

The Arlington Connection

Five-year-old Jordan Cohen has a prime seat on his father Justin's shoulders for the Lyon Hall parade. He explains although he is technically five years-old, he will be turning six on July 6.

July 4 Tradition

PAGE 3

Westville Opens In Clarendon

PAGE 4

SENIOR LIVING, PAGE 6 ♦ ENTERTAINMENT, PAGE 11 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY SHIRLEY RUHE/THE CONNECTION

JULY 16 - AUGUST 5, 2025

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

IMAGINE MORE

Retirement built to serve you, at Vinson Hall



VINSON HALL
RETIREMENT COMMUNITY



At **Vinson Hall Retirement Community**, we believe the best days are filled with connection, growth and endless possibilities. Our residents thrive on staying socially and intellectually active while enjoying first-class amenities. Whether attending on-campus lectures, traversing the globe, or conquering the pickleball court, the only question is, "What will you do next?"

At our Life Plan Community — where government or military association is no longer required — you'll feel confident knowing you have a secure plan for your future. Get to know this one-of-a-kind community designed for your one-of-a-kind life. Call **703-935-1438** or visit **vinsonhall.org** today to get started!

The Good Old Days Are Here Again or Never Left

BY SHIRLEY RUHE
ARLINGTON CONNECTION

It is an old fashioned Fourth of July Parade in the Lyon Village neighborhood. The corner of Key Blvd. and Jackson Street is crowded with decorated bikes, dogs with flag kerchiefs and moms pushing strollers and pulling wagons. Although the route has changed over the years, the atmosphere of anticipation remains the same. The parade will travel several blocks down the street and then turn to end up at Lyon Village Park to enjoy the playground equipment, spray park and special treats for the day.

Gabe MacPhail stands with his father, Matt, who is strapped with a loud boom box playing patriotic music ready to lead the parade down the street. Gabe is home
SEE THE GOOD OLD DAYS, PAGE 8



PHOTOS BY SHIRLEY RUHE

Neighbors stretch the flag banner across the street, an annual tradition. Every year it signals the beginning of the parade.



The popsicle stand is a popular attraction in Lyon Village park at the end of the parade.



Gabe MacPhail is home from Purdue University and has been attending the Lyon Village parade since he was six-years-old. His father, Matt, is strapped with a large boom box playing patriotic music to start the annual 4th of July parade.



Five-year-old Jordan Cohen has a prime seat on his father Justin's shoulders for the Lyon Hall parade. He explains although he is technically five years-old, he will be turning six on July 6.



ACFD fire engines swing by as the parade begins.



Sharon and Don Park sit on Key Boulevard in front of their residence of 51 years watching the parade and chatting with Janet Hendrickson from down the block.
WWW.CONNECTIONNEWSPAPERS.COM



A line forms (including dogs) to take a turn sitting in the front seat of a fire engine.



ARLINGTON CONNECTION ♦ JULY 16 - AUGUST 5, 2025 ♦ 3

Every Neighborhood Needs A Westville

BY SHIRLEY RUHE

Westville has arrived in Clarendon.

Jay Strauss, the founder, remembers the day in 2003 when he opened the first Westville neighborhood restaurant at 210 W. 10th Street in the West Village, New York City. “I couldn’t think of a better name like ‘Jay’s Place’ or something. It took off the first day, was full up and hasn’t stopped since.” It had nine tables with 18 seats and no outdoor seating. “But I could look outside the kitchen where I was and see 30 people waiting outside.”

“We knew there was more demand; we had countless requests,” so a year and a half later Strauss and two partners opened another neighborhood restaurant in the East Village with 55 seats. “It still exists. We still called it Westville, too.”

Pretty soon everyone wanted their own neighborhood restaurant, and they gradually expanded to nine locations in New York City. Then recently Strauss said he and his now eight partners decided to see if the idea works outside NYC. “We know urban living and got a lot of data, did a lot of exploration of areas close to NYC. Arlington has a great number of people in a small area. We saw that these are our people living in and around DC.”



Jay Strauss, founder of the Westville restaurant group.

hasn’t changed in 23 years although a few things come and go.

“This is just a very friendly restaurant with a spotlight on vegetables.”

The Clarendon restaurant has already opened for delivery. “Delivery is very important to us, and we hope that people will take advantage of this option, too. We hope to have a lot of happy people.”

The way it works is to order your breaded chicken cutlet or grilled salmon and then choose your two-three vegetables. “It’s not vegetarian but instead of a 12-ounce steak with a few vegetables we focus on the vegetable choices. It’s how I like to eat. It struck a chord.” This could include asparagus with parmesan, beets with goat cheese, pesto

So on Monday, July 14 Westville opened their doors for in-person dining in Clarendon with 65 seats indoors and 30 for outdoor seating.

Strauss says their basic menu is casual American food with market vegetables and includes seasonal specials. The menu



PHOTOS CONTRIBUTED

Westville opened July 14 in Clarendon.

mashed potatoes, green peas with bacon and caramelized onions.

Strauss said in the beginning they started with eight vegetables and gradually expanded to 21. “Prep work for eight vegetables is a lot of effort and if you ask any ‘chefy’ person what it would take, they’d run — it’s quite a process.” He says the biggest seller in their experience so far has been their kale salad which includes blue cheese crumbles, pumpkin seeds, dried cranberries and marinated slivers of purple onions.

“We have a basic menu with classic com-

binations.” He adds they aren’t looking for the most esoteric ingredients but “we’re free style in method and don’t have to do things a certain way.”

Strauss says there is an excitement about opening in Clarendon to “our people, our demographic. We’re hoping to make some new friends who want to come back repeatedly.”

Westville is located at 2800 Clarendon Blvd. and is open M-F 11:30 am-10 pm and Sat-Sun brunch 10 am-4 pm and dinner 5-10 pm.

OPINION

Devastating Consequences

To the editor:

I am hoping that you will consider publishing the following letter in The Connection.

I am a Registered Nurse with a BSN, MSN, and PhD. I am also a Professor Emerita of Nursing at the University of Alabama at Birmingham. I grew up in Arlington, Virginia, where I attended Yorktown High School. During my senior year, I participated in a work/study program in which I worked for 17 hours each week at Arlington Hospital as a nurse’s aide. This experience and the excellent education I received in the Arlington public schools had a lasting impact on my life and led me to a 45 year career in nursing.

As a nursing professor I was actively engaged in research to study ways to improve care for preterm infants and for families. I received several grants from the National Institutes of Health, as well as from other organizations including the March of Dimes Birth Defects Foundation. Several of my studies focused on identifying ways that parents could safely touch their extremely premature infants using gentle touch, since studies had shown that some types of touch

resulted in agitation and decreases in oxygen levels and adverse changes in heart rate. Some of my other studies focused on evaluating teaching programs to promote positive parent-child interactions and lead to improved outcomes for both children and their families.

I was also actively engaged in global health initiatives in many countries in Latin America and in Africa, including programs to improve nursing education and prepare nurses to address the HIV/AIDS crisis.

I am writing this letter to urge readers to call their Senators and ask them to oppose cuts to funding for biomedical research and global health. This funding is critical to supporting research to finding cures for diseases and for improving lives of people in the U.S. and around the world. The cuts to the National Institutes of Health and the Centers for Disease Control and Prevention that are being proposed in the “Big Beautiful Bill” that is currently being debated will have devastating consequences for all of us.

Lynda Law (Harrison) Wilson
Birmingham, Alabama
formerly of Arlington, Virginia

WWW.CONNECTIONNEWSPAPERS.COM

Your future.
Your care.
Our focus.



Introducing our onsite Hemodialysis Unit, in partnership with Nova Dialysis, providing advanced care and personalized services to meet all of your dialysis needs.

Clinical Capabilities

IV Antibiotics
Vent and Trach Dialysis
Short-Term Dialysis Management



Comprehensive Services Include

- Consultative Visits by On-Staff Nephrologists
- On-Site Cardiology & Pulmonary Rounding
- Health Coaching & Dietary Education
- Routine Medical Management of Co-Morbidities
- RenalX Monthly Support Group
- Dialysis Wing
- Dedicated Transport Aides
- Full Case Management Services
- 24/7 Guest Service



Woodbine
Rehabilitation & Healthcare Center

2729 King St, Alexandria, VA 22302
WoodbineRehab.com / 703.836.8838



cogir

SENIOR LIVING

Our Alexandria, Virginia Communities:

Cogir of Alexandria Fillmore

Offering Assisted Living

5100 Fillmore Ave
Alexandria, VA 22311

CogirOfAlexandria.com

(571) 630-3985

Cogir of Old Town

Offering Assisted Living & Memory Care

400 North Washington Street
Alexandria, VA 22314

CogirOfOldTown.com

(571) 506-7089

Cogir of West End Alexandria

Offering Assisted Living & Memory Care

5550 Cardinal Place
Alexandria, VA 22304

CogirOfWestEnd.com

(571) 586-9009

CALL TODAY
FOR OUR
MOVE-IN
OFFERS!!

Exceptional Care, Meaningful Connections & Vibrant Experiences Await.



FILE PHOTO BY SHIRLEY RUHE

Arlington Neighborhood Village Celebrates a Decade of Growth & Service

BY SHIRLEY RUHE
ARLINGTON CONNECTION

In 2014 Arlington Neighborhood Village started with a few volunteers and a budget of about \$120,000. Now today as they celebrate a decade, they have grown to a budget of almost \$497,000 with 11,864 volunteer hours in 2024 to meet 4,400 requests from Arlington Neighborhood Village members. But Wendy Zenker, Executive Director for the last 8 years says, "We always need more drivers to take our ANV members to their medical appointments and other errands."

Zenker says ANV has 455 members who pay \$500 a year to take advantage of the services of the volunteers. This can include transportation to the library, post office or grocery store, walking buddies for socialization, daily check-ins if needed or technical assistance with a broken television or computer issue.

The most common request right now is transportation to medical appointments. Zenker points out Arlington has transportation options but if the person doesn't live on a bus line or close to a metro it can be difficult for them to walk the 8 blocks necessary to use public transportation. "They need a driver."

Zenker says membership is open to persons 55-years and older, and currently they have members ranging in age from 58-years-old to 102. Forty-three percent of their membership is over 80-years-old, and 66 percent live alone. Seventy-three percent are female, and 27 percent are male.

"Many of them don't have relatives who live nearby."

She said everything changed with Covid; "What we needed to do for people changed. There used to be a woman who we took every week to the hairdresser. Not anymore. With Covid people were following the rules about going out and errands became more important. Comfort and fear are big components." She adds, "Some of these changes stick with people."

The way it works is that an Arlington Neighborhood Village member puts in a request three days ahead of

time, and the request goes into the volunteer database. It is sent out to the pool of volunteers twice a day until someone responds. The volunteer follows up by phone with a confirmation of the time, color and make of vehicle that will be picking the person up and the exact location (by the front door, etc.)

"We don't have enough drivers but you'd be surprised what some drivers are willing to do. We have had some unusual requests like a Sunday 11 pm MRI in Woodbridge which was the only time available. We try to do what we can."

Katherine Collins, 88, is a long-time member of ANV. Although she easily uses public transportation, the volunteers take her to one difficult to reach medical appointment. "And I attend the annual Thanksgiving dinner and barbecue, both excellent, and the monthly book club by zoom where I've been introduced to books I'd never thought to read. I haven't attended the regular women's lunch or the monthly happy hour yet but I intend to. I'm so glad I joined ANV."

Zenker says all of the volunteers receive an online orientation, and undergo background checks and a driving history.

Zenker reports she sort of stumbled into the job as Executive Director after retiring from a full career including Senior VP for the National Council on Aging and Chief Operating Officer for the Corporation for Public Service.

"I thought my work life was over." Then she attended one of the Arlington Neighborhood Village weekly conversation events where they announced they were looking for an interim director. "My neighbor punched me in the ribs about the job so I took on a short time gig. I loved work; they loved me. So here I am." Now she says she has learned how to sit on the other side of the table asking for dollars.

Arlington Neighborhood Village is a non-profit dedicated to helping older adults living in their own homes. The village movement started in Boston in 1999 and today includes more than 350 villages (including Arlington) around the US. For more information contact: anvarlington.org

Flourishing After 55

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

55+ Programs are in person at 55+ Centers unless otherwise noted. A 55+ Pass is required to participate starting at a \$25 annual fee. To join or register, go to registration.arlingtonva.us or call 703-228-4747.

Coffee or Tea and Thee, Mondays and Thursdays from 9 to 10 a.m., socialize with other 55+ friends at Lubber Run 55+ Center. Drop-in.

Volleyball, all skill levels welcome, Tuesdays, 3:30 - 5:30 p.m., Langston-Brown 55+ Center and Thursdays, 2 - 4 p.m., Lubber Run 55+ Center. Both are drop-in.

Introduction to beginners line dancing class with 55+ volunteer Suzie Pratts, Fridays, Aurora Hills 55+ Center. Learn box step, quarter turn and grapevine. Drop-in.

Cribbage, a challenging card game yet easy to learn and play, Fridays, 10 a.m. - 12 p.m., Walter Reed 55+ Center. Drop-in.

Water walking and lap swimming to strengthen muscles at Long Bridge Aquatics Center, Mondays, 8-10 a.m., Wednesdays, 1-3 p.m. No instruction provided. Long Bridge Aquatics Center membership required or pay daily admission fee. Located at 333 Long Bridge Drive. Drop-in.

Tai Chi practice with experienced volunteers, no instruction provided, Mondays, 2-2:45 p.m., Aurora Hills 55+ Center; Tuesdays, 1-2:15 p.m., Walter Reed 55+ Center; Fridays, 1-2:15 p.m., Walter Reed 55+ Center. All are drop-ins.

55+ Ice Skating, Mondays, 8:40 - 9:40 a.m., MedStar Capitals Iceplex, roof level parking at Ballston Quarter. \$1 skate rental fee. Pre-registration required at www.medstarcapital-iceplex.com, click on Senior Public Skate.

Play pickleball, 55+ Pass required at the following 55+ centers: Walter Reed, Mondays, 8:15 a.m.- 4 p.m.; Tuesdays and Thursdays, 12:30 - 4 p.m.; Wednesdays, 2:15 - 4 p.m.; and Fridays, 8:15 a.m. - 4 p.m.; Arlington Mill, Mondays, Wednesdays and Fridays, 10 a.m.- 3 p.m., Tuesdays and Thursdays,

12 - 3 p.m. Drop-ins.

Women's drop-in basketball, Wednesdays, 7:15 p.m.-8:45 p.m., Langston-Brown 55+ Center. Drop-in.

Artful mind, tranquil mind, artist Sushmita Mazumdar teaches simple origami and bookmaking techniques as a way to offer a quiet escape, Wednesdays through July 30, Arlington Mill 55+ Center, 6 p.m. Registration # 914310-06.

Memory Café for people with dementia and their family caregivers who can enjoy meaningful dementia friendly activities together, Thursday, July 17, 1:30 p.m., Walter Reed 55+ Center. Drop-in. For further details call Adult Services Librarian Zoe Mann at 703-228-5193.

Protective summer pet parenting, tips to ensure pets stay safe, hydrated and comfortable in the heat, Thursday, July 17, 3 p.m., virtual. Presented by Animal Welfare League of Arlington staff. Registration # 914400-23.

South American tour featuring Bolivia, virtual presentation by Lubber Run 55+ Center Director Ashley Gomez, Thursday, July 17, 1 p.m. Hear about history, culture, geography, politics, travel destinations and more. Registration # 914400-30.

History discussion group meets weekly with Dwight Rodgers from Encore Learning, Thursday, July 17, 1 p.m., virtual. Registration # 914402-09.

Summer songs and sips, Friday, July 18, 1 p.m., Walter Reed 55+ Center. Enjoy root beer floats, sing-alongs and games, Registration # 914899-07.

55+ Travel group will enjoy a cruise on the Chesapeake Bay to St. Michael's; three-hour stay exploring this historic village, then cruise back to Annapolis and tour the Chesapeake Bay Maritime Museum, Saturday, July 19. Cost \$137, Arlington resident; \$158, non-resident. Registration # 902507-05.

Walter Reed 55+ Center's bioindicator garden's purpose explained by Arlington Regional Master Naturalist Barbara Hoffheins, Monday, July 21, 10 a.m. Learn about the effects of ozone pollution on plants and humans. Registration # 914400-21.

SEE FLOURISHING, PAGE 9

County Board Meeting Emphasizes Support for Diverse County

Arlington Makes Firm Stand Against Policies of Discrimination.

BY EDEN BROWN
ARLINGTON CONNECTION

May 13th was a busy day for the Arlington County Board, and what they did in the crowded boardroom was important. The overflowing room was made colorful by supporters of LGBTQIA rights waving rainbow flags; there were advocates for trees in green shirts and Moms Demand Action activists in red. There was one elegant 94-year-old man, letting the room know about the pain the Arlington County government had caused him and 300 other families when they stood aside as the government destroyed homes in Queen City in 1942.

There were resolutions supporting Gun Violence Awareness and Mental Health. It was also National Public Works Week, and both Arlington Sister City and Peace Officers were given shout outs. The Board made it clear that no matter how much the federal government seems to be rejecting fundamental concepts of community and human rights, Arlington will stand up for its own.

Board Chair, Takis Karantonis, opened by commenting on Arlington's Civic fabric, tying together many of the items covered in the next hour and a half.

Lorin Farris and John McNair presented the Arlington County Historic Preservation Program's recent work in commemorating the Queen City neighborhood and the devastating story of 1942, when the federal government evicted the residents of Queen City on short notice and destroyed the neighborhood to complete road access to the Pentagon. Arlington County did not advocate for the neighborhood or its residents. The full resolution can be seen on the Arlington County website. The damage done to the residents, direct descendants of slaves, was evident when Takis Karantonis recognized William Vollin, 94, and acknowledged the deep historic roots in pre-(and post-) civil-war Arlington marked by slavery, racial injustice, and exploitation. Board Chair, Takis Karantonis, extended an apology to Vollin, the last living resident of Queen City. "It was cruel and unconscionable," what happened to the homes of Queen City residents, he said. It was 1942, and many of those residents were barely two generations away from living under slavery.

"But," Karantonis said to Vollin, "You became a teacher and eventually a principal in Arlington - giving back so much to the community that took so much from you. We now ask four questions before

we develop an area: Who benefits? Who loses? How do we know? What do we do about it?" Vollin accepted the recognition with grace,
SEE COUNTY BOARD, PAGE 8



PHOTOS BY EDEN BROWN/THE CONNECTION

The County Board Room was overflowing with supporters for, in particular, the LGBTQIA+ resolution.



The LGBTQIA+ supporters were happy with the resolution.



Bill Vollin, the last surviving resident of Queen City before it was demolished, thanked the board for recognizing the pain of the destruction of their community.



The Tree Stewards of Arlington and Alexandria were awarded the 2024 Bill Thomas Park Volunteer Award.



Flags were everywhere including the glittery flags painted on the faces of these four friends.



PHOTOS BY SHIRLEY RUHE

Lyon Village yards are decorated along the parade route.

The Good Old Days Are Here Again or Never Left

FROM PAGE 3

from Purdue University and says, “I have been coming to this parade since I was six years old. Not much has changed. It’s so cool to see all of these kids. It’s a great summer memory for me.”

The neighborhood crew unfurls the flag that stretches across the street and takes at least five to carry it. The ACPD police motorcycles rev up their engines and head to

the start of the parade while the antique cars line up on the side block. The ACFD fire engines move to their place in line, and the procession begins.

A few young bike riders weave precariously down the block with parents holding on tightly while other more seasoned riders take off to be first in line for the popsicles at the park. The sidewalks are lined with residents who have pulled up a lawn chair to

watch the parade, waving flags as the parade passes by and catching up with their neighbor’s summer plans.

Sharon and Don Park sit in front of their house where they have lived for 51 years and watch with their neighbor Janet Hendricksen and Kat Carten who lives around the corner and whose father has been a chief organizer of the parade for many years.

When the parade reaches the gate of the

park, some children scamper to the tables with the slices of watermelon and popsicles and others line up outside to take a turn sitting in the front seat of one of the fire engines.

Flags are everywhere — decorating faces painted with small glittery replicas, inserted in the park fences, sitting atop hats and printed on T-shirts. It is another day to add to the memory book.

County Board Meeting Emphasizes Support for Diverse County

FROM PAGE 7

but emphasized, “It was an atrocity. They told us it was ‘eminent domain’ that gave them the authority to do this, but although eminent domain is in the Fifth Amendment, it clearly states that the possession of land must be for the betterment of the community. This was not for the betterment of our community.” There was no one left unmoved as this gentleman, this survivor of discrimination, made clear how vivid the loss of his community remained.

Highly anticipated, based on the overflowing presence in the Boardroom of supporters of LGBTQIA+ rights, was the County’s resolution affirming Arlington County’s support of WorldPride2025 and the LGBTQIA+ Community. Maureen Coffey presented the resolution affirming Arlington County’s support of WorldPride 2025 and the LGBTQIA+ community, highlighting their contributions to the rich history and social fabric of Arlington, the Commonwealth, and the country. Kellen MacBeth and April Gain with Equality Arlington also spoke, thanking the County Board for the adoption of a resolution and reaffirmation of Arlington County’s support of Lesbian, Gay, Bi-sexual, Transgender, Queer and Questioning, Intersectional and Asexual individuals and their families.

The resolution reaffirms Arling-

ton’s commitment to equity, declaring its desire to ensure Arlington is a county that is welcoming and inclusive of all, including LGBTQIA+ individuals and families. The resolution goes into great detail and can be read in full at: <https://www.arlingtonva.us/Government/Departments/County-Board/Board-Actions/ResolutionsCounty>.

On a motion by Karantonis, seconded by Julius D. “JD” Spain Sr., the County Board adopted the revisions to Arlington’s “Commitment to Strengthening Trust with our Immigrant Communities,” as reflected in the agenda for this meeting. Arlington County recognized that the County’s ethnic, racial, and linguistic diversity is a key source of its strength. The County’s vision is to be a welcoming and inclusive community where every person is important, and every person thrives. The County is committed to protecting the rights of all residents, regardless of their immigration or citizenship status, and to ensuring every person in Arlington has an equal opportunity to participate in our economy. Among other things, the resolution wants residents to be assured of access to County benefits and services without fear that the information they share, or immigration status will be disclosed to federal immigration officials. The Board

affirmed it is not an appropriate use of Arlington County resources to engage in the enforcement of federal immigration law, which is the sole responsibility of the Federal government. The County will restrict sharing of personally identifiable information that could be used to further immigration enforcement efforts.”

Christie Dondero Bettwy received a copy of the Mental Health Awareness Month Proclamation presented by Arlington County Board Member, James D. Spain Sr. Spain ran on a platform of addressing mental health issues in Arlington, among other goals. NAMI has received support from the County in reducing the stigma of mental health issues. <https://nami-north-ernvirginia.org/>

Spain issued the proclamation in recognition of National Gun Violence Awareness Day noting that every day, 125 people in the United States are killed by gun violence and more than 260 are shot and wounded, with an average of more than 19,000 gun homicides and 28,000 gun suicides every year.

Board member Susan Cunningham presented a proclamation that “May is Bike to Work Month” and urged residents to claim the “cool” red T-shirts with the Bike to Work logo.

Board Member Matt de Ferranti recognized the growth of the Asian American Pacific Islander population in Arlington, constituting nearly 10.9 percent of the population, and the contributions of the community, and the recent highlighting of the Vietnamese community in Arlington with a sign in Clarendon citing the presence of “Little Saigon” for many years

after the Vietnam War, eventually pushed out by the growth of an up-scale Clarendon.

Board meetings are available to the public on the county website, at: <https://meetings.arlingtonva.us/CountyBoard/Meetings/ViewMeeting?id=2633&doctype=2#main-content>

BULLETIN BOARD

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

VOLUNTEER DRIVERS NEEDED

Have some extra time to drive a neighbor to a doctor’s appointment? You pick the days, times, and places that are convenient for you. There is NO MINIMUM driving requirement. Not only do you help older adults in need, you also get to meet wonderful folks, often with very interesting backgrounds and stories to tell. The Shepherd’s Center of McLean-Arlington-Falls Church (SCMAFC), is an all-volunteer, non-sectarian, non-profit organization. Its mission is providing free transportation to seniors for medical and dental

appointments or run errands to grocery stores and pharmacies. To sign up, visit the website at <https://scmafc.org/volunteer>, or email contact@scmafc.org with questions.

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.

Donations Needed. Our Lady SEE BULLETIN, PAGE 9

SENIOR LIVING

Flourishing After 55

FROM PAGE 6

Plant doctor volunteer Jeff Perlow will demonstrate how to identify and treat common issues like pests and diseases, Monday, July 21, 11:30 a.m., Lubber Run 55+ Center. Registration # 914401-03.

Absolute beginner pickleball, judgement-free zone, Monday, July 21, 10 a.m., Walter Reed 55+ Center. Limited paddles and balls available. Drop-in.

55+ Travel group will enjoy a day at Tanger Outlets for premium shopping or test their luck at the MGM Casino at National Harbor, Monday, July 21. Cost \$12, Arlington resident; \$14, non-resident. Registration # 902507-06.

Movie matinee, "Forrest Gump" (1994) (PG-13), Tuesday, July 22, 1 p.m., Lubber Run 55+ Center. Registration # 914804-02.

Name That Tune, pianist Ken Schellenberg will play pop songs from the 1930s, Wednesday, July 23, 11 a.m., Lubber Run 55+ Center, registration # 914304-25 and repeated at 1:30 p.m., Aurora Hills 55+ Center, registration # 914304-26.

55+ Travel group will visit the Hirshhorn Museum in D.C. to see two iconic paintings, Basquiat's, "Boy and Dog in a Johnnypump" (1982) and Banksy's response,

"Banksquiat's, Boy and Dog in Stop and Search" (2018), Wednesday, July 23. Cost \$11, Arlington resident; \$13, non-resident. Registration # 902507-07.

Ticket to Ride, a cross-country train adventure board game, Thursday, July 24, 9:30 a.m.-12 p.m., Walter Reed 55+ Center. Taught by 55+ Center Director Jennifer Weber. Registration # 914600-03.

History discussion group focuses on cultural, economic, artistic and political history, Thursday, July 24, 1 p.m., virtual. Led by Dwight Rodgers from Encore Learning. Topic emailed to participants prior to class. Registration # 914402-10.

Records and root beer floats, Thursday, July 24, 6 p.m., Lubber Run 55+ Center. Listen to your favorites on vinyl, bring some of your own records to share. Registration # 914801-05.

Movie matinee, "Fly Me to the Moon" (2024) (PG-13), Friday, July 25, 12:30 p.m., Aurora Hills 55+ Center.

Registration # 914804-05.

Travel group will journey to Upper Marlboro to shop at the Dutch Village Farmers Market, Saturday, July 26. 13 vendors from Lancaster County sell fresh foods and natural products. Cost \$11, Arlington resident; \$13, non-resident. Registration # 902507-09.

BULLETIN BOARD

FROM PAGE 8

Queen of Peace Catholic Church, 2700 South 19th St., is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated, the pantry will rebag), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit www.ourlady-queenofpeace.org for more.

ONGOING

Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit audubonva.org/audubon-at-home-1/ for more.

Naloxone (Narcan) can save the life of someone who is overdosing, if given in time.

Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a RE-VIVE! training. Contact Emily Siqueland at 703-228-0913 or esiqueland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness/ for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, virtually. Registration is free and highly recommended to reserve spots, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacare-connections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.



Public Notice

Updated weight limits on Virginia bridges and culverts

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

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
BOTETOURT	3537	T1003	2ND.AVE./T1003	TINKER CREEK	7/1/2025
FLOYD	7506	221	FLOYD HWYS 221	BR OF DODD CREEK	6/3/2025

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

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

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

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

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

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



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

Fully Insured & Class A Licensed
Since 1999



Free Estimates 703-999-2929

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

Visit our website: www.twopoorteachers.com

LeafFilter®
GUTTER
PROTECTION

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

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



++ We offer financing that fits your budget!¹



Promo: 285

* See Representative for full warranty details. *One coupon per household. No obligation estimate valid for 1 year. 1Subject to credit approval. Call for details. AR 366920923, AZ RDC 344027, CA 1035795, CT HIC 0671520, FL CBC056678, IA C127230, ID RCE-51604, LA 559544, MA 176447, MD MHIC111225, MI 262300173, 262300318, 262300328, 262300329, 262300330, 262300331, MN R731804, MT 226192, ND 47304, NE 50145-22, 50145-23, NJ 13VH09953900, NM 408693, NV 86990, NY H-19114, H-52229, OR 218294, PA 179643, 069383, RI GC-41354, TN 10981, UT 10783658-5501, VA 2705169445, WA LEAFFNW822JZ, WV WV056912.

**SAVE \$350 when you transform
your patio into an outdoor oasis.**

SunSetter®
America's #1 Awning

- Instant shade—at the touch of a button.
- Enjoy more quality time with family and friends.
- Up to 10-Year Limited Warranty.



Call 1-844-746-2332 now to
SAVE \$350 TODAY!

America's #1 Awning!

**DON'T GIVE
CAR THIEVES
A JOY RIDE**

Thieves will have a field day with your unlocked car! Find out how you can prevent auto theft and report suspicious activity at **HEATreward.com**.

VIRGINIA STATE POLICE
HEAT
HELP ELIMINATE AUTO THEFT

CLASSIFIED
WWW.CONNECTIONNEWSPAPERS.COM

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

Obituary

Obituary

FREDERICK S. REIS JR.



Of Dover, MA and Arlington, VA, June 7. Dear son of the late Stanley and Izetta (Nicholson) Reis. Relatives and friends are invited to attend his Graveside Service on Sunday, July 20, at 1:30 pm, at Highland Cemetery in Dover, followed by a Memorial Service at 3 pm, at the Stratford Street United Church, 77 Stratford St., West Roxbury, MA. In lieu of flowers, please consider a donation to the World Wildlife Fund, in memory of Frederick S. Reis Jr., (ref ID 8-23510063), WWF, 1250 24th St. NW, Washington, D.C., 20037. For complete obituary and online guestbook, please visit funeral home website at <http://www.folsomfuneral.com> Memorial Service may be watched via livestreaming by going to www.harborview.live

1300 TABLES! BUY! SELL! TRADE! VPN

NATION'S GUN SHOW

JULY 18, 19 & 20

DULLES EXPO

4320 Chantilly Shopping Center
Chantilly, VA 20151

FRI: 1-8 | SAT: 9-5 | SUN: 10-5

VA & Utah CCW Courses
(571) 237-9138



TheNationsGunShow.com | ShowmastersGunShows.com

**The Bath or Shower You've Always Wanted
IN AS LITTLE AS 1 DAY**



\$1000 OFF*

\$1500 OFF when financing
with remodelingloans.com OR **0% Interest**
For 18 Months**

OFFER EXPIRES 9/30/2025

Military & Senior Discounts Available



CALL NOW!

(844) 945-1631

*Includes labor and product; bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires 9/30/2025. Each dealership is independently owned and operated. **Third party financing is available for those customers who qualify/Participating dealers only. See your dealer for details. ©2025 Bath Concepts Industries.

Past issues of

**THE CONNECTION
NEWSPAPERS**

**back to 2008
are available at**

<http://connectionarchives.com/PDF>

The
Arlington
Connection

www.ConnectionNewspapers.com

Twitter @ArlConnection

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

**Published by
Local Media Connection LLC**

**1606 King Street
Alexandria, Virginia 22314**

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

NEWS DEPARTMENT:
arlington@connectionnewspapers.com

Mary Kimm

Editor and Publisher

mkimm@connectionnewspapers.com

Shirley Ruhe

Contributing Photographer and Writer
slrbc@aol.com

Eden Brown

Contributing Writer

arlington@connectionnewspapers.com

ADVERTISING:

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

Debbie Funk

Display Advertising/National Sales
703-778-9444

debfunc@connectionnewspapers.com

David Griffin

Marketing Assistant
703-778-9431

dgriffin@connectionnewspapers.com

**Classified & Employment
Advertising**
703-778-9431

Editor & Publisher

Mary Kimm

mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Publisher

Jerry Vernon
703-549-0004

jvernon@connectionnewspapers.com

Art/Design:

Laurence Foong

Production Manager:

Geovani Flores

CIRCULATION

circulation@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 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.

NOW THRU AUG. 8

Plaza at Mason Square Summer Events. At Mason Square Plaza, Arlington. From dance, to yoga to music and art -- something for everyone! Meet a friend for coffee, take a break between classes, or participate in one of the new weekly programs and events. The Plaza at Mason Square has plenty of chairs, tables, and large umbrellas to keep you comfortable in the sun. Registration for these events is not required, and these events are offered at a first come first serve basis. Schedule: <https://ularlington.gmu.edu/events/> Learn more here: <https://ularlington.gmu.edu/plaza/>

WEDNESDAY/JULY 16

Coffee and Conversations. 10 to 11 a.m. Via Zoom. Coffee and Conversation with Arlington



Be sure to check out the Museum of Contemporary Art in Arlington for its Thursday! MoCA on the Move @ Innovation Studio.

Neighborhood Village. Stay Home, Shop Smart: Online Grocery Shopping 101 with Instacart. Discover the convenience of online grocery shopping, learn how to get started with Instacart, and explore tips to make your shopping experience seamless and secure. Whether you're new to online shopping or looking to enhance your skills, this session is for you! Jenny Elrod, MSN, RN, CPD, Executive Director of Home Care and Goodwin Living at Home, Goodwin House Home Care will cover the benefits and pitfalls of online shopping, getting started with Instacart, and choosing your favorite grocery store. She will also teach us how to keep our personal information secure, and various payment options. You also have the option to dial in by phone at 929-205-6099. The meeting ID is 889 4857 7106 and the Passcode: 872327

THURSDAY/JULY 17

MoCA on the Move: Made in the Shade Happy Hour Series @ Innovation Studio. 5 to 7 p.m. At 525 14th St S, Arlington. Vibe with us on Thursdays at the Innovation Studio + Store. Each week features a live DJ and a different art making activity, including pop-ups from local Artists who will guide activities connected to their professional practice. Grab a friend and come on by between 5-7pm. Free!

SATURDAY/JULY 19

Workshop: Textile Collage Workshop. 12:30 - 2:30 p.m. At MoCA, 3550 Wilson Blvd, Arlington. Join artist Sarah Balough and explore this rich storytelling art practice with a contemporary twist by creating your own textile collage using basic embroidery stitches in a variety of ways. We will dive into the world of composition, color theory, hand applique, and texture contrast and development. Students will have the opportunity to create 2D textile collages or 3D sculptural assemblage collages.

SOUND BATHS @ MUSEUM

July 19 & 26 at 2 p.m. At MoCA, 3550 Wilson Blvd, Arlington. Join this lovely and relaxing event where experienced facilitators use a variety of sound instruments, including chimes, crystal quartz, and Tibetan sound bowls, to bathe you in beautiful sounds as you lay or sit comfortably through the event.

MUSEUM OF CONTEMPORARY ART ARLINGTON

Thursday! MoCA on the Move @ Innovation Studio

Upcoming Activities, Artists, + Music

July 17: Artist Spotlight: Lex Marie, The Art of Still Life with a Twist /DJ Electro-Cute
July 24: Basic Print Making: Block Designs /DJ Cinema Hearts
July 31: Light Spectrum Suncatchers inspired by the current exhibition from Kei Ito, Embodied Spectrum/Deejay JL

SUNDAY/JULY 20

Student Lemonade Stand. 9 a.m. to 1 p.m. At Columbia Pike Farmers Market, 2820 Columbia Pike, Arlington. Aspire students will be selling freshly made lemonade, art, baked goods, and food from their Community Garden. When Aspire Afterschool Learning lost funding due to federal funding cuts to AmeriCorps, Aspire students wanted to find a way to get out in the community and help raise awareness and support for Aspire. The event will also bring together other partners. Rock Spring Congregational United Church of Christ will match funds raised up to \$1,000. READ (Read Early and Daily) will do a book giveaway and fundraiser. Everyone who purchases a treat from the Lemonade Stand can also choose a free book. July 20th will also be "Aspire Day" in their Book Nook bookshop, and 20% of sales will be donated to Aspire.

SUNDAY/JULY 20

Farmers/Artisans Market. 9 a.m. to 1 p.m. At Casa Chirilagua Community Center, 4109 Mt. Vernon Ave., Alexandria. Experience fresh foods, native plants, artisan crafts, music and community at Four Mile Run Farmers & Artisans Market in the heart of Arlandia outside the Casa Chirilagua Community Center, Sundays 9-1.

WEDNESDAY/JULY 23

Coffee and Conversations. 10 to 11 a.m. Via Zoom. Coffee and Conversation with Arlington Neighborhood Village. Home Care. As we age, routine tasks like bathing, doing laundry, or preparing meals can become overwhelming. It may not be realistic or even feasible to rely on family to help. Home care services may provide the answer. Brett Sanders, owner of Assisting Hands, will talk about the types of services offered by home care agencies, including personal care, homemaking, companionship, and respite care that can keep you safe and comfortable in your home. You also

have the option to dial in by phone at 929-205-6099. The meeting ID is 889 4857 7106 and the Passcode: 872327

SATURDAY/JULY 26

What's Buried in Your Dirt? 2-4 p.m. At Ball-Sellers House, 5620 3rd Street, South, Arlington. Tim Landis challenges you to bring him something that you found in your gardens, lawns, or in the dirt somewhere in Arlington and he'll identify it for you: bits of metal, ceramics, pottery, glassware, even plastics. Bring it on!

SUNDAY/JULY 27

15-Minute History Spotlight: The Family Tea House. 2 p.m. At 1805 S. Arlington Ridge Road, Arlington. Caroline Tso will discuss her new exhibit at the Arlington Historical Museum, "The Family Tea House: Where Culture and Cuisine Met in Arlington" This young high school historian will talk about the restaurant, the first Chinese restaurant in the county, its place in history and what she found out about it. Free.

WEDNESDAY/JULY 30

Coffee and Conversations. 10-11 a.m. Coffee and Conversation with Arlington Neighborhood Village. Rest Easy - Getting a Good Night's Sleep. Cornelia Lesh, Manager of Community and Employee Wellness at VHC will be our speaker. Still tired when you wake up in the morning? When did you last get a good 8 hours sleep? Learn practical strategies for developing better sleep habits. Participants are taught how to identify behaviors that may signal a problem, the most common sleep problems, common self-care skills for insomnia, and professional resources when self-care isn't enough. You also have the option to dial in by phone at 929-205-6099. The meeting ID is 889 4857 7106 and the Passcode: 872327

SATURDAY/AUG. 2

Lesson Zero. 9:30 to 12:30 a.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 and www.reverbNation.com/lessonzero.

TUESDAY/AUG. 5

National Night Out. 5-8 p.m. The Arlington County Police Department (ACPD) invites Arlington neighborhoods, businesses and organizations to join communities across the country in hosting National Night Out (NNO) events. NNO, held annually on the first Tuesday of August, aims to promote police-community partnerships and neighborhood camaraderie. Meet law enforcement and public safety personnel as well as local government officials at cookouts, block parties and ice cream socials around the County for an evening of positive relationship-building and fun!

"Ripped from the Headlines"



By KENNETH B. LOURIE

"Dun, Dun." "Can you watch my baby?" (On the streets of New York City, no less.) Said the young mother to me as we sat outside a New York City cafe. She was fussing with her baby's carrier on the adjacent seat to mine trying to secure it in some way when she looked at me, helplessly almost, and asked if I could watch her baby; she just needed "to walk inside" the cafe, she said, and grab her coffee to go. (It was apparent that there was no wait staff for the outside.) And almost before I nodded my assistance, she thanked me and quickly walked the 15 feet or so inside the cafe to grab her coffee. Sure enough, she was back in a relative flash but that didn't stop my mind from wondering. After all, I was caught, sort of, holding the baby while the mother disappeared.

Having watched hundreds of episodes of "Law & Order," from the original to the current remake and all the offshoots as well, I've seen this episode - many times; the one where the innocent patsy, is left holding the bag so to speak. Though, in this instance, the bag was a baby - but I was holding him/watching him anyway. That's when I hear the famous "Dun, Dun" known to Law-and-Order fans everywhere. I was half anticipating that a police car would drive up alongside the sidewalk where I was sitting and catch me holding the baby and drag me off to the local police precinct where I would vehemently (or would I calmly characterize this episode as a total misunderstanding? I was just holding the baby for a minute as the mother went inside the cafe to get her coffee, I'd say) deny their accusations. Then the police would respond with some version of the baby had been reported as stolen and how was it that I was sitting there holding him. I was just doing a young woman a favor, I would stammer. Then the police would counter that there was no woman at the cafe missing a baby, and there I sat, with someone else's baby and I couldn't account for the fact that a woman, who the police said didn't exist, had asked me to hold her baby. I said, "ask my wife and my father-in-law. We were all sitting together. Did you speak to them," I pleaded? The police assured me they would speak to everybody involved. In the interim, it was me and the baby and the long arm of New York law. Innocence as I've seen played out many times on "Law & Order" was not necessarily a sure-fire defense.

Sure enough, and thankfully so, the baby's mother (yes, she was real, married to a Norwegian man which accounted for the baby's rather unique name: Haaken or something, I didn't really understand. Though the mother was American, the baby's given name was a Norwegian one, she explained) returned coffee in hand and sat herself down next to me and the baby where she then waited for a friend - who, as it soon turned out, was as happy to see her and the baby as I was to no longer be responsible for said baby's welfare. Despite all's well ending well, as in there was no incident involving me and the police, I still couldn't help feeling as if I had somehow dodged a bullet, thankfully not literally, though I was in New York City, which again, if you've watched as many episodes of any of the 'Law & Order' franchise as I have, seems to happen occasionally, at least according to their writers. (I do realize that what happens on "Law & Order," as it scrolls "the following story is fictional and does not depict any actual person or event" has nothing to do with my life.) Nevertheless, as a dedicated television watcher, I do take the story lines somewhat seriously, though I'd like to think I can still separate fact from fiction. But the beyond-a-reasonable-doubt fact in this instance: it was me and the baby, and the baby wasn't mine.

Though I am exaggerating for affect, New York City can do that to you. It's been my experience after many visits to New York City that when a city never sleeps, all sorts of irregular-type only-in-New-York things happen. And what appears on television as a drama is often drawn from some of those things that actually happen. And for a few minutes on this Friday afternoon, I felt as if I might be one of those 'things' that happen only in New York City. It was a bit stressful while it happened. But it's been even funnier now that it didn't. Still, I hear it: "Dun-Dun."

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

**SALES CENTER OPENING
AUGUST 2025**

CHAMPION of health.

VIBRANT. BALANCED. PURPOSEFUL.

That's who you've always been and who you'll always be.
Join a community filled with joy, connection and the security
of Goodwin Living, champion of you since 1967.



Visit us online or call to learn more
GoodwinHouseSeminaryRoad.org
703-782-4938



Goodwin House
Seminary Road