

# The Arlington Connection

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

Sun shines on the neighborhood cemetery on 40th Street.

## NVBA Campaigns for Bird Safety

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## Too Scary?

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## 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](http://arlingtonva.us) or call 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

Name that Tune, songs from the 50s and 60s, live on the piano with Ken Schellenberg, Wednesday, Oct. 23, 11 a.m., Lubber Run 55+ Center. Registration # 911304-18.

HIV/AIDS in 2024, hear about substantive progress, scientific advancements and current challenges, Wednesday, Oct. 23, 10 a.m., Arlington Mill 55+ Center. Presented by Taj Morgan. Registration # 911400-48.

Local history group will discuss Arlington's rich past, Wednesday, Oct. 23, 1:30 p.m. Lubber Run 55+ Center. Registration # 911402-08.

Acoustic afternoon, live music performed by Arlington musicians Phil Rosen and Ed Girovasi, Wednesday, Oct. 23, 2 p.m., Langston-Brown 55+ Center. Registration # 911301-05.

Panama is fourth in a series about the history culture and travel destinations of Central and North American Spanish speaking countries, Thursday, Oct. 24, 1 p.m., virtual. Presented by Ashley Gomez, Lubber Run 55+ Center Director. Registration # 911400-32.

Around the world to Scotland, videos of stunning landscapes, castles, cities and more, Thursday, Oct. 24, 11:30 a.m., Lubber Run 55+ Center, registration # 911400-36 or virtual, registration # 911400-37.

Presented by Becky Norris from the Scottish Government USA/ British Embassy.

End of life wishes, tips on how to

hold meaningful conversations with doctors and family members about your expectations, values, priorities and more, Thursday, Oct. 24, 6 p.m., Lubber Run 55+ Center. Presented by Sallie Wiley, career counselor. Registration # 911404-10.

55+ Art Exhibit, display of artworks created by 55+ (senior) participants, Thursday, Oct. 24, 10:30 a.m. -

2:30 p.m., Langston-Brown 55+ Center. Paintings, drawings, yarn creations and more. Drop-in.

55+ Travel group will journey to Doylestown, PA to visit "Monuments and Myths" exhibition at the Michener Art Museum and "The Doan Gang: Outlaws of the Revolution" exhibition at the Mercer Museum, Friday, Oct. 25. Cost \$144, Arlington resident; \$166, non-resident. Box lunch included. Registration # 902410-11.

Making the most of Medicare open enrollment, presented by Arlington County Virginia Insurance Counseling and Assistance Program (VICAP), Monday, Oct 28, 10 a.m. - 12 p.m., Walter Reed 55+ Center or virtual. Register by calling 703-228-1725 or email, [Medicarehelp@arlingtonva.us](mailto:Medicarehelp@arlingtonva.us).

Get moving with dance bingo, created and led by Walter Reed 55+ Center Director Jennifer Weber, Tuesday, Oct. 29, 6 p.m. Enjoy fun game that combines cardio dancing with the luck of the draw of bingo. Registration # 911802-01.

Grieving to thriving and moving on, strategies to navigate a pathway after a loss, Tuesday, Oct. 29, 11:30 a.m., Lubber Run 55+ Center. Presented by experienced trainer and career counselor Sallie Wiley. Registration # 911500-04.

Skull stories: nature's mysteries, captivating journey into the world of animal skulls, Tuesday, Oct. 29, 1 p.m., Arlington Mill 55+ Center. Presented by Arlington Regional Master Naturalist Janet Siddle. Registration # 911400-44.

Halloween dance party, including costumes, Wednesday, Oct. 30, 9:30 a.m., Arlington Mill 55+ Center. Registration # 911890-01.

Movie matinee, "Ghostbusters" (1984) (PG), Wednesday, Oct. 30, 12:30 p.m., Aurora Hills 55+ Center. Registration # 911804-05.

Spooky Trivia and Social, wear your favorite costume, enjoy ghoulish snacks, Thursday, Oct. 31, 11 a.m., Langston-Brown 55+ Center. Registration # 911600-09.

Monthly social at Arlington Mill 55+ Center featuring sweet and savory pies, Friday, Nov. 1, 1 p.m. Registration # 911801-04.

Just Beneath the Surface, learn about the context, history and techniques of famous artists with Community Arts Programmer Jim Halloran, Friday, Nov 1, 10 a.m., virtual. Registration # 911302-15.

Spellbinders, a group of folks who love to tell tales in the magical tradition of oral storytelling, Friday, Nov. 1, 9:30 a.m., Langston-Brown 55+ Center. Drop-in.

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## Arlington Neighborhoods Turn Spooky

### Halloween Activities:

**S**pooktacular day of fun on Saturday, Oct. 26 from 3:30-5 p.m. and 5-6:30 pm at Long Branch Nature Center. Earlier time will be less spooky for families with your children. \$7 per person. Registration required.

Haunted Carnival Weekend at Clarendon Ballroom at 3185 Wilson Blvd. Thursday, Oct. 31 the Annual Monster Ball; Friday, Nov. 1 Haunted Carnival; Saturday, Nov. 2, Afterlife Party for those who survive the weekend.

Halloween Splash on Friday, Oct. 25 from 8-11 a.m. at Long Bridge Aquatics & Fitness Center where you can sample five aqua fitness classes. Program is for ages 13 and older and costs \$7 per person.

Pumpkin Carving at the Cherrydale Farmers Market. The return of Jack O'Looza! at Cherrydale Farmers Market located at 4100 Vacation Lane on Saturday Oct. 26. Pumpkin carving and decorating will be available from 9-11:30



Skeletons relax on the corner welcoming drivers and Yorktown students who pass by on Yorktown Blvd.



Ghosts sway in the breeze in the tree on corner on Edison Street.

a.m. with pumpkin brought from home or purchased from the market. There is a QR code to give us a heads up on how many pumpkins vendors need to bring.

Free safe rides will be offered

to would-be drunk drivers during Halloween celebration time, 4 p.m. Saturday, Oct. 26 and until 4 a.m. Sunday, Oct. 27.

Washington Regional Alcohol Program (WRAP) offers these rides  
SEE ARLINGTON, PAGE 8



This yard on Brandywine is full of Halloween spirits from the skeleton spewing green hazardous waste in the side yard to the towering monster and the green eyed skull tossing its head of long silver hair back and forth while the child swinging in the tree howls out eerie sounds to the neighborhood.



Tallest skeleton around reaches height of some local trees in the yard on Williamsburg.

## BIRD SAFE



PHOTOS BY GLENDA BOOTH

Yellow outdoor lights are less attractive to and kill fewer insects than brighter white lights. Many birds are insect eaters.

# Glass and Light Pollution Threaten Birds

BY GLENDA C. BOOTH  
THE CONNECTION

**O**n the Saturday overnight of Oct. 19-20, 352,400 birds crossed Fairfax County, most migrating to their wintering grounds. Every fall, around four billion birds fly from Canada into the United States and another 4.7 billion fly over the U.S. southern border, according to Cornell University experts. But birds face multiple hazards, including collisions into windows and human-caused light pollution, three speakers told 75 attendees at an Oct. 9 online program sponsored by the Northern Virginia Bird Alliance.

NVBA has launched a campaign to prevent bird deaths, citing a National Audubon Society study that found a 30 percent drop in bird populations in North America since 1970, which means more than one in four birds or three billion birds have been lost since then.

Most birds migrate in the fall to find food, explained Greg Butcher, retired Migratory Species Coordinator for U.S. Forest Service. While some birds like swallows and finches migrate during the day to feed on the wing, 80 percent migrate at night, he said.

### COLLISIONS WITH GLASS

Over one billion birds die by colliding with glass in buildings in the U.S., Christine Sheppard of the American Bird Conservancy, told the group. A few bounce off, but “scavengers are good at snatching up carcasses,” she added.

“We are getting collisions everywhere because the birds are sucked into the built environment, not just high up in skyscrapers,” Sheppard explained. A Smithsonian Institution analysis estimated that houses and other buildings one-to-three stories tall account for 253 million bird fatalities; low-rise



PHOTO BY GLENDA BOOTH

Yellow outdoor lights are less attractive to and kill fewer insects than brighter white lights. Many birds are insect eaters.

buildings four-to-11 stories high account for 339 million bird deaths; and high-rise buildings 11 floors and higher cause the deaths of 508,000 birds a year. Taller structures like skyscrapers have higher per building mortality rates, but residences are responsible for most because of their numbers.

Birds crash into windows because they perceive glass reflections of vegetation, landscapes or sky to be real and they try to reach the area. Last October, in one night, nearly 1,000 birds collided into Chicago’s mostly-glass McCormick Place Lakeside Center, the highest number on record then. American Bird Conservancy reports that once New York City’s Javits Convention Center was renovated and bird-friendly glass installed, collisions dropped by 90 percent.

NVBA is promoting bird-friendly designs for buildings and bird-friendly glass, for homes, for example, screens, decals and tape on windows’ exteriors.

Some localities have adopted bird-friendly building requirements, Sheppard said, including Washington, D.C.; Howard County, Maryland; New York City; and Portland, Oregon.

## Dark Sky’s Principles for Responsible Outdoor Lighting:

- Use light only if needed.
- Direct light so it falls only where needed.
- Light should be no brighter than necessary.
- Use light only when needed. Use controls like timers and motion detectors.
- Use warmer color lights where possible.

SOURCE: [HTTPS://DARKSKY.ORG](https://darksky.org)

## Find Out More:

Reducing collisions, <https://abcbirds.org/glass-collisions/>; [www.Birdsmartglass.org](http://www.Birdsmartglass.org).  
Lights out, <http://www.darkvirginiasky.org/>  
Bird migration, <https://birdcast.info/>

### LIGHT POLLUTION

Laura Greenleaf from Dark Sky Virginia began by saying, “In the last 100 years, we’ve turned night into day ... natural darkness is fundamental for all of us.” She contends that on the east coast, light pollution is increasing ten percent every year. The NVBA campaign brochure defines light pollution as “lights that are too bright, too white, misaligned or on all night,” like lit parking lots.

“We’re lighting up so much more than we need to, especially landscaping lighting,” she argued. “You can light sport fields without lighting the sky.”

Artificial night light affects birds’ foraging, predator-prey balances, emergence from shelter, communication, navigation and migration, Greenleaf maintained. “Insects are the foundation of the food web, but lights suck them out of the environment.”

Lights Out D.C. volunteers walk Washington’s streets before sunrise during the migration season and collect dead and stunned birds.

Advocates are urging government officials to enact policies to “adopt lighting, construction and other measures to protect birds and other wildlife from the worst impacts of

our built-up environment,” explained Tom Blackburn, NVBA Advocacy Chair. He added, “Revisions to lighting ordinances could be very effective in reducing light pollution. Rapidly-developing areas such as Tysons, Reston and Leesburg could require new construction to include bird-safe windows and incorporate Dark Sky International’s Principles for Responsible Outdoor Lighting into building design.”

The campaign also seeks to “convince business owners to adopt ‘Lights Out for Birds’ practices during spring and fall migration seasons, as many other towns and cities have done and to convince developers and architects to incorporate bird-safe windows into building designs.”

### FAIRFAX COUNTY

Government policies vary widely. Kelly M. Atkinson, with Fairfax County’s Planning and Development Department, said, “Fairfax County is committed to safeguarding local wildlife and has implemented measures to mitigate the effects of outdoor lighting on birds and other wildlife. In 2020, the county amended its Zoning Ordinance to

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[WWW.CONNECTIONNEWSPAPERS.COM](http://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, 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.

## SEPT. 28 TO JAN. 26, 2025

**Assembly 2024: Horizon Scanning Exhibit.** At the Museum of Contemporary Art, Arlington. 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



Celebrate Howl-O-Week on Friday, Oct. 25, 2024 at Gateway Park Interim Dog Park in Arlington.



Fall Horticulture Tours take place at Arlington National Cemetery.

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.

## FALL HORTICULTURE TOURS AT ARLINGTON NATIONAL CEMETERY

**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.

## THURSDAY/OCT. 24

**Crime Fiction Authors.** 6 p.m. At Busboys & Poets, 4251 Campbell Ave., in Shirlington, Arlington. Busboys

& Poets in Shirlington welcomes three local, crime fiction authors — Edgar Award winner I.S. Berry, 2024 debut K.T. Nguyen, and John Wasowicz, author of the Old Town Loves Mystery series — for a discussion of espionage, suspense, and mystery. The program will be moderated by WETA Classical's Nicole Lacroix.

## THURSDAY/OCT. 24

**Career Expo.** 10 a.m. At Reagan National Airport, Historic Lobby, Terminal 1, Arlington. About 200 high school students from Washington, D.C., Arlington and Fairfax County public schools will visit Reagan National Airport to explore potential career paths within the airport and in the aviation industry. In collaboration with the American Experience Foundation, the Metropolitan Washington Airports Authority's Office of Diversity, Inclusion and Social Impact is hosting the Workforce Development

Expo to inspire the next generation of airport professionals and showcase the Airports Authority's job opportunities and the Skilled Trade Apprenticeship Program.

## THURSDAY/OCT. 24

**Celebrate Octavia Butler's legacy.** 6 p.m. At Arlington Public Library, 1015 North Quincy St, Arlington. Join in a conversation with authors and illustrators Damian Duffy and John Jennings on their award-winning graphic novel adaptations of Octavia Butler's "Kindred" and "Parable of the Sower"—both testaments to Butler's masterful speculative fiction storytelling and visionary Afrofuturist themes. Arrive by 6 p.m. for a performance by the DC Bushwick Book Club inspired by "Parable of the Sower" featuring music, spoken word and a short film. The event will include a Q&A followed by a book signing, with books available for purchase from One More Page Books.

## FRIDAY/OCT. 25

**Howl-O-Ween.** 4:30-6:30 p.m.

At Gateway Park Interim Dog Park, Arlington. Enjoy a Halloween-themed evening of dog-friendly tricks and treats. Check out pet-themed vendors, a beer and wine bar for pet parents, and an opportunity to dress up your furry friend to compete in a dog costume contest! Registration for the contest will be on-site at the Rosslyn BID table, and voting will take place on social media, with a winner announced on Halloween (Thursday, Oct. 31).

## SATURDAY/OCT. 26

**Wine tasting at Osteria da Nino.**

1-3 p.m. At Osteria da Nino, 2900 S. Quincy Street, Arlington. The Board of Lady Managers of Inova Alexandria Hospital and the restaurant Osteria da Nino will offer an Italian Wine Tasting. Admission is \$50 and includes wine tasting and hors d'oeuvres. Bottles of wine may be purchased onsite at special rates. Proceeds will benefit the hospital's Trauma Center. Visit <http://www.boardofladymanagers.org/donations/>.

## SATURDAY/OCT. 26

**Routes of Resilience Walk: From Enslavement to Freedom Along The Pike.** Join The Black Heritage Museum of Arlington, The Arlington Historical Society, and WalkArlington at 2 p.m. on Saturday, Oct. 26

, for a walk in the footsteps of 19th century free and enslaved Black people who lived along Columbia Pike. Learn about their lives, their struggles, and their great resilience, courage, and strength in the face of adversity. The 1.5-mile route also offers a preview of several sites that will be dedicated with bronze markers later this fall, as part of Arlington's Memorializing the Enslaved project. The Walk is free with RSVP. For details and to register, visit [www.walkarlington.com/events](http://www.walkarlington.com/events).

## SATURDAY/OCT. 26

**Spaghetti Dinner.** Seatings at 5 p.m. and 7 p.m. At Lyon Village Community House, Arlington. This annual tradition brings members of the community together for a fun evening of food, friends, and fundraising. Proceeds from the event go towards the upkeep and maintenance of the Lyon Village Community House, which required costly repairs to its iconic cupola earlier this year.

## SATURDAY/OCT. 26

**Lesson Zero Performs.** 8-11 p.m. At The Mussel Bar, 800 Glebe Rd., Arlington. Admission is free and 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).

## WEDNESDAY/OCT. 30

**Open Hearts, Open Doors.** 5:30-8 p.m. At NRECA, 4301 Wilson Blvd., Arlington. An evening of delicious eats, drinks, and great company – all to benefit Doorways. Help create pathways out of homelessness, domestic violence, and sexual assault. Give the gift of safe harbor, healing, and hope today. Contact Jan-Michael Sacharko, Director of Development, at 703-504-9291 or [jsacharko@doorwaysva.org](mailto:jsacharko@doorwaysva.org).

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## BIRD SAFE

# Glass and Light Pollution Threaten Birds

FROM PAGE 4

adhere to updated lighting industry standards that prioritize energy efficiency and restrict outdoor lighting to a maximum color temperature of 3,000 K.

“During the review of commercial and multi-family proposals going through the public hearing process, we ask applicants to provide information on bird-friendly design strategies which could include window glazing, lighting practices to reduce light emit-

ted during evening hours and incorporation of natural landscaping around the building. Additionally, the Fairfax County Park Authority actively advocates for dark sky-friendly initiatives, urging residents and businesses to adopt measures that reduce light pollution and protect local ecosystems.”

Blackburn responded, “I am very pleased that Fairfax County has taken steps to reduce the adverse impacts of our built-up environment on birds and other wildlife. I am hope-

ful that we can work with county officials to promote additional measures, including supporting a ‘Lights Out’ policy during migration and reducing the recommended color temperature for lighting to 2,500 K.”

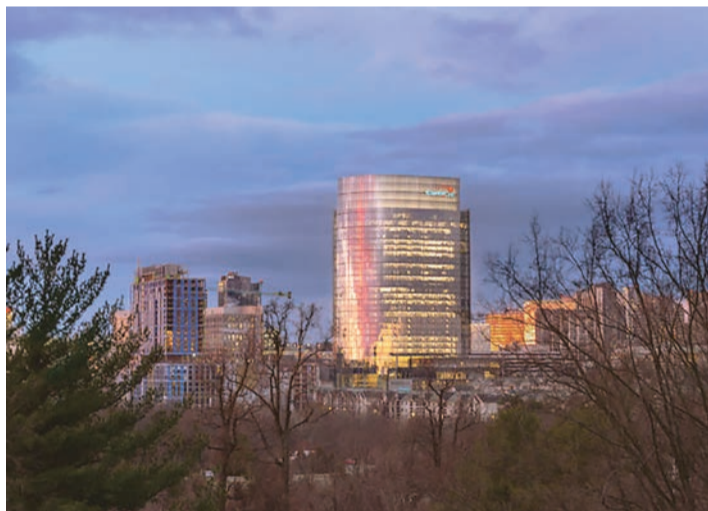
### FIND OUT MORE:

Reducing collisions, <https://abcbirds.org/glass-collisions/>; [www.Birdsmartglass.org](http://www.Birdsmartglass.org).  
Lights out, <http://www.darkvirginiasky.org/>  
Bird migration, <https://birdcast.info/>



PHOTO BY TOM BLACKBURN

**A building in Reston that reflects vegetation and causes birds to collide with the windows.**



BONSTRA HARESIGN ARCHITECTS

**The Capital One Tower at Tysons, 470 feet tall, the second-tallest building in Virginia.**



DARKSKY INTERNATIONAL

**Map showing light pollution in the United States.**

## ENTERTAINMENT

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### FRIDAY/NOV. 8

**Prescription: Gardening.** 10-11:30 a.m. Online. Engaging in nature-based activities at any age can enhance health and well-being. As little as 20 minutes daily of gardening can have a profound impact. Join Extension Master Gardeners Tricia Rodgers and Anne Wilson to learn more, including about the tools and supplies that are now available to make gardening possible for a broad audience. We will also learn about a program they and other Extension Master Gardeners are

engaged in for people with dementia. Free. RSVP at <https://mgnv.org/rsvp-for-public-education-classes/> to receive a link to participate.

### SATURDAY/NOV. 9

**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 November's show is the

hilarious Phil Mike!

### SATURDAY/NOV. 9

**The National Chamber Presents Hungarian Masterpieces.** 7:30 p.m. At Gunston Arts Center's Theater One, 2700 South Lang Street, Arlington. The National Chamber Ensemble (NCE) opens its 2024-2025 season with Hungarian Musical Masterpieces. This program marks the company's 18th year of live performances under the season theme of “Classical to Classics: 300 years of Memorable Music.” This musical journey features works by Bela Bartok, Franz Liszt, Josef Haydn and Jo-

hannes Brahms and more performed by Ensemble members Leonid Sushansky (violin), Steven Honigberg (cello), and Carlos Cesar Rodriguez (piano).

### SATURDAY/NOV. 16

**Lesson Zero.** 9:30 p.m. to 12:30 a.m. At The Celtic House, 2500 Columbia Pike, Arlington. Featuring the music of Oasis recording artist Lesson Zero. 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).

## Burton Will Be Hurtin'



By KENNETH B. LOURIE

Of that I am certain, or maybe it's me who'll be hurtin'. And why might we both be hurtin'? Because on Wednesday, Nov. 20, I'll be takin' Burton to get neutered. I'll need to drop him off between 7:00 and 7:30 am. He'll be ready for pick-up between 2:00 and 3:00 pm later that same day.

I have waited until now (two-plus years old) to schedule this appointment for two reasons: (1) As a fellow male, I can feel/imagine Burton's future pain. Having had a male golden retriever neutered once before (Bailey), I've witnessed how resilient dogs are. At the office where I went to get Bailey after his procedure, I remember I checked in and they said he'd be right out. As soon as I saw him, I called his name and he came running over to me, like nothing had even happened. Amazing. I realized, in the scheme of veterinary surgery, this procedure, especially for a male, is fairly straight forward/uncomplicated. Nevertheless, I'm sure I'll be signing forms waiving the practice of any responsibility should something unexpected occur - just like we mostly do when we go for our own surgeries. But it's this particular surgery which has me unsettled a bit considering they're doing.

The second reason for the procedure to be scheduled two years and three months after Burton's August birthdate is the relatively recent/evolving opinion in the veterinary world concerning the appropriate timeline for these specific procedures. Back in Bailey's Day (golden retriever number two), the conventional wisdom/advice was neutering should occur six to nine months after birth. However, these days (and I'm not sure when this became a thing), the timeline has lengthened. The recommendation now is to wait 18-24 months-ish. The thinking is that it's better for the dog to wait until it reaches its physical maturity before any neutering happens so its development is not impaired by stunting the dog's growth by “proceduring” prematurely.

Well, 27 months in, you can't say we're stunting Burton's growth. He's over 70 pounds now like he's supposed to be. Moreover, having decided that we're not interested in the future puppy-making business, which is very much a business, especially if your dog is registered with the AKC (America Kennel Club) which Burton most definitely is (meaning he has papers/is pure bred). Also, Burton having this surgery sort of nips him the bud as a potential sire. In addition, not getting involved in this breeding business will simplify our lives and save us from worrying about Burtons comings and goings - and wanderings, particularly as a male. They can smell a female in heat a mile away (it's an expression, but far) and since we don't have a fenced-in yard/have any real means of restricting his movements, it's possible he could follow a scent and be who knows where in a matter of minutes. Not to mention the fact that we live a quarter mile from a relatively busy four-lane state road whose lights at nighttime and noise all the time fascinate Burton. I'm always afraid he'll head up that way. The surgery, generally speaking, decreases some of these urges in the male dog.

Not to invoke “Forrest, Forrest Gump” yet again, but “one less thing.” And ‘one less thing’ for a cancer patient (yours truly if you haven't been reading along for the last 15+ years) to worry about is super helpful. My goal is to minimize the negative and maximize the positive, especially since my late brother Richard is not here. Because being diagnosed with cancer is all it's cracked up to be and oh by the way, so are golden retrievers. They're full of positivity.

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

# Arlington Neighborhoods Turn Spooky

FROM PAGE 3

as a way to keep local roads safe from impaired drivers during this traditionally high-risk period.

During this twelve-hour period, area residents age 21 and older celebrating with alcohol may download the Lyft app to their phones then enter the SoberRide® code in the app's 'Payment' tab (under the 'Add Lyft Pass' option) to receive their no-cost (up to \$15) safe transportation home. WRAP's 2024 Halloween SoberRide® promo code will be posted at 3 p.m. on Saturday, Oct. 26 on [www.SoberRide.com](http://www.SoberRide.com).



This blow up display is already tired of Halloween.



This cabal of witches is brewing up Sunday brunch on 40th Street.



Not afraid of spiders? Well, there are spiders and then there are SPIDERS. Stay away from Little Falls Road.



Sun shines on the neighborhood cemetery on 40th Street.



This Washington Golf and Country Club Halloween party is held early on Saturday, Oct. 19.



PHOTOS BY  
SHIRLEY RUHE  
THE CONNECTION