4, 1:30 p.m., Lubber Run 5+ Center. Professional commentary by George Cecchetti. Registration # 911300-01.

55+ Travel group will travel to the Barnes in Philadelphia to visit the "Matisse & Renoir: New Encounters" exhibition, Thursday, Sept. 5. Cost \$110, Arlington resident; \$127,

non-resident. Registration #902409-02.

Election 2024 and what you need to know, Thursday, Sept. 5, 11 a.m., Langston-Brown 55+ Center. Presented by Gretchen Reinemeyer, Director of Elections at the Voter Registration Office. Registration # 911400-10.

Walk Fit, free weekly walking program offered by VHC Health, Thursday, Sept. 5-Nov. 21 8:30 a.m., Lubber Run Community Center. 45-minute walk on indoor track and 15-minute guided stretching to promote balance, flexibility and mobility. Open to all ages; 55+ Pass not required. Registration # 911106-14.

Fitness equipment orientation to learn how to use equipment safely and effectively at Madison, Thomas Jefferson and Lubber Run Community Centers, Thursday, Sept. 5, 11 a.m., Madison Center. Registration # 911100-11.

Retro fun and games social to celebrate the 70th anniversary of Arlington's 55+ Program, includes snacks and games from the past, Friday, Sept. 6, 1 p.m., Arlington Mill 55+ Center. Registration # 911899-03.

Traveler and 55+ volunteer Lowell Nelson will discuss his recent trip to Nepal and physical challenges to trekking, Friday, Sept. 6, 1:30 p.m., Aurora Hills 55+ Center. Registration # 911400-27.

55+ Travel group will visit the Mushroom Festival at Kennett Square, PA, the Mushroom Capital of the World, Saturday, Sept. 7.

55+ Travel group will journey to Ronks, PA for the Fall Doo Wop Cavalcade at the American Music Theatre, Sunday, Sept. 8. Music from the 50s and 60s. Cost \$173, Arlington

resident; \$199, non-resident. Registration # 902409-04. Lunch included.

Original Medicare versus Medicare Advantage, Monday, Sept. 9, 10:30 a.m. - 12 p.m., virtual. Presented by counselors from Virginia Insurance Counseling and Assistance Program (VICAP). Register by calling 703-228-1725 or email, MedicareHelp@arlingtonva.us.

Advanced care planning 101, two-part series presented by the Coalition to Improve Advanced Care (CIAC), Mondays, Sept. 9 and Sept 16, 10 a.m., Lubber Run 55+ Center. Learn the process of communicating your health-care wishes in an advance directive. Led by Kathleen Garces-Foley, PhD, director of CIAC. Must attend first session to attend second. Registration # 911404-02.

Memoir writing with writer Mim Placke, informal, exchange ideas, share memories, Mondays, Sept. 9 through Nov. 18, 10:15 a.m., Langston-Brown 55+ Center. Registration # 911300-06.

Mosquito and tick management presented by Regional Master Naturalist Kasha Helget, Tuesday, Sept. 10, 7 p.m., virtual. Registration # 911400-39.

Performance parking with Parking and Curbside Manager Melissa McMahon, Tuesday, Sept. 10, 11:15 a.m., Lubber Run 55+ Center. Hear options to find available parking and the most affordable parking options. Registration # 911400-08.

Haiku workshop to learn the basics of Japanese poetry, Tuesday, Sept. 10, 12 p.m., Lubber Run 55+ Center. Presented by award winning haiku poet Rick Black. Registration # 911300-07.

Woe Is Me



By KENNETH B. LOURIE

(Definitely not a cancer column.) Rather, this is, to invoke Robin Leach of the mid-80s/early 90s syndicated series "Lifestyles of the Rich and Famous," and tease this column as the lifestyle of the middle-class cancer patient still surviving and not famous. Doesn't quite have the same ring, does it? Specifically, I am a current homeowner, going on 33 years and a former renter/co-"habiter" with my wife, Dina beginning in 1977. (To quote Maurice Chevalier: "I remember it well.") And in all that time, nearly 47 years-ish, I/we have had an electric dishwasher (I say 'electric' so there's no confusion with my being the dishwasher) for approximately eight of those years. With yours truly being the by-hand dishwasher, I'll be generous and say 95% of the time. Moreover, never once in all that time have I/we gone out/shopped online for dishwashers, installed or portable. As a result, my shopping lists have never, ever, included Cascade or Finish. Moreover, neither have I/we ever considered the features and benefits of dishwashers- and/or brands available for today's kitchen, in all of these years. We/mostly me have managed under the duress. Well, I've mostly managed.

And it's only been recently, a year or two ago, that Dina observed/suggested that maybe I should use rubber gloves when doing the dishes, that I've gloved up. Believe it or not - and this might interest "Ripley's," for most of these 40-ish years of handwashing, I've been washing au naturel, and I don't mean in the buff. I mean bare-handed.

In fact, Dina is responsible for another life-changing suggestion directed my way: She suggested I buy the sturdiest, heavy duty litter scoop I could find for our minimum three-cat, maximum five-cat household of indoor cats instead of the cheap plastic ones that always break. They are a lot less expensive - or so it seems at the time. With upwards of five litter boxes in our house, using a plastic litter scoop that unlike Paul Mason's wine, it did indeed break before its time. And after breaking a dozen or so of these cheap plastic scoops over these multiple decades (yikes!), this commercial grade scoop has solved the problem. Not only does it not break, it also doesn't even bend. Why this upgrade never occurred to me I can only guess. Perhaps I wasn't clear as to the long-term commitment I was a part of. Dina knew. That's why she suggested it. Despite its frequency of use, the metal scoop has been able to meet the demand with nary a complaint - or need to replace.

Back to Dina's suggestion to me about wearing gloves, it was another lightbulb moment for me. It simply never occurred to me was my answer as to why - in spite of the fact that the water is quite often hot when doing the dishes, I never used gloves. I know, duh! Well, as anybody knows who's used rubber gloves when hot anything, especially when water is involved; what a difference a little rubber can make - or whatever the glove is made of (nitrile, et cetera). The only problem is, similar to the plastic litter scoops, are that the rubber gloves are generally not up to the task. Let's just say, they don't do the job. They are, in addition to being barely protective of the heat of the hot water, forever tearing and being poked through by silverware leading to water in the glove which is a problem. As a negative result, this in-glove water means I need to buy another pair, pronto. Then I have to start this entire process all over again. Nevertheless, until the gloves reached their usual breaking point, I managed well enough, sort of, with bare skin. I guess what you don't know can hurt you until another voice is there to tell you otherwise.

I imagine Dina, from her perspective, likely has had other similar lifestyle-changing ideas, but I'm out of column space so ... no more. Sometimes, from the mouths of babes. Who would have thunk it? Obviously, not me.

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

ENTERTAINMENT

CENTERS FOR OPPORTUNITY ARLINGTON

The Centers for Opportunity Arlington is a safe, stigma-free place to spend time for those recovering from homelessness, substance use, and mental illness. It has a donation closet that needs adult clothing and shoes. Some participants at the Center are looking for jobs and need the proper attire. Located at 3219 Columbia Pike, Suite 101, Arlington. Contact Greg, Program Coordinator at 703-567-1346.

THURSDAYS THRU NOV. 21

Ballston Farmers Market, Thursdays from 3-7 p.m. At Welburn Square, near Ballston Metro, Arlington. More than 20 vendors in Ballston – both fan-favorites and newcomers. This year also sees the return of the Mega Markets – sponsored this season by VIDA Fitness. Mega Markets feature the addition of live music from local musicians and a Beer and Wine Garden.

COFFEE AND CONVERSATION WITH ARLINGTON

NEIGHBORHOOD VILLAGE

“Coffee and Conversation” speaker series. 10-11 a.m. Everyone is invited to join the conversation via Zoom. Bring your own coffee, learn interesting things about our community and hear from the speakers listed below.

August 28th: Ask the Pharmacist! Recommendations for Safe Medication Use as We Age. Chad Worz is a board-certified geriatric pharmacist and leads a professional association of pharmacists and pharmacies that specialize in older adults. The American Society of Consultant Pharmacists (ASCP) has been in Alexandria, Virginia for over 50 years and Chad can share the latest insights on safety, effectiveness and costs of modern medicines and vaccines. He will share some tips for managing medications in everyday life and answer your questions.

Zoom link for Coffee and Conversation: <https://us02web.zoom.us/j/88948577106?pwd=eW0rN1RTU5ITmJ5NnF2QXZlNmUQT09> You also have the option to dial in by phone at 929-205-6099. The meeting ID is 889 4857 7106 and the Passcode: 872327

SUNDAY/AUG. 29

How do we stop arresting people for poverty crimes? Hosted by Arlington for Justice. 5 - 7:15 p.m. Hybrid, Virtual on Zoom and Arlington Central Library, Barbara M. Donnellan Auditorium, 1015 N Quincy St., Arlington.

AUG. 29 TO OCT. 6

Locally Sourced Arlington Artists Alliance Member Juried Show.

At The Crossing Clarendon, 2700 Clarendon Blvd., Suite R330, Arlington. Locally Sourced spotlights Arlington artists and fosters a sense of pride and appreciation for our local creative community, in this new pop-up boutique gallery space. The exhibition showcases a curated selection of artworks that speak directly to the essence of our local identity. Juried by Yigit Cakar, commissioner for the Arlington Commission for the Arts. Opening Reception: Thursday, August 29, 5-7 p.m.; Gallery Hours Thursday to Sunday 12-6 p.m. Visit <https://www.arlingtonartistsalliance.org/events>



The Rosslyn Jazz Fest takes place Saturday, Sept. 7, 2024 at Gateway Park in Rosslyn.

WEDNESDAY/SEPT. 4

Overdose Awareness Candlelight Vigil.

7 p.m. At Courthouse Plaza, Arlington. The third annual overdose awareness Candlelight vigil – come together as a community to remember those who have lost their lives to overdose and honor the family, friends, and first responders impacted by overdose.

SEPT. 4-28

Close Encounters Solo Show by Jessica Mickey.

At 2100 Crystal Drive, Arlington. Close Encounters is a vibrant exploration of the personal, the up close, and the crowded. Jessica's oil paintings radiate calculated energy and love, and her beautiful imagery of people, places and objects enthusiastically invites the viewer to be a part of each specific encounter. Opening Reception: Friday, September 6, 2024, 5-7 p.m.; Closing Reception: Saturday, September 21, 2-5 p.m.; New Gallery Hours WED-FRI 11 a.m.-6 p.m. | SAT 12-6 p.m.

SATURDAY/SEPT. 7

Rosslyn Jazz Fest. 1-7 p.m. At Gateway Park, Rosslyn, Arlington. Jazz is back for the 32nd Annual Jazz Fest! Rosslyn Jazz Fest is free and registration is not required, but strongly encouraged, as there are capacity limits at Gateway Park. Join up at Gateway Park for an afternoon of music, food trucks, yard games, community table experiences, and tons of fun!

SCHEDULE:

1:00 p.m.: Cecily
2:20 p.m.: Ranky Tanky
3:45 p.m.: The Rumble Ft. Chief Joseph Boudreaux Jr.
5:30 p.m.: El Laberinto del Coco

SATURDAY/SEPT. 7

Let it FLOW! by Scott Pennington.

1-7 p.m. At Gateway Park, Rosslyn. Match and toss bean bags with images of cotton swabs, dental floss, cat litter, human waste, toilet paper, cigarette butts, “flushable” wipes, etc. with the proper disposal vessel: sink, toilet, trash can or the food scraps collection bin. This colorful carnival game built specifically for Arlington by artist Scott Pennington is designed to accommodate two to three players at a time making it fun for friends and family! Learn how household waste impacts the County's wastewater collection and treatment systems and how you can help. Let it FLOW! runs through



The Close Encounters Solo Show by Jessica Mickey will be held Sept. 4-28, 2024 at 2100 Crystal Drive in Arlington.



The seventh Arlington Visual Art Studio Tour takes place Sept. 21-22, 2024 at 59 art studios in Arlington.

October 26.

FRIDAY/SEPT. 13

Summer Concert Series.

7:30 p.m. The U.S. Air Force Band returns to the Air Force Memorial in Arlington. Free and open to the public.

FRIDAY/SEPT. 13

VHC Health Workshop.

2-3 p.m. Improve Mobility, Gain Strength & Prevent Falls. At Arlington Central Library, Auditorium, Arlington. In this free workshop, Cathy Turner, VHC Health Director Health Promotion & Senior Health, ACE certified fitness instructor and Active Aging instructor, will provide participants with exercises and stretches to help strengthen the muscles in their arms, legs, back, and hips. These exercises help with maintaining muscle mass, improving mobility and reducing risk of falls. Register at: seniorhealth@vhchealth.org or 703-558-6859.

SEPT. 13-15

It's a Steal! Art Show. Sponsored by Arlington Artists Alliance. At Church of the Covenant, 2666 Military Road, Arlington. This favorite community event offers real art from local artists at affordable prices! Find hundreds of works for art for sale under \$150 that will include original paintings (framed or ready for hanging), sculpture, pottery, glass, note cards, prints,

matted--unframed--originals, and much more, all created by artist members of the local nonprofit Arlington Artists Alliance. Opening Reception: Friday, September 13, 6-8 p.m.; Saturday, September 14: 10 a.m.-5 p.m.; Sunday, September 15: 11 a.m.-2 p.m. Visit <https://www.arlingtonartistsalliance.org/events>

SATURDAY/SEPT. 14

Girls Try Hockey for Free Day. Registration is now open for the NHL's Washington Capitals DMV Girls Try Hockey For Free Day, taking place at 18 rinks across Virginia and Maryland on Saturday, Sept. 14.: Participating clubs in Virginia include: Arlington, Va. - Caps Academy (at Med-Star Capitals Iceplex in Arlington, VA)

Haymarket, Va. - the Piedmont Predators (at Haymarket IcePlex in Haymarket, VA),

Leesburg, Va. - the Loudoun Knights (at Ion ITC in Leesburg, VA)

Reston, Va. - the Reston Raiders (at Skatequest in Reston, VA)

Richmond, Va. - the Richmond Generals (at Richmond Ice Zone in North Chesterfield, VA)

Springfield, Va. - The St. James (at The St. James in Springfield, VA).

Virginia Beach, Va. - the Hampton Roads Junior Admirals (at Iceland in Virginia Beach, VA)

Woodbridge, Va. - the Potomac Lady Patriots (at Prince William Ice Center

in Woodbridge, VA)

About the Initiative:

DMV Girls Try Hockey for Free is a program that provides local girls ages 4-9 the chance to try hockey during a one-to-two-hour ice session at no cost.

Required equipment is loaned to participants through the local youth hockey organization.

Interested families can register at capsyouthhockey.com/girlsthff

Try Hockey for Free days also provide local youth hockey associations with a platform and opportunity to acquire new players locally and engage interested families into youth hockey programs across the region.

Last year, more than 300 girls ages 4-9 tried hockey for the first time through the event, and more than 30% of girls registered to continue to play.

SATURDAY/SEPT. 14

Comedy Karaoke Trivia Funtime Show.

7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. The Capital City Showcase, which produces some of the best events in the D.C. area, returns with its new one-of-a-kind blend of entertainment. Bring a team or fly solo and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle. Hosted by Christian Hunt, this experience features comedy from the DC area's finest comics. The headliner for September's show is the hilarious Jenny Questell.

SATURDAY/SEPT. 14

Rock-n-Recycle Open House. 8 a.m. to 1 p.m. At Arlington County Trades Center, 4300 29th Street S., Arlington. Explore the world of composting, recycling, trash-to-energy and other key environmental services. See the big work machines (The Rock Crusher! The Tub Grinder!) up close, sit in the driver's seat and meet the experts who keep Arlington clean and sustainable. Visit arlingtonva.us/Rock-n-Recycle

MONDAY/SEPT. 16

Eliza Scidmore: The Trailblazing Journalist behind Washington's Cherry Trees. 7:00 – 8:30 p.m. At Lubber Run Community Center, 300 N. Park Drive, Arlington. Presented by Arlington AAUW. Book talk with author Diana P. Parsell who will discuss Eliza Scidmore, the American woman who fought to bring the Japanese cherry trees to Washington, D.C., in the early 20th century.

MONDAY/SEPT. 16

AFAC Golf Tournament. At Army Navy Country Club, Arlington. Shotgun start at 12:30 p.m. Don't miss out on the opportunity to play this award-winning course, enjoy a day filled with amenities at the exclusive ANCC Clubhouse, and fight hunger in Arlington - all at once! Golfer perks include:

--18-hole game at Army Navy Country Club Golf Course Lunch provided by Sloppy Mama's (beer and soda provided too)

--Complimentary beverage cart options provided on the golf course

--Dinner provided by ANCC which includes a full open bar

--\$50 gift card to spend at the ANCC Pro Shop (expires 12/31/2024)

--Professional exterior car wash while you golf

.Sponsorship only packages are available now! If you have questions, contact Jolie Smith at 571-384-1443 or email jolie.smith@afac.org.

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