



Enthusiastic members of Girl Scout Troop #60129 enjoy a fun morning making the world a better place on Saturday, Sept. 14 at a Food for Neighbors event. Page 10

PHOTO COURTESY OF FOOD FOR NEIGHBORS

NEWCOMERS & COMMUNITY GUIDE 2024-2025



Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Dist. Struc. ID	Route #	Route Name	Category	Postest Date
SCOTT	16850	689	LUNSFORD MILL RD	STREAM	9/4/2024
FRANKLIN	7869	641	CALLAWAY RD/ ROUTE 641	BLACKWATER RIVER	8/29/2024
RUSSELL	16339	67	SWORDS CREEK RD	BIG LICK CREEK	8/27/2024
LEE	10795	612	ROUTE 612	WALLENS CREEK	8/27/2024
HANOVER	9529	656	MOUNT HERMON RD	CAMPBELLS CREEK	8/21/2024
BEDFORD	2872	735	ROCK CLIFF RD/ ROUTE 735	DIFFICULT CREEK	8/13/2024
TAZEWELL	18610	642	ROUTE 642	CROCKETT'S COVE CK	8/12/2024
GREENE	9005	636	GOOSEPOND RD	SWIFT RUN	8/7/2024
ROANOKE	15104	758	CARSON RD/ROUTE 758	BRANCH GLADE CREEK	7/29/2024

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

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit vdot.virginia.gov and navigate to Traffic and Travel/For freight operators/Truck restrictions. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov or the Load Rating Program Manager, Manjil Devkota 804-786-4064.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730 or corina.herrera@vdot.virginia.gov.

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.

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.

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.

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.

How to use ParkMobile app, Thursday, Sept 19, 6 p.m., Lubber Run 55+ Center. Learn how to download the app and how to use it to pay for parking and more. Presented by Ashley Gomez, 55+ Center Director. Registration # 911403-02.

55+ Travel group will spend a day cruising across the Chesapeake Bay to St. Michaels, MD, Thursday, Sept. 19, tour for three hours then return to Annapolis to visit the Chesapeake Bay Maritime Museum. Cost \$121, Arlington resident; \$139, non-resident. Registration # 902409-09.

55+ Travel Open House, meet fellow travelers, ask questions and suggest new trips with Sharleka Ashton, travel supervisor and Sheila Budoff, travel assistant, Thursday, Sept. 19, 2:30 p.m., Lubber Run 55+ Center, registration # 911400-04 or virtual, registration # 911400-05.

Movie matinee, true story, "Nyad" (2023) (PG-13), Friday, Sept. 20, 12:30 p.m., Aurora Hills 55+ Center. Registration # 911804-04.

55+ Travel group is off to Annapolis and the Pennsylvania Dutch

Farmers Market, Saturday, Sept. 21. Cost \$11, Arlington resident; \$13, non-resident. Registration # 902409-10.

Coffee or Tea and Thee, new program to socialize and make new friends, Monday, Sept. 23 and Wednesday, Sept. 25, 9 a.m., Lubber Run 55+ Center. Drop-in.

Movie matinee showing of "King Richard" (2021) (PG-13), Tuesday, Sept. 24, 1 p.m., Lubber Run 55+ Center. Registration # 911804-01.

10 warning signs of Alzheimer's, presented by Ashley Scott, Alzheimer's Association, Tuesday, Sept. 24, 1 p.m., Langston-Brown 55+ Center. Registration # 911500-02.

Safety Expo during Fall Prevention Month, Tuesday, Sept. 24, 10 a.m. - 12 p.m., Lubber Run 55+ Center. Hosted in partnership with VHC Health and the Northern Virginia Fall Prevention Alliance. Includes informational booths, activities and health screenings. Registration # 911502-02.

The Reverse Underground Railroad, presented by Richard Bell, author of "Stolen: Five Free Boys Kidnapped into Slavery and Their Astonishing Odyssey Home," Tuesday, Sept. 24, 1:30, virtual. Registration # 914400-15.

Bees Unveiled, natural wonders, learn about the diversity of bees in local ecosystem, Tuesday, Sept. 24, 1 p.m., Arlington Mill 55+ Center. Presented by Herb Bolton, Arlington Regional Master Naturalist. Registration #911400-41.

Haiku for you, Japanese poetry workshop with award winning haiku poet Rick Black, Tuesday, Sept. 24, 12 p.m., Lubber Run 55+ Center. Registration # 911300-08.

Tree walk in Lubber Run Park with Arlington's Urban Forest Manager Vincent Verweij Wednesday, Sept. 25, 11 a.m., Lubber Run 55+ Center. Learn about the different species of trees and their value to the community. Registration # 911106-18.

Eight week walking challenge, walk on your own or join weekly evening walks on Wednesdays beginning Sept. 25 through Nov. 13, 5:30 p.m., Arlington Mill 55+ Center. Led by Mary Dallao, Walk Arlington and others. Registration # 911106-19

Arlington in the 1950s, presented by Karl Van Newkirk, Arlington Historical Society Museum, Wednesday, Sept. 25, 3 p.m., Aurora Hills 55+ Center. Registration # 911400-16.

Election 2024: what you need to know, what's on the ballot, early voting deadlines, ID requirements and more, Wednesday, Sept. 25, 1 p.m., Aurora Hills 55+ Center. Presented by Gretchen Reinemeyer, Director of Elections at the Arlington Voter Registration Office, Registration # 911400-11.

Intermediate drawing and painting class led by Community Arts Programmer Jennifer Droblyen, previous experience required, beyond the basics techniques, Thursday, Sept. 26 - Nov. 7, 1:30-3:30 p.m.,

SEE FLOURISHING, PAGE 15
WWW.CONNECTIONNEWSPAPERS.COM

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COMMUNITY GUIDE

Every Year Is Election Year in Virginia

Early voting starts Friday, Sept. 20; Election Day is Nov. 5

BY MARY KIMM
THE CONNECTION

Aside from bringing kindness and generosity into your community on a daily basis, there are few things more important than voting, especially in Virginia. It requires dedication to sign up for a mail-in ballot or head to the polls at least once a year, and more often twice since primary elections are also critically important. And it requires dedication and research to identify all the candidates and who you feel will best represent you.

This is a big year. Presidential elections historically draw the largest turnout. There are also important local issues and races on the ballot, including ballot questions. We'll let you know here what's on the ballot. But first ...

To vote, you must be registered to vote.

Every voter should check their voter registration status at your current address. Even if you voted recently, a process of purging some voters from the rolls means that you still need to check to be certain. You can check here.

<https://vote.elections.virginia.gov/VoterInformation>

<https://vote.arlingtonva.gov/Voter-Registration/Register-Vote>

After you are certain you are registered to vote at your current address, the next most important task is to make a plan to vote.

Early voting begins Friday, Sept. 20. Virginia is one of the best states for no-excuse early voting, with a long period to cast your ballot. It's always good to vote earlier to be sure nothing gets in your way, like illness or earthquake or hurricane or snowstorm (ok that's really unlikely). Make an event of it; plan to meet friends and family at Fairfax Government Center in the early days of early voting, then go out for coffee or lunch. Or maybe you'd rather vote quietly at home, in which case you can vote by mail. Request a mail-in ballot today and write on your calendar the day you plan to fill out and mail in your ballot.


<https://vote.arlingtonva.gov/Elections>
WWW.CONNECTIONNEWSPAPERS.COM

Commonwealth of Virginia, Official Ballot
County of Arlington
General and Special Elections
Tuesday, November 5, 2024

Voting Instructions:

- Use a blue or black ballpoint pen.
- Completely fill in the oval to the right of your choice.
- For a Write-in Candidate, mark the oval to the right of your choice and enter the name.
- If you make a mistake, ask an election worker for another ballot.

Precinct # **Full**



President and Vice President	Member United States Senate
Vote for only one	Vote for only one
Democratic Party Electors for Kamala D. Harris, President and Tim Walz, Vice President	Timothy M. Kaine - D
Republican Party Electors for Donald J. Trump, President and JD Vance, Vice President	Hung Cao - R
Green Party Electors for Jill E. Stein, President and Rudolph T. Ware III, Vice President	Write-in
Libertarian Party Electors for Chase R. Oliver, President and Mike ter Maat, Vice President	Member House of Representatives 8th District
Independent Electors for Claudia De la Cruz, President and Karina Garcia, Vice President	Vote for only one
Independent Electors for Cornel R. West, President and Melina Abdullah, Vice President	Donald S. Beyer, Jr. - D
Write-in	Jerry W. Torres - R
	David R. Kennedy - I
	Bentley F. Hensel - I
	Write-in
	Member School Board
	Vote for not more than two
	James Veil Rives IV
	Paul C. Weiss
	Zuraya Tapia-Hadley
	Kathleen A. Clark
	Write-in
	Write-in

Vote both sides of the ballot

Authorized by: Arlington County Electoral Board, 2100 Clarendon Blvd, Suite 320, Arlington, VA 22201, (703)-228-3456

Notice: The authority statement printed above must be removed and replaced with the appropriate authority statement for the candidate, committee, individual or group using this ballot for their own purposes. This ballot shall not be printed on white paper and the authority statement used for this ballot must comply with the requirements of either federal or state law, as appropriate.

For state requirements, see §24.2-622 & §24.2-955 et seq. of the Code of Virginia.
For federal requirements, call the Federal Election Commission, 1-800-424-9530

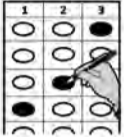
Authorized by: Arlington County Electoral Board, 2100 Clarendon Blvd, Suite 320, Arlington, VA 22201, (703)-228-3456

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For state requirements, see §24.2-622 & §24.2-955 et seq. of the Code of Virginia.
For federal requirements, call the Federal Election Commission, 1-800-424-9530

Ranked Choice Voting Steps

- Rank up to 3 candidates in the order of your choice.
- Completely fill in the oval to the right of the candidate's name:
 - In the 1st column for your first choice.
 - In the 2nd column for your second choice.
 - In the 3rd column for your third choice.
- For a write-in choice, print the candidate's name on the line and fill in the oval.
- If you make a mistake or need assistance, ask an election officer.



Member County Board

One candidate will be elected.
Rank candidates in the order of your choice.
Mark no more than 1 oval in each column.

	1	2	3
Julius D. "JD" Spain, Sr.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Juan C. Fierro	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Madison F. Granger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Audrey R. Clement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write-in	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Instructions:
Fill in the oval to the right of YES or NO

Proposed Constitutional Amendment	Community Infrastructure
Should the Constitution of Virginia be amended so that the tax exemption that is currently available to the surviving spouses of soldiers killed in action is also available to the surviving spouses of soldiers who died in the line of duty?	QUESTION: Shall Arlington County contract a debt and issue its general obligation bonds in the maximum principal amount of \$76,150,000 to finance, together with other available funds, the cost of various capital projects, including but not limited to facilities maintenance capital, facilities design and construction, the Arlington Neighborhoods Program, and other County infrastructure?
YES NO	YES NO

Metro and Transportation	Utilities
QUESTION: Shall Arlington County contract a debt and issue its general obligation bonds in the maximum principal amount of \$72,405,000 to finance, together with other available funds, the cost of various capital projects for the Washington Metropolitan Area Transit Authority (WMATA) and other transit, pedestrian, road or transportation projects?	QUESTION: Shall Arlington County contract a debt and issue its general obligation bonds in the maximum amount of \$14,220,000 to finance, together with other available funds, the cost of designing, expanding, improving, and renovating Arlington County's Water Pollution Control Plant and the water and sewer systems serving the County?
YES NO	YES NO

Local Parks and Recreation	Arlington Public Schools
QUESTION: Shall Arlington County contract a debt and issue its general obligation bonds in the maximum principal amount of \$25,770,000 to finance, together with other available funds, the cost of various capital projects for local parks & recreation?	QUESTION: Shall Arlington County contract a debt and issue its general obligation bonds in the maximum principal amount of \$83,990,000 to finance, together with other available funds, the cost of various capital projects for Arlington Public Schools?
YES NO	YES NO

Vote both sides of the ballot

3 Ways to Register To Vote

❖ You do not need to register in Virginia again if you are already registered at your current address. Check your registration.

❖ If your name or address has changed, you should update your registration to avoid delays when you vote. Registration is closed 21 days before general or primary elections and 13 days before special elections.

❖ If you miss the deadline to register, you might still be eligible to complete a Same Day Registration.

❖ **Online**
Apply or Update Online
You'll need your Virginia DMV ID.

❖ Mail / Mail Box

Download Application(PDF, 91KB)

Mail or Deliver In Person. There is a mail box outside:

Office of Voter Registration
2100 Clarendon Blvd, Ste 320
Arlington, VA 22201

❖ **In Person**
Applications Available On Site
No ID or Proof of Address is needed.

Office of Voter Registration
2100 Clarendon Blvd, Ste 320
Arlington, VA 22201

❖ Voter Registration Applications in Languages Other Than English

The U.S. Election Assistance Commission provides the National Mail Voter Registration Application, in Spanish and a number of Asian languages, including Chinese, Japanese, Korean, Vietnamese, Tagalog, and Hindi.

Check your Voter Registration

❖ Check online.
❖ Call the Office of Voter Registration at 703-228-3456
❖ Email the Office of Voter Registration Include your: Full name, Current address, Last four digits of your Social Security Number, Date of Birth.

Arlington Bond Questions: Community Infrastructure

QUESTION: Shall Arlington County contract a debt and issue its general obligation bonds in the maximum principal amount of \$76,150,000 to finance, together with other available funds, the cost of various capital projects, including but not limited to facilities maintenance capital, facilities design and construction, the Arlington Neighborhoods Program, and other County infrastructure?

Metro and Transportation

QUESTION: Shall Arlington

About The Connection Newspapers in 2024

STILL IN THE MIDST of the crisis which never ends, we at the Connection still hear the call to serve our communities, with a bit of wonder that we are able to continue given very limited resources. We still seek to fulfill our mission by continuing to publish, still printing thousands of copies of our weekly papers every week, and distributing thousands more digitally, with more reach via social media and our website. Certainly our approach and methods are different now.

It's still our mission to share the joy of our communities. You can find some of that joy every week, and in this community guide. Discover the great places according to the dogs, and history and pleasures provided by the legacy of the former Occoquan Workhouse and Lorton Reformatory, the Workhouse Arts Center and Laurel Hill Park. We share the joy of volunteers addressing hunger and so many other needs.

It's still our mission to provide information about how to help and where to get help; to tell the stories of the helpers, and of those who are hungry. It's still our mission to tell the stories of those working for social and racial justice, and battling income inequality.

It is our mission, set out in the first amendment of the U.S. Constitution, to press (pun intended) local government for transparency, although this is more and more difficult. The public has a right to expect transparency from local institutions. The founders clearly anticipated the ongoing need for the press to help in this role.

Your community Connection newspaper is published by the independent, locally owned Local Media Connection

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 - ❖ ON INSTAGRAM <https://www.instagram.com/connectionnewspapers/>
- See our "stories" on Facebook and Instagram every day for highlights of events, news, pets and more.
- ❖ LETTERS TO THE EDITOR: Email to editors@connectionnewspapers.com
 - ❖ Events for our calendar, email to calendars@connectionnewspapers.com or online www.connectionnewspapers.com/Calendar/

LLC. Our flagship paper, the Alexandria Gazette Packet, is perhaps the oldest continuously publishing paper in the country, beginning in 1784.

We are blessed with remarkable, award-winning staff, contributing writers and photographers who are dedicated to our mission. Most have been writing for the Connection/Gazette for years, some for more than a decade (or two, or three). Each brings areas of interest and expertise. Check the bylines. Don't miss Bonnie Hobbs, Mercia Hobson, Jeanne Theismann, Janet Barnett, Michael Pope, Mike Salmon, Susan Laume, Glenda Booth, Eden Brown, Shirley Ruhel and others.

Local newspapers, including the Connection Newspapers,

are facing an existential threat from the combination of nationwide downturn in newspaper advertising that has been worsening over several years, compounded by the economic crisis.

Revenue has not nearly rebounded to pre-pandemic levels, and we are going to need more help to keep going. We will renew calls for contributions and subscriptions. <https://gofund.me/8484a551>

If you value local news and you have a budget for advertising and promotion, please endeavor to spend some of it with local newspapers including ours.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Every Year Is Election Year in Virginia

FROM PAGE 3

County contract a debt and issue its general obligation bonds in the maximum principal amount of \$72,405,000 to finance, together with other available funds, the cost of various capital projects for the Washington Metropolitan Area Transit Authority (WMATA) and other transit, pedestrian, road or transportation projects?

Utilities

QUESTION: Shall Arlington County contract a debt and issue its general obligation bonds in the maximum amount of \$14,220,000 to finance, together with other available funds, the cost of designing, expanding, improving, and renovating Arlington County's Water Pollution Control Plant and the water and sewer systems serving the County?

Arlington Public Schools

QUESTION: Shall Arlington County contract a debt and issue its general obligation bonds in the maximum principal amount of \$83,990,000 to finance, together

Member County Board			
One candidate will be elected. Rank candidates in the order of your choice.			
Mark no more than 1 oval in each column			
	1	2	3
Julius D. "JD" Spain, Sr.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Audrey R. Clement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write-in	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

er with other available funds, the cost of various capital projects for Arlington Public Schools?

Local Parks and Recreation

QUESTION: Shall Arlington County contract a debt and issue its general obligation bonds in the maximum principal amount of \$25,770,000 to finance, together with other available funds, the cost of various capital projects for local parks & recreation?



Early Voting Locations & Hours

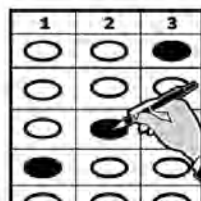
Nov. 5, 2024 Presidential Election

Voters need an acceptable form of ID.
Voters mark and cast their ballot on the spot.
They only need to bring an acceptable ID.

Location	Dates & Hours
Courthouse Plaza 2100 Clarendon Blvd, Ste 320	Sept. 20 - Oct. 15 Monday - Friday.....8am - 5pm Oct. 16 - Nov. 2 Monday - Friday.....8am - 7pm Saturdays.....9am - 5pm Sundays.....11am - 4pm
Long Bridge Aquatics & Fitness Center 333 Long Bridge Drive	Sept. 20 - Oct. 15 Monday - Friday.....8am - 5pm Oct. 16 - Nov. 2 Monday - Friday.....8am - 7pm Saturdays.....9am - 5pm Sundays*.....11am - 4pm *Early Voting at Long Bridge Aquatics & Fitness Center will be CLOSED on Sunday, Oct. 27 due to the Marine Corps Marathon.
Madison Community Center 3829 N Stafford St	Oct. 16 - Nov. 2 Monday - Friday.....2pm - 7pm Saturdays.....9am - 5pm Sundays.....11am - 4pm
Walter Reed Community Center 2909 16th St S	Oct. 16 - Nov. 2 Monday - Friday.....2pm - 7pm Saturdays.....9am - 5pm Sundays.....11am - 4pm

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- If you make a mistake or need assistance, ask an election officer.



COMMUNITY GUIDE

Everything You Ever Wanted To Know About Arlington ...

But didn't have time to find out.

BY EDEN BROWN
ARLINGTON CONNECTION

I thought I knew everything about Arlington. And I did know most of what is in Barbara Noe Kennedy's book "100 Things to do in Arlington Virginia Before You Die." But it did take me 30 years of living here on and off to discover those things and one of them I just found yesterday: the Met Park next to Amazon's HQ2. Since most of that "learning Arlington" took place once I didn't have a full-time job, getting this book certainly makes it possible for working people to break the code on what makes Arlington special a lot faster. I also found out where Kinder Haus Toys moved. And what the brick tower in the Met Park symbolizes. Thank you.

But it's the author's perspective on Arlington that makes the book special. There is a lot about food, but there is even more about quiet places to watch a sunset. Or how inner-city school kids died on the flight that was hijacked into the Pentagon on 9/11. Or an amazing event on August First that I know I never would have discovered on my own. (Read the book to find out.) Kennedy also does a great job of discovering South Arlington, and her list is broad enough to make everyone happy - kids and adults.

I'll be making my list of things I didn't already know - there are about 25; the first one is to take a young relative to play Disc Golf at Bluemont, and the second is to

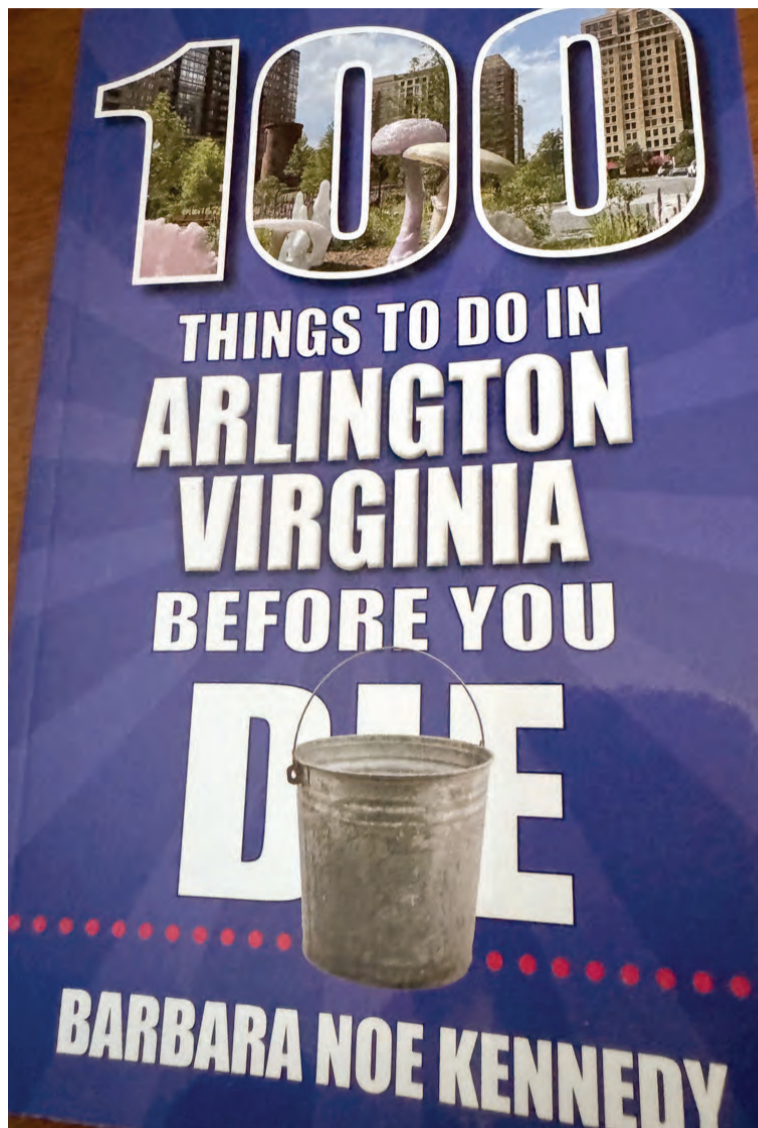


PHOTO BY EDEN BROWN

Barbara Kennedy's book about Arlington gives readers perspective on the county.

go eat crabs at the crab shack. And there are another 25 things I knew about but didn't actually "do." And now I want to do them all.

The Arlington Sister City Association will host Barbara Kennedy on

Sept. 19 for a book signing. Food from the restaurants she mentions in her book will be offered at the event. For tickets, see: https://app.aplos.com/aws/events/100_things_book_lecture

Vote David R. Kennedy for the U.S. Congress



Hi Friends! I am a "We the People" Independent who will always fight for the quality-of-life issues that matter to you. Together, we can reject divisive politics ... and embrace our common good!



Learn more at
www.DaveKennedy2024.com

Paid for by David R. Kennedy for Congress



Congratulations

Udeme (Udy) Ekong, RN

Alexandria Chamber of Commerce Community Champion Medical Professional of the Year

Alexandria Rehabilitation & Healthcare Center Administrator, Jennifer Patrick, and the entire Alexandria Rehabilitation Team Congratulate Udy, our Director of Nursing, and an exceptional professional, leader and caregiver on this well-deserved award!



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THE CONNECTION
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Gazette Packet

Mount Vernon Gazette

Potomac
ALMANAC

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Animal Welfare League of Arlington, A Guide

Helping the community with animal questions and issues of all kinds.

PHOTOS CONTRIBUTED

BY ASHLEY SIMPSON
ARLINGTON CONNECTION

What are you supposed to do if you find an injured raccoon in your yard?

Or, what is the best course of action when there is a bird's nest in a tree on your property that your dog or cat just won't leave alone?

When you are faced with these animal challenges, you should call the Animal Welfare League of Arlington (AWLA). Experts and volunteers at this non-profit organization will provide helpful advice or dispatch Animal Control officers to take necessary actions to get the animals in question to safety. The AWLA can provide support for just about anything animal-related, with the exception of administering medical advice.

"If you have any questions, we are here for you," Chelsea Jones, Senior Communication Specialist for the AWLA, said. "We have a training hotline, too. It's just, legally, we cannot make medical recommendations other than bringing in animals to our clinic for vaccines."

The AWLA offers solutions for just about any vulnerable animal in the community — both domesticated and those who belong in the wild.

Since 1949, the AWLA has had a contract with Arlington County to manage the county's animal shelter and to provide animal control for the community. The 501(c)(3) organization also adopts out animals from the community to new homes and offers adoption and pet support programs to residents of Arlington County and the City of Falls Church.

As for animal control, the AWLA provides a wide swath of services. The organization employs seven Animal Control officers, including a chief and a sergeant.

"The primary services we provide on the animal control side pertain to wildlife care," Jones said. "Our Animal Control officers are a mix of law enforcement and community support. First and foremost, will assist with injured and orphaned wildlife. They will also take care of issues like off-leash dogs, bite incidents, and animal neglect cases — which thankfully in our jurisdiction is rare. They can issue tickets and violations in these scenarios and go to court; they are law enforcement officers of the county. However, they also expose the community to all the support services the AWLA provides. They hand out vouchers for microchips and vaccines, for example."

In caring for wildlife, Animal Control officers will address issues with animals in a full spectrum of scenarios, so long as the situation doesn't fall under the category of "nuisance wildlife" — or animals in unfinished spaces of a home or property.

For example, they extract animals from properties — as long as they are within the confines of finished areas — and safely transport injured animals to certified rehabilitation specialists across Northern Virgin-



Cardinal with fish hook in beak -- officers removed hook and sent to wildlife rehabber.



Baby goldfinch injured and orphaned going to local wildlife rehabber.



Orphaned baby raccoon in AWLA's Wildlife Resource Center.

ia.

"We once got a call from a homeowner about a snake in their toilet," Jones said. "An officer then went onsite to remove it."

The Animal Control officers work very closely with the members of the AWLA team who focus on rescue and adoption efforts.

"We all work very closely together," Jones said. "When the officers bring animals in, they come into our care first. We are all part of the same team."

With regard to domesticated animals in its jurisdiction, the AWLA takes the lost and stray into its care — either into the shelter

or into one of its many foster homes. The team will also take surrendered pets from residents of Arlington County and the City of Falls Church for rehoming.

"We do urge people to contact us before they need to rehome their pets," Jones said. "We can work with people and prepare better for intake. This is a judgment free zone."

What makes the AWLA different from other county animal service organizations is that the group aims to keep animals with their loving owners — not to take in every animal into the shelter without question.

"We are different from other animal ser-

Animal Welfare League of Arlington

2650 S Arlington Mill Dr,
Arlington, VA 22206
(703) 931-9241
<https://www.awla.org/>

vices organizations because we aren't a government agency," Jones said. "We are here to provide support to the community, helping with lost and found pets, providing support to people struggling financially with pets, people who need help with pet food, and more. We are really focusing on more community support as opposed to taking every single animal. We want to keep them in homes with the people they love."

The most utilized AWLA services and programs for residents of Arlington County and the City of Falls Church, Jones said, are the clinics that provide low- and no-cost rabies and distemper vaccines and the pet food pantry, which "provides people with pet food and other essentials to whoever needs it."

Other services include microchipping, community care clinics — which provide veterinary care for pets as well as human wellness resources and support, spay and neuter financial assistance, training classes, and a behavior hotline.

"Veterinary care is very expensive for people," Jones said. "If we can keep pets healthy by providing these services, then we want to provide them."

The AWLA touches all lives in the community — the animals in the wild, wildlife that may be stuck indoors or on someone's property, and pets who need new homes, and the pets who are already in loving homes. By providing a full spectrum of animal support services, the AWLA also keeps people healthy and happy. For the AWLA, animal services are people services, too.

To learn more about the AWLA, visit www.awla.org.

Arlington Remembers 9/11

Giant flags, moments of silence, bowed heads: 9/11 not forgotten.

BY EDEN BROWN
ARLINGTON CONNECTION

Kossara Alexandrova stands with the four year old daughter of her best friend, a military officer who served at NATO and met Alexandrova, a Bulgarian official, there. “We were best friends when we met at NATO Hqs,” Alexandrova said, “and I came to visit her while she is on maternity leave. When we realized it was Sept. 11, we both looked at each other and said, “We have to go to a ceremony together. I think it’s very important to remember 9/11. it happened in the US but this could’ve happened in any country. It’s important to remember and to express solidarity.”

On a bright Sept. 11 not unlike the one when two jets slammed into the World Trade Center, the Pentagon, and a field in Pennsylvania, a crisp Fall day with a cloudless blue sky, an honor guard came out to lower the flag to half mast at Bozman Center and those who came to remember 9/11 took a moment to be silent and reflect about that day 23 years ago. Elsewhere in Arlington, giant flags were hung on buildings, and small flags decorated steps in front of suburban homes.

PHOTOS BY EDEN BROWN



Officer Craig Guy of Arlington County Fire Department’s Station 5 holds his ax as part of the honor guard at the ceremony on 9/11. Guy said “Station 5 is the closest ACFD station to the Pentagon and was the first station from Arlington County to respond to the Pentagon attack.” The ceremony every year is important to them and they always make a point of being at the memorial every year.

Wreath-laying at the Bosman Center in honor of 9/11 attacks.

Good Old Fashioned Friendly Atmosphere

Each diner has its own version of comfort food.



Metro Diner 29 is located at 4711 Langston Blvd. It was opened in 1995 as the N.Y. style family-owned neighborhood diner with fresh ingredients and a friendly atmosphere. It is open from 6 am-10 pm.



You can't escape the extensive glass homemade dessert display just inside the door of Metro Diner. It features everything from strawberry shortcake, cannoli, fruit pies, to Napoleons and chocolate eclairs made in their downstairs bakery.

The menu at Metro Diner is extensive with jumbo burgers, super sandwiches, triple deckers and an extensive breakfast and dinner menu, and it can take a while to decide. This waitress is delivering the stuffed potato omelet. The omelets are popular for breakfast as well as the French toast made with homemade challah bread proofed 2.5 hours and baked 45 minutes which was featured when Diners, Drive-Ins and Dives stopped in for a visit in 2010.



The grill is a busy place at Bob & Edith's with hash browns ready on the side grill and omelets mingling with bacon burgers.

Bob and Edith's is a family-owned and operated group of local restaurants with three locations in Arlington and several in nearby locations. The restaurant on Columbia Pike recently offered a "buy one, get one free dessert."



Valentina Rivas is about to deliver the steak and cheese sandwich, one of the most popular items for lunch at Bob and Edith's 5050 Langston Blvd. location. Sonny, the manager ("everybody knows me") says the eggs with corn beef hash is popular for breakfast and you also have to try the homemade meatloaf ("be sure you say homemade") with mashed potatoes ("yum yum"). Although the sign engraved on the door advertises 24-hour service, this location is open from 7 am-3 pm. The other two locations are open 24 hours.

By SHIRLEY RUHE
ARLINGTON CONNECTION

Nobody is quite sure why they love the idea of a diner. Maybe it is the comfort level or all that gravy or just because that's where grandma and grandpa used to take you as a kid for noontime Sunday dinner. Arlington has several diners located around the area, each with a unique menu but all with that good old fashioned friendly atmosphere and their own version of comfort food.



Michele Manatt and Jose Dorce are having a mid-afternoon lunch at Ruthie's with Manatt choosing the day's special blackened flounder with arugula salad and Dorce the large loaf of cornbread—enough for several meals. Manatt says she loves to come here because it is good for any outing whether it's a special family occasion or meeting another professional. "I recently had breakfast on the patio." Manatt says she recently brought her son here who was home from college break before finals with a friend. "The friend had been in an encampment and I wanted to hear about it in a comfortable setting. Everything here is high quality and consistent, and look at all of the details in the restoration."

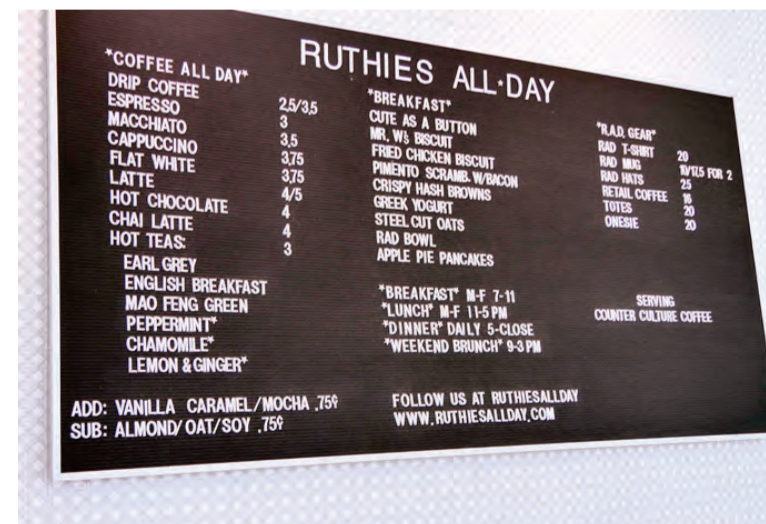


Silver Diner moved in December 2022 from its longtime location on Washington Blvd. to 4400 Glebe Road where they offer the same extensive menu. Duyen Brink, the manager, says with the move the clientele is absolutely different with younger people from the nearby high rises frequenting the new space. But they also still have a lot of families. She says the previous location had a number of long-time older customers.



Isaiah Garrett checks out what is in his patty melt served with fries which he is enjoying on the outside patio which seats 68. Garrett says this is his first time at Silver Diner and his sandwich is really good. The indoor dining room seats 224.

Manager Duyen Brink says Silver Diner is known for its shakes including some unusual flavors such as the nutella banana and chunky monkey. "We also offer a full dinner menu with steaks, scallops and crab cakes which are delicious and I don't usually even like crab cakes."



Ruthie's All Day is a neighborhood restaurant located in a historic landmark at 3411 5th Street S in the site of a former chocolate factory and ice cream parlor. It has been restored and reimagined to keep the historical ambiance. The menu is Southern-inspired with such menu items as Harry's hot hush puppies, 100 percent wood smoked half rack sticky ribs, and the grits and pulled pork bowl. Hours are 7 am-9 pm Monday-Thursday with differing hours on the weekend including Saturday and Sunday brunch.



Juan Olibara has been a runner at Ruthie's for three years. One of the waiters nearby says the meat with two or three is the most popular thing on the menu, probably the brisket or pulled pork. "The deviled eggs are good here. If I mention anymore, I'll tell you the whole menu."

BULLETIN BOARD

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

GREEN VALLEY COMMUNITY DAY

The Green Valley Community Day will be held from 12:00 p.m. to 5:00 p.m. on Saturday, September 21, 2024. The Arlington County Police Department will conduct the following road closures from 9:00 a.m. to 7:00 p.m. to accommodate the event: 24th Street S. from Shirlington Road to S. Kenmore Street; S. Kenmore Street from 24th Street S. to Shirlington Road. Traffic around the event is expected to be impacted. The public should expect to see an increased police presence in the area and remain alert for pedestrian traffic. Street parking in the area will be restricted. Motorists should be on the lookout for temporary "No Parking" signs and illegally parked vehicles may be ticketed or towed. If your vehicle is towed, please use the online portal to find out the status of your vehicle and where it is located. The online portal is updated in real time. If you cannot locate your vehicle or need additional support using the online portal, call the County non-emergency number at 703-558-2222.

to know neighbors and meet officers from different sections of the department. The Arlington County Police Department is committed to developing and maintaining strong relationships with those we serve as a vital component to ensuring the public's trust. We work proactively to engage with all who live, work, or visit Arlington County and Coffee with a Cop provides a unique opportunity to build these partnerships, one cup of coffee at a time. National Coffee with a Cop Day will be celebrated at the following locations and times on Wednesday, October 2: 8:30 a.m. - 10:30 a.m. Iddo's Coffee and Social House - 1107 S. Walter Reed Drive 12:30 p.m. - 2:30 p.m. Compass Coffee - 4710 Langston Boulevard

2024 SAMUEL BECKETT'S CELTIC FESTIVAL

The 2024 Samuel Beckett's Celtic Festival will be held in Shirlington on Saturday, September 21, 2024. The Arlington County Police Department will close the following roadway from 8:00 a.m. until 8:00 p.m. on September 21, to accommodate the event: Campbell Avenue from S. Randolph Street to 28th Street S. (in front of the Harris Teeter)

Traffic is expected to be impacted in the area and event attendees are encouraged to use multimodal transportation options. Street parking in the area will be restricted and motorists should be on the lookout for temporary "No Parking" signs. Vehicles in violation of the posted signage will be ticketed and towed. If your vehicle is towed, please use the online portal to find out the status of your vehicle and where it is located. The online portal is updated in real time. If you cannot locate your vehicle or need additional support using the online portal, call the County non-emergency number at 703-558-2222.

POLICE HOST 2024 NATIONAL COFFEE WITH A COP DAY EVENTS

Wednesday, October 2 is National Coffee with a Cop Day and the Arlington County Police Department's Community Engagement Division is hosting two events to celebrate community/police relations. These morning and afternoon events are welcome to all and are a great informal engagement opportunity to ask questions, voice concerns, get

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 go.gl/forms/s2FuFdaYwDzm4tPw2.
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 Sigveland at arlingtonva.us or visit health.arlingtonva.us/opioid-awareness/ for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

Back to School Backpack Event

The Arlington Branch of the NAACP and the Arlington Coalition of Black Clergy joined forces to host a highly successful Back to School Backpack Event on Aug. 17, 2024. Held in anticipation of the upcoming school year, the event drew families and students from across the community. Despite starting in the afternoon, eager participants began gathering at Mount Olive Baptist Church hours in advance, demonstrating the immense excitement and need for the supplies being offered. We began the day with a prayer and blessing for students, educators, school staff and all educational institutions.

A total of 500 backpacks were distributed within an hour, each filled with essential school items such as binders, pencils, glue, pens, paper, rulers, hand sanitizer, spiral notebooks, and more. In addition to the backpacks, extra school supplies were provided to ensure students were fully prepared

for the academic year.

The event was powered by the generous contributions and volunteers from the 14 faith communities within the Arlington Coalition of Black Clergy and the members of the Arlington Branch of the NAACP. The dedication and willingness of the 27 volunteers to serve were evident as they handed out backpacks with smiles and encouragement, making the day not only one of resource-sharing but also of community unity.

This was all made possible by the countless volunteer hours and the heartfelt donations from individuals, businesses, and organizations throughout the community. Thank you goes out to everyone who contributed, ensuring students are equipped to start the school year strong. Your generosity will leave a lasting impact on these young lives, and we look forward to continuing this tradition of support for years to come.



The dedication and willingness of the volunteers were evident as they handed out backpacks with smiles and encouragement.

First Food Collection of New School Year in Arlington

Event held during National Hunger Action month.

On Saturday, Sept. 14, Food for Neighbor's work took place at the Arlington Career Center and involved over 220 Arlington County households donating food and toiletries as well as more than 80 volunteers supporting its collection, sorting, and delivery to schools.

Over 80 area Food For Neighbors volunteers stepped up to tackle student hunger Saturday by collecting and sorting more than 2,700 pounds of food and toiletries donated by over 220 Arlington households. Arlington Public Schools receiving the donations are: Arlington Career Center, Arlington Community High School, Gunston Middle School, Kenmore Middle School, and Wakefield High School.

"The work done by Food For Neighbors is meeting very real physiological needs of students," said Cory Mainor, Assistant Principal at the Arlington Career Center. "If a child's body is not receiving sustenance, it's hard to focus. If you want to have a child's mind, you have to have their heart. A good way to show students you care is by meeting those physiological needs." Mainor continued, "Students can register for



Enthusiastic members of Girl Scout Troop #60129 enjoy a fun morning making the world a better place.

weekly supplies every Friday, and a staff member will fill 'to go' bags, which students can take home. To say that without this bag some students would have nothing to eat is not an overstatement. For others, it is a supplement, relieving parents of the burden of figuring out what to provide in between meals."

Food for Neighbors recently received an \$11,500 mini-grant from the Arlington Department of Human Services to expand FFN's program to provide teen friendly food to middle and high schools to add one more Arlington school.

Food For Neighbors, soon entering its ninth year, helps schools establish in-house food pantries and mobilizes local communities to fill them with food and toiletries donated through the nonprofit's Red Bag Program.

Arlington volunteers included Girl Scout Troop #60129, and

employees of Ventera and Elastic, which also delivered generous food drive donations.

Louise Kehoe, Ventera's HR Senior Recruiter, explained "Ventera does a lot of community service, and today's been great. We had employees at FFN sites in Arlington, Ashburn, and Fort Hunt. We feel it's really important for any company to give back to the community they live in. We plan to do this again."

Also volunteering in Arlington were Bharati Jain and her son, Lincoln, of The Bharati and Lincoln Jain Foundation, which served as the generous matching donor for FFN's Back-to-School campaign. "When I learned that there are students in schools who are hungry and food insecure, I wanted to help immediately," said Jain. "I hope my family and FFN can eventually make an impact and de-



Lincoln Jain (right) joins a new friend in service to help sort food bound for local Arlington Public Schools.

crease the number of kids who are food insecure in our local schools. I encourage others to help support this worthy cause."

Despite Northern Virginia being among the most affluent areas in the state, more than one in four students in Arlington qualified for free or reduced-price school meals during the 2023-2024 school year. FFN works to ensure that food is readily accessible to students during the school day and to take home over weekends and holidays.

"We want all children to start out the school year fully ready to learn," said Karen Joseph, Founder and Executive Director of Food For Neighbors. "To reach their full potential, students need to concentrate on their classes, not on the growling in their stomachs." Experts say food insecurity affects memory, mood, and motor skills.

"September is Hunger Action

Month — a time when communities in towns big and small come together to help ensure that no one goes hungry," Joseph continued. "And once again, Arlington residents have generously given their time and donations to help students in neighborhood schools. We are deeply grateful for their help and for the profound impact they have on so many young lives."

Throughout its service area in Arlington, Fairfax, and Loudoun counties, FFN collected and sorted over 26,000 pounds of donations bound for 47 partnering schools. To learn more about FFN and join more than 3,000 Red Bag donors and over 3,500 volunteers, visit <https://www.foodforneighbors.org/get-involved>.

contact@foodforneighbors.org
www.FoodForNeighbors.org

GIVE LOCALLY IN ARLINGTON

Arlington Nonprofits Need Your Help

❖ Edu-Futuro was founded in 1998 by immigrant parents in partnership with Arlington Public Schools to provide educational services for low-income under-resourced immigrant youth and families. They offer education, leadership development and after-school enrichment initiatives. 110 Washington Blvd, Arlington, VA 22204 info@edu-futuro.org (571) 309-5455

❖ Arlington Free Clinic provides free, high-quality health care to low-income, uninsured Arlington County adults through the generosity of donors and volunteers. www.arlingtonfreeclinic.org 2921 11th St. South, Arlington, VA 22204, 703-979-1425

❖ PathForward Empowering people from streets to stability with the PathForward Continuum of Care, 703-820-4357, pathforward-va.org

❖ Arlington Thrive provides one-time, same-day emergency financial assistance to Arlington residents facing a financial crisis, and also has programs to help prevent homelessness. 703-558-0035, www.arlingtonthrive.org

❖ Bridges to Independence leads individuals and families out of homelessness and into stable, independent futures. They offer a continuum of aid and support for all family members, helping them attain financial security and move forward into self-sufficiency. www.Bridges2.org

❖ Animal Welfare League of Arlington - Since 1944 the Animal Welfare League of Arlington has worked to improve the lives of animals. Help them create a world where all companion animals find homes; enjoy their lively social media presence. 703-931-9241, www.awla.org

❖ OAR (Offender Aid and Restoration) community based nonprofit working with individuals returning to the community from incarceration and offering alternative sentencing options through community service. 1400 N. Uhle Street, Suite 704. 703-228-7030 www.oaronline.org

❖ Doorways for Women and Families provides services to help women out of domestic violence and homelessness toward safe and stable lives, Arlington, www.doorwaysva.org, 703-504-9400.

❖ The Arlington Food Assistance Center provides supplemental food assistance to Arlington County residents, distributes groceries to over 3,700 families every week. More than 35 percent are children. 2708 South Nelson Street, Arlington, VA

WWW.CONNECTIONNEWSPAPERS.COM



In May Arlington Food Assistance Center (AFAC) commemorated serving two million families since they began in 1988. AFAC is a non-profit organization distributing free nutritious supplemental groceries to people in need weekly in Arlington. The population served has continued to grow now reaching 3,700 families each week.



For more than 45 years, Arlington Thrive has been the financial safety net for Arlington residents who find themselves unable to pay for basics such as rent, medical care, and other necessary services

22206, www.afac.org/, 703-845-8486.

❖ Habitat for Humanity of Northern Virginia, Arlington, 703-521-9890.

❖ Food for Neighbors is a local nonprofit partnering Arlington County Public Schools to address student hunger. On Saturday, Sept.

14, the work took place at the Arlington Career Center and involved over 220 Arlington County households donating food and toiletries as well as more than 80 volunteers supporting its collection, sorting, and delivery to schools. contact@foodforneighbors.org www.FoodForNeighbors.org



PathForward's mission is to transform lives by delivering housing solutions and pathways to stability for people experiencing homelessness in Arlington. They currently operate the Homeless Services Center 24/7, 365 days a year, which provides shelter, meals, and case managers with mental health counseling and job assistance. There is a full-time nurse practitioner and five respite beds. 2020 A 14th Street; pathforwardva.org



Encore Stage & Studio presents Cinderella at Thomas Jefferson Community Center. Encore is theatre by kids for kids. They offer a season of plays by children each year as well as school break and summer camps.

❖ Arlington Partnership for Affordable Housing (APAH) Nearly 4,600 people, including 1,600 children, live in an APAH property. Donations help APAH create new affordable homes and provide ser-

vices and opportunities for low-income families, seniors, and individuals with disabilities https://apah.org/

SEE GIVE LOCALLY, PAGE 11

GIVE LOCALLY IN ARLINGTON

Arlington Nonprofits Need Your Help

FROM PAGE 10

❖ Culpepper Garden is an award-winning, nonprofit retirement community specifically designed to provide security, comfort and affordable, quality living for people age 62 and older. Includes both independent-living and assisted-living apartments.

❖ Arlington Community Foundation, As a grantmaker, convener, and leader of programmatic initiatives, the Community Foundation strives to strengthen local nonprofits, encourage better understanding of the needs of Arlingtonians, and address the most critical issues of our time to ensure that our community provides opportunity for everyone <https://www.arlcf.org/>

❖ Encore Stage & Studio used the transformative power of theatre to help today's kids become tomorrow's leaders. In order for as many young people as possible to participate, Encore keeps ticket prices affordable for families, frequently offer discounted and complimentary tickets to families who wouldn't otherwise have access to theatre, offer need-based scholarships to all of its education programs, and ensure that no child has to pay to participate in its productions. Show your support for "theatre by kids, for kids!" by making a tax-deductible gift. <https://encorestage.org/> Encore Stage & Studio, Encore at Cherrydale, 3701 Lorcom Lane, Arlington VA 22207 Phone: (703) 548-1154 Email: info@encorestage.org

❖ The Lost Dog & Cat Rescue Foundation helps homeless pets find their way into loving homes through rescue and adoption. www.lostdogrescue.org/ P.O. Box 50037, Arlington, VA 22205; To donate www.lostdogrescue.org/donate-now/ or email giving@lostdogrescue.org 703-295-DOGS

❖ Northern Virginia Family Services, 571-748-2500, www.nvfs.org, Employment and job training, healthcare, housing, mental health, foster care and Healthy Families.

❖ Second Story — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182. 703-506-9191, second-story.org. Second Story (formerly Alternative House) provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children.

❖ Comfort for America's Uniformed Services (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for

all that they have done. Mailing address: 4201 Wilson Blvd., #110-284, Arlington, VA 22203, 703-591-4965, cause-usa.org

❖ Neighborhood Health Clinics www.neighborhoodhealthva.org, Improving health and health equity in Alexandria, Arlington, and Fairfax by providing access to high quality care regardless of ability to pay.

❖ Literacy Council of Northern Virginia, 703-237-0866, www.lcnv.org, Teaches adults the basic skills of reading, writing, speaking and understanding English.

❖ The Community Foundation of Northern Virginia works to respond to critical needs and seed innovation in the region. www.cfnova.org/for-donors/donate-now

❖ TAPS, Tragedy Assistance Program for Survivors, 3033 Wilson Blvd., Third Floor, Arlington, VA 22201, Call 24/7 800-959-TAPS (8277) The Tragedy Assistance Program for Survivors offers compassionate care and resources to all those grieving the loss of a military loved one. Make a donation to support surviving military families and loved ones. You can also make a gift in honor or memory of a loved one. www.taps.org/donate

❖ Friends of Guest House Northern Virginia offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org, friendsofguesthouse.org/

❖ Ronda A. Gilliam Clothing Bank provides free clothing, shoes and linens to individuals of all ages. Located in Arlington Presbyterian Church, 716 S. Glebe. 703-920-5660.

❖ Shirlington Employment and Education Center (SEEC) established to link employers with temporary day laborers; serves mainly low-income immigrants. At the Arlington Mill Community Center at 909 S. Dinwiddie Street, Suite 422, Arlington, VA 22204 703-933-1101 or seecjobs.org

❖ Alliance for Housing Solutions 3100 Clarendon Blvd, Arlington, VA 22201 703-859-0452, working to increase the supply of affordable housing in Arlington County and Northern Virginia through public education, policy development, advocacy and innovation. <https://www.alliancefor-housingsolutions.org/>



SEEC Hispanic day laborers line up for lunch prepared by a local church. Shirlington Employment and Education Center (SEEC) was established in 2000 by Arlington County to match day laborer./



Culpepper residents line up waiting their turn to have fun painting the wall with fingerprints. Culpepper Garden is an affordable senior community for people age 62 and older and the first low-income senior community in the U.S. to provide assisted living. It was established in the mid 70's and now includes two renovated independent living facilities with 267 apartments and an assisted living facility with 73 apartments. It is owned by the non-profit Arlington Retirement Housing Corporation.

❖ Catholic Charities Diocese of Arlington, 200 North Glebe Road, Arlington, VA 22203 (703) 841-3895 www.cdda.net

❖ Homeward Trails Animal Rescue, PO Box 100968 Arlington, VA 22210 (703) 249-5066 We find homes for dogs and cats rescued from low-income, rural animal

shelters or whose owners can no longer care for them. www.homewardtrails.org

❖ The Clothesline for Arlington Kids, 2704 N. Pershing Drive, Arlington, VA 22201 (703) 243-2615 Collects new and clean, gently used quality clothing from the community, and distributes it free

of charge to low-income school-aged children in a welcoming space. www.clotheslinearlington.org/

❖ Potomac Riverkeeper Network works to protect the public's right to clean water in our rivers and streams; to stop pollution to promote safe drinking water; to protect healthy river habitats; and to enhance public use and enjoyment.

3070 M Street, NW, Washington, DC 20007. (202) 888-2037

www.potomacriverkeepernetwork.org

❖ Potomac Conservancy, 8403 Colesville Road, Suite 805, Silver Spring, MD 20910, 301.608.1188 potomac.org, seeks to improve the Potomac River's water quality by building an impassioned base of river advocates to impart change at the local level. www.potomac.org

❖ PRS, Inc., now HopeLink Behavioral Health is a non profit providing mental health, crisis intervention and suicide prevention services in Northern Virginia and Washington, D.C. Seeking to change and save lives in our community by empowering hope, safety, recovery, wellness, independence and community integration.. PRS also provides crisis counseling and connection to supports CRISISLINK When crisis calls, we answer 24/7 Call: 800-273-TALK [8255] Text: "CONNECT" to 85511 <https://prsinc.org/>

WWW.CONNECTIONNEWSPAPERS.COM

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/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.

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

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Amazon's Community Day takes place on Saturday, Sept. 21, 2024 in Arlington.



The seventh Arlington Visual Art Studio Tour takes place Sept. 21-22, 2024 at 60 art studios in Arlington.

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 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



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

- 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, 60 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 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-cleanup-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-perishable 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

SEE CALENDAR, PAGE 15

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ENTERTAINMENT

FROM PAGE 13

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 Prevention 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.

SATURDAY/SEPT. 28

Saint Ann Fall Festival. 10 a.m. to 4 p.m. At Saint Ann Parish, 980 N. Frederick Street, Arlington. Includes games, rides, raffle, silent auction, a beer garden, live music and food. The festival will kick off with a 1.5 mile family fun run at 9:30 am. This family friendly run is a great way to get in a little exercise before enjoying all the fall festivities! Registration is \$10 per person. The Fall Festival is a celebration of the diverse community with food and entertainment from Saint Ann's Filipino and Latino communities, as well as some local favorites. Entertainment includes performances from local bands including Moxie and Celtic Underground. The entertainment continues with dance performances from the Folklorio Bolivian Dance Troupe as well as Peruvian dancers and musicians.

SEPT. 28 TO JAN. 26, 2025

Assembly 2024: Horizon Scanning Exhibit. At the Museum of Contemporary Art, Arlington. With Art After Hours, the opening celebration is Saturday, Oct. 5 from 4 p.m.-8 p.m. The exhibition is organized by MoCA Arlington Curator of Exhibitions Blair Murphy and guest curator Jared Packard. Launched in 2019, Assembly highlights current material and conceptual trends among contemporary

artists. Since 2022, the exhibition has had a national focus, showcasing work by some of the country's rising stars and giving them a platform on the doorstep of the nation's capital. Assembly 2024: Horizon Scanning opens on the eve of the presidential election, four miles from the center of Washington, DC. In this time of multiple, overlapping, and seemingly perpetual crises, and with that proximity in mind, the exhibition brings together artists whose work can help us grapple with our tumultuous present by offering strategies to navigate and reimagine the future.

FREE CLASSICAL MUSIC - FMMC

The Friday Morning Music Club invites everyone to classical music concerts the first and second Fridays of the month at Saint George's Church, 915 N. Oakland St., one block from Virginia Square Metro Station, Arlington. The program for October 4 will feature a bass-baritone solo by Suinzi; Clarinet Sonata by Stanford; and piano solo selections by Granados. On October 11, the program includes Mozart's piano Sonata No. 4 in E-flat major; Sonata No. 1 in D minor by Saint-Saens; and selected songs for soprano by Linnane. The one-hour concerts start at noon. Free, no ticket required. Visit the website <http://fmmc.org>.

FRIDAY/OCT. 4

Redesigning Flower Beds. 10-11:30 a.m. Online. Do you have a space in your garden that you'd love to make new and maybe even a bit whimsical? Join Extension Master Gardeners Evin Morrison and Rebecca Secula as they demonstrate how to design beautiful, themed gardens that incorporate perennials, natives, and even edibles. From the basics of garden design to finding inspiration, they will cover the whole process of creating beautiful gardens of all shapes and sizes. Enjoy seeing six fully designed examples using their tips and tricks, and then head out into your own space to implement what you've learned. Free. RSVP at <https://mgnv.org/rsvp-for-public-education-classes/> to receive a link to participate.

SATURDAY/OCT. 5

Fall E-CARE. 8:30 a.m. - 3:00 p.m. (rain or shine). At Wakefield High School, 1325 S. Dinwiddie St., Arlington. The Arlington Environmental Collection and Recycling Event (E-CARE) is a biannual environmentally friendly drop-off event where residents can safely dispose of old electronics and household hazardous materials (HHM). Arlington residents can drop off the listed materials during Fall 2024 E-CARE, including: Paint Products (25-can limit), Old Electronics/Batteries, Garden Chemicals, Fire Extinguishers, Household Cleaners, Petroleum Products, Flammable Solvents, Automotive Fluids, and Small Metal Items. Note: Bicycle donations will not be collected at Fall 2024 E-CARE.

SATURDAY/OCT. 12

Comedy Karaoke Trivia Funtime Show. 7:30

p.m. At Highline RxR, 2010 Crystal Drive, Arlington. 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 amazing experience features comedy from the DC area's finest comics. The headliner for October's show is the hilarious Umar Khan!

SATURDAY/OCT. 12

Annual 5Dollar5K and Fun Run. 8:30 a.m. At Bluemont Park, 329 N Manchester St., Arlington. Registration is now open for the Annual 5Dollar5K. The event is organized by Comunidad, local nonprofit organization that equips and engages locally-rooted community leaders in the Seven Corners community in Falls Church. Comunidad offers reading and mentorship opportunities for children, as well as community food distribution and leadership training for community members. The non-timed 5K and 1k fun run provide an opportunity for runners of all ages to join. Registration is \$5 for runners aged 13 and up. Children aged 12 and under are invited to participate in the free 1K that starts prior to the 5K. There will be light refreshments and lawn games to follow the run, along with Comunidad swag giveaways. Registration and details are at <https://www.comunidadva.org/5dollar5k>

MONDAY/OCT. 14

Jane Franklin Dance Presents: Ruff the Runway - A Tail-Wagging Fashion Fundraiser! 4 p.m. At Snouts & Stouts Indoor Dog Park and Bar, 2709 S. Oakland Street, Arlington. Get ready to unleash the fun! Jane Franklin Dance is thrilled to announce Ruff the Runway, a paw-some event that will have tails wagging and fashionistas howling with delight. Strut your mutt down the runway and compete for fantastic prizes, including gift certificates to Seamore's Sustainable Seafood, doggie toys and treats, bottles of bubbly, and more! Whether your pooch is polished, pampered, or just plain adorable, this is their time to shine! No mutt to strut? No worries! You'll also get to see repertory excerpts performed by JFD company members to usher in the new 2024-25 Season! All are encouraged to attend.

FREE FALL MOVIES

Wednesdays at The Plaza at Westpost, 1201 South Joyce Street, Arlington. Looking for a fun way to spend your autumn evenings? Look no further than outdoor Movies On The Plaza at Westpost at National Landing! Bring your blankets and chairs and settle in for a night of entertainment under the stars. Dates: Wednesdays, September 18 and 25 and October 2 and 9. Time: 8 p.m.-10:30 p.m. ET. Movies: 9/18: Barbie Hosted by Elements Massage. 9/25: Mrs Doubtfire Hosted by Basic Burger. 10/2: Inside Out 2 Hosted by Nando's Peri Peri. 10/9: Flubber Hosted by Nighthawk.

The Negative Effect



By KENNETH B. LOURIE

Not that I don't think about cancer/having cancer every day, but on well-balanced days, at least those thoughts are not hourly. And it's on those occasions when the hours belong to me, that my mind can wander outside these cancer constraints and think non-cancer thoughts. Many of which serve as the basis/origin of the non-cancer columns I write sometimes. And recently, I've been mentally blocked, hardly wandering at all. Somewhat worrisome. But then the reason I haven't been thinking too many non-cancer thoughts hit me. This is one of those "cancer-centricity" weeks: Tuesday I have lab work. Thursday, I have a P.E.T. scan. Next Monday, I have an in-person/in-facility appointment with my oncologist to assess and discuss it all. A "three-for." And on the days when there's no specific cancer activity, there is preparation for, reaction to, and worry about any and all of the consequences of being a cancer patient under active treatment. How does all this make me feel? You can imagine, I'm sure. But as the late Philadelphia comedian David Brenner used to joke: "It's not the mosquitos you can hear that you should worry about. It's the ones you can't hear."

As with cancer, it's a rollercoaster of unpredictability where the only guarantee, given the numbers of appointments, lab work, scans, infusions, et cetera, is that there are no guarantees. What you feel today may mean something or nothing at all. Conversely, what you don't feel may likewise mean something or nothing. Today's result leads to tomorrow's activity. Treatment could change or not and you, as the patient can only wait for the results to know how you're really doing. And until your oncologist summarizes the results for you, emotionally you're sort of on a precipice. Comfort level? There is none. Cancer is the big dog, and it rarely gets off the porch. And that's pretty much what I know. There's so much more that I don't know. And it isn't until I have one of these cancer-centric weeks when all this information is thrown at me that it really reminds me how little I know and how precarious my situation is. I'm hearing/reading all sorts of medical jargon, medical data and medical mumbo jumbo and though I've read it/heard similar things for 15-plus years, I can't make sense of it when I should be making dollars of it, if you know what I mean?

It's these weeks, when I feel my life is on the line, so yes, I worry. There's no more denying it. My cancer is front and center/top of mind (bottom too). And though I've been down this road many times before, the longer I live/experience one of these weeks, the more likely I feel that I'm running out of the good fortune I've experienced all these years. I mean, at some point, you use up your luck, don't you? And since given a two-year prognosis in late Feb. 2009, my luck allotment must be nearing zero. I mean, it's been 15 and half years. Who am I to break the bank of prognosis?

Yet here I sit/type all these years later writing my pen how someone initially diagnosed with stage IV non-small cell lung cancer (reclassified to stage IV papillary thyroid cancer in year 11-ish) thinks and feels about the day-to-day life efforts to assimilate a previously certain death diagnosis/scenario to one where my death is less certain, but inevitable, nonetheless. A misdiagnosis and a chronic kidney disease side effect will do that to you. And it's all never more obvious; the good, bad and ugly about my disease/diagnosis, than during one of these hell-type weeks when I fear that my luck will finally run out.

It's all of this reality that clogs my creative juices. All my subconscious can think about is what happens if. And 'what happens if' is not funny. What damage has occurred in my body because of the cancer I haven't a clue. I'll find out soon enough and that's what scares me; what I can't see or hear.

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

"FLOURISHING AFTER 55"

FROM PAGE 2

Langston-Brown 55+ Center. Cost \$52.50. Registration # 911303-04.

Tacos for Teens, afternoon of cooking tacos for the Arlington Mill Teen Program and bringing generations together, Thursday, Sept. 26, 2:30 p.m., Arlington Mill 55+ Center. Registration # 911899-07.

Learn about Honduras, history, culture, food and more, Thursday, Sept. 26, 1 p.m., virtual, Registration # 911400-30.

Latin dance party to celebrate National Hispanic Heritage Month, Friday, Sept.

27, 9:30 a.m., Arlington Mill 55+ Center. Program led by Arlington Specialty Programmer Edson Bravo. Learn the basics of salsa, merengue, cumbia and bachata. Registration # 911899-08.

55+ Travel group to attend Washington Nationals versus Philadelphia Phillies afternoon baseball game, Saturday, Sept. 28. Cost \$79, Arlington resident; \$81, non-resident. Registration # 902409-12.

The six pillars of a brain healthy lifestyle, presented by Suba Saty, community ambassador for AARP Monday, Sept. 30, 10 a.m. Registration # 911500-03.

Aurora Hills 55+ Center book club will discuss "Babysitter" by Joyce Carol Oates, Monday, Sept. 30, 11:30 a.m., Lubber Run 55+ Center. Drop-in.

Appalachian Trail stories told by hiker and Arlington resident Tom Curtis, Tuesday, Oct. 1, 5:30 p.m., Walter Reed 55+ Center. Registration # 911400-34 or virtual, registration # 911400-35D.C.

Book club at Langston-Brown 55+ Center will discuss "Razorblade Tears" by S.A. Crosby, Tuesday, Oct. 1, 1:30 p.m. Drop-in.