

Postal worker Stephanie Ellis has participated in "Stamp Out Hunger Day" for 25 years.

Postal Workers Help To Stamp Out Hunger

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

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ACCS Awards Luncheon Focuses on School Safety

Reinforcing good decision making by youths.

BY SHIRLEY RUHE
THE CONNECTION

The Arlington County Crime Solvers (ACCS) 5th annual law enforcement officer of the year awards luncheon honored three law enforcement school resource officers (SROs) on Thursday, May 9 at the Salsa Room on Columbia Pike. This year's theme was "School Safety, It's Up to All of Us."

The three recipients of the ACCS Law Enforcement Officers of the Year Award for "those who shine and go beyond" are Lieutenant Susan Noack, Detective Kevin Treacle and Detective Jackie Pagan.

Dr. Patrick K. Murphy, superintendent of the Arlington County Public Schools, said, "We work with principals, police, families, neighbors. The system is only as strong as the message. What I want you to take away today is whatever role you play I want you to reinforce good decision-making by our kids."

Murphy says people see the unfortunate



At the Arlington County Crime Solvers 2019 law enforcement awards luncheon: Back row from left, Dr. Patrick K. Murphy, superintendent of ACPD; ACPD Police Chief Jay Farr; Andres Tobar, Charles Meng, John Murphy, and Michael Garcia, ACCS board members. Front row from left: ACCS award recipients School Resource Officer (SRO) Detective Kevin Treacle, former SRO Supervisor Lieutenant Susan Noack, and SRO Detective Jackie Pagan.

things happening around the country and wonder how to prevent it from happening here. What systems are in place? He points out that all systems have a flaw in them, so how can that be changed?

"My message today is that we need to

share information. If you see something, say something. Some people are afraid to act. They don't think bad things could be possible. But we follow up on everything.

"What lights the fuse is that our kids really care about each other and will respond

if they see good decision making. We need to give kids the confidence to react and know that we will follow through.

"For instance, the police are proactive and on it immediately.

Typically events occur at the end of the school day. The police close the gap quickly so that we can inform families by the following day."

Jay Farr, chief of the Arlington County Police, points out there is a reason that "we talk about school 'resource' officers, not 'police' officers." He says, "The three officers being honored today are truly a resource to us and the school they work in."

Farr says their relationship building has a day-to-day impact on the community. They specialize in ways to build relationships.

They have coordinated lockdowns, mentored in summer programs, been involved in suicide prevention and second chance for drug offenders as well as safety camps. "It takes a special kind of individual. I never could have been one myself."

ACCS is a nonprofit organization that sponsors a 24-hour anonymous tip telephone line to help law enforcement apprehend those who have committed crimes. Andres Tobar, president of ACCS says the hot tip line is 1-866-411-8477 and urges community members to get involved.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



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Postal Workers Help To Stamp Out Hunger

Event supports Arlington Food Assistance Center.

BY SHIRLEY RUHE
THE CONNECTION

Truck number 3304163 pulls up at the Arlington Post Office North Station on George Mason Drive on Saturday, May 11. “I got some food to unload.” Boxes of macaroni and cheese, cases of tomatoes and green beans and a box of Lucky Charms fill blue bags emblazoned with “Stamp out Hunger.”

Arlington is participating in a nation-wide food drive sponsored every year by the National Association of Letter Carriers (NALC) with the goal to raise awareness of hunger. NALC is partnering with Arlington Food Assistance Center (AFAC), which hopes to collect 30,000 pounds of healthy, non-perishable food items from Arlington residents.

It is 3:30 p.m. and only five of 34 postal trucks have returned to the post office with their donations of food. Local letter carriers have collected non-perishable food on their regular postal routes. If the trucks can’t accommodate the food with all of the regular mail, the drivers say they can call the



Bernard Rogers from AFAC loads up a cart of non-perishable food donated on “Stamp Out Hunger Day.”

post office for some assistance. It often takes 2-3 hours longer than a normal route to pick up the donated food so the rush of returning trucks is expected in a couple more hours.

Stephanie Ellis has just returned from Route 742 off Lee Highway and George Mason. She says she has been picking up



Trucks line up at the Arlington Post Office North Station to deliver food donated by Arlingtonians on Saturday, May 11.

food in this national food drive for 25 years. “It’s my favorite time of the year.”

Volunteers from AFAC are loading a large semi truck from bins overflowing with food unloaded from the first five postal service trucks. AFAC will drive the food back to the AFAC headquarters warehouse to be unloaded, sorted by volunteers and then they

will return to the post office for another load. Ellis says, “I’ll help unload. Cookies are part of the deal, right?”

AFAC serves 2,300 families in Arlington every week at 19 distribution sites. These donations will keep AFAC’s shelves stocked for months. For more information, see www.afac.org/stamp-out-hunger.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Argentine Festival: Talent, Energy, and Patriotism

Literary, culinary, musical, cultural talents on display.

BY EDEN BROWN
THE CONNECTION

Arlington’s Argentine Festival had something for everyone on Saturday, May 11 at Kenmore Middle School. The annual event attracted a crowd of mostly Spanish speakers who like to have a chance to see and hear some of the best Latin American musicians and dancers in the country — Omar Nunez, Marcos Pereyra and Ruben Gimenez, Luna Surena to name a few. They came, despite the rain, to eat Argentine food, pick up recent Spanish literature, and find out about, for instance, Argentine beef imports.

One of the aspects of the displays was the gratitude expressed at the fair in terms of the freedom they enjoyed in the U.S. to do what they wanted to do, but could not do in their own countries because of corruption, political or economic problems, or lack of opportunity. The license plates in the parking lot were often decorated with not one, but two American flags flapping alongside the Virginia plate.

Alianza Latina USA, a non-profit organization



Argentinian-American Alberto Cuello from Miami, Fla., was the featured folk guitarist at the festival. He is with Marlene Barlow of Alianza Latina, an non-governmental organization focused on the local Spanish-speaking community.

ing throughout Latin America and in Washington D.C., was selling coloring books and everything from dulce de leche to guitar CDs to raise money for their projects with the homeless in Washington, D.C.; the crisis in Venezuela, where they sent medicines in



Marie Njie, of Arlington, and Carlos Hernandez were representing TD Bank.

2018; in Ecuador, where they donated money to teen mothers; in Paraguay, where they donated books to a school in 2018; and other efforts. Alianza Latina has an upcoming event on May 26 at 3 p.m. at the Elk Club of Fairfax with Latin music, food, and



Marlene Barlow, vice president of Alianza Latina, and her colleague sell coloring books and culinary treats to raise money for their causes.

dancing. For a list of their efforts, or to donate, see www.facebook.com/Alianza-Latina-USA.

Several authors were on display. Luz Mejia was selling her poetry books. Asked

SEE CULTURAL TALENTS, PAGE 5

PHOTOS BY EDEN BROWN/THE CONNECTION

Volunteer To Honor Fallen Troops

To the Editor:

I am reaching out on behalf of the Memorial Day Flowers Foundation, which is again placing flowers at Arlington National Cemetery to honor our fallen troops for Memorial Day. We need to recruit several hundred more volunteers.

WHAT WE ARE DOING THIS YEAR

This year we have raised support for about 150,000 flowers to come to Arlington National Cemetery for Memorial Day weekend, and we hope to get to 240,000 flowers at Arlington (we'll see, it depends on donations). We are also supporting events at more than 100 cemeteries around the U.S. this year, with the help of volunteers and donors, with additional flowers.

WE NEED VOLUNTEERS: HERE'S WHAT THEY DO

We need about 1,200 volunteers on site on Sunday, May 26 at noon at Arlington National Cemetery near the McClellan Gate to place flowers. Right now we have about 150 volunteers signed up. That's nowhere near enough. Volunteers are assigned a location and given a

bucket of flowers to place. It's a solemn floral tribute, as you walk along, pausing at each stone to softly read the name of the person interred and to place a flower. It can take about two hours, but this floral tribute for Memorial Day honors our fallen troops and veterans, while also reminding us all of the deeper meaning to Memorial Day — that it's about remembering those who have sacrificed so much for us. Many people bring their children with them to volunteer, using this event to talk about service, patriotism, and sacrifice.

HOW TO VOLUNTEER

Volunteers can sign up through our website at www.MemorialDayFlowers.org under the Arlington National Cemetery page. We do need to know who is coming so we can make section assignments. Volunteers are encouraged to ride the Metro to Arlington National Cemetery on Sunday, May 26 if they can. Remember to watch the weather, wear sunscreen and stay hydrated. We also invite Scout troops, and other community organizations to volunteer too. We know many people make plans for Memorial Day Weekend, and we hope many will consider volunteering on Sunday, May 26 to help us place flowers at Arlington National

Cemetery to honor so many who have given so much. We already have volunteers from the Navy Sea Cadets, area Scout troops, and others, but we need more volunteers.

ABOUT THE MEMORIAL DAY FLOWERS FOUNDATION

The Memorial Day Flowers Foundation began in 2011 after U.S. citizens working in the floral industry wanted to express their patriotism and profound appreciation for the sacrifices made by America's military men and women. They began with placing 10,000 roses at Arlington National Cemetery for Memorial Day in 2011. They continue to work with Arlington National Cemetery to place flowers annually for Memorial Day and have expanded their efforts with the help of donors, volunteers and businesses to cemeteries around the country. The Foundation is a registered 501(c)(3) nonprofit organization. More information is available at www.memorialdayflowers.org and on Twitter @MemDayFlowers.

Ami Neiberger-Miller

Surviving sister of U.S. Army Spc. Christopher Neiberger, KIA 08/06/2007, Baghdad, Iraq

Raising Funds for Prince William Delegate

Arlington women support Haya Ayala's pro-ERA, pro-health care stance.

BY EDEN BROWN
THE CONNECTION

Women and men from Arlington, Vienna, McLean, and other northern Virginia communities came together on Saturday, May 11 to attend a "Mad Hatter's Tea Party" to raise money for Del. Hala Ayala (D-51), a candidate for reelection from Prince William County.

Ayala is a lifelong Virginian, a resident of Prince William County for over 35 years, and a cyber security expert for the federal government.

Fighting for the rights of women and families has been Hala Ayala's focus for many years. She has been an advocate for health care, passage of the ERA, rights for people with disabilities, fair housing policy, and better support for working mothers. U.S. Representatives Gerry Connolly and Jennifer Wexton along with U.S. Sen.



U.S. Rep. Gerry Connolly (D-11) (right), introduced U.S. Rep. Jennifer Wexton (D-10), saying he had asked her to run for Congress by being a little less than straightforward about how many weekends and evenings she would have to give up. Wexton in turn introduced Hala Ayala (left).

Mark Warner have endorsed Ayala in her reelection bid. For more

about Ayala, see www.ayalafordelate.com or to



Natalie Roy and Jamie Usrey of Arlington attended the event to raise funds for Del. Hala Ayala.

see any state delegate's voting record, see www.billtrack50.com.

BULLETIN BOARD

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

FRIDAY/MAY 17

Celebrate Older Americans Month. Arlingtonian 55 years of age or older, are in good company. Some 40,000

of neighbors have reached this major life milestone. Visit acl.gov/sites/default/files/oam/2019/FinalOAM19IG.pdf for more. Check out these free events celebrating Older Americans Month 2019:

- ❖ Parks and Recreation 55+ Fitness Day – 9 a.m.-12:30 p.m. at Walter Reed Community Center
- ❖ Steering Committee for Services to

Older Persons – 10-11:30 a.m. at Dept. of Human Services Auditorium.
Healthy Aging Lecture Series. 11 a.m. at Carlin Springs Campus, 601 S. Carlin Springs Road. Explore alternate therapies to relieve pain, stress and to help live a longer healthier life – Floating, Cryofreezing, Transformational Healing, Reiki, Magnetic Resonance

and the benefits of CBD oil. Enter the Urgent Care Center entrance, then take an immediate right into the Wellness Room. Call Senior Health: 703-558-6859 or email lifeline@virginiahospitalcenter.com.

SATURDAY/MAY 18

Support Family-Friendly Policies.

SEE BULLETIN, PAGE 10

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Cultural Talents on Display

FROM PAGE 3

how it was, making a living as a poet, she responded: "I write because I must write. It's not a choice. It's not easy to sell poetry, especially poetry in Spanish, but what matters is writing. I write every day. I was a marine biologist when I came here from Colombia. I met my husband when I was on a three-month research project at the Smithsonian and then I stayed here with him. It was hard to find work in the U.S. as a biologist because I was educated in Colombia and the degree doesn't transfer too well. So eventually, I decided I would write and dedicate myself to the written word, and I feel I am being true to myself doing that and working with books."

Alfredo M. Del Arroyo said he came to the U.S. from Peru and found relief from the daily disruptions and violence caused by the Shining Path terrorist group. He was shocked when 9/11 occurred because he came to the U.S. to get away from violence. "We couldn't believe such a thing could happen in the U.S.A.," he said. That's why he has written a book called "Lo que Tenemos en Común" ("That which we have in Common") which is 12 stories



Luz Stella Mejia from Manassas was at the festival to sell her poetry books.



Luis Alegre and Dario Sarmiento are importers of Argentine beef. See www.tangoimports.com.

PHOTOS BY EDEN BROWN/THE CONNECTION

showing the shared aspects of people living in the U.S., no matter where they are from.

Lucia Bruno, whose company was selling Argentinian food, including empanadas made of corn and sauteed onions, her favorite, said she came to the U.S. because of corruption, politics, economic problems, and the difficulty of starting your own business in such an environment, particularly as a woman. For more about her catering business, see www.pampasfoxcatering.com.

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Synetic Theater Presents 'Richard III'

Shakespeare classic offers modern, cyber-punk adaptation of a king's rise to power.

BY STEVE HIBBARD
THE CONNECTION

Synetic Theater's theatrical athletes will present a modern, cyber-punk adaptation of Shakespeare's classic, "Richard III," from now through June 16. As physical and cyber worlds become more entwined — lives becoming more automated and impersonal — do people lose connection and empathy? What happens when technology obscures one's own humanity?

Highlighting the extremes made possible through the abuse of modern technology, the 14th installment in Director Paata Tsikurishvili's Shakespeare Series explores King Richard III's Machiavellian rise to power in an action-packed display of physicality and powerful visuals. The choreography is by his wife, Irina Tsikurishvili.

Director Tsikurishvili said he decided to produce the show because it's been on "the list" for quite a while now. "Richard is one of the great Supervillains of all time. He's got everything: Power, charisma, wickedness, charm — you name it. There's also an amazing physicality to the character, one which has been interpreted in so many ways, and we wanted to finally put our own spin on that," he said.

He said he was hoping to explore what happens when someone is completely taken over and controlled by unfeeling and inhuman technology. "We're all so dependent on it nowadays, so what happens when it totally and literally runs our lives? In our production, Richard's famous physical defor-



Alex Mills stars in "Richard III" at Synetic Theater, from now through June 16.

mity is not a natural one, but a synthetic one — a complete physical reconstruction after being wounded in the Civil War which opens the play; so we wanted to pose the question of what a near-complete replacement of the organic with the synthetic can do to someone's psyche," he said.

He said the challenges were: "To combine the live-action elements of the production with the multimedia aspects. Here, Richard maintains his puppet master control of people and events and manipulates them through surveillance. So, to synch every-

thing — actors, music, sound, lights — with that video element, which we're using in this production to an unprecedented degree, was a huge challenge," he said.

As far as the audience takeaways, he said: "That the overriding ambition for power and control exists in every era, every age — past, present, and future — and that the only thing that changes, or will ever change about that, are the tools and the methods to acquire it. Nowadays, in our dependence on technology, we're watched and tracked every second of our lives, and I want the

audience to see, or to at least ask the question of what can that lead to," he said.

Alex Mills, who plays the title role of Richard III, said he's emotionally stunted and "also a gifted craftsman of manipulation — whether it be in your face or behind the scenes (or whether he even knows his brilliance or is just mad)," he said.

He found the character itself challenging, he said. "He's not easy to play because there is not some box you can put him in. Something I've grappled with, and our director as well, has been trying to find the humanity within the story; and is there any? It's so easy to play a trope or an evil Shakespearean villain when such heinous acts take place. But, is there an ounce of something we can squeeze out, to have the audience understand why this person enacted his eventual plan," he said.

As far as audience takeaways, he said if he were to pick two large buzz words, they would be "Power" and "Technology." He added: "It feels like today there are so many moving parts both politically and technologically that, as a people, it's getting a bit too fast. I think being aware of that speed and recognizing it and allowing ourselves to slow down for a second is not selfish or behind the times but crucial."

Synetic Theater is presenting "Richard III" from now through June 16. Show times are Wednesdays at 7 p.m.; Thursdays through Saturdays at 8 p.m.; and Sundays at 2 p.m. Tickets are \$24 to \$65. The venue is located at 1800 S. Bell Street, Arlington. Call the Box Office at 866-811-4111 or visit www.synetictheater.org.

CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Art Exhibit: The Binding Ties.

Through June 2, gallery hours in the Wyatt Resident Artists Gallery at Arlington Arts Center, 3550 Wilson Blvd. In The Binding Ties, Roxana Alger Geffen presents sculptures created in part with objects and materials drawn from her family, ordinary things found in her own attic or her grandmother's junk drawer. Visit arlingtonartscenter.org for more.

Art Exhibit: Onwards and Upwards.

Through June 2, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Organized by instructor Faylinda Kodis, Onwards and Upwards presents work by H-B Woodlawn seniors who have made a commitment to the visual arts, concentrating on creating a portfolio throughout their time as high school students. As they prepare for graduation and their school moves from its longtime location on Vacation Lane to a new building in Rosslyn, these five students reflect on the experience of moving on and consider the history, ideology, and accomplishments that shape both the

school and their time as students. Visit arlingtonartscenter.org for more.

Spring SOLOS. Through June 7, gallery hours in the Main Galleries at Arlington Arts Center, 3550 Wilson Blvd. Artists Brian Barr, Emily Campbell, Noel Kassewitz, Greg Stewart, Greta Bergstresser, Jack Warner, and Ying Zhu will install solo-style exhibitions in AAC's seven main gallery spaces. The artists tackle timely environmental issues, draw on their own experiences of childhood, and create installations that shift viewers' perceptions of time, space, and history in work that encompasses sculpture, photography, installation, drawing, and painting. Visit arlingtonartscenter.org for more.

Richard III. Through June 16, at Synetic Theater, 1800 South Bell St. Paata Tsikurishvili's modern cyber-punk adaptation explores King Richard III's Machiavellian rise to power in a movement-driven and action-packed display of stunning physicality and powerful visuals. Starring Alex Mills as Richard III and Irina Tsikurishvili as Queen Elizabeth. Tickets start at \$35 at www.synetictheater.org or 866-811-4111.

Spunk. Through June 26, in Signature's ARK Theatre, 4200 Campbell Ave. Guitar Man and Blues Speak Woman

interweave three tales of the early 20th century African American experience, from the fierce determination of a resilient washerwoman, to the zoot suit struts of 1940s Harlem, to the bittersweet innocence of young married love. Specialty nights: discussion nights — May 29 and June 4; pride nights — May 31 and June 7; and open captioning — June 2. Call 703-820-9771 or visit www.SigTheatre.org.

Arlington Mill Farmer's Market. Saturdays, through Nov. 23, 9 a.m.-1 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. The market features produce, meats, and dairy products from our region's top local vendors. Support local farmers and entrepreneurs. Come for opening day and meet special guests, the Arlington Art Truck, South Arlington Moms Club, Long Branch Nature Center, and more. Visit columbia-pike.org/fm-arlington-mill.

WEDNESDAY-SUNDAY/MAY 15-19

What's Your Sign? The Arlington Art Truck will set up at various locations displaying and distributing signs by Florida-based artist Paul Shortt. Participants can select free, pre-made humorous signs about daily life, consumption and the environment or make their own. At each activation, there will be a sign making station

along with a selection of pre-made signs to take home. Arlington's Solid Waste Bureau and EcoAction Arlington are community partners this season. A member of the Solid Waste Bureau will be on site to answer questions about recycling and reducing waste. View the full Arlington Art Truck schedule at arts.arlingtonva.us/arlington-art-truck/.

- ❖ Wednesday, May 15: 11 a.m.-1:30 p.m., Central Place Plaza, 1800 N. Lynn St.; 4-7:30 p.m., Clarendon Metro Plaza, 3100 Wilson Blvd.
- ❖ Thursday, May 16 (Food Truck Thursday): 11 a.m.-2 p.m., 220 20th St., S.
- ❖ Friday, May 17 (Bike to Work Day): 6:30-9 a.m., Gateway Park, 1300 Lee Highway; 4:30-6:30 p.m., New District Brewing, 2709 S. Oakland St.
- ❖ Saturday, May 18 (Make Your Mark 2019): 11 a.m.-3 p.m., New District Brewing, 2709 S. Oakland St. (rain location: Arlington Cultural Affairs, 3700 S. Four Mile Run)
- ❖ Sunday, May 19: noon-6 p.m., Ballston Quarter, Quarter Fest Plaza, 4238 Wilson Blvd. (rain location: inside the Ballston Quarter, 4238 Wilson Blvd. — follow the signs)

THURSDAY/MAY 16

Horticulture Specialty Show. 2-4 p.m. at Little Falls Presbyterian

Church's Friendship Hall, 6025 Little Falls Road. Rock Spring Garden Club is hosting "Poetry in the Garden—There's a Flower That Shall Be Mine," a National Garden Club Horticulture Specialty Flower Show. The educational show will be open post-judging to view horticulture, photography and temporary garden exhibits. Free and open to the public. Email rockspringgardenclub@gmail.com for more.

There's No Place Like Home. 6-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd. The 2nd Annual "There's No Place Like Home" event is for Arlingtonians and their friends for sipping and nibbling and mingling. Meet Christian Dorsey and enjoy open bar and authentic local cuisine. \$30. Call 571-733-9626 or visit apah.org/events/home/.

Arlington Historical Society Annual Banquet. 6:30 p.m. at Washington Golf and Country Club, 3017 N. Glebe Road. The Arlington Historical Society's annual banquet honors those who led the fight to desegregate Arlington Public Schools. Our keynote speaker is N.Y. Times best-selling author James McGrath Morris who best documented the fight lead by black and white Arlingtonians. \$65 for AHS members and \$75 for non-members. Visit arlingtonhistoricalsociety.org or call 703-892-4204.

ENTERTAINMENT



PHOTO CONTRIBUTED

Attendees review auction items at the Culpepper Garden 2018 Springtime Party.

Have Fun for a Good Cause

BY SHIRLEY RUHE
THE CONNECTION

Have you purchased your tickets for the Culpepper Springtime Party celebrating its 50-year anniversary on Saturday, June 8?

Grab a garden roll, crab cake or beef wellington from Windows Catering as the tray passes by your way or investigate the Italian and Mediterranean Bar or fruit and cheese display. The evening will also include a wine and beer bar as well as music by Angela Lavelle. If you like to take a chance, you can buy tickets for the wine pull and choose your bottle of wine disguised in brown wrapping. Everyone who buys a ticket goes home with a bottle of wine but it could be worth \$20 or it could be worth \$100.

Guests will be able to bid on prizes including a behind the scenes tour for four people with WRC/NBC news anchor Doreen Gentzler, whose mother lived at Culpepper Garden. You will find out what happens

behind the scene of a television news show and watch a live broadcast.

Or entertain your group of friends with reservations and cover charge for 10 at Bobby McKey's Dueling Piano Bar at the Washington National Harbor. On the sports side, you could win a Washington Capitals hockey puck signed by Andre Burakovsky or a round of golf for four at the Army-Navy Country Club.

Culpepper Garden, located in Arlington, is the area's largest affordable rental community for people over 62 and the only one in the surrounding area that includes affordable assisted living. They rely on donations and financial support since the average resident income is \$18,000 and 44 percent of the residents has an income less than \$15,200 a year. All proceeds from the party support the programs and services that improve the well being for the lowest income elderly residents most in need.

The event will be held at the Unitarian Universalist Church at 4444 Arlington Blvd. from 5:30-8:00 p.m.

CALENDAR

Author Event: Laure Eve and Sarah Nicole Lemon. 7 p.m. at One More Page Books, 2200 North Westmoreland St. Young Adult authors Laure Eve (THE GRACES), with Sarah Nicole Lemon (DONE DIRT CHEAP) to share from their new books. In CURSES, Laure Eve's sequel to THE GRACES, Summer Grace tells her side of the story. This riveting sequel is saturated with magic, the destructive cost of power, and the nature of forgiveness. When 17-year-old Rilla is busted for partying in VALLEY GIRLS, a mere 24 hours into arriving in Yosemite National Park to live with her park ranger sister, it's a come-to-Jesus moment. Visit www.onemorepagebooks.com or call 703-300-9746.

FRIDAY/MAY 17

Bike to Work Day 2019. Pit stop times vary, all over the region. Join more than 20,000 area commuters for a free celebration of bicycling as a fun, healthy and environmentally-friendly way to get to work. There are 115 Bike to Work Day

pit stops to choose from. The first 20,000 to register and attend will receive a free Bike to Work Day T-shirt, enjoy refreshments and chances to win prizes. Visit www.biketoworkmetrodc.org.

Battle of the Badges. 6 p.m. at Yorktown High School located, 5200 Yorktown Blvd. The public is invited to show support for Arlington's finest and bravest during the second annual Battle of the Badges Fundraiser Basketball Game. Officers with the Arlington County Police Department have teamed up with students from Yorktown High School and will go head-to-head against firefighters with the Arlington County Fire Department and students from Washington-Lee High School. Free, donations will be accepted at the event to support both school's Student Government Associations. Visit newsroom.arlingtonva.us/release/public-invited-to-second-annual-battle-of-the-badges-fundraiser-basketball-game/ for more.

Bowen McCauley at the Kennedy Center. 7:30 p.m. at John F. Kennedy Center for the Performing Arts. Bowen McCauley Dance

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ENTERTAINMENT

Company (BMDC) returns to the John F. Kennedy Center for the Performing Arts Terrace Theater with a premiere, Exuberant Fanfare, from Artistic Director and Choreographer, Lucy Bowen McCauley, set to Igor Stravinsky's Suite Italienne from his ballet Pulcinella and played live by Arlington's National Chamber Ensemble. \$40-\$50. Get tickets at 202-467-4600 or www.kennedy-center.org/calendar/event/RTXBN.

FRIDAY-SUNDAY/MAY 17-19

Apollo Program Anniversary Celebration. At the David M. Brown Planetarium, 1426 N Quincy St. Celebrate the 50th anniversary of the Apollo Program. It was on July 20th, 1969, that NASA astronaut Neil Armstrong set foot on the lunar surface—the culmination of an ambitious and daring program to visit our nearest celestial neighbor. Join us this weekend to learn more about Apollo, astronauts, and space exploration in a series of fun and engaging events. Shows include Apollo 11: Man's First Step onto the Moon; Yes, We DID Go To The Moon!; Astronaut; and Magic Tree House: Space Mission. Find tickets at friendsoftheplanetarium.ticketleap.com.

SATURDAY/MAY 18

JK Community Farm's Plantathon. 8 a.m.-6 p.m. at JK Community Farm, 35516 Paxson Road, Purcellville. To help kick off the growing season, the JK Community Farm is seeking teams of volunteers to participate in its first annual Plantathon. Volunteers will sow 9,000 vegetable on seven acres of land to help support the work of the farm, a nonprofit started by JK Moving Services to alleviate hunger



JK Community Farm's Plantathon

To help kick off the growing season, the JK Community Farm is seeking teams of volunteers to participate in its first annual Plantathon. Volunteers will sow 9,000 vegetable on seven acres of land to help support the work of the farm, a nonprofit started by JK Moving Services to alleviate hunger in the community. The farm donates the food to nonprofit partners, including Food for Others and Arlington Food Assistance Center. Saturday, May 18, 8 a.m.-6 p.m. at JK Community Farm, 35516 Paxson Road, Purcellville. \$25 individual/ \$200 team of 10. Call 703-881-6548 or visit jkcommunityfarm.org/event/plantathon/.

in the community. The farm donates the food to nonprofit partners, including Food for Others and Arlington Food Assistance Center. \$25 individual/ \$200 team of 10. Call 703-881-6548 or visit jkcommunityfarm.org/event/plantathon/.

Ranger Meetup Walk. 10 a.m.-12:30 p.m. at the US Marine Corps War Memorial. Take a brisk walk with a Park Ranger and view some unique perspectives on the historic landscape

of the George Washington Memorial Parkway. Covers three miles in 2 1/2 hours. Free. Call 703-235-1530 or visit www.nps.gov/gwmp/planyourvisit/calendar.htm

ACF Home Tour. 11 a.m.-3 p.m. at Arlington Ridge. Join the 3rd Annual Arlington Community Foundation Home Tour presented by Washington Fine Properties. Tour elegant homes in the beautiful Arlington Ridge neighborhood and support the local Community Foundation. Tickets

online at \$35, \$40 at the door. Call 703-243-4785 or visit arlc.org/hometour.

Quarterfest Crawl. Noon-6 p.m. Attendees are invited to travel the neighborhood while sampling food at a variety of venues. The crawl requires a wristband to participate. Purchasing a Quarterfest Crawl wristband will include the ability to sample free food at different locations in Ballston, plus a chance to win a prize for turning in a completed Crawl map. Two free drink tickets to use at the Quarterfest Street Pub on Wilson Blvd. Visit www.quarterfestballston.org/quarterfest-crawl for more.

Patriotic Entertainment. 1-3 p.m. on the Metro Level of the Fashion Centre at Pentagon City. Saturdays in May, families can listen to live music by local bands. May 18 features Ryan Forrester Band Trio. Visit simon.com/fashioncentreatpentagoncity for more.

Spring Exhibitions Gallery Talk. 1-3 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Enjoy a gallery talk with the artists of Spring SOLOS 2019 and AAC resident artist Roxana Alger Geffen. Tour the exhibitions with the participating artists and staff, engage in a conversation about the works on view, and stay for a reception to meet and mingle with the artists. Visit arlingtonartscenter.org for more.

Book Launch: Tif Marcelo. 3 p.m. at One More Page Books, 2200 North Westmoreland St. Celebrate the launch of Tif Marcelo's new book, "The Key To Happily Ever After," a charming romantic comedy about three sisters who are struggling to keep the family wedding planning business afloat—all the while trying to write their own happily-ever-afters

in the process. Visit www.onemorepagebooks.com or call 703-300-9746.

Fasting 5K Event. 6:30 p.m. at Gravely Point Park in Arlington. Islamic Relief USA (IRUSA), a nonprofit humanitarian and advocacy organization based in Northern Virginia, has been selected by Fasting 5K to receive some of the proceeds to help fund an Eid celebration party for children with special needs. The Eid celebration, which has taken place annually for the past 10 years, will take place at the Muslim American Society (MASDC) community center in Alexandria. It will be open to kids with special needs of all faiths to spend a day filled with activities tailored for their needs and abilities with special needs professionals supporting the event. Visit www.fasting5k.org/washington-dc.html to register.

SATURDAY-SUNDAY/MAY 18-19

Quarterfest. Noon-6 p.m. The first annual Quarterfest presented by Dittmar is a family-friendly, two-day festival with a free concert, restaurant crawl and street pub. Proceeds from Quarterfest will benefit BallstonGives. Purchase tickets at www.quarterfestballston.org/tickets. Sign up to volunteer and learn more about Quarterfest at www.quarterfestballston.org.

MONDAY/MAY 20

"Standoff: How America Became Ungovernable." 3-4:30 p.m. at Arlington County Central Library, 1015 N. Quincy St. Encore Learning presents a lecture by Bill Schneider, "Standoff: How America Became Ungovernable." CNN's former senior political analyst will describe how Americans vote and why their votes sometimes seem to make no practical sense. The public is invited. The program is sponsored jointly by Encore Learning and the Arlington Public Library. Call Encore Learning at 703-228-2144.

Author Event: Liv Constantine. 7 p.m. at One More Page Books, 2200 North Westmoreland St. Liv Constantine, the internationally bestselling author of "The Last Mrs. Parrish" follows that success with "The Last Time I Saw You" a novel filled with shocking twists about the aftermath of a brutal high-society murder. Liv Constantine is the pen name of sisters Lynne Constantine and Valerie Constantine. Visit www.onemorepagebooks.com or call 703-300-9746.

The Arlington Chorale. 7:30 p.m. at Westover Baptist Church, 1125 Patrick Henry Drive. The Arlington Chorale will be performing highlights from 2018-2019 in two final concert performances in May to benefit local community partners. Free, donations will support Westover's ministry. Call 703-933-2500 or visit arlingtonchorale.org for more.

TUESDAY/MAY 21

Container Gardening for Food, Fun and Beauty. 7-8:30 p.m. at Westover Library, 1644 N. McKinley Road. Learn to grow edible and ornamental plants in containers on a porch, deck, balcony or patio. This workshop will cover soil, containers, maintenance and selection of suitable plants. Free. Advance registration requested at mgnv.org. Questions? Call 703-228-6414 or email mgarlalex@gmail.com.

Master Gardener Training Information Night. 7-8:30 p.m. at Fairlington Community Center, 3308 South Stafford St. Learn about becoming an Extension Master Gardener and what the requirements of the volunteer training program include. Free. Call 703-228-6414 or email mgarlalex@gmail.com.





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Choosing Swimming Lessons

What can parents do if child is afraid of the water.

BY MARILYN CAMPBELL

The start of summer just around the corner and for some, warm weather is synonymous with trips to a pool or beach. swimming lessons are one the minds of many parents. May is National Water Safety Month, an effort designed to prevent illness, injury and death as a result of contact with the water. Part of a parent's role in ensuring safety for their children is knowing the factors to consider when looking for swimming lessons.

"People are starting get out and enjoy the water," said Aleatha Ezra, of The World's Largest Swimming Lesson, an event on June 20 designed to raise awareness of the importance of knowing how to swim. "We want to emphasize the importance to learning to swim, finding lessons and taking them seriously."

When looking for lessons, parents should inquire about the training of those who will be in charge of teaching their children. "We require all of our swim instructors to pass a certified lifeguard course," said Tommy Hamilton, Regional Manager at Goldfish Swim School of Reston, Falls Church and Alexandria. "In addition to this course all of our instructors also go through at least 40 hours of hands on training on our proprietary curriculum."

In order for lessons to be effective, the student teacher ratio should be as low as possible, advises Hamilton. "We believe that this gives them suitable time in the water practicing their skills as well as enough rest in between each skill," he said. "The small class sizes also allow us to maintain a high standard for safety."

The swim school should assess a child's ability and have a curriculum with a clearly defined plan that allows a child to advance as they gain skills. "For example, we have a progressive curriculum. Our beginner swim classes start with basics like teaching kids to put their face in the water," said Jamel Wright, a swimming instructor for SafeSplash Swim School in Bethesda. "It moves through [phases] like stroke development and advances through competition level as the children are assessed and their swimming skills improve."

Parents should be allowed to observe their child's lessons, said Hamilton. "We love when parents get involved in the progress of their children," he said. "We believe this to be crucial to their growth. We keep our pool deck at a warm 90 degrees so we have large glass windows in our lobby so parents can be comfortable and watch the entire lesson."

Another factor to consider is whether or not there is a lifeguard on duty who can watch those in the water at all times. Water quality should be another concern. "Smell to make sure there are no strong chemical smells, which is not a sign of proper chlori-



PHOTO COURTESY OF GOLDFISH SWIM SCHOOL

An instructor at Goldfish Swim School teaches young children how to swim. Lessons can help ensure water safety.

nation but rather contamination," said Shannon McKeon, Environmental Health Specialist. "Ask to see water quality reports that should be posted at every public pool."

There are times when a child has an extreme fear of water, but safety experts advise continuing the lessons with an instructor who is able to assist parents in helping a child overcome that fear.

"To cope with swimming fears, we should first relax with slow, deep, nose breathing," said Jerome Short, Ph.D. Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "We can close our eyes briefly and go to a quiet, comfortable place. After we are relaxed, we should watch others who enjoy swimming and imagine doing it ourselves successfully. Then move forward in small steps to shallow water, slowly submerge the body, and practice floating with someone close by to support you. Take a break if there is discomfort but try again soon to make more progress."

Read story books on children who were afraid to swim but were successful, advises Carol Barnaby, LCSW I. "Scared children are already tackling emotional burdens and don't need to see, hear, or feel their parents frustration, she said. "Take your child's fear seriously and acknowledge it. Let them know that you understand that they are scared. Start swim lessons out of the water so that there can be trust established this will make them feel safe and ready to learn."

Barnaby continued, "Let your child know that you believe in them and that you have confidence they will succeed at their goal. Praise all efforts and offer physical reassurance when they leave the water. Children who receive positive reinforcement will try harder even when they are scared. Give your child frequent reassurance that they are safe and help is there."

"We want to emphasize the importance to learning to swim, finding lessons and taking them seriously."

— Aleatha Ezra, of The World's Largest Swimming Lesson

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BULLETIN

FROM PAGE 4

6:30-9 p.m. at the Home of Arlington Blue Families member Chris Puffer. The Arlington Dems' Blue Families and the Virginia Campaign for a Family-Friendly Economy kick off their 2019 efforts on electing pro-family officials in November. Babysitting provided. Visit arlingtondemocrats.org/event/blue-families-2019-election-kickoff-w-family-friendly-economy-va/?instance_id=115.

SUNDAY/MAY 19

110th Anniversary Celebration. 11 a.m.-1:30 p.m. at Church at Clarendon, 1210 N. Highland St. The Church at Clarendon will celebrate 110 years with an Anniversary and Fellowship Celebration. The theme is "Celebrating Across Generations" and highlights will occur throughout a special Sunday service starting at 11 a.m., followed by a luncheon. Free. RSVP online at www.1bc.org or email deborah@1bc.org.

TUESDAY/MAY 21

Celebrate Older Americans Month. Arlingtonian 55 years of age or older, are in good company. Some 40,000 of neighbors have reached this major life milestone. Visit acl.gov/sites/default/files/oam/2019/FinalOAM19IG.pdf for more. Check out these free events celebrating Older Americans Month 2019: ❖ Older Americans Month Proclamation Ceremony - 3 p.m. at County Board Room

WEDNESDAY/MAY 22

Joint Facilities Advisory Commission Meets. 7 p.m. in the W-L High School Cafeteria, 1301 N. Stafford St. The next meeting of the Joint Facilities Advisory Commission (JFAC). W-L High School is Metro accessible (Ballston); free parking is available. Get information about the meeting (directions, add to calendar, etc.) at commissions.arlingtonva.us/events/joint-facilities-advisory-commission-jfac-15/.

MAY 25-SEPT. 8

Metro Station Closures. Starting Saturday, May 25, the six Blue and Yellow line stations south of Ronald Reagan Washington National Airport (Braddock Road, King Street, Eisenhower Ave., Huntington, Van Dorn Street and Franconia-Springfield) will be closed for full platform reconstruction and major station improvements. To expedite construction and minimize customer inconvenience, the following stations will remain closed through Sunday, September 8, 2019. Read more at www.wmata.com/service/rail/PlatformProject/.

WEDNESDAY/MAY 29

Fabric Donation Deadline. Visiting artist Amanda Browder will create a large-scale fabric installation for the facade of Arlington Arts Center, on view from June 22 to July 21. Help create this unique work by donating fabric with bright, fluorescent, saturated colors and patterns, in non-stretchy, opaque materials like cotton, rayon and velvet. All donations should be at least 12-inch squares. Volunteers are also needed to help sew. Email exhibitions@arlingtonartscenter.org or visit www.arlingtonartscenter.org for more. Donation locations include: Arlington Mill Community & Senior Center, 909 S Dinwiddie St.; Columbia Pike Branch Library, 816 South Walter Reed Drive; Lobby of the Ellen M. Bozman Government Center, 2100 Clarendon Blvd.; or Arlington Arts Center, 3550 Wilson Blvd.

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The Brown v. Board of Education Scholarship Program was established by the Virginia General Assembly in 2004 to provide educational opportunities for persons who were denied an education in Virginia due to the closing of the public schools during Massive Resistance between 1954 and 1964. For a limited time, the program is open to new eligible applicants for the 2019-2020 school year. For applications and information on eligibility, visit:

BROWNSCHOLARSHIP.VIRGINIA.GOV

or contact Lily Jones, Division of
Legislative Services, at (804) 698-1850.

Police Seek Additional Victims

The Arlington County Police Department's Special Victims Unit is investigating a suspect charged with sex offenses and is seeking additional information and possible victims. Douglas Santos, 25, of Arlington, was arrested and charged with abduction, object sexual penetration and sexual battery. He is being held without bond in the Arlington County Detention Facility.



Santos

At approximately 11:46 p.m. on May 4, police were dispatched to the report of an assault inside a restaurant in the 3000 block of Clarendon Boulevard. Upon arrival, it was determined that the female victim was cornered by the known male suspect inside a walk-in freezer, preventing her from leaving the area. The suspect then allegedly inappropriately touched and sexually assaulted the victim before fleeing the scene. Officers conducted surveillance in the area and took the suspect into custody the following day when he returned to work at the restaurant.

Based on the preliminary investigation, it is believed the suspect has held positions in restaurants throughout Arlington County and there may be additional similar incidents. Anyone with past inappropriate encounters with this suspect or who has additional information related to this investigation is asked to contact Detective H. Molina of the Arlington County Police Department's Special Victims Unit at 703-228-4208 or hmolina@arlingtonva.us. Information may also be provided anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).

"Flourishing After 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for May 26-June 1.

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culpeper St.; Walter Reed, 2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St. Senior centers will be closed Monday, May 27 in observance of Memorial Day.

Senior trips: U.S. Marine Band Concert and fireworks, Vienna, Sunday, May 26, \$6; Riverside Dinner Theatre, Fredericksburg, "Pirates of Penzance," matinee, Wednesday, May 29, \$68; Chrysler Museum of Art, Norfolk, Friday, May 31, \$13; Secret Garden Tour 2019, Annapolis, Saturday, June 1, \$41. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS

Happiness 101, tips to keep folks smiling, Tuesday, May 28, 10a.m., Walter Reed. Details, 703-228-0955.

Bocce games, Tuesdays, 6:30-7:30 p.m., Walter Reed. Details, 703-228-0955.

Pickleball level II, classes begin Wednesday, May 28, 9 a.m., \$24/4 lessons, Walter Reed. Register, 703-228-0955.

What is the Cloud, Wednesday, May 29, 7 p.m., Arlington Mill. Register, 703-228-7369.

Drop-in basketball for women, Wednesdays, 7:30-9:30 p.m., Langston-Brown. Details, 703-228-6300.

DHS rep to answer questions about county services, Thursday, May 30, 9:30 a.m., Walter Reed. Register, 703-228-0955.

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The Weak Of



By KENNETH B. LOURIE

Concerning the three 'weaks' during which this arc will publish: last week's "The Weak Before," this week's "The Weak Of" and next week's "The Weak After," this week's "The Weak Of" when I actually lie down for my bi-monthly CT scan (and as it coincides occasionally, my semiannual brain MRI), is the easiest.

The worry of its occurrence is over, since I'm on site and "gowned up" waiting to hear my name called. And the worry of the results has not yet seeped in because the scanning process has barely begun and nothing will happen and/or be expected to be communicated in the next few days anyway.

Next week - when I know the results are somewhere and I've not received any feedback from my oncologist, within five days or so - is when I'll begin to stress for all the reasons with which you regular readers are familiar.

What this "The Weak Of" means to me is progress. And even though that 'progress' could mean disappointing news, it could also mean that my status is quo.

And as difficult as hearing that the CT scan showed growth and/or the brain MRI showed something more, at least we'd gain some knowledge that we didn't have previously, and that new knowledge will be crucial as new treatment options are considered.

However, it's not as if I feel I'm in the dark during the intervals between scans. Hardly. It's more that I'm in a situation where knowledge is a powerful tool and the more of it my doctors, particularly my oncologist, have about me, the better.

The only problem? The frequency of these recurring diagnostic scans means nearly every week, bi-weekly immunotherapy infusions notwithstanding, I'm in some kind of 'weak.'

As you all know, I can compartmentalize but, I'm afraid the compartments are starting to fill up. Ten-plus years of surviving cancer will do that.

The CT scan and MRI appointments, in and of themselves are not compartment-filling though. Having had over 50 of them by now, I'm unaffected. Moreover I drive the same route to the same facility and are tended to by the same technicians; my good luck charms, as I tell them.

They always greet me by name, smile and ask how I'm doing. I likewise reply in a positive way and thank them for the many good results I've had and encourage them to keep up the good work (I realize they have nothing to do with the actual results, good or bad, but I still like to prime the pump, so to speak).

And when the process is complete, I'll leave feeling more upbeat than when I arrived. A feeling which continues until the next week, 'the weak after.' That's when I'll feel the same kind of emotional jitters I experienced during 'the weak before.'

So, as I begin 'the weak of,' I begin it with hope and humor, my stock-in-trade. Hope for all the obvious reasons and humor because whatever happens, I'll likely make some joke about it and try to lighten the weight of it all with as light a touch as I can muster.

But for the time/'weak' being, I will enjoy the not-knowing the results and bask in the presumptive naivete. Because, if and when there is confirmation that my ship has sailed or that it's beginning to take on water, there might not be too much funny that I can say or do at that point to turn the tide.

Nevertheless, I'd like to think I'll be up to the challenge. One never knows. These three 'weaks' I can manage. We'll see about the next one.

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

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