

The Arlington Connection

Northern Virginia Birding Alliance member Greg Butcher watches the wood line for birds during a sunrise bird survey at the Lorton Landfill.

ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10 ♦ SENIOR LIVING, PAGE 11

PHOTO BY CARLOS LEIVA

Landfill Provides Habitat for Birds

PAGE 6

Making Green Valley Day Happen

PAGE 3



THANK YOU FOR VISITING
 1728 KIRBY ROAD
 MCLEAN, VA 22101

CHECK# 22101

LET'S MAKE
**A HOME,
 TOGETHER**

THANK YOU! 

MAKE EACH DAY COUNT WITH MEMORY SUPPORT

Life is about making every day meaningful. At Vinson Hall Retirement Community, our Memory Support neighborhood, The Sylvestery, delivers compassionate care and day-to-day services for older adults with Alzheimer's or dementia. Our cheery, light-filled suites, hallways and gathering spaces make residents feel at home. Offering compassionate support from our licensed team 24/7, including stimulating social activities and soothing sensory therapies, The Sylvestery is a secure, joyful neighborhood that delivers peace of mind for you and your loved ones.

Whether returning from a group outing to a local theatre or a trip to the grocery store, residents love coming home to The Sylvestery, where they know their needs are taken care of. Discover the personalized care at Vinson Hall Retirement Community. Contact us today to learn more about Memory Support and our continuum of care.



CALL 703-935-1438 OR VISIT VINSONHALL.ORG TODAY TO PLAN YOUR MOVE

Green Valley Day: Behind the Scenes

With 1,000 attendees, the details matter.

By Shirley Ruhe
Arlington Connection

Have you ever wondered when you attend a big event, what goes on behind the scenes to make it happen? If it is the Green Valley Community Day scheduled this year for Saturday, Sept. 21, planning started in March with a request for volunteers; meetings started soon after.

Portia Clark, president of Green Valley Civic Association and coordinator of this year's event has nine members on the planning committee with several new volunteers this year but most members go back for years. "It takes 30-40 volunteers to set up the tents and tables and chairs and we have a special area for the volunteers because we like to feed them," Clark said.

The Sept. 5 meeting has just finalized the list of vendors and made a map of where to put them. Clark says, "We have 25-30 vendors confirmed right now but some always come in last minute so I always order 60 tables from D.C. Rental, and we get chairs from Drew Elementary." She remembers one year no one had the phone number for the janitor who was supposed to open the building to get the chairs. "So many details that all kinds of things can happen."

Kimberly Roberts, a member of the planning committee, says when the planning is working well they have several subgroups — one for vendors, one for entertainment, one for food, etc. and then she coordinates the efforts. "But sometimes it's just me and Por-SEE GREEN VALLEY DAY. PAGE 4

Coming Up

Green Valley Community Day is scheduled for Saturday, Sept. 21 from 12 noon-5 pm at John Robinson Town Square at 2406 S. Shirlington Rd. And on the grounds of Dr. Charles R. Drew Community Center. Sponsors include Vulcan Materials Company, National Council of Black women, NOVA Chapter CARE Inc. and Josephine and Russell Douglas.

WWW.CONNECTIONNEWSPAPERS.COM



FILE PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Green Valley Community event from recent years.



Green Valley Day: Behind the Scenes

FROM PAGE 3

tia trying to pull it together.” And things happen. She remembers one year they arrived at 8 a.m. the day of the event, and the vendor tables hadn’t arrived. They made a number of frantic phone calls all over the County for the next couple of hours and finally got some tables but not until after some of the vendors had already arrived.

LaVerne Langhorn, who is on this year’s Planning Committee but has been working on the event for years says, “I’ve mostly been working with vendors, helping with whatever is needed. Sometimes they don’t show up but sometimes others show up that didn’t sign up. It’s a scramble sometimes.” She says the committee sends out a letter with all of the details on what is available “but sometimes I guess they just don’t read it too carefully and don’t bring what they need.”

Clark says another issue can be with the food vendors who have to apply to the Arlington Health Department 10 days ahead of time to get a permit “and sometimes they don’t. Or sometimes they sign up but don’t show up.” Usually the event features BBQ, the popular fried fish stand and the concession stand with snow cones, popcorn and cotton candy. “I try to get teenagers to run it.”

Clark says a lot has changed since she started helping over 25 years ago. She remembers the stage for the entertainment used to be in the street close to Drew Elementary but then the apartments closed it off so they moved the stage to the parking lot. But that took too many parking spots which are always at a premium with attendance sometimes over 1,000. Robert adds, “One year, I don’t remember why, but I had the portable stage parked in my driveway.”

And Clark says the Arlington police have now started charging for everything like blocking off the street, picking up trash, bringing barricades and providing the safety patrol officers or cadet trainees. “We have never had any trouble at our event so we choose the cheapest option.”

The entertainment always includes a number of different groups with wide appeal including rap, gospel, go-go and drummers. Clark says they like to get different bands each year and to feature local talent. “We book to appeal to

all generations. Some people follow their favorite bands around.” This year includes Mama Sauce and Suttle as the headliners. “We always try to get a Hispanic band but this year the date for our event coincides with Hispanic Month, and we couldn’t find one.”

But she adds the basketball tournament will be back this year and the moon bounce out on the lawn for the kids. “Unfortunately no ponies this year because our date coincides with the weekend of the Black Rodeo, and we lost the ponies.” Roberts remembers, “We weren’t sure it would work out when we got the ponies but the ponies were a big success. Usually you don’t see the kids because they are off in the game truck but we looked out at the ponies and said ‘where did all of these kids come from.’”

Clark says the Green Valley event is always the third Saturday in September so people can plan for it in advance. “Our neighborhoods have changed, and some people come back who used to live here.” She says attendance has grown over the years but when the Blues Festival or Clarendon Day is scheduled for the same date, people

have to choose. Langhorn says many of the same people have been coming for years.

By next week’s last planning meeting before the event, they will send the vendors letters with information on where to set up and where to park. They will finalize the details such as making sure they have enough volunteers to set up and man the stands, notifying the awardees who will be honored, double checking the food vendor application status ... and everything else.

The event is moved inside if it’s raining, which is quite a process at the last minute. Clark remembers, “We did it two times inside and cancelled it one year during Covid when the city couldn’t provide services. But unless there’s a hurricane we hold the event rain or shine.”

Roberts says, “the neighborhood is changing drastically—I mean who can afford to live in Arlington anymore?” But she says, “It is important to continue this event for newcomers who don’t know much about the history, that there was a whole neighborhood here before



FILE PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Green Valley Community event from recent years.



they arrived. It’s a great day for remembering. We have to learn to embrace these changes. We’re here to make sure the story continues.”

Green Valley Community Day is

scheduled for Saturday, Sept. 21 from 12 noon-5 pm at John Robinson Town Square at 2406 S. Shirlington Rd. And on the grounds of Dr. Charles R. Drew Community

Center. Sponsors include Vulcan Materials Company, National Council of Black women, NOVA Chapter CARE Inc. and Josephine and Russell Douglas.

WWW.CONNECTIONNEWSPAPERS.COM

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.

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/s2FuFdaYwDzm4t-Pw2.

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

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 REVIVE! training. Contact Emily Siqveland at 703-228-0913 or esiqveland@arlingtonva.us or visit 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 or www.seniorhelpers.com/arlington-alexandria-va for more.

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. <https://www.mixcloud.com/Aging-Matters/>

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 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 can be borrowed, such 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 library.arlingtonva.us/locations/central-library or call 703-228-5990.

Arlington Rotary Club Lunches. Thursdays, 12 - 1:30 p.m. Club meetings are at 12:15 to 1:15 on the second and fourth Thursdays of each month. On the 2nd Thursday we meet at a restaurant in Arlington (currently Texas Jacks BBQ). On the 4th Thursday we meet via Zoom (click [HERE](#) to join). Newcomers are welcome to join the Zoom meeting..

Organization comes together 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 arlingtonpflag@gmail.com for more or go to www.pflagdc.org

Helmets Toastmasters meet 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.

Let us know about an upcoming event

www.connectionnewspapers.com/Calendar



22nd Annual

ALEXANDRIA OLD TOWN ART FESTIVAL

An Outdoor Art Festival on John Carlyle Square

SEPTEMBER 14-15 **300 JOHN CARLYLE ST.**
Sat/Sun 10am-5pm Alexandria, VA



- FREE ADMISSION -

SPECIAL PARKING RATE AT
333 JOHN CARLYLE STREET PARKING



FOR EVERY GENERATION. THIS IS WHY WE WALK.

At the Alzheimer's Association Walk to End Alzheimer's®, we're fighting for a different future. For families facing the disease today. For more time. For treatments.

We're closer than ever to stopping Alzheimer's. But to get there, we need you. Join us for the world's largest fundraiser to fight the disease.

ADDITIONAL WALKS AVAILABLE. FIND ONE NEAR YOU AT ALZ.ORG/WALK.



2024 WALK TO END ALZHEIMER'S

Sep. 28
Sep. 29

Washington, DC
Reston, VA

2024 NATIONAL PRESENTING SPONSOR
Edward Jones®

WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION®

No Mow

Life at the Landfill – Much More than Trash

BY GLENDA C. BOOTH
CONNECTION NEWSPAPERS

As multi-ton garbage trucks roll in and out 24 hours a day to unload the never-ending detritus of modern life and mammoth forklifts rumble over the I-95 landfill at Lorton, just over the hill, a very different kind of life abounds.

Amid the crickets' constant chirping, keen listeners may hear the tinkling call of a bobolink. Their fall call is "a repeated ink," says the National Geographic Field Guide to the Birds of North America. Bobolinks are seven-inch-long birds that live and forage in tall grasses and winter in South America.

Bobolinks migrate through Northern Virginia in the spring and fall and are "very rare in the eastern United States," says Greg Butcher, retired U.S. Forest Service wildlife biologist. Why are these birds at the landfill? Bobolinks prefer grasslands, a rare and diminishing habitat. Grassland acreage in Virginia may be less than .0001 percent what it was pre-colonization, according to Justin Folks, Natural Resources Conservation Service. "The eastern United States has lost 99 percent of its grassland since European settlement," notes Butcher.

NO MOW

This year, managers designated 50 acres of the 500-acre landfill as a "no-mow" zone, as directed in February by the Board of Supervisors and recommended by the Northern Virginia Bird Alliance. The goal is to avoid mowing during grassland birds' spring and early summer nesting season. This area has not been mowed since September 2023. By letting the grasses grow, managers have in effect created a grassland. Butcher comments, "I've spent a lot of time and energy working with the people at the landfill because it has the largest patch of grassland in eastern Fairfax County."

Grassland birds are "among the fastest-declining bird species in the U.S., with a 34



CREDIT: FAIRFAX COUNTY

Map of the no mow area at the landfill.

percent loss since 1970," a National Audubon Society 2022 report concluded. "The landfill supports populations of five key eastern grassland bird species," Butcher reports.

PREPARING A PLAN

Blair Evancho, a May college graduate and county intern, and Carlos Leiva, a county

employee, are conducting bird surveys, especially identifying birds that are "regionally rare and specialize in grasslands," explains Evancho. "This habitat supports species that are not supported elsewhere."

In other words, the point is not just the total number of birds or species, but documenting birds not typically found in other area

habitats. Other grassland birds they have seen include Eastern meadowlarks, grasshopper sparrows and dickcissels. Butcher calls the dickcissel "a Midwestern bird."

The landfill is in fact an Ebird hotspot, with at least 126 species identified over the

SEE NO MOW, PAGE 6



PHOTO BY GLENDA BOOTH

Blair Evancho is conducting bird surveys and preparing management protocols.



PHOTO BY BLAIR EVANCHO

Fairfax County Public Outreach and Engagement Specialist, Carlos Leiva, records the species of a bird observed during a sunrise bird survey.

No Mow



Landfill grasses. ReWorld (formerly Covanta) waste-to-energy in the background.



Mowed area on the left; unmowed area on the right.



Big machinery rumbles around some sections of the landfill.

PHOTOS BY GLENDA BOOTH



Bearded beggar tick plants attract beetles and other insects.



Bearded beggar tick and Queen Anne's lace plants brighten the landscape.



Black swallowtail butterflies nectar on plants at the landfill.



Bull thistles were releasing seeds.



Managers have put up "no mowing" signs to delineate the area.

Birding the Landfill

To survey birds at the Lorton landfill, register at 9850 Furnace Road, Lorton, get a map and vest.



PHOTO BY CARLOS LEIVA

Northern Virginia Birding Alliance member, Greg Butcher (left), and Fairfax County Grassland Habitat Intern, Blair Evancho (right), scan their surroundings for birds during a bird survey".

WWW.CONNECTIONNEWSPAPERS.COM

FROM PAGE 7

last 15 years, most not grassland birds. On Sept. 5, vultures soared and crows called. Observers spotted Eastern phoebes and American kestrels. On July 31, Butcher confirmed 13 species, including wild turkeys, common ravens and chimney swifts.

On Sept. 5, the no-mow area was alive with insects, including butterflies (monarchs, cloudless sulfur, cabbage and tiger and black swallowtail), beetles, bees and dragonflies. "There are grasshoppers everywhere," Evancho observed.

The area has a mix of wildflowers, native grasses and lespedeza. Bright yellow

bearded beggar tick and Queen Anne's lace plants punctuated the landscape as fox tail grasses swayed in the breeze. Bull thistles were shedding their seeds. Goldfinches use these seeds for building nests in August, said Butcher. "This is when seeds are available."

Fairfax County official Eric Forbes touts the county's "sustainability-minded management."

"We planted our first native meadows at the site in 2016 for pollinators and wildlife, now we are managing traditionally mowed turf areas to allow for grassland bird nesting," Forbes says.

"Hopefully we can show that altering our mowing schedule will allow native birds to breed, setting an example that helps our department's sustainable community goal and meets our environmental compliance requirements for landfill management. This project can change how landfill operators and regulators manage mowed turf areas to allow for harmony with native bird species and other critical wildlife." Forbes is Deputy Director, Solid Waste Management Program of the Department of Public Works and Environmental Services.

Evancho will analyze his data and prepare management protocols for the 50 acres. The Smithsonian's Virginia Working Landscapes recommends Feb. 15 to April 1 as the "optimal time for field management" to protect breeding and nesting grassland birds.

Meanwhile, this part of the landfill is becoming a rare and rich grassland.



PHOTO BY CARLOS LEIVA

Northern Virginia Birding Alliance member, Greg Butcher, watches the wood line for birds during a sunrise bird survey".

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.

VOLUNTEER FOR ARLINGTON'S COMMUNITY AMBASSADOR PROGRAM!

Arlington Neighborhood Village (ANV), in partnership with Arlington County and Marymount University, has started the Community Ambassador Program (CAP). CAP is a volunteer fueled system that identifies "Ambassadors" connected with civic associations, faith communities, senior centers, apartment buildings, etc. These individuals will be trained to be a reliable source of information about the many opportunities available to older adults in Arlington.

Ambassadors will spread the word about programs and support services, opportunities for social and civic engagement, and educational and enrichment activities for older adults in their own neighborhoods. They are actively recruiting ambassadors to act as a bridge between their community and the Arlington safety net, providing information and soliciting feedback to improve offerings that help older adults remain safe, independent, engaged, and connected to their community. Contact cap@anvarlington.org if this is something you are interested in or want to learn more. Let's work together to create a supported and connected community for all ages! Receive Support Services

Are you a senior in Arlington? Do you need support services but don't know where to look? Are you looking for fun and enriching activities in Arlington? Email or call 703-509-8057 and they will connect you with an Ambassador!

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.

NOW THRU 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>



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

www.arlingtonartistsalliance.org/events

NOW THRU SEPT. 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.

NOW THRU SEPT. 17

CANstruction Exhibit. Visit the Fashion Centre at Pentagon City (1100 S Hayes St., Arlington) to witness the annual CANstruction structures, larger-than-life creations built completely from canned goods! The installations, designed by local DMV architectural firms, will be open to the public until Sept. 15, when all the canned goods will be donated to food insecurity Arlingtonians this fall.

WEDNESDAY/SEPT. 11

Quiz the Candidates Night. 7 p.m. At Lubber Run Community Center, Arlington. Get your questions answered by both County Board and School Board candidates during a moderated Q&A session. County Board candidates Audrey Clement, Juan Carlos Fierro, Madison Granger, and JD Spain, Sr. and School Board candidates Kathleen Clark, Zuraya Tapia-Hadley, James Vell Rives, and Paul Weiss will engage on local issues as they seek to fill open seats in the November 2024 election.

THURSDAY/SEPT. 12

Election Educational Event. 6:30-7:30 p.m. At Arlington Central Library, 1015 N. Quincy Street; Auditorium. This event will be on Elections in Arlington and it will be an overview of the roles of

Arlington's Registrar and the Board of Elections. This is a great way to understand the roles of these important offices directly from the people that do the work. If you want to understand elections processes in Arlington, this is THE event to attend!

THURSDAY/SEPT. 12

Arlington Historical Society Talk. 7 p.m. The Role of the Unitarian Church in Arlington's Resistance to Massive Resistance: An Arrest, A Bomb Threat, and a Minister is Held in Contempt of Court. On Monday, June 1, 1958, while attending a church picnic in Bon Air Park, Mildred Eldridge, a member of the Unitarian church, was arrested for the crime of being Black in a whites-only park. Bill Fogarty, a member of the church, will explore the context of this arrest and other events that occurred in the 1950's, leading to the desegregation of the schools in February and September of 1959. See the Arlington Historical Society website for directions to free on-campus parking at Marymount University or for details on how to register for Zoom access: https://arlingtonhistoricalsociety.org/events/unitarian-church-resistance_role/

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@vhhealth.org or 703-558-6859.

22nd Annual

ALEXANDRIA OLD TOWN ART FESTIVAL

An Outdoor Art Festival on John Carlyle Square

SEPTEMBER 14-15 300 JOHN CARLYLE ST.
Sat/Sun 10am-5pm Alexandria, VA

SCAN ME TO LEARN MORE

ArtFestival.com
Howard Alan Events
561-746-6615

RENEWAL BY ANDERSEN

- FREE ADMISSION -

The 22nd Annual Alexandria Old Town Art Festival takes place Sept. 14-15, 2024 at 300 John Carlyle Street in Alexandria

vhhealth.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 MedStar 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

ENTERTAINMENT

SATURDAY/SEPT. 14

Shredding for Hunger. Support AFAC at the annual Shredding for Hunger Free Community Drive-In Shredding Event, sponsored by Ann Wilson Homes. Just drive up to Arlington Church of the Brethren (300 N. Montague Street, Arlington) with documents to be shredded anytime between 10 a.m.-1 p.m., pop the trunk, and they'll do the rest! All non-perishable food and monetary donations brought to the event will benefit those coming to AFAC for free weekly groceries.

SEPT. 14-15

22nd Annual Alexandria Old Town Art Festival. 10 a.m. to 5 p.m. At 300 John Carlyle Street, Alexandria. Presented by the nation's top art festival producer, Howard Alan Events (HAE), the Annual Alexandria Old Town Art Festival throughout the decades has become a hallmark staple event for residents and visitors alike. Ranked by Sunshine Artists Magazine as one of the top art festivals in the nation, local and national artists will display their works in a prestigious show encompassing fine jewelry, exquisite works of art and handcrafted apparel and decor. Art enthusiasts discover spectacular paintings, life-sized sculptures, jewelry, glasswork, photography, ceramics and more. All artists will be on site for the duration of the festival, allowing visitors to discover the inspiration behind each original piece. Admission for patrons is free, and ample parking is

available. Saturday, the Art League will once more host the annual "Ice Cream Bowl" fundraiser with tasty treats served in lovingly crafted ornate bowls.

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 ques-

tions, contact Jolie Smith at 571-384-1443 or email jolie.smith@afac.org.

WEDNESDAY/SEPT. 18

Alzheimer's & Caregiving Conference. 10 a.m. to 1 p.m. At Sheraton Pentagon City Hotel, 900 South Orme Street, Arlington. The free conference sponsored by the Alzheimer's Foundation of America is open to everyone and will allow participants to learn from experts in the field of Alzheimer's disease, brain health, caregiving, and self-care. To register, go to www.alzfdn.org/tour. Advance registration is highly recommended. Free, confidential memory screenings will be conducted throughout the day.

THURSDAY/SEPT. 19

Travel Writer Barbara Noe Kennedy. 7 to 9 p.m. At NRECA Conference Center, 4301 Wilson Blvd., Arlington. The Arlington Sister City Association invites you to a presentation by renowned travel writer Barbara Noe Kennedy on her new book: 100 Things To Do In Arlington Virginia Before You Die. Tickets \$30.

SATURDAY/SEPT. 21

Amazon's Community Day. 9 a.m. to 1 p.m. At Amazon's HQ2 at Metropolitan Park, 510 14th St. S, Arlington. Join Amazon for a free Community Day, filled with outdoor fun, to celebrate HQ2's one-year anniversary in National Landing. Community members of all ages are invited to take part in the fun, which includes exciting



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

activities for children, a DJ, interactive art installations, food tastings from local eateries, a brunch garden, lawn games, a farmers market and much more. The event has something for everyone, including:

- A kid's corner with a Lego wall, face painting, bubble art and glitter tattoos
- Enjoy beverages and local craft beers at the Boozy Brunch Garden, or grab a bite from one of Met Park's restaurants
- Make your mark on HQ2 with interactive art walls and chalk art
- Visit the community library to donate an old book and swap for a new one
- Lawn games, interactive art installations, and live screen printing.

Stroll through Met Park's Saturday Market, where over 50 local vendors sell produce, hot food and handcrafted art items. Snap a picture at the photo booth equipped with themed props. Enjoy family-friendly tunes with a live DJ to keep the energy up.

SEPT. 21-22

STUDIO TOUR, 59 Arlington Art Studios to Open to Public. This year will mark the seventh Arlington Visual Art Studio Tour, which is a joint effort of independent artists and volunteers, supported by contributors including Schnider Investment Group and Dominion Lighting, and in cooperation with

SEE ENTERTAINMENT, PAGE 11

Reach
your
audience
in
2024

Turn to the Connection Newspapers digital and print advertising options to reach customers in your community!



- EMAIL BLASTS
- DIGITAL BILLBOARDS
- FRONT PAGE SHOUTOUT
- SOCIAL MEDIA
- SPONSORED CONTENT

For Advertising: Call 703.778.9431 or Email sales@connectionnewspapers.com

THE CONNECTION Newspapers & Online
Alexandria Gazette Packet
Mount Vernon Gazette
Potomac ALMANAC

www.connectionnewspapers.com/advertising

Same Company, Same Employees,
Same Great Value - Now Celebrating 20 Years!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



- Electrical (ELE)
- Gas Fitting (GFC)
- Heating Ventilation and Air Conditioning (HVA)
- Plumbing (PLB)
- Residential Building (RBC)

Fully Insured & Class A Licensed Since 1999



10% down
nothing until the job is complete for the past 17 years

Free Estimates **703-999-2929**

Check if your contractor is licensed at the state level
<http://www.DPOR.virginia.gov>

Visit our website: www.twopoorteachers.com

ARE YOU LOOKING FOR
**DURABLE MEDICAL
EQUIPMENT?**

Experience the power of healing with durability! Trust in Durable Medical Equipment, your partner in Health and Recovery.



P: 571-460-0269 F: 571-350-3174

info@caremedsupply.com
caremedsupply.com

Be prepared before the next power outage.



**It's not just a generator.
It's a power move.™**

Receive a free 5-year warranty with qualifying purchase* - valued at \$535.

Call 844-947-1479 to schedule your free quote!



*Terms and Conditions apply.

LET THE PROS HANDLE IT! LeafFilter GUTTER PROTECTION



20% OFF + **10% OFF**
Your Entire Purchase* Seniors + Military

++ We offer financing that fits your budget!†

CALL TODAY FOR A
FREE INSPECTION!
1-877-614-6667



† See Representative for full warranty details. *One coupon per household. No obligation estimate valid for 1 year. †Subject to credit approval. Call for details. AR 366920923, AZ ROC 344027, CA 1035795, CT HIC 0671520, FL CBC056678, IA C127230, ID RCE-51604, LA 559544, MA 176447, MD MHIC111225, MI 262300173, 262300318, 262300328, 262300329, 262300330, 262300331, MN IR731804, MT 226192, ND 47304, NE 50145-22, 50145-23, NJ 13VH09953900, NM 408693, NV 86990, NY H-19114, H-52229, OR 218294, PA 179643, 069383, RI GC-41354, TN 10981, UT 10783658-5501, VA 2705169445, WA LEAFFNWB22JZ, WV W056912.

CLASSIFIED
WWW.CONNECTIONNEWSPAPERS.COM

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

Employment

Technology Lead, i360 Holdings, LLC, Arlington, VA: Work with senior engineers and architects on the team to build and test SQL and NoSQL database solutions. To Apply: Email resume to azura.gao@kochcc.com. Please include job number 161463 in the subject line.

Employment

Lead Data Scientist, Arlington, VA. Design, maintain & build databases & data archt. Dvlp quantitative methods to determine anomalies in data. Apply online w/mba Aviation at https://www.mba.aero/about/career-center/

Find us on Facebook and become a fan!

www.Facebook.com/connectionnewspapers



Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

Legals

Barry D. Laurent, DDS announces his retirement and the sale of his practice to Julia Lokitis, DDS. Dr. Laurent has practiced General and Cosmetic Dentistry for 41 years in his Tyson's Corner office located at 8292 Suite B Old Courthouse Rd. Vienna, VA 22182, and he wishes to thank his patient family for the opportunity to have provided their dental care over the last four decades.

Dr. Lokitis is excited to welcome you to the new home of Northern Virginia Dental Solutions. She has 14 years of experience in the dental field, with a degree from University of Maryland and a residency at York Hospital. Her goal is to provide high-quality dental care in a comfortable and welcoming environment. She looks forward to meeting you and helping you achieve a healthy and confident smile.

Dr. Laurent and his staff welcomes Julia, and if you would like to call the office at 703-893-1603, Michelle, our office manager, will be happy to answer any questions you might have.

Make the smart and ONLY CHOICE when tackling your roof!

LIMITED TIME OFFER! SAVE! UP TO **50% OFF** INSTALLATION

ERIC HOME FREE ESTIMATE **1.844.902.4611**

Expires 10/31/2024 MADE IN THE U.S.A.

New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Erie Construction Mid-West, Inc ("Erie"). Offer terms and conditions may apply and the offer may not be available in your area. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Erie or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on homeservicescompliance.com. All rights reserved. License numbers available at eriehome.com/erie-licenses/

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE STEP WALK-IN TUB

1-877-591-9950

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

Past issues of



back to 2008 are available at

<http://connectionarchives.com/PDF>

The **Arlington** Connection

www.ConnectionNewspapers.com

Twitter @ArlConnection

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by Local Media Connection LLC

1606 King Street Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
arlington@connectionnewspapers.com

Mary Kimm
Editor and Publisher
mkimm@connectionnewspapers.com

Shirley Ruhe
Contributing Photographer and Writer
slrbc@aol.com

Eden Brown
Contributing Writer
arlington@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Publisher
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Art/Design:
Laurence Foong
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com



SENIOR LIVING

"Flourishing After 55"

Office of 55+ Programs
Department of Parks and Recreation
300 N. Park Dr., Arlington, VA 22203 703-228-4747

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.

Registration 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.

Learn about owls that call Arlington County home, Wednesday, Sept. 11, 4 p.m., Arlington Mill 55+ Center. Take a short walk to meet a live owl. Presented by Gulf Branch Nature Center naturalist Gabby Hrycyshyn. Registration # 911400-40.

History roundtable participants will discuss the impact of famines in history, Wednesday, Sept. 11, 11:15 a.m., virtual. Registration # 911402-04.

Join Energy Masters for a fun bingo event focusing on energy and water efficiency, Thursday, Sept. 12, 11 a.m., Langston-Brown 55+ Center. Energy Masters is a joint program with Virginia Cooperative Extension and EcoAction Arlington. Registration # 911401-01.

The art of downsizing, interactive course with licensed realtor Philippa Main, Thursday, Sept. 12, 1:30 p.m., Langston-Brown 55+ Center. Registration # 911404-03.

A Day in Annapolis for the 55+ Travel group, Thursday, Sept. 12. Visit historic sites, stroll the City Dock, dine at a popular restaurant. Cost \$12, Arlington resident; \$14, non-resident.

Registration # 902409-06.

55+ Travel group will attend the Maryland Seafood Festival in Annapolis, Saturday, Sept. 14. Cost \$33, Arlington resident; \$38, non-resident. Registration # 902409-07.

"Saving Claire: The Story of Denying Gravity," a documentary film that explores the complexities of aging, Friday, Sept. 13, 10 a.m., Arlington Mill 55+ Center. View the film and listen to an expert panel discussion afterwards. Presented by VHC Health. Registration # 911502-01.

Senior Olympics social and pep rally for participants and supporters, open to all ages, no 55+ pass needed, Friday, Sept. 13, 11 a.m., Walter Reed 55+ Center. Registration # 911899-04. NVSO opens Saturday, Sept. 14, 9:30 a.m., Thomas Jefferson Community Center. Open to the public.

The Alliance for Arlington Senior Programs (AASP) is sponsoring a BBQ picnic to celebrate the 70th Anniversary of Arlington County's 55+ Program, Wednesday, Oct. 2, 12-3 p.m., Lubber Run 55+ Center. Deadline to register is Friday, Sept. 13. Cost \$10. Check with local 55+ centers for details. Registration # 911899-10.

Northern Virginia Senior Olympics opens Saturday, Sept. 14, 9:30 a.m., Thomas Jefferson Community Center. Open to the public. Track events follow opening ceremonies. Over 70 events will take place at 26 different venues through Sept. 29. Full schedule of events is on the website: www.nvso.us.

55+ Travel group will travel to Berryville, VA to the Historic Rosemont Manor Tea & Tour, Monday, Sept. 16. Cost \$73, Arlington resident; \$84, non-resident. Registration # 902409-08.

Beginner quilting class, create raised images from coils of paper strips using basic tools, Monday, Sept. 16, 2 p.m., Arlington Mill 55+

Center. Cost \$18. Registration # 911310-02. Supplies provided.

Total body fitness, vigorous full body workout to improve muscle strength, balance and flexibility, Mondays, 10 a.m. and Fridays, 10:15 a.m., Lubber Run 55+ Center. Cost \$60/15 session punch pass or \$4 drop-in pass. Purchase at Lubber Run front desk.

Humor and your health, its use as coping tools, physical and mental benefits, Tuesday, Sept. 17, 1 p.m., Arlington Mill 55+ Center. Presented by Cornelia Lest, Virginia Hospital Center (VHC). Registration # 911500-08.

Preparing for emergencies, Tuesday, Sept. 17, 2 p.m., Lubber Run 55+ Center. Presented by Emergency Response Team Volunteers and Emergency Management Staff. Registration # 911400-09.

Genealogy 101, learn how to use primary sources, grave sites and family records, DNA services such as Ancestry.com, Tuesday, Sept. 17, 11:30 a.m., Lubber Run 55+ Center. Registration # 911402-01.

Acoustic Café at Walter Reed 55+ Center presents musical entertainers Rick Franklin, Esther Haynes and Tom Mindte, Tuesday, Sept. 17, 7 p.m. Open to all ages; 55+ pass not required. Registration # 911301-01.

Full fitness exercise class, complete program combining warm-up, stretching and strength work, Tuesdays and Thursdays, 10 a.m., Lubber Run 55+ Center. Cost \$60/15 session punch pass or \$4 drop-in pass. Purchase at Lubber Run front desk.

Strength training class, Wednesdays and Fridays, 9 a.m., Lubber Run 55+ Center. Class works all major muscle groups. Cost \$60/15 session punch pass or \$4 drop-in pass. Purchase at Lubber Run front desk.

As My Later Mother Would Say: "It's Enough Already"



By KENNETH B. LOURIE

Since I have the time - and interest, in watching the daily new shows, I'm prepared to write a Kenny-column about the experience. There seems to be two phrases that the talking heads use/overuse repeatedly: "inflection point," and "permission structure." I cringe every time I hear them. It seems regardless of station - and irrespective of point of view, I am hearing these phrases, constantly. Almost as if there's a reward for using them.

On the one hand, the phrases have become the everyday jargon of the news coverers and of those whose opinion on that everyday news is sought after/printed, et cetera. The regularity with which I hear these two phrases reminds me of my 10th grade Western Traditions teacher. The class was ostensibly for 10th grade history, but my teacher was also an Art History teacher so much of our class was spent discussing/analyzing works of art.

The teacher whose name I can't recall (though I remember he was a man) spoke rather quickly and often on subjects/material with which I had limited knowledge (and patience/interest if truth be told). "As such," and in a moment, I'll explain why I began the sentence this way, some of us students were somewhat bored and trying to pass the time. The teacher was often speaking at length as the students would be taking notes. "Generally speaking," and I'll explain why I inserted that beginning, we were sort of looking for something to amuse us/pass the time. And what we came up with was the "as such" scoreboard. Why? This was a real-time tallying of the number of times the teacher uttered two distinct phrases. The two phrases? Do you need to ask? They were "As such," and "Generally speaking." If I remember correctly, "as such" could sometimes be heard upwards of 20 times in a one-hour class. "Generally speaking," not nearly as much. Still, its use/recurrence was too notable to ignore, just not on par with "as such."

Oddly enough, I did so well in this class that my teacher referred me into honors history where I remained for the balance of my high school years. It was my first and only honors class. An honor, I thought/felt and the first time a Lourie from Athelstane Road made such a grade. Being that there had been only one other Lourie from this address to precede me, it was hardly the world's greatest accomplishment. Nevertheless, it was certainly an accomplishment for an Athelstane Lourie, and I was proud to be so honored.

The honors history teacher had a word or two himself that he spoke repeatedly. It was when he was talking politics. He would call Democrats "Stuck-whistle liberals." I was amused but not quite sure I appreciated or even understood the total scope of the teacher's slight. However, he did use the phrase more often than any other (oddly enough I can't remember if he had a phrase for Republicans, seems like he would have). But not enough that it led to its unique scoreboard. Besides, the students in this class were a bit more focused - or at least not focused on the kind of childish pursuits some others (yours truly) were, so class was less amusing and more serious. Still, first with "Western Traditions" and then "Honors History" I did learn something, and not simply about art or history.

As I watch/listen to the news programs, I am reminded about 10th grade. "As such," I am very sensitive/alert to verbal redundancies and am often amused by them, regardless of whether I had to "permission structure" to do so, "generally speaking."

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

ENTERTAINMENT

FROM PAGE 9

Arlington's visual art organizations.

The Tour is a community-building event that allows visitors to discover the artists who are also their neighbors. The Tour will publish names, locations and opening hours of participating artists, so that anyone can create their own itinerary to meet the artists in their maker spaces and see their work. Studios in South Arlington will open Saturday Sept. 21, and those in North Arlington, on Sunday Sept. 22. This year, the assortment of artwork includes painting, assemblage, collage, printmaking, photography, ceramics, sculpture, weaving and fiber, drawing, papercutting, glass, metalwork, calligraphy and jewelry. Visit <https://www.arlingtonartstudiotour.org>.

SATURDAY/SEPT. 21

2024 American Horticultural Society Gala. 6-10:30 p.m. At River Farm, Alexandria. The annual soirée not only highlights the vibrant culture of gardening and horticultural practices but also raises vital funds to support AHS's outreach and educational programs and the stewardship of River Farm, headquarters of the AHS. The gala will feature cocktails, dinner, dancing and mingling set amongst River Farm's stunning gardens on the Potomac River. Complimentary valet is

also included. Attire is black-tie. Individual tickets are \$375 each, and sponsorships start at \$1,250. Visit www.ahsgardening.org/2024gala to purchase tickets and sponsorships.

SATURDAY/SEPT. 21

Clean Up and Trash Tally. 10 a.m. to 12 p.m. At Barcroft Park, 4200 S. Four Mile Run Drive, Arlington. Help contribute to a cleaner, greener environment. Join the EcoAction Arlington Annual Clean Up and Trash Tally. This is a great event for groups and volunteers four and up. EcoAction Arlington's Annual Cleanup and Trash Tally is held in conjunction with Clean Virginia Waterways and sponsored globally by the Ocean Conservancy. Volunteers pick up trash and debris from Barcroft Park and collect data about the litter they remove which helps identify trends and solutions to reduce plastic pollution. Register at <https://www.ecoactionarlington.org/2024-clean-up-and-trash-tally/>. For groups and corporations email volunteer@ecoactionarlington.org for the group registration link.

SEPT. 21 & 22

Stuff the Bus Food Drives. Join AFAC and partners Arlington Transit and Arlington County Environmental Services in stuffing an ART bus with 10,000 pounds of healthy, non-per-

ishable food donations! Shop for groceries at the Virginia Square Giant Food Store (3450 Washington Blvd., Arlington) on Saturday, Sept. 21 & Sunday, Sept. 22 from 10 a.m. to 4 p.m. and donate canned goods on the way out to help Stuff the Bus.

SUNDAY/SEPT. 22

Presentation on Christian Nationalism. 3 to 4:30 p.m. At Rock Spring Congregational United Church of Christ (UCC), 5010 Little Falls Road, Arlington. Dr. Greg Carey, a respected scholar and professor of New Testament at Lancaster Seminary, will present Christian Nationalism: What It Is, and Why It's Dangerous for Democracy and the Gospel. The concept of "Christian nationalism" has garnered increasing attention in recent years, yet many people still find themselves wondering what the term truly means and why it has sparked such concern. Dr. Carey's presentation will offer clarity by introducing the movement, explaining its historical roots, and exploring why Christian nationalism not only runs contrary to the teachings of the gospel but also poses a significant threat to democratic society. Dr. Carey will also preach at Rock Spring's worship service at 10:00 a.m. that morning.

TUESDAY/SEPT. 24

VHC Senior Health Falls Preven-

tion Fair. 10 a.m. - 12 p.m. Lubber Run Community Center, Arlington. Learn from experts about fall risks and prevention strategies. Informational booths, activities and screenings will be available, including fall risk assessment, balance and strength exercises, medication review with a pharmacist, home modification techniques and blood pressure and vision screening. Fair is hosted in partnership with the Northern Virginia Falls Prevention Alliance. No registration required. Free parking up to 4 hours.

TUESDAY/SEPT. 24

Become an Energy Masters

Volunteer! 6 p.m. At National Landing Water Park, 1601 Crystal Drive, Arlington. Passionate about caring for our environment? Looking to share that passion? Join EcoAction Arlington for a fun evening socializing with fellow Arlington community members who care for our environment. EcoAction Arlington is a local non-profit with a vision to engage everyone in Arlington in creating a sustainable community. This is a great opportunity for friendship and fellowship. All are welcome. Free. RSVP. Visit the website for more information at ecoactionarlington.org. Questions? Email Kara at volunteer@ecoactionarlington.org. RSVP required.

HELP FOR CAREGIVERS

Free Educational Conference September 18 in Arlington Aims to Help Families Affected by Dementia

The Alzheimer's Foundation of America (AFA) will host a free Alzheimer's & Caregiving Educational Conference on Wednesday, September 18 from 10:00 a.m. to 1:00 p.m. ET at the Sheraton Pentagon City Hotel (900 South Orme Street, Arlington, VA 22204) as part of its 2024 national Educating America Tour. The free conference is open to everyone and will allow participants to learn from experts in the field of dementia, brain health, and caregiving. To register, go to www.alzfdn.org/tour. Advanced registration is highly recommended.

"Knowledge is a useful and powerful tool that can help make any situation easier to navigate, especially something as challenging as caring for a loved one with dementia," said Charles J. Fuschillo, Jr., AFA's president & CEO. "Connecting families with useful, practical information and support that can help them now and be better prepared for the future is what this conference is all about. Whether dementia affects your family, you are a caregiver, or just want to learn more about brain health, we invite you to join us on September 18."

Dr. Raymond Scott Turner will offer healthy aging strategies to help prevent memory loss and cognitive decline, as well as explain the differences between dementia, mild cognitive impairment, and normal aging. Dr. Turner, a professor of Neurology and director of the Memory Disorders Program at MedStar Georgetown University Medical Center, will also review various treatment options and research strategies to develop more effective treatments for Alzheimer's disease.

Participants will learn how empowering individuals living with chronic illnesses to take an active role



PHOTO FROM ALZHEIMER'S FOUNDATION OF AMERICA

Families affected by dementia are invited to a free educational conference on September 18 in Arlington sponsored by the Alzheimer's Foundation of America.

in managing their own health, symptoms, and care leads to better health outcomes, improved quality of life, and reduced healthcare costs. Suzanne Hanas, founder and CEO of Premier RN Geriatric Care, will discuss self-care management and the chronic care model and explain how it involves cooperative goal setting and problem solving by the health care team, the patient, and their families.

To help caregivers understand how to address difficult behaviors with their loved ones, Melissa Long will teach strategies for identifying triggers, using a person-centered approach, remaining calm and empathetic, and using simple communication. Long, director of Education and Support for Insight Memory Care Center, will also explain the crucial importance for caregivers to understand positive and negative behaviors as attempts to express needs, emotions, or concerns, so that they can provide appropriate care and support.

Free, confidential memory screenings will be conducted throughout the day.

For more information or to register for the September 18 conference in Arlington, visit www.alzfdn.org/tour. Those who cannot participate in the conference or have immediate questions about dementia-related illnesses can connect with licensed social workers seven days a week through AFA's National Toll-Free Helpline by calling 866-232-8484, texting 646-586-5283 or web chatting at www.alzfdn.org by clicking the blue-and-white chat icon in the right-hand corner of the page. The web chat and text message features are available in more than 90 languages.

Submitted by the Alzheimer's Foundation of America.

AFA
ALZHEIMER'S FOUNDATION OF AMERICA

Educating America Tour: Free Alzheimer's & Caregiving Conference

September 18 | 10:00 AM - 1:00 PM

Sheraton Pentagon City Hotel
900 South Orme Street, Arlington, VA 22204

To register, scan the QR code or visit alzfdn.org/tour

2024 Program Sponsors

Lilly Eisai Genentech MERCK INVENTING FOR LIFE Roche Otsuka alector