

The Arlington Connection

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

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All voting booths are full at Central Library mid-morning but with a smooth progression of voters and little wait.



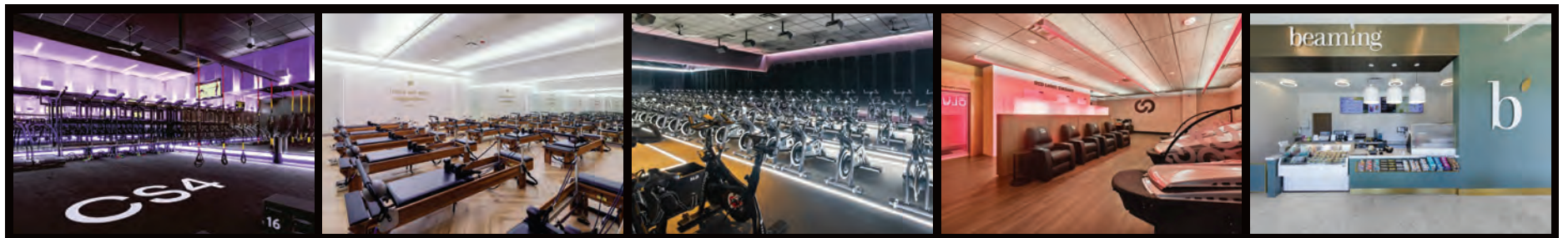


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Election Day 2024 at Arlington's Central Library

PHOTOS AND INTERVIEWS BY
SHIRLEY RUHE
ARLINGTON CONNECTION

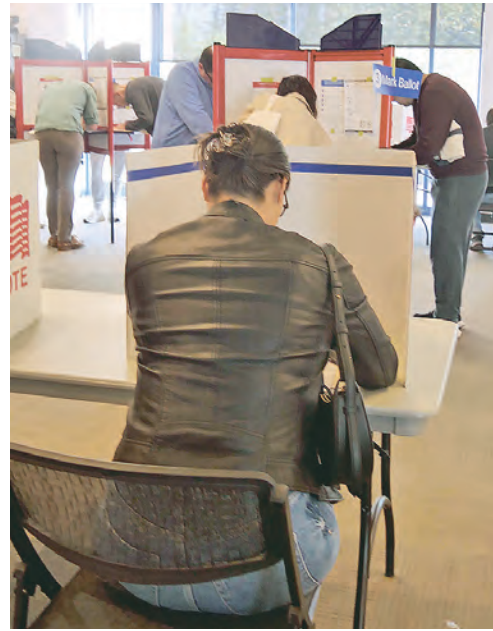


Stephanie Sanders, who is the chief Election official at the Central Library voting site, says "It is crazy here. It has been very busy this morning."

A few minutes observation indicates Sanders is like a traffic cop directing all of the activities around the room. Sanders says she started in 2007 volunteering as an election worker and when early voting came on-line she noticed a dip in voting in-person. "And of course very few people showed up in 2020 because of COVID. But today there was a crowd lined up at 6 a.m. when the polls opened. Today's turnout has been steady, not people coming in waves before and after work like it used to be." She adds, "Things have been really good here with the wait at most 20 minutes."



Danny Debner, an election official, reports a voter count of 725 at 10 a.m. at this location, Arlington's Central Library.



The voting booths are full at Central Library mid-morning but with a smooth progression of voters and little wait.

Gerren Sayco says his main issue is immigration policy. "I come from a third generation of Asian-Americans and see how easy it is these days for migrants to get across the border and to get taxpayer money for housing and cash. It's a good thing to have but for me, whose relatives came here the right way and it took a long time, I don't think it's fair. It's a slap in the face to my parents and grandparents. I voted for Trump."



Frank Fowler says the economy is his primary issue. "Inflation seems to be getting better; you have to work to get it down, and time needs to pass. I voted Libertarian because I believe in a free-market economy. I have a beef with the two-party system. I'm suffering fatigue; I can't morally vote for either the Republican or Democratic Party."



Election officers waiting for next voters at Central Library polling place.



Maddie Thomas and James Chung are standing outside the Central Library conducting an Asian-American exit poll to determine whether there have been any language access barriers to voting. Chung says this is a national organization because various states have voter suppression and, "We want to make sure to bring this issue to the forefront and to raise it to the local election board if it happens." So far this morning they have seen no issues in Arlington.

Daniel Alther says his main issue is, "Trump says he wants to be a dictator. I voted for Kamala."



Signs outside the library represent the spectrum of choices at the 2024 election.



Arlington's Central Library is booming with activity on the morning of Election Day with voters, candidates and media competing for space on the steps outside the door.



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PHOTO BY SHIRLEY RUHE

The Goodwill donation site accepts clothes, household goods and small furniture dropped off at the drive through around the back of the building.

New Goodwill Donation Express Opens in Arlington

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Goodwill opened a Donation Express Center in Arlington at 5210 Langston Blvd in early October. Mfreke, the donation attendant, says since the Center opened donations have been building up as people learn about it. The room is filled with large bins full of mostly clothes, some pots and pans with a small couch and dresser sitting nearby.

He says this Goodwill location is for donations only. "The only thing we sell here is the books that have been donated." The rest

of the donations get sent out to the other Goodwill Centers such as the location at 10 S. Glebe Rd. for in-store shopping.

Items that aren't accepted include curtains, baby furniture such as cribs as well as large appliances, hazardous material and mattresses.

The Center is open to receive donations Monday-Friday from 11 am-7 pm and Saturday and Sunday from 9 am-5 pm. Phone 703-565-2904

See the website for more information and details on donations that are and are not accepted at this site. <https://dgoodwill.org/locations/arlington-donation-express/>

Scouting for Food Targets Critical Need

The annual Scouting For Food Drive on Saturday, Nov. 9 comes just as Arlington's Food Assistance Center has hit an all time high of 4,000 families receiving supplemental groceries in one week. In addition, the count of families being referred for AFAC resources also hit an all time high of almost 6,700 referrals. AFAC projects that if this rate continues, they will distribute groceries to 4,400 families during the annual Turkey Week of Nov. 18-23.

Households who have received a Scouting for Food sticker on their front door in recent days will have Boy Scouts in their neighborhoods on Saturday, Nov. 9 collecting non-perishable food items (no glass please) left by the front door. Residents are asked to leave their donations out by 8:30 a.m. that day.

This national effort was begun in 1985 by the Greater Saint Louis Area Council. It takes place across the country in November or December, and the items collected are donated to their local pantry which in Arlington is AFAC. AFAC's most requested items

include low sugar and low sodium items, canned tuna, soups, vegetables and tomatoes as well as peanut butter in plastic jars and cereal. Additional items for the holiday season include sugar, flour, cooking oil and coffee.

Charlie Meng, AFAC's Chief Executive Officer in the recent monthly newsletter said, "The rising demand is a call to action—we depend on the continued generosity of our supporters to keep up with the increasing number of families coming to our door. Every donation we receive makes a difference in the lives of those who need it the most."

AFAC is an independent community-based non-profit food pantry that provides nutritious supplemental groceries to those in need at 21 distribution sites. They receive only 7 percent of their annual budget from Arlington County and rely heavily on contributions from the community, businesses and faith-based organizations to meet their budget.

— SHIRLEY RUHE

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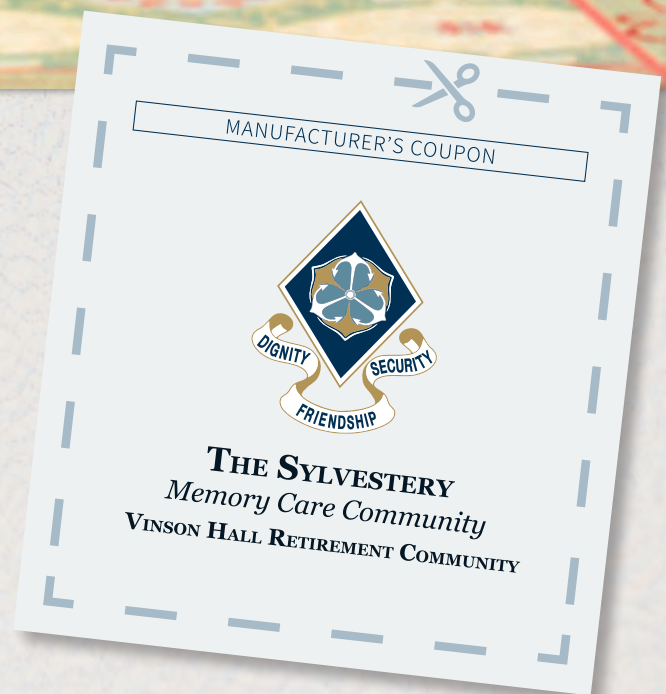
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MAKE EACH DAY COUNT WITH MEMORY SUPPORT

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

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



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Glebe Road Beacons of Light Send Prayers to Community

By Shirley Ruhe
Arlington Connection

Candles light up the sidewalk outside Walker Chapel UMC on Glebe Road Monday night. The signs held by participants in the Prayer Vigil urge cars driving by to VOTE, and the common theme is peace. The event was organized through the Arlington Interfaith Council and hosted by Walker Chapel United Methodist Church. The denominations present call out: Jewish, Catholic, Unitarian, Methodist, Christian Scientist, UCC.

Rev. Teer Hardy, the pastor of Walker Chapel, says the prayer vigil is meant to be a source of hope for the community. "When people ask what we're supposed to do in times of strife, in the church we pray. That's our specialty." He tells the crowd, "This is a moment for us to take a break, refresh ourselves from what is happening in the world."

Hardy says, "Over the next 24-48-72 hours stop for a moment and pray one and a half times more often than you check your social media to see the results of the election."

Rev. Laura Martin, Associate Pastor at Rock Spring UCC and recognized Arlington poet says she always marks occasions like this with a poem. "The world is too often charged by fear and will disappoint you again and again. Know this and go on anyway refusing to concede the good and the possible."

Standing in the crowd Charles Lundy, a member of Mt. Olivet Church, says he has been looking for something uplifting and, "I see tonight's event as very appealing ahead of the election which has been very stressful."

Sara Keeling and Cheryl Moore stand at the bottom of the church steps with candles in hand. Keeling says she is there to pray for peace. Moore says it has been very stressful with the divisiveness and lack of peace casting stress to the universe. "I feel like as a Christian I need to be strong."

Robin Groom, Audrey Ward and Dawn Kyser, three older participants in the vigil, choose to sit outside the church on a bench



Rev. Laura Martin (right) Associate Pastor of Rock Spring UCC and a well-known local poet shares a poem which she has written.

with their candles. All have come to pray for peace for our country ... and the world.

Karin Croft, holding her homemade sign, says she has come to urge people to vote. "I really care about democracy."

An 11-year-old has come with his younger sister and mom. He says he is praying that nothing bad happens. "Nothing bad means that Trump not be elected."

Fatima Argun says she is there representing the Arlington Democrat's Interfaith Outreach and Advocacy Caucus. "I try to bring the interfaith community together on projects that benefit everybody. Religion can be detrimental or bring people together to create great chances for peace and solidarity before the election. We've been rattled by what's going on, and it can provide a sense of peace and comfort."

The group proceeds down the steps to the street one by one holding candles and homemade signs urging peace and unity.

"Pray one and a half times more often than you check your social media to see the results of the election."

— Rev. Teer Hardy, pastor, Walker Chapel UMC



Participants in the Monday night pre-election prayer vigil wait with handmade signs and candles to begin the prayer vigil along Glebe Road Monday night Nov. 4.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Robin Groom, Audrey Ward and Dawn Kyser have their prayer vigil on a bench outside Walker Chapel.



Rev. Teer Hardy, pastor of Walker Chapel United Methodist Church (UMC) and organizer of the Peace Vigil welcomes people to pray as a source of hope.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Where There's a Spot, There's a Sign

In the weeks running up to Election Day, Arlington spaces have been filled with an unusual number and diversity of competing signs for the two major Presidential candidates.



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 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.

UNTIL 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 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.

OCT. 25 TO NOV. 9

Dominion Stage: "Fun Home." At Gunston Theatre Two, Long Branch Creek, Arlington. A contemporary musical based on Alison Bechdel's graphic memoir. As Alison navigates her past, she reflects on her relationship with her enigmatic father, Bruce, a closeted gay man and funeral home director, and she grapples with the challenges of coming to terms with her identity amidst her father's secrets and her family's hidden truths. From the playful exuberance of childhood to the complexities of adulthood, this Tony Award-winning mu-

sical captivates audiences with its emotional depth and authenticity.

OCT. 29 TO JAN. 12

"A Funny Thing Happened on the Way to the Forum." At Signature Theatre, Shirlington, Arlington. It's a comedy night in Sondheim's zany, hysterical, Tony Award-winning musical romp. In one of the greatest musical comedies of all time, three households reside next to each other in ancient Rome. Just outside their doors, the exploits of a quick-thinking Roman slave, a braggart soldier, a beautiful courtesan, a lovesick young man and others devolve into uproarious chaos in a fast-paced, witty and monumental escapade. With mistaken identities, wily ruses, madcap chases, a love story, and a happy ending of course, "A Funny Thing Happened on the Way to the Forum's" audacious and irreverent spectacle has something for everyone.

THURSDAY/NOV. 7

Sip & Savor: 5:30-7:30 p.m. At Audacious Aleworks Brewery, Broad and Washington Streets, Arlington. Join in an evening of delightful craft brews and community. This event offers an opportunity for locals to experience a curated tasting selection from Audacious Aleworks Brewery. For more information and to reserve a spot, visit Eventbrite page: Sip & Savor Event Link.

NOV. 7-10

18th Annual Alexandria Film Festival. Featuring more than 60 films and 40 filmmakers at four venues. For the schedule, tickets, and passes, visit AlexFilmFest.com.

NOV. 8-24

"Disney's The Lion King Jr." At Thomas Jefferson Community Theatre, 125 S. Old Glebe Road, Arlington. Presented by Encore Studio. Dates: Friday, November 8, 2024 at 7 p.m.;



"Disney's The Lion King Jr." will be featured Nov. 8-24, 2024 At Thomas Jefferson Community Theatre in Arlington.



"A Funny Thing Happened on the Way to the Forum" can be seen Oct. 29 to Jan. 12, 2025 at Signature Theatre in Arlington.

Saturdays, Nov. 9, 16 and 23, 2024 at 11 a.m. and 3 p.m.; Sundays, November 10, 17 and 24 at 3 p.m. The young and carefree lion cub Simba faces serious consequences that force him to flee his kingdom of the Pride Lands, leaving his cruel uncle Scar to rule in his place. With the help of his new friends Timon and Pumbaa, Simba learns the joys of "Hakuna Matata," or "no worries," until his past catches up with him. Will responsibility and honor win out? Discover the answer for yourself as you sing along to the classic songs of Elton John and Tim Rice, including "I Just Can't Wait to Be King" and "Can You Feel the Love Tonight." We recommend this production for ages 4 and older.

Preshow Experiences: Join Encore for Simba's Scavenger Hunt—where every step brings you closer to the magic of the pride lands! Enjoy this fun family-friendly activity with roaring challenges and fun surprises as you interact with the cast before the show! Ticket Add-On to the Saturday, November 16, 3 p.m. Performance, Event begins at 2 p.m. Get

ready for a wild and wiggly treat in Timon & Pumbaa's Pudding Party! Join them for a delightful "Build Your Own Treat" experience. Treat yourself and create your pudding parfait "grub" just the way you like it—layer it high with all the "slimey, yet satisfying" gummy bugs! Ticket Add-On to the Saturday, November 23, 3 p.m. Performance, Event begins at 2 p.m. Visit www.encestage.org to purchase tickets online or call (703) 548-1154. For additional questions, email boxoffice@encestage.org.

FRIDAY/NOV. 8

Free Chamber Concert. The Friday Morning Music club will perform a chamber concert at St. George's Church, 915 N. Oakland St., adjacent to the Virginia Square Metro. The Nov. 8 concert will feature works by Bach, Ravel, Bloch and Guastavino. The one-hour concert continue every first and second Friday of the month through May. All concerts start at noon.

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

Civil War and Militaria Show and Sale. 10 a.m. to 4 p.m. At Arlington-Fairfax Elks Lodge, 8421 Arlington Blvd., Route 50, Fairfax. Vendors are welcome. For vendor registration and more information contact Bud Mayo at

SEE CALENDAR, PAGE 11

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NEWS

2 Critical After Shooting On Columbia Pike

Arlington County Police Homicide/Robbery Unit is investigating a shooting that occurred along Columbia Pike on the evening of Oct. 31, 2024.

At approximately 10:48 p.m., police were dispatched to the 4300 block of Columbia Pike for the report of a shooting. Responding officers located three victims in the area suffering from gunshot wounds and began lifesaving measures. The victims, three juvenile males in their teens, were transported to area hospitals. Two vic-

tims are in critical condition and one has serious, non-life-threatening injuries.

Detectives continue to investigate the circumstances that preceded the shooting.

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 or anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477)

BULLETIN BOARD

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

POLICE CELEBRATE TEN YEARS OF FILL THE CRUISER TOY DRIVE EVENTS

The Arlington County Police Department (ACPD) is proud to host the 10th annual Fill

the Cruiser Toy Drive benefiting children in need in the Arlington community. It is our mission to continue to spread holiday cheer by ensuring every child gets the opportunity to experience the joy of the season. Donate new, unwrapped toys at one of our two collection events or one of our stationary drop box locations. Officers will collect new, unwrapped toys

SEE BULLETIN, PAGE 11

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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.

55+ Centers will be closed Tuesday, Nov. 5 Election Day.

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

Opera appreciation group to discuss and hear musical selections from “Das Rheingold,” the first opera of German composer Richard Wagner’s Ring Cycle, Wednesday, Nov. 6, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti, Registration # 911300-03.

Haunted Prague, hear Michele Patrick, author of “Haunted Prague: Stories of Spirits, Sorcerers and the Supernatural,” discuss one of the most haunted cities in the world, Thursday, Nov. 7, 1:30 p.m., Langston-Brown 55+ Center. Registration # 911400-38.

Records and root beer floats, enjoy favorite vinyl records and a tasty treat, Thursday, Nov. 7, 6 p.m., Lubber Run 55+ Center. Bring your own records or just come to listen. Registration # 911891-05.

Matinee movie, “The Best Exotic Marigold Hotel” (2011) (PG-13), Thursday, Nov. 7, 1 p.m., Arlington Mill 55+ Center. Registration # 911804-07.

Celebrate Native American Heritage Month by learning about the Anacostan tribe, native to Washington, D.C., Thursday, Nov. 7, 3 p.m., Lubber Run 55+ Center, registration

911400-18 or virtual, registration # 911400-19.

Paint along with Community Art Programmers and recreate artworks on display at area museums, Thursday, Nov. 7, 10 a.m., virtual. Registration # 911303-03.

Into the Void, learn what it takes to put a satellite into space.

Presented by Dan Junker, 30 year veteran in the space satellite industry, Friday, Nov. 8, 10:30 a.m., Arlington Mill 55+ Center, Registration # 911400-46.

Women in the Navy, presented by Wesley Schwenk, Registrar of the National Museum of the U.S. Navy, Friday, Nov. 8, 10:30 a.m., Lubber Run 55+ Center, registration # 911400-20 or virtual, registration # 911400-21.

Fortunes in the attic, virtual presentation with Community Arts Programmer Jennifer Droblyen, Friday, Nov. 8, 9 a.m. Participants will learn how to identify authentic antiques plus Droblyen will research and discuss one item submitted by participants. Send photo to sashton@arlingtonva.us before the program. Registration # 911302-07.

The 55+ Travel group will travel to Philadelphia, PA for The Barnes’ presentation of “Mickalene Thomas: All About Love” exhibition, Saturday, Nov. 9. Cost \$110, Arlington resident; \$127, non-resident. Registration # 902411-06.

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 and www.reverbnation.com/lessonzero.

MONDAY/NOV 18
Art & Sip - Twisted Trunk. At Palette 22 VA. At 4053 Campbell Ave., Arlington. Guests can enjoy a fun night of painting and sipping on delicious drinks under the twisted trunks of their favorite trees. From 6 to 8 p.m., guests will have the opportunity to grab a paintbrush and a glass of their favorite beverage while being guided through the process of creating their own masterpiece. No experience is necessary—just bring creativity and get ready to celebrate fall! This is a unique opportunity to unwind, socialize, and unleash your inner artist, all for \$65 per person.

DEC. 7-8
Holiday Gift Nook. At Arlington Central Library, 1015 N. Quincy St., Arlington. Shopping Hours Saturday 10 a.m. to 4:30 p.m.; Sunday 10 a.m. to 12:30 p.m.

How it works: Pick up a coupon before entering the shop and exchange it for one item. You may return for additional tickets, while supplies and inventory last. Visit the gift-wrapping station to personalize and wrap your gift(s). Check out other Library gift-making and wrapping programs.

ever wondered what you can do to control stormwater on your property? Maybe you experience property damage from excessive water runoff, live in a community that floods frequently, or care about the health of local streams. Join Extension Master Gardeners Cindy Robertson and Kathryn Kellam, who will share helpful advice and lessons learned in managing and capturing stormwater in their Northern Virginia yards. Free. RSVP at <https://mgnv.org/rsvp-for-public-education-classes/> to receive a link to participate.

SATURDAY/NOV 16
National Landing Community Cleanup. 10 a.m. to 12 p.m. Meet at Crystal City Metro, 1750 S Clark Street, Arlington. Join in the National Landing Community Cleanup and help keep our neighborhood looking its best. Whether you’re a long-time resident or new to National Landing, this event is a fantastic way to give back, connect with neighbors, and be part of the transformation happening in our community. Volunteers will receive trash grabbers, buckets, gloves, and safety vests (available on a first-come, first-served basis). You’ll have the chance to explore our neighborhood along the 23rd Street corridor and nearby areas while picking up litter and beautifying our public spaces.

SATURDAY/NOV 16
Lesson Zero. 9:30 p.m. to 12:30 a.m. At The Celtic House, 2500 Columbia Pike, Arlington.

Relatively Speaking



By KENNETH B. LOURIE

No. I’m not talking about a family member/cousin. I’m writing about something which, in the scheme of things, considering my original non-small cell lung cancer stage IV, diagnosed in late Feb. 2009, hardly seems worth mentioning. More so after receiving a “13 month to two years” prognosis at that initial Team Lourie meeting with my oncologist. Hearing that bombshell - out of the blue, at aged 54 1/2, even less mattered. But when I didn’t die - after 10 or so years, I developed a jawbreaker-sized lump (now you know my frame of reference. It’s not fruit or vegetables or sporting equipment, to invoke an old George Carlin bit about terms used in medical verses weather situations, mine is candy). This new tumor was located just above my Adam’s Apple, which after an approximate nine-month delay finally led to a needle biopsy followed by outpatient surgery. Then it was confirmed that I had stage IV papillary thyroid cancer, affectionally referred to in medical parlance as “the friendly cancer.” Meaning the cancer is often curable - except, my tumor had metastasized and was not friendly at all. Updated meaning was that I was still terminal but for different cancer reasons than with the previous diagnosed lung cancer.

Now (meaning then), I was firmly in the grip of thyroid cancer. The medicine I was prescribed had a two to three-year window before - who knows what? It was closer to three years-plus when the window closed. The cancer was still in check but because of the treatment, I had developed chronic kidney disease, a possible side effect, which immediately led to a cessation of my previous treatment. After a few months of no treatment and of choosing a new oncologist (this was a crossroads-type moment and we felt a change was needed), a new medicine was selected, one that would not harm the kidneys while keeping the underlying thyroid cancer at rest. Six months into this new protocol, all is well except all that wasn’t. And what’s all the fuss/worry/attention about the kidneys? Kidney dialysis, end-stage renal failure. That’s what! Trouble with capital “T.” Exactly what you don’t want to happen. Moreover, given my age and pre-existing condition: lung/thyroid cancer, I am hardly a candidate for a transplant. In effect, I am on my own and whatever I abuse, I’ll have to use or lose.

Nevertheless, I am thankful however, for many things. I rarely go down any emotional rabbit holes. I’m able to keep my perspective - and sense of humor about the cancer journey I’ve been on for 15 1/2 years. And most of all: I’m still in the game.

But what I am unusually thankful for is that I didn’t inherit the psoriasis gene that my mother carried. In my formative years, I can remember the pain and suffering my mother experienced with her psoriasis. It was a constant negative and nothing she tried/the doctor’s recommended helped. It wasn’t until she quit smoking her four packs of Chesterfield Kings cigarettes that the psoriasis disappeared, on its own, sort of. Coincidence or not, the psoriasis was gone.

I am often reminded of those days while I’m watching television. Specifically, ALL the commercials for psoriasis medication/presumptive cures. There must be at least a dozen. None I can remember. None I can pronounce. And none I could possibly spell. Sometimes, the commercials are one after another and/or appear during multiple commercial breaks throughout any one program. My mother had none of these options. Nothing she tried offered her any relief. I think she suffered more with her psoriasis than I ever have with all my various cancer medicines. I guess it’s all relative.

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

ENTERTAINMENT

FROM PAGE 8
703-389-1505 or mayo5304@cox.net

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

FRIDAY/NOV. 15
Stormwater Management Case Studies. 10-11:30 a.m. Online. Tired of parts of your yard flooding when it rains? Have you

BULLETIN BOARD

FROM PAGE 9
for children ages newborn to 17 at the following locations:
Saturday, November 16
Our Lady of Lourdes Church, 11:00 a.m. – 3:00 p.m., 830 23rd Street S.
Saturday, December 7
Lee Harrison Shopping Center, 2:00 p.m. – 6:00 p.m., 2425 N. Harrison Street
Stationary Drop Box Locations
If you are unable to attend one of our donation collection events, stationary drop boxes will be located at the following

locations from November 8 to December 13.
Compass Coffee, 4710 Langston Boulevard
Cathedral of St. Thomas More, 3901 Cathedral Lane
Office Building, 200 N. Glebe Road
Arlington Courthouse, 2nd Floor, Administrative Support Unit, 1425 N. Courthouse Road
Ireland’s Four Courts, 2051 Wilson Boulevard
Celtic House Irish Pub, 2500 Columbia Pike
Shirlington Library, 4200 Campbell Avenue
Long Bridge Aquatics & Fitness Center, 333 Long Bridge Drive
Freddie’s Beach Bar, 555 23rd Street S.

DONATIONS NEEDED
Pet Food Bank. AWLA has established a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner’s ability to afford pet care, the AWLA Pet Food Bank program’s goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYwDZm4tPw2.

Park Service Removes Acres of Trees along GWMP

This letter to Christine Smith, Acting Superintendent of the George Washington Memorial Parkway, from nine local environmental organizations is shared with readers of the Connection.

Dear Superintendent Smith:

The nine undersigned environmental organizations commend your decision to suspend the cutting of trees along the George Washington Memorial Parkway (GWMP). We look forward to an opportunity to participate in the dialogue concerning the future of the project. The following are several points we hope the National Park Service will consider as it prepares a much-needed Environmental Assessment of the project.

Clear-cutting of trees will result in substantial environmental harm. A single mature tree can intercept 500 to 700 gallons of stormwater per year, and its root system anchors the soil, preventing erosion. The removal of large numbers of mature trees, particularly on the steep slopes between much of the Parkway and the Potomac River, will subject the Lower Potomac River Gorge to substantial increases in runoff and result in increased erosion and pollution. Also, removal of large swaths of trees will expose the cleared areas to an influx of invasive plants, including the invasive vines that are currently choking out much of the forests on GWMP land. The forest near the Donaldson Run Overlook, which has been overtaken by invasive vines, illustrates what can happen.

The tree removal is inconsistent with federal, state and local statutes, ordinances and agreements. The National Environmental Policy Act (NEPA) requires federal agencies to assess the environmental effects of their proposed actions prior to making decisions. The Chesapeake Bay Watershed Agreement (CBWA), to which the Department of Interior is a signatory, commits the signatories to restore and enhance land and water habitats and to protect forest buffers to improve water quality in the Chesapeake Bay Watershed. Clear cutting trees along the slopes above the Potomac River appears to be inconsistent with NEPA and the commitments of the signatories to the CBWA to collaborate with each other and to operate with transparency.

The Chesapeake Bay Preservation Act (CBPA), Virginia Code 62.1-44.15:67 et seq., directs counties, cities and towns in Tidewater Virginia (defined as the jurisdictions in the

Chesapeake Bay watershed) to incorporate water quality protection measures into their comprehensive plans, zoning ordinances, and subdivision ordinances and commits the commonwealth to provide financial and technical support to them. Chapter 61 of the Arlington County Code implements the CBPA's directives. Section 61-5B.1.e permits the county to designate as Resource Protection Areas lands that are "necessary to protect the quality of State waters." The County has designated as Resource Protection Area Buffers all of the land between the GWMP and the Potomac River in the County.¹

Arlington County's RPA requirements provide that "Trees may be pruned or removed from an RPA Buffer in an area no greater than



These photos were taken between the George Washington Memorial Parkway and the Potomac River upstream of Spout Run.



The areas were formerly forested with mature trees, mostly native trees. Large diameter stumps include at least one 30 inches in diameter, one 26 inches and one 20 inches.

five thousand (5,000) square feet or 25% of the RPA Buffer, whichever is less, for all sight lines and vistas combined.... No more than twenty five percent (25%) of trees six (6) inches or greater at breast height (four and a half (4.5) feet) may be removed from the areas designated for sight lines and vistas." Arlington County Code 61-7 B.2, 3.

Regardless of whether the Park Service considers itself to be subject to the Virginia law and the Arlington County Code, the fact remains that the extensive removal of trees along the Parkway is inconsistent with state and local legislation that was enacted to implement the Chesapeake Bay Watershed Agreement.

Improving vistas along the GWMP does not require removal of large numbers of trees. We are supportive of removing invasive trees, particularly if that will improve views for drivers on the roadway. Integrat-

ing that invasive removal with the large volunteer and NPS effort already underway to clear invasives would be highly effective.

As many organizations and advocates have suggested before us, we recommend that the NPS develops and implements a comprehensive invasive management plan for the GWMP. Invasive vines overwhelm forested areas, destroy trees and degrade habitat, and completely obstruct views in many areas along the entire length of the parkway. Vistas could be improved by removing invasive vines, without removing a single native tree. The NPS should strive to align and balance the original recreational purpose of the parkway with its duty to responsibly steward and manage the land entrusted to it.

At the same time, the Park Service should bear in mind the importance of keeping the GWMP as safe as possible. Most of the users of the GWMP are commuters who drive the

parkway, which is a two-lane road in each direction with little or no shoulder, at speeds in excess of 60 mph. Creating vistas may not only be of little interest to the commuters but may create safety concerns as drivers are distracted by the vistas.

It is important to rehabilitate the areas where the trees were removed. Since an Environmental Assessment was not prepared before the tree removal began, there was no consideration of the long-term effect of cutting the trees. The Park Service should ensure that comprehensive measures are undertaken to rehabilitate the cleared areas. The cleared slopes will be subject to significant erosion until new trees and shrubs are established. Rehabilitation will be difficult given the steep slopes in some locations. Also, the large numbers of deer on the river side of the Parkway will necessitate protecting new plantings from substantial damage from deer browse. Finally, it is essential to fund a long term initiative to prevent the cleared areas from being overrun with invasive vines as has happened elsewhere along the Parkway.

The Park Service should consider other recreational opportunities along the Parkway. We appreciate the desire of the NPS to improve the recreational opportunities within the GWMP. We suggest using the current situation to consider other ways to improve recreation. As an example, the NPS could use GWMP land on the Arlington side of the parkway to create a linked GWMP-Arlington County trail the full length of the Arlington palisades— from Rosslyn to Pimmit Run. Such a trail would offer numerous stunning views of the Potomac gorge and would create an entirely new set of hiking opportunities for the Washington DC area.

We look forward to participating in the process of deciding the next steps in the project. We commend you for the decision to engage the public in the process of deciding the next steps in the rehabilitation of the Parkway and the cleared areas. We plan to provide meaningful input to the process in the coming months. Thank you,

Tom Blackburn, Advocacy Chair
Northern Virginia Bird Alliance (formerly Audubon Society of Northern Virginia)

Ann Jurczyk, Virginia Manager
of Urban Restoration

Chesapeake Bay Foundation
Christopher Topoleski, Executive
Director

Faith Alliance for Climate Change
Glenda Booth, President
Friends of Dyke Marsh

Betsy Martin, President
Friends of Little Hunting Creek

Hedrick Belin, President
Potomac Conservancy

Susan Bonney, chair
Sierra Club Great Falls Group

Dean Amel, chair
Sierra Club Potomac River Group

Alan Ford, Potowmack Chapter President
Virginia Native Plant Society

PHOTOS BY GLENN TOBIN