

# The Arlington Connection

## Celebrating Green Valley Day

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## Walk to End Alzheimer's

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Barbecue chicken at Green Valley Day from Barbecue At Its Best. From left: David Jones, Antone Jacobs and Anthony Jacobs (owners) and Geoffrey Davis.

SENIOR LIVING, PAGE 2 ♦ POLICE NEWS, PAGE 4 ♦ ENTERTAINMENT, PAGE 5

PHOTO BY SHIRLEY RUHE/THE CONNECTION

SEPTEMBER 25 - OCTOBER 1, 2024

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.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

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.

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

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, previ-

ous experience required, beyond the basics techniques, Thursday, Sept. 26 – Nov. 7, 1:30-3:30 p.m., 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.

How to get your affairs in order, learn helpful tools to keep financial and personal information organized in case of disability or death, Oct. 1, 11:30 a.m. in getting organized, Tuesday, Oct. 1, 11:30 a.m., registration # 911404-04 and repeated Thursday, Oct. 3, 6 p.m., registration # 911404-05, both at Lubber Run 55+ Center. Presented by Sallie Wiley, experienced career counselor.


Election 2024: what you need to know. Presented by Gretchen Reinemeyer, Director of Elections at the Arlington Voter Registration Office, Wednesday, Oct. 2, 6 p.m., Arlington Mill 55+ Center. Registration # 911400-14.

Artist Cookbook with “recipes” for art materials made from household items demonstrated by Community Arts Programmer Jennifer Droblyen, Thursday, Oct. 3, 9 a.m., virtual. Registration # 911302-04.

Celebrating Retablo art, traditional Latin American folk art, learn history and techniques, Thursday, Oct. 3, 3:30 p.m., Lubber Run 55+ Center. Presented by a Community Arts Programmer. Supplies provided. Registration #911303-09.

Fortunes in the attic, Community Arts Programmer Jennifer Droblyen will discuss how to identify authentic antiques, art pieces, Friday, Oct. 4, virtual. Email a photo of an item you own to sashton@arlingtonva.us prior to program and CAP Droblyen will research it for you. Registration # 911302-06.

Monthly social at Arlington Mill 55+ Center to feature an Oktoberfest theme, Friday, Oct. 4, 1 p.m. Registration # 911801-03.



## North Old Glebe Road over North Glebe Road Bridge Replacement Arlington County

Design Public Hearing

**Monday, October 28, 2024**  
**6:30 p.m. to 8:30 p.m.**  
**Presentation begins at 7 p.m.**

Discovery Elementary School  
5241 North 36th Street  
Arlington, VA 22207

**Find out** about plans to replace the North Old Glebe Road bridge over North Glebe Road (Route 120). The bridge was built in 1964. The new bridge will feature a wider sidewalk on the eastern side and a new sidewalk on the western side.

Pursuant with the National Environmental Policy Act (NEPA) and 23 CFR 771, a Programmatic Categorical Exclusion (PCE) was prepared under agreement with the Federal Highway Administration. In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information concerning the potential effects of the project on properties listed in or eligible for listing in the National Register of Historic Places is included with the PCE.


**Stop by** between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project. A presentation will begin at 7 p.m. Project staff will be available to answer your questions.

**Review** project information on the project webpage (<https://www.vdot.virginia.gov/OldGlebe>), at the meeting, or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-2429 or TTY/TDD 711 to make an appointment with appropriate personnel.

**Give your comments** during the meeting, or by **November 7, 2024** via the comment form on the project webpage, by mail to Ms. Dipali Patel, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or by email to [meetingcomments@VDOT.virginia.gov](mailto:meetingcomments@VDOT.virginia.gov). Please reference “North Old Glebe Road over North Glebe Road Bridge Replacement” in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964, as amended. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775 or TTY/TDD 711.

State Project: 6743-000-914, B610, P101, R201  
UPC: 119204  
Federal: NHPP-5B01 (257)



## Arlington Boulevard Safety Improvements Arlington County

Design Public Hearing

**Wednesday, October 30, 2024**  
**6:30 p.m. to 9 p.m.**  
**Presentation begins at 7 p.m.**

Alice West Fleet Elementary School  
115 South Old Glebe Road  
Arlington, VA 22204

**Find out** about planned improvements along nearly a mile of Arlington Boulevard (Route 50) between Glebe Road (Route 120) and Fillmore Street (Route 6622). The improvements include constructing a raised median along Arlington Boulevard; adding eastbound and westbound dedicated left-turn lanes at Irving Street; upgrading the traffic signal at Irving Street; extending the eastbound and westbound left-turn lanes at Fillmore Street; upgrading the traffic signal at Fillmore Street; extending the eastbound service road to connect existing driveways between South Old Glebe Road and North Jackson Street; extending the westbound service road to connect existing driveways between North Irving Street and North Jackson Street; and reconstructing portions of the shared-use paths on both sides of Arlington Boulevard. This project may involve changes and/or breaks in limited access control.

Pursuant with the National Environmental Policy Act (NEPA) and 23 CFR 771, a Programmatic Categorical Exclusion (PCE) is being prepared under agreement with the Federal Highway Administration. In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information concerning the potential effects of the project on properties listed in or eligible for listing in the National Register of Historic Places will be included with the PCE.

**Stop by** between 6:30 p.m. and 9 p.m. to view displays and learn more about the project. A presentation will begin at 7 p.m. Project staff will be available to answer your questions.

**Review** project information on the project webpage (<https://www.vdot.virginia.gov/ArlingtonBlvd>), at the meeting, or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-2768 or TTY/TDD 711 to make an appointment with appropriate personnel.

**Give your comments** during the meeting, or by **November 12, 2024** via the comment form on the project webpage, by mail to Mr. Khalil Minhas, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or by email to [meetingcomments@VDOT.virginia.gov](mailto:meetingcomments@VDOT.virginia.gov). Please reference “Arlington Boulevard Safety Improvements” in the subject line.

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State Project: 0050-000-923, C501, P101, R201 UPC: 119086  
Federal: NHPP-5B01 (265)

PHOTOS BY SHIRLEY RUHE



Claudia Scott and Faye Pritchard register voters at the voter registration and information booth at Green Valley Day. Just as important, they answer questions.



Portia Clark, President of the Green Valley Community Association, opens Green Valley Day on Sept. 21 with announcements about the free hot dog lunch for the kids, all day basketball tournament, passport for raffle prize, and the first band of the day "Body of Evidence."

## Green Valley Day: Neighborhood Celebration

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

**G**reen Valley Day was held from noon-5 pm at the grounds outside Dr. Charles Drew Elementary School with a health fair inside offering blood pressure evaluation, Arlington Free Clinic table, some vaccines and health care information. Over 30 vendors representing the variety of services offered in

Arlington lined the pathway from the Drew Elementary Parking lot to John Robinson Square including Animal Welfare League, Thrive, the Arlington Library, NAACP, OAR and several jewelry vendors. The event is held each year to bring the neighborhood together and to celebrate the history and the neighborhood then and now.

Harrison Grant, with Arlington County Fatherhood Engagement, chats with William Burley, senior probation officer and Chair

of Arlington's ReEntry Council, and Joanna Mourad, their intake reentry officer. Burley, says Mourad is the first person the probationer sees when they leave court or prison. "A lot of people don't understand we are here to help."

Mourad assesses what the person has and what they need and then refers them to the best place for help. She says, "A lot of them are homeless—they don't have anything including food."

Burley adds, "OAR gives them backpacks and cell phones, but we have to show them how to use their cell phones, and we refer them to AFAC for food."

Grant says his Fatherhood Engagement program works together with the county reentry program but with a slightly different focus on the role of a man, particularly as part of a family unit. "We always talk about the mother or the aunt but we want to make

SEE GREEN VALLEY DAY, PAGE 8



Harrison Grant, with Arlington County Fatherhood Engagement, chats with William Burley, senior probation officer and Chair of Arlington's ReEntry Council, and Joanna Mourad, their intake reentry officer.



Kids show off their biking skills in the large field behind the vendor booths at Green Valley Day.

# Time To Walk to End Alzheimer's

Health and long-term care costs for people living with dementia are projected to reach \$360 billion this year and nearly \$1 trillion in 2050.

It's Walk to End Alzheimer's season, and hundreds of Northern Virginia residents will unite this weekend in a sea of purple to raise awareness and funds for the Alzheimer's Association. Walks will take place on the National Mall in DC on Saturday and at the Reston Town Center on Sunday. Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support and research.

Among those returning to walk this year is Centreville resident Tracy Cheifetz, captain of Team Amy's Army. The team of family and friends has been participating in the Northern Virginia Walk since 2018 in honor of Cheifetz's mother, Amy Shimkus, who died with Alzheimer's in March 2022. "My Mom was a nurse. She participated in drug trials and knew that they would not help her – but might help others someday," says Cheifetz, who shares her time and enthusiasm for the cause as a member of the Northern Virginia Walk planning committee. She encourages people to participate. "If you know someone who has or had Alzheimer's, the Walk is a

great way to honor them. I walk to raise money and hope that one day we will end Alzheimer's."

Natasha Carnell of Alexandria will be walking on the National Mall in honor of her mother, Marty, who is living with Alzheimer's. Carnell knows how hard caregiving can be. "What keeps me up at night is thinking about how many individuals living with dementia do not have access to the same level of care and commitment as Mom does" says Carnell, who serves on the DC Walk planning committee. "I am proud of the work we are doing to raise much needed funds for continued research towards a cure and am hopeful for our collective futures."

The number of people affected by Alzheimer's is staggering. Nearly 7 million Americans are currently living with the disease, and more than 11 million family members and friends are providing their unpaid care. Health and long-term care costs for people living with dementia are projected to reach \$360 billion this year and nearly \$1 trillion in 2050.

"There has never been a greater need for the community to join in

the fight against Alzheimer's disease by participating in Walk to End Alzheimer's," said Kate Rooper, President and CEO of the Alzheimer's Association National Capital Area Chapter. "Funds raised through the Walk will provide information, education and support to people living with Alzheimer's and their families and caregivers, while also contributing to advancing critically needed research."

In addition to the Walks in DC and Northern Virginia this weekend, the chapter will hold Walks in Old Town Manassas on Oct. 19 and at the National Harbor and in Winchester on Oct. 26. Participants will learn about resources, support and volunteer opportunities. They also participate in a poignant Promise Garden ceremony — an experience that signifies the solidarity of the Walk participants in the fight against the disease as each person holds a Promise Garden flower representing their personal reason to end the disease.

Participation in Walk to End Alzheimer's is free. Walkers are encouraged to raise funds. Visit [alz.org/ncawalks](http://alz.org/ncawalks) or call 800.272.3900.



2023 Northern Virginia's Alzheimer's Association Walk to End Alzheimer's, Reston Town Center.

CONNECTION FILE PHOTO

## NEWS BRIEFS

### Police Make a Movie

The Arlington County Police Department is working with a production company to develop a new recruitment video to showcase the work of our officers and enhance our recruitment efforts.

Army Navy Drive between S. Nash Street and 28th Street S. will be closed from approximately 5 p.m. to 10 p.m. on Friday, Sept. 27 to accommodate the filming. Local traffic only will be escorted through by officers in between filming.

The community can expect to see officers filming in various locations throughout the County between September 26 – 28.

Join the Team: "ACPD continues to implement innovative recruitment strategies to attract top candidates to serve our diverse and inclusive community. A sworn officer position with the Arlington County Police Department comes with many benefits including a starting salary of \$68,503 and a hiring bonus of up to \$25,000. Interested candidates can learn more and get started with their application by

visiting [www.arlingtonva.us/Government/Departments/Police-Department/Police-Jobs](http://www.arlingtonva.us/Government/Departments/Police-Department/Police-Jobs)

### Coffee with a Cop Day

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

National Coffee with a Cop Day will be celebrated at the following locations and times on Wednesday, Oct. 2:

8:30 a.m. – 10:30 a.m. Idido's Coffee and Social House – 1107 S. Walter Reed Drive  
12:30 p.m. – 2:30 p.m. Compass Coffee – 4710 Langston Boulevard

### Ballston Shooting

The Arlington County Police Department's Homicide/Robbery Unit is investigating a shooting that took place in the Ballston-Virginia Square neighborhood on the morning of Sept. 15.

At approximately 6:14 a.m., Arlington police were dispatched to the 800 block of N. Glebe Road for the report of an assault with weapon. Upon arrival, officers located an adult male victim suffering from a gunshot wound and began

providing aid. He was transported by medics to an area hospital and is in stable condition.

The preliminary investigation indicates the victim and another male exited a vehicle and were walking towards a business when four suspects approached, brandished firearms and demanded their property. The suspects then stole jewelry and an undisclosed amount of cash. During the course of the incident, the suspects discharged several rounds striking the victim, and causing property damage to two businesses and a residence. The suspects, described

as four males wearing all black clothing and face coverings, fled the scene in a dark colored sedan.

This remains an active criminal investigation and, at this time based on the preliminary investigation, does not appear to be a random incident. Anyone with information related

to this incident is asked to contact the Arlington County Police Department's Homicide/Robbery Unit at 703-228-4180 or [ACPD-Tipline@arlingtonva.us](mailto:ACPD-Tipline@arlingtonva.us) or anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).

## AT&T Provides 150 Laptops and School Supplies at Aspire Afterschool

AT&T and Compuopt provided Aspire Afterschool Learning 150 refurbished laptops and backpacks stuffed with school supplies to distribute to students in Arlington. The distribution is part of employee effort to help bridge the digital divide and equip 20,000 students with laptops

and supplies before they head back to school.

In addition to supplies like notebooks, pencils and headphones, the backpacks included cards of encouragement written by AT&T employees.

Last month, AT&T\* and Compuopt teamed up with Boys & Girls Clubs of Greater Wash-

ington (BGCGW) to provide 200 laptops and backpacks for students at clubs in Washington, DC and Northern Virginia. AT&T\* and Compuopt also worked with Horton's Kids to distribute 150 refurbished laptops and backpacks stuffed with school supplies to the students they serve.

# ENTERTAINMENT



Fall Horticulture Tours take place at Arlington National Cemetery starting on Friday, Oct. 4, 2024.



The Saint Ann Fall Festival takes place Saturday, Sept. 28, 2024 in Arlington.



## 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](mailto: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.

SEE ENTERTAINMENT, PAGE 7

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# ENTERTAINMENT

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## 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.

## 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://mgmv.org/rsvp-for-public-education-classes/> to receive a link to participate.

## FALL HORTICULTURE TOURS AT ARLINGTON NATIONAL CEMETERY

Friday, Oct. 4, 9-11 a.m. – Memorial Arboretum Walking Tour  
Friday, Oct. 11, 9-11 a.m. – Memorial Arboretum Shrub and Perennial Tour  
Friday, Oct. 18, 9-11 a.m. – Memorial Arboretum Fall Color Tour  
Friday, Oct. 25, 9-11 a.m. – Plant Health Care Tour  
Friday, Nov. 1, 10 a.m.-12 p.m. – Memorial Arboretum Shrub and Perennial Tour  
Visit <https://www.arlingtoncemetery.mil/Media/News/Post/13751/Fall-Horticulture-Tours> to learn more about each session.

## SATURDAY/OCT. 5

**Fall Fest.** 1-6 p.m. At Gateway Park, Arlington. Hosted by Rosslyn BID. Rosslyn BID. Join in a variety of fall-favorite activities for all ages, including yard games, inflatables, live music, and more. The highly-anticipated pie eating contest will be back, so be sure to register on-site for your chance to claim neighborhood bragging rights! Those

21 and older can also try out a variety of hard ciders from local breweries! Tasting tickets are available for \$15 in advance online, or \$20 at the door, and general admission is free.

## 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.

## SUNDAY/OCT. 6

**Candidate Forum.** 1:30-4 p.m. At Walter Reed Rec Center, 2909 16th Street South, Arlington. The League of Women Voters is hosting a candidating forum in Arlington. Each candidate will sit at a separate table, and voters will have 10 to 15 minutes with each candidate to ask questions. Once the 15 minutes is up, voters will rotate to a new table until all voters have had a chance to meet the candidates. This means you'll have direct access to the candidates to talk about the issues you care about the most. Questions? Email at [lwvarlington@gmail.com](mailto:lwvarlington@gmail.com).

## WEDNESDAY/OCT. 9

**Governing in the 21st Century: Are Local Governments in Sync with their Constituents?** A Conversation with Libby Garvey and Justin Wilson. Begins at 7 pm. At George Mason University's Arlington Campus, Mason Square, 3351 Fairfax Drive, Arlington. Hosted by Advance Arlington, Agenda Alexandria and George Mason University's Schar School and Office of Community and Local Government Relations.

## FRIDAY/OCT. 11

**Composting.** 10-11:30 a.m. Online. So, you want to grow bigger blooms, nutrient packed, disease-free vegetables, that require less watering? Start composting! Listen in to Extension Master Gardener Nina DeRosa as she discusses easy ways to use organic waste, including kitchen scraps, yard waste, and ash from backyard fires to make black gold for your soil that will then feed your plants. Free. RSVP at <https://mgmv.org/rsvp-for-public-education-classes/> to receive a link to participate.

## FRIDAY/OCT. 11

**Lesson Zero Performs.** 9:30-12:30 p.m. At The Celtic House, 2500 Columbia Pike, Arlington. Admission is free and street parking is available. For more information see [www.youtube.com/lessonzero](http://www.youtube.com/lessonzero) and [www.reverbnation.com/lessonzero](http://www.reverbnation.com/lessonzero).

## 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: 9/25: Mrs Doubtfire Hosted by Basic Burger 10/2: Inside Out 2 Hosted by Nando's Peri Peri 10/9: Flubber Hosted by Nighthawk

## The Positive Effect



By KENNETH B. LOURIE

What a difference a week can make. Meeting with my oncologist this past Monday, we listened anxiously, and what we heard was a great report: "No PET/CT evidence of disease progression or new disease." If it wasn't the best ever scan result, then it was in the top two (we once received a "partial stable remission" during the heavy-duty chemotherapy daze when grasping at straws, euphemistically speaking, became a way of life - and avoidance of death) but I'm not quibbling or keeping score.

We were pleasantly surprised - and extremely happy, as the oncologist reviewed some of the details that led to the radiologist's finding (see above). The scan - and lab work were both compared to previous data. Dina and I were both kind of giddy, incredulous almost as to what we were hearing. In addition to the scan results, recent lab work was also discussed. It showed improved kidney function (which meant the threat of dialysis was not nearly so imminent) and a reduction in my thyroglobulin (a measure of cancer activity) from a previous peak, was yet another indicator that my thyroid cancer cells were trending in a good direction - for this moment anyway. It seems, my oncologist said, that the new medicine he prescribed is having the desired effect. I'm not cured, but neither is my body, specifically my lungs and kidneys, breaking down.

The report and the oncologist's demeanor while sharing/explaining all this encouraging news was way more than Dina and I could have hoped for. Having ridden this emotional rollercoaster for 15-plus years, we're sort of committed to a Goldilocks-type of anticipation/medical results; the good, bad and the ugly, in a sort of stride.

However, 15 years and seven months of this worry has kind of thinned out our capacity to take it all in that stride. Given the added burden of treating the underlying thyroid cancer without exacerbating my new chronic kidney disease (an unfortunate side effect of the previous papillary thyroid cancer medicine I took for three years - which was working until it wasn't) seemed at the outset a bridge/outcome too far to cross. Apparently, it isn't and this most recent "Impression" from the radiologist indicates for the moment at least (oh, what a moment!), there's more life ahead than death.

As for that life, we're finishing up this appointment, with smiles all around as the oncologist exits the examining room to retrieve our visit paperwork from the printer. A few minutes pass until he returns. He knocks on the door and pokes his face into the room as he hands us our paperwork. Smiling broadly, he points to the top of the first page where has written and circled A+ and once again expresses his happiness at this initial result. Never before during our 15+ years in the cancer wars has anything of real substance like this happened where the oncologist seemed happier and more encouraged than we did. We were on cloud 9-ish as he left and said good-bye. Bounce in our step? More like walking on air. I have to admit, I'm not taking that news/grade in stride. It's too much. Besides, I deserve it. I've been on the front lines of death since Feb. 09. I'm going to allow myself to bask.

The only minor problem: I may not know how to bask. When you've repressed/locked in the vault something as bad as a non-small cell lung cancer, stage IV with a "terminal" prognosis of "13 month to two years," it's challenging to say the least to open the spigot of that emotion and see the positive. But as my late brother Richard would say: "I'll take a win whenever I can get one." And so shall I. Who says you can't teach and old dog new tricks?

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

# Green Valley Day: Neighborhood Celebration

PHOTOS BY SHIRLEY RUHE

FROM PAGE 3

sure we have the whole family engaged. We talk about what it takes to be a good father, what it means to be a man, what their emotions mean, mental health and communication skills.”

Erica Serrano is Outreach and Recruitment for foster families for the Arlington Department of Human Services. They currently have 56 foster families in Arlington although they aren't all currently active because the families need time out. She says last week was a hectic time with several placements of three sibling groups which they try to keep together but it doesn't always work. Housing can be an issue with people in apartments and not enough space to accommodate siblings so they try to find them placement close by so they can see each other.

Claudia Scott and Faye Pritchard register voters at the voter registration and answer questions. Pritchard is particularly interested in giving out information on prisoner voting rights.

❖ Q: “How do I find out if I am registered?” A: Check online at the Virginia Department of Elections <https://vote.elections.virginia.gov/VoterInformation>. Or call the Arlington Office of Voter Registration at 703-228-3456

❖ Q: “Where is my polling place?” A: Check online at the Virginia Department of Elections <https://vote.elections.virginia.gov/VoterInformation>. Or call the Arlington Office of Voter Registration at 703-228-3456

❖ Q: “When is Election Day?” A: Every day in Virginia between Sept. 20 and Nov. 5.

❖ Q: “When does early voting start?” A: Early Voting opened in Arlington on Sept. 20 at Courthouse Plaza and Long Bridge’s Aquatics and Fitness Center.

❖ Q: “What form of ID do I need to take?”

A: Voters without ID: If you are unable to provide ID, you can sign an ID Confirmation Statement that says you are the registered voter you claim to be and vote a ballot.

Acceptable forms of ID include: Virginia driver’s license (current or expired); Virginia DMV-issued ID card (current or expired); valid employee photo ID card issued by your employer; U.S. Military ID; valid student photo ID issued by a U.S. higher education institution (public or private); valid student ID issued by a Virginia high school (public or private); valid U.S. passport or passport card; government-issued ID card from a federal, Virginia, or local political subdivision; Virginia voter ID card; voter confirmation documents; valid tribal enrollment or other tribal ID issued by one of the 11 tribes recognized by Virginia; utility bill, bank statement, government check, or paycheck issued in the last 12 months and containing the voter’s name and address; any other current government document containing your name and address.



The tantalizing aroma and curls of smoke of barbecue chicken from Barbecue At Its Best draws customers from clear up to the parking lot. The chicken has been slow cooking for about two hours and is just about ready to serve. From left: David Jones, Antone Jacobs and Anthony Jacobs (owners) and Geoffrey Davis.



Erica Serrano is Outreach and Recruitment for foster families for the Arlington Department of Human Services. More foster families are urgently needed in Arlington so that siblings can be placed together or near each other.



A member of the Green Valley Crew basketball team, heads for the basketball court for his 1:30 game with his ball tucked under his arm. The basketball tournament is scheduled for the entire afternoon of the event.



Shari Morris keeps Portia Clark’s six-year-old granddaughter, Karleigh, company at the Green Valley Day.

## BULLETIN BOARD

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

**POLICE HOST 2024 NATIONAL COFFEE WITH A COP DAY EVENTS**  
On Wednesday, October 2 is National Coffee with a Cop Day and the Arlington County Police Department’s Com-

munity 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 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 proactive-

ly 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.  
Idido’s Coffee and Social House – 1107 S. Walter Reed Drive  
12:30 p.m. – 2:30 p.m.  
Compass Coffee – 4710 Langston Boulevard