

The Arlington Connection

HOME LIFESTYLE

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Jackie Bonilla gets her free basil plant at Saturday's AFAC Garden Kick-Off event.

Garden Plots Launch Vegetables And Trust

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First Case of Coronavirus in Arlington

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

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MARCH 11-17, 2020

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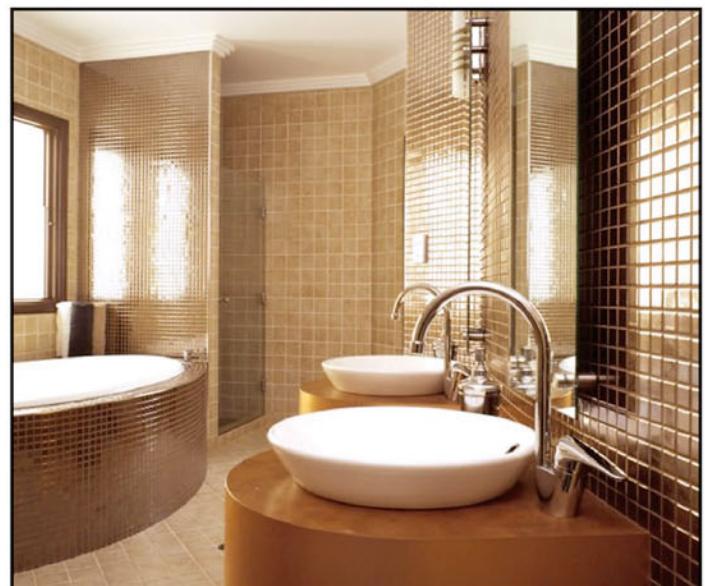
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NEWS

Spring Has Sprung

Garden plots grow vegetables and trust.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Temperatures hover around 40 degrees on Saturday, March 5, but the Central Library auditorium is packed with signs of spring.

Arlington Food Assistance Center (AFAC) is hosting its seventh Annual Garden Kick Off event which Charles Meng, Executive Director and CEO, explains “is for our families to provide health and nutrition with fruits and vegetables which is essential.” AFAC serves low-income families by providing supplemental groceries, including fresh produce, to about 2,200 families in Arlington each week.

Along the wall of the auditorium volunteers are filling small containers with compost and a basil or collard greens plant for free distribution to attendees at the event. Sophie Rier, wearing her “When All Else Fails Manipulate the Data” T-shirt, says she attends Bishop Ireton High school, and they require community service so she volunteers here. She explains her T-shirt is a joke since she has been taking physics.

Kelley Williams, volunteering beside her, says she is doing this for fun in the community. “No I haven’t grown anything but I’d like to.” She shares her dad’s ongoing battle with deer. “He has a noise machine that lets out a high pitch squeal.”

Jackie Bonilla has chosen a basil plant. She says she wants to learn more about how to grow in her garden. Currently she grows tomatoes, radishes and cucumbers but sometimes has trouble with the tomatoes.

Stephanie Hopkins, the new AFAC Director of Programs, stands at the podium outlining the AFAC Plot Against Hunger program which yields donations from local gardens, farmers’ markets and gleaning at farms across the region. She says since July, 2019 they have received 82,949 pounds of fresh produce. Along the window there is a



AFAC garden plot at the Central Library.



Kelley Williams volunteers at Saturday Garden Kick-Off event.



Sophie Rier fills small containers with compost and plants for attendees at AFAC event.



Charles Meng, CEO and executive director of AFAC.



Garden Kick-Off event for all ages

table offering free seeds for individuals, community groups and faith-based organizations to grow for contribution to AFAC during upcoming months.

Hugo Mogollon, Executive Director of FreshFarm Markets, will be the keynote speaker. FarmFresh Markets is the largest farmers’ market organization in the Mid-Atlantic region with 4 markets in Arlington that donate excess produce to AFAC.

A Virginia Cooperative Extension table provides seed packets with zinnia, spinach,

zucchini, radishes, milkweed, larkspur, poppies. Molly Gregory, a Master Gardener, says usually vegetable seeds are the most popular. “But not this year,” Vicki Atkins interjects. “It seems to be a particular kind of flower.” The table also provides information on propagation from seed with the annual Arlington County vegetable gardening calendar. Advice includes planting of onions, collards, peas, radishes and spinach in early March. Cucumbers, peppers, tomatoes and squash should wait until late April with the average last killing frost in USDA hardiness zone 7b between April 1-10 each year. In addition, another fact sheet gives dates of appearance for seedlings at various soil temperatures.

Meng adds that an upcoming AFAC event at the end of March will be assisting their families to register their information with the U.S. Census. “Our clients are typically one of the hardest to reach. They usually don’t participate and don’t trust the government. They trust us.”

Coronavirus Could Hit Family Finances

Millions of workers lack the sick leave that coronavirus could demand.

By KEN MOORE
THE CONNECTION

Nearly 27 percent of employees don't have comprehensive paid sick leave. But "good business is all about taking care of your employees," said U.S. Rep. David Trone (D-Md.).

Workers without sick pay can't afford to stay home when they are sick, or quarantined, one of the pillars of containing the national outbreak of novel coronavirus.

U.S. Rep. Rose DeLauro (D-Ct) introduced legislation Monday that would require all employers to allow workers to accrue seven days of paid sick leave and an additional 14 days in the event of a public health emergency. U.S. Rep. Don Beyer (D-Va), Trone and DeLauro with advocates held a conference call to discuss the proposal with reporters.

"Now is the time to move this forward, it makes all the sense in the world," said Trone.

"This comes at a critical time. A quarter of workers don't have comprehensive paid sick leave," said Beyer.

Beyer pointed to data that shows that in



Don Beyer

cities that require paid sick leave, the rate of flu is significantly lower. "Not only is the worker protected, the whole community is a lot healthier," said Beyer.

"This is an absolutely necessary piece of legislation," he said.

Trone pointed to Maryland where the 2018 Maryland Healthy Working Family Act

requires that paid sick leave be provided by all employers with more than 15 employees. (In 2018, Md. Gov. Larry Hogan (R) had vetoed the bill, but the Maryland Senate voted to override the veto.)

Maryland identified five confirmed cases of coronavirus, four in Montgomery County, as of Monday.

Virginia announced four cases of coronavirus as of Monday, three in Fairfax County and one in Arlington.

U.S. Sen. Tim Kaine (D-Va) cosponsored the emergency paid sick leave legislation, introduced by Sen. Patty Murray (D-WA) and DeLauro.

"A public health crisis like the coronavirus underscores the urgent need to pass paid sick leave legislation. Workers deserve the flexibility to care for their health without fear of losing a paycheck," said Kaine. "This legislation will help ensure that no American has to put their health – and the health of others in their community – at risk to keep their job."

MORE THAN 32 MILLION private sector workers are unable to earn paid sick days. Workers of color and workers in low-wage industries are among the least likely

to have access to paid sick days.

Deborah Ness is the president of the National Partnership for Women and Families. "This is not a new issue. It has been hurting our workers and our families for too long," said Ness.

"When emergencies hit, they often affect the people who work most closely with our public," Ness said. Workers can't afford to stay home and lose their pay check or possibly their jobs. "The situation is inhumane and dangerous for our nation's health," said Ness.

Trone and Beyer are both businessmen who tout offering paid sick leave to employees. Trone founded Total Wine which has 7,000 employees. Beyer's family business, Don Beyer Volvo, has "about one-twentieth" that number of employees, he said.

Last week in the Virginia General Assembly, a bill to require some paid sick leave failed in the Virginia Senate just as Virginia's first cases of coronavirus were confirmed.

The Virginia Senate failed to vote on the conference committee report on SB 481, that would have required employers to provide five paid sick days to employees. The Virginia House of Delegates had approved the conference committee report earlier.

Arlington Resident Tests Positive for Coronavirus

The Virginia Department of Health has activated a public information line, 877-ASK-VDH3, for questions from residents about the novel coronavirus situation.

The Virginia Department of Health (VDH) announced that an Arlington County resident has tested positive for coronavirus disease 2019 (COVID-19). VDH and the Arlington County Public Health Division (ACPHD) are working together to identify any close contacts of this resident who would require testing or monitoring for symptoms of COVID-19.

This is the third presumptive positive result, with the other two being a Marine Base Quantico resident and Fairfax City resident. All three cases were exposed through international travel.

"The Virginia Department of Health, hospitals, and healthcare providers across the state have been preparing for the possibility of residents with COVID-19. We are

working closely with the Centers for Disease Control and Prevention and local health departments to identify possible cases and prevent the spread of the virus," said State Health Commissioner, M. Norman Oliver, MD, MA. "Our focus now is that the individual receive the care needed to recover, complete additional investigations, and protect the health of all Virginians."

The individual is a resident of Arlington County in their 60s who developed fever, cough and shortness of breath after having returned from international travel. The resident is receiving medical care and is currently recuperating. The positive result returned Sunday evening is considered presumptive, pending confirmation by the CDC.

The individual had limited contact with others while ill and the risk to the general Arlington community remains low.

"We are working closely with our health care partners and the state to monitor the patient and identify and work with their close contacts," said Arlington County Health Director Reuben K. Varghese, MD, MPH. "Confirming a case of COVID-19 in an Arlington resident does not come as a surprise given international travel from an affected area. We understand the risk of coronavirus disease (COVID-19) increases among close contacts of infected persons."

The coronavirus that causes COVID-19 can cause mild to more severe respiratory illness. In a small proportion of patients, COVID-19 can cause death, particularly among those who are older or who have chronic medical conditions. Symptoms include fever, cough, and difficulty breathing. Symptoms appear within 14 days of being exposed to an infectious person. COVID-19 spreads primarily through respiratory drop-

lets produced when an infected person coughs or sneezes.

To lower the risk of respiratory germ spread, including COVID-19, the Virginia Department of Health encourages the following effective behaviors:

- ❖ Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer only if soap and water are not available.
- ❖ Avoid touching your eyes, nose, and mouth.
- ❖ Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- ❖ Clean and disinfect frequently touched objects and surfaces.
- ❖ Stay home when you are sick.
- ❖ Avoid contact with sick people.
- ❖ Avoid non-essential travel.

This is a rapidly changing situation, and information is being shared as it becomes available on the following websites: CDC, VDH and Arlington County Public Health.

BULLETIN BOARD

Editor's Note: Be aware that many events could be cancelled as precaution to the spread of COVID-19. Please check before heading to events.

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

THURSDAY/MARCH 12

Get Up to Speed with Self-Driving Cars.

Noon to 1 p.m. At Virginia Tech Research Center, 900 North Glebe Road, Second Floor, Arlington. Let's say there is a road closure. Or a traffic stop. Or a work zone. Human drivers should know what to do, but would a self-driving car? In this discussion, Mike Mollenhauer from the Virginia Tech Transportation Institute will explore roadway infrastructure and technologies that will be needed to help the D.C. metro area pave the way for the future of

self-driving cars. Boxed lunches will be provided. RSVP to Shannon Andrea in the Virginia Tech media relations office at 571-858-3262 or sandrea@vt.edu.

SATURDAY/MARCH 14

Don't Press Your Luck Event.

8-10 p.m. Join officers on N. Hudson Street at Wilson Boulevard in Clarendon for the *Don't Press Your Luck* anti-drunk driving event. This free event is open to the public and designed to highlight the impact alcohol has on motor skills. Motorists should be on the lookout

for temporary "No Parking" signs in the event area. Illegally parked vehicles may be ticketed or towed. If your vehicle is towed from a public street, call the Emergency Communications Center at 703-558-2222.

SATURDAY/MARCH 28

Getting Back on Track: Your

Questions about Living in a Community Association Answered. 10 a.m. - 12 p.m. At Fairlington Community Center, 3308 S Stafford St, Arlington. Call 703-746-4990, email Brandi D. Collins at

brandi.collins@alexandriava.gov.

FAA SEEKS PUBLIC COMMENT

The Federal Aviation Administration (FAA) is inviting comments until March 30, 2020 on a temporary air traffic procedure change at Ronald Reagan Washington National Airport (DCA) called HOLTB. The HOLTB amended a waypoint by moving it 784 feet southwest in order to move north-flow departing aircraft

SEE BULLETIN, PAGE 10

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Metro's Platform Improvement Project Begins Summer 2020

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- Vienna
- Dunn Loring
- East Falls Church

West Falls Church will remain open throughout the summer.

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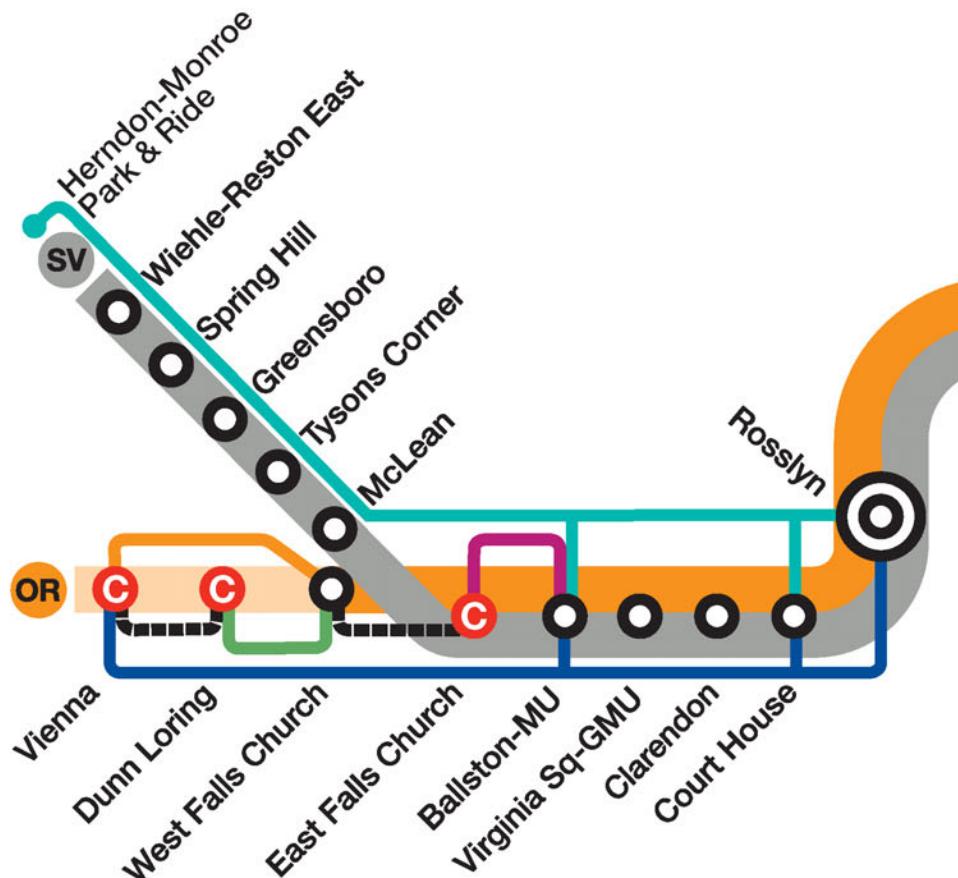
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HOME LIFESTYLE

ASPIRE HOUSE
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DESIGNER SHOW HOUSE
To Benefit
CANCER SUPPORT
COMMUNITY

Aspire Design Home in McLean will be open to the public from May 9 through June 7.

Local Designers Donate Talent for a Cause

A home in McLean Gets a Makeover to Benefit Can- cer Support Community.

By MARILYN CAMPBELL
THE CONNECTION

Some local interior design gurus are joining tastemakers from around the country to revamp the Aspire Design Home in McLean, Virginia, as part of an effort to raise money for charity.

The effort will give visitors a chance to see the latest trends in home design while supporting the Cancer Support Community, the largest professionally led, nonprofit network of cancer support worldwide dedicated to providing emotional support and navigation for individuals impacted by cancer, including their families and friends.

"I have had the enormous privilege of working with many of the talented creatives whose submissions and design work were selected to complete the interiors of this remarkable house," said Mary Douglas Drysdale, design chair of the McLean 2020 Design House.

"The final show house will be exceptional."

The makeover event has drawn 31 designers from around the world and local designers including Allie Mann of Case Design/Remodeling in Bethesda, MD and Falls Church, VA, Michael Winn of Winn Design + Build in Falls Church, Maria Galiani of Galiani McLean, Josh Hildreth of Josh Hildreth Interiors in Reston, Jonas Carnemark of Konst Siematic in Bethesda, MD, Paul Lobkovich of Lobkovich in Tysons, Federica Asack of Masseria Chic in McLean, and Pamela Harvey of Pamela Harvey Interiors in Oak Hill, Va.

The home itself is described as an innovative marriage of classical Monticello elements and on-trend materials and design techniques. Among those materials is a whimsical green hue, cheetah pattern wall covering created by Allie Mann of Case of Design/Remodeling for the upper level bathroom.

"Bathrooms in general are these little gems that

can be both public and private where great design can live," she said. "In this show house bathroom, the tile is the biggest part of the space where I'll incorporate materials that are a little edgier or unexpected in terms of color or saturation and that will really create a dramatic space. I also love the different play with the pattern of the tile."

It was a personal connection that influenced the upper level bedroom created by Josh Hildreth of Josh Hildreth Interiors.

"Our bedroom is dedicated to my inspiring mother and all of those who fight or have fought the brave fight against cancer," he said. "This enchanted aerie creates a quiet respite that exists for relaxation and renewal inside of a large and sprawling home."

He says that his design process is often instigated by the discovery of what he describes as animating objects. "For instance, in January I traveled to Paris and uncovered some wonderful items from some favorite sources," said Hildreth. "Our retreat reflects a love for the beauty of France and artfully mixes French and other design elements across the centuries into a jewel box space that delights the eye and promises hope for a better tomorrow."

While guest bedrooms often accommodate one's in-laws, Annie Elliott of Annie Elliott Design says that the space she is re-imagining doesn't fit that mold. "This isn't 'granny chic,' she said. "It's 'uncle chic,' with masculine furnishings paired with traditionally feminine elements to create a warm and inviting retreat."

Wallpaper made of subtle pink grasscloth encompasses masculine, modern elements such as the quasi-industrial étagère, which has tiny brass rivets on metal strapping and a black-caned bench at the foot of the bed, says Elliott. "The bed is canopied, but in Cowtan & Tout's Rutland – a sophisticated woodland scene in browns, greens, and blues – to counter the sweetness of the pink walls," she said. "We repeat the fabric on the drapes, layering it over woven wood shades for depth and texture. The room is a mix of vintage, and vintage-look furnishings."

NEWS

Champion Water Oak Provides Wildlife Habitat

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Steve Nagy from Davey Tree Expert Company stretches the tape measure at DBH (diameter at breast height) around the Water Oak tree at 5920 35th Street N. in Arlington. It measures 54 inches DBH (diameter at breast height) and is estimated to be 175-210 years old. In America DBH is typically measured at 4.5 feet above ground. The tree's crown spread is 103 feet.

This tree measures as the Arlington County champion with a score of 311, exceeding the score of the current County champion at 282. A tree's score is determined by adding tree circumference in inches with the tree height in feet and the average crown spread in feet.

Patricia Teutsch and John Malerich own the property where the tree is located and where they have lived for 28 years. She says their yard has been a National Wildlife Federation Certified Wildlife Habitat for several years and they cultivate it to attract bees, their pileated woodpeckers, blue jays and nuthatches and the chipmunks, raccoons and foxes that inhabit the backyard. "The other day we had three deer lying in

our Joe Pye weed for most of the afternoon."

Recently Teutsch said they had come to realize this might be a specimen tree so she contacted a certified arborist in the area to evaluate it. She says they started to realize "the tree has been such a valuable resource to our home, has saved us thousands in utility bills, provides shelter for all kinds of wildlife and brings a feeling of being established within the neighborhood."

Teutsch points out they live in a neighborhood that has seen destruction of a number of specimen trees including the razing of a state champion dawn redwood last year just a few blocks away despite months of citizen protests, petitions and county board appeals. "There is pressure from developers, and we know that Arlington provides no protection against developers clear-cutting the lots they obtain with a \$2,500 fine a mere cost of doing business." She added, "The County just rubber stamps developer plans and then laments the loss of tree cover." Teutsch has nominated this tree as County Tree Champion and intends to nominate it as a Notable Tree next year recommending a plaque. She says she calls it her George Washington tree "because it is about that old."



Steve Nagy measures Water Oak tree as Patricia Teutsch looks on at her home on 35th Street N.



Water Oak tree new Arlington County champion

PHOTO BY SHIRLEY RUHE/THE CONNECTION

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ENTERTAINMENT

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

ONGOING

Virginia Hospital Center Fitness Classes.

Begins March 9. Virginia Hospital Center conducts fitness classes for all ages and abilities — so take the first step to improve your strength, flexibility or balance. Visit www.virginiahospitalcenter.com/ healthy to view the full schedule and register online. 703-558-6740.

Registration Open for AAC's Summer Camps.

At Arlington Arts Center, 3550 Wilson Blvd., Arlington. Thematic and technique-focused camps return this summer for children and teens, ages 5-18. Call 703-248-6800 or email information@arlingtonartscenter.org or visit the website: www.arlingtonartscenter.org.

Easy Women Smoking Loose Cigarettes.

Now thru March 29. At Signature Theatre, 4200 Campbell Ave., Arlington. Contains sexual content and herbal smoking. Visit the website: <https://www.sigtheatre.org/events/201920/easy-women-smoking-loose-cigarettes/>

WEDNESDAY/MARCH 11

Coffee and Conversation.

10-11 a.m. At Westover Market & Beer Garden, 5863 Washington Blvd., Arlington. Erin McKenney of Just Neighbors will describe how many Arlington clients benefit from volunteer-supported immigration legal services. Everyone is invited to join the conversation. Bring your own coffee, learn interesting things about our community and hear from the speakers.

Women Fighting for a Better Community.

11 a.m. to noon. At Aurora Hills Recreation Center, 735 18th Street, South, Arlington. Cathy Hix, President of the Arlington Historical Society, will discuss two exceptional Arlington women who made a positive difference in Arlington: Elizabeth Campbell and Dorothy Hamm.

Wild Ones: Salamander Search. 2-3:30 p.m. At Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Ages 6 to 10. We'll search the park for salamanders, snakes and other creatures coming out of their winter sleep. Will the White - Spotted Slimy continue to elude us? Call 703-228-3403. Cost is \$5. #632820-A. Email: gulfbranch@arlingtonva.us.

The Role of Nature in our

Community: Embracing Biophilia.

6:30 - 9 p.m. At Washington-Liberty High School Cafeteria, 1301 N Stafford St., Arlington. Meeting will focus on biophilic cities, the premise that humans possess an innate connection to the natural world, supported by recent studies revealing that connection to nature continues to be a vital component of human health and well-being. The meeting will also include an overview of programming for 2020, the election of the EcoAction Arlington board of directors, and refreshments. www.ecoactionarlington.org/get-involved/events/

THURSDAY/MARCH 12

Rainbow Storytime.

10:30 - 11 a.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Ages 2 and up. Register child only, but caretakers must attend. For information: 703-228-6535. Free. #632910-V

Life in Arlington in the 1920s. 7 p.m. At Marymount University, Reisch Library Auditorium, 2807 N Glebe Road, Arlington. Author Peter



The St. Andrew's Players presents "The Wizard of Oz" from March 13-22 at St. Andrew's Episcopal Church in Arlington.

The Wizard of Oz

March 13-22, at St. Andrew's Episcopal Church, 4000 Lorcom Lane, Arlington. The St. Andrew's Players presents a delightful performance of "The Wizard of Oz," a timeless family classic tale about a girl from Kansas and her dog, Toto. Together, they get swept away to a magical land and meet up with a lion, a scarecrow and a tin man as they try to find their way back home. Show times are March 13 - 7:30 p.m.; March 14 - 6:30 p.m. dinner theater/7:50 p.m. show-only seating; March 15 - 3:00 p.m.; March 21 - 7:30 p.m.; March 22 - 7:30 p.m. Tickets \$15; \$30/dinner theater; children 12 & under is \$15. Dinner begins at 6:30 p.m.; the show begins at 7:50 p.m. for those only attending the performance. Call 703-820-0245 or visit www.standrewsarlington.org.

R. Penczer takes us on a photographic journey through Arlington in the 1920s. See rural Alexandria County get a new name and evolve from a farming community into a rapidly growing suburb. Visit Arlington Beach, Washington Airport, and Ballston Field in the age of trolleys, bungalows, and the Klan. info@arlingtonhistoricalsoc.org

How to Have a Healthy Lawn. 7-8:30 p.m., Fairlington Community Center, 3308 S. Stafford Street, Arlington. Dr. Mike Goatley, an entertaining and award-winning Virginia Tech professor, will discuss his research on turf grass and lawn management from across Virginia, focusing on what everyone from "turf managers" to home gardeners should be doing to maintain optimal lawn growth while minimizing pesticide and fertilizer usage. Call 703-228-6414 or email mgarlalex@gmail.com.

Deep Dive: Our Natives as Invasives. 8 - 9 p.m. At Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Adults. Invasive species removal is a major challenge to keeping our native habitats healthy. Do you know which of our native species are invasives elsewhere? See how some Virginia species have become unwanted guests. Call 703-228-3403. Cost is \$5. #632840-A

SATURDAY/MARCH 14

Bird Walk for Beginners.

9-10 a.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 6 and up. Register children and adults; children must be accompanied by a registered adult. Bird watching is a great family activity! Learn the basics of binoculars, field guides, identification and finding birds. Then a little birding practice around the nature center. Loaner binoculars available. Call 703-228-6535. Free. #632950-H

R.I.P. — Remove Invasive Plants.

9:30-11:30 a.m. At Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Adults, teens and families ages 8 and up. Want to restore habitat and increase species diversity right here in Arlington? Work parties are held every month. We are making a real difference, with the return of ferns and wildflowers, and the animals that depend on them, in areas once covered in destructive invasive plants. No registration required. Call 703-228-3403. Free.

Saint Ann March Dadness.

10 a.m. to 1 p.m. At Saint Ann Catholic School, 980 N. Frederick Street, Arlington. Saint Ann Catholic School is hosting its inaugural March Dadness Basketball Tournament. In the spirit of March Madness Saint Ann Dad's from Preschool through 8th grade will play 4 vs 4 in a basketball tournament. Saint Ann Alumni will be the official referee's and special guest star players include Saint Ann's own Parochial Vicar Rev. Leoyd Sanggaria (aka Fr. Leo), and 4th grade teacher Mr. Tom O'Donnell. Additional match-up includes a Saint Ann 8th grade students vs 8th grade parents basketball game. www.stann.org. Contact Oriana MacGregor, Saint Ann Development, Enrollment & Marketing, 703-525-7599 omacgregor@stann.org.

Luck of the Irish Pub Crawl.

12-7 p.m. At The Renegade, 3100 Clarendon Blvd., Arlington. The Renegade, Clarendon's popular bar, restaurant and live music spot, will go all out this St. Patrick's Day. Toast the Irish in all of us.

When Butterflies Beat Birds & Bees.

1 - 3 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Adults. Join the Washington Area Butterfly Club and Mary Jane Epps, Assistant Professor of Biology at Mary Baldwin University, as she describes the rare way that Virginia's Flame Azalea is pollinated by butterflies. Dr. Epps's discovery was featured on "Sex, Lies & Butterflies," an episode of Nature that aired on PBS. For information: 703-560-8556. Free.

Free Play Days.

1-2:30 p.m. At Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Ages 6 to 10. Give kids unstructured time they can call their own. Your child will love this chance to explore our woods, make mud pies, throw rocks in the creek and just be free. Dress to get wet and dirty, and wear closed-toe shoes. Call 703-228-3403. Free. #632820-D. Email: gulfbranch@arlingtonva.us.

Winter Pruning for Woody Plants.

1-2:30 p.m. At 4029 N Tazewell Street, Arlington. Winter is the best time to prune many trees and shrubs. Come for hands-on training on the how, when, and why to prune hedges, multi-stem shrubs, small trees, and large branches. The results will be healthier and fuller growth, better flowers and fruit, and attractive landscaping. Bring your own tools, and remember to dress for

world to ride bicycles, steer scooters, and drive pedal cars. Children practice bicycling and using roadways, intersections, and crossings in an environment free of motor vehicles.³ Bring your child's balance bike or regular bike (with helmet), kick scooter, or participate by foot. info@bikearlington.com. Event link: <http://bit.ly/TrafficGardenPopUp>.

Adapted Nature Hike. 1:30-3 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families. Register children and adults; children must be accompanied by a registered adult. Leisurely paced hike through a park. The forested trails will be accessible, smooth and shaded for a fun hike to explore and examine whatever we discover. Restrooms & water fountain/bottle filler inside accessible building and paved trails mostly in shade, but not flat (there are inclines/hills), benches for rest along the way. Call 703-228-6535. Meet at Long Branch Nature Center. Free. #632950-I

R.I.P. — Remove Invasive Plants.

2 - 4 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Adults, teens and families ages 8 and up. Want to restore habitat and increase native species diversity right here in Arlington? Work parties are held every month and are making a difference with the return of ferns, wildflowers and the animals that depend on them to areas once covered in destructive invasive plants. Help make it happen! For information: 703-228-6535. Free.

Tandem Training for Blind Bicyclists.

2-4:30 p.m. Want to learn a new skill? Try becoming a captain for a blind bicyclist. The League of American Bicyclists is partnering with BikeArlington and the Metropolitan Washington Association of Blind Athletes (MWABA) and Alexandria Bicycle Pedestrian Committee (BPAC) for the National Bike Summit to train sighted bicyclists how to ride tandem bikes with blind bicyclists. Summit attendees are invited to learn a valuable skill and observe how MWABA and BPAC train new captains to join their weekly rides. This mobile workshop is limited to 10 attendees, and tandem bikes will be provided. RSVP: <http://bit.ly/mwabatandem>

Virginia State Symbols: Red Salamander.

3:30 - 4:30 p.m. At Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Families. Register children and adults; children must be accompanied by a registered adult. We'll learn all about the Red Salamander, then hike the nearby trails in search of salamanders in the park. For information: 703-228-3403. Cost \$5. #632850-V. Email: gulfbranch@arlingtonva.us

MONDAY/MARCH 16

Community Engagement Forum on Aging.

At Unitarian Universalist Church, 4444 Arlington Blvd., Arlington. "What Matters Most to Older Adults in Arlington?" Join the Arlington Area Agency on Aging, the Aging and Disability Services Division and the Commission on Aging for an engaging morning focused on The Future of Aging in Arlington. Keynote speaker and panel presentation, followed by interactive breakout sessions that focus on core areas in aging: Housing, Transportation, Community Supports and Equity and Longevity. RSVP to 703-228-1747 or arlaaa@arlingtonva.us

WEDNESDAY/MARCH 18

Coffee and Conversation.

10-11 a.m. At Westover Market & Beer Garden, 5863 Washington Blvd., Arlington. March 18: Jackie Steven of Arlington Independent Media (AIM) will explain how AIM provides media training and local programming via television, radio, and digital technology. Everyone is invited to join the conversation. Bring your own coffee.

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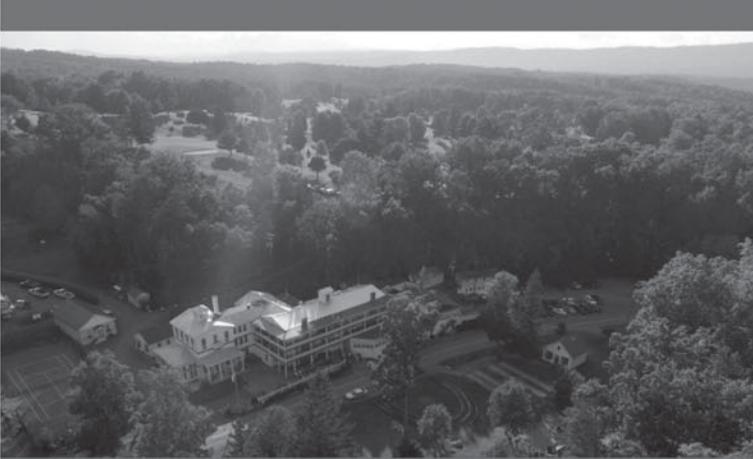
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NEWS

Scam Alert in Arlington

The Arlington County Police Department is warning the public about a telephone scam that uses the threat of arrest to extort money from potential victims.

Several residents have reported receiving unsolicited phone calls claiming they have an outstanding warrant for their arrest. The caller claims to be a Captain with the Arlington County Police Department and demands immediate payment for an alleged fine. Through threats and intimidation, the caller attempts to convince residents to purchase prepaid debit cards and provide the identification numbers which allows the scammers to obtain the money from the cards.

If you receive a call of this nature with someone claiming to be a member of Arlington County law enforcement, immediately hang up and call the Emergency Communications Center at 703-558-

2222.

The Arlington County Police Department is reminding citizens that agency representatives have never and will never call to solicit funds or collect fines.

Reduce the risk of becoming a victim of a scam by following these crime prevention tips:

- ❖ Always be suspicious of unsolicited phone calls.
- ❖ Never use a phone number provided to you from the caller to verify their credibility.
- ❖ Never give money or personal information to someone with whom you don't have ties and did not initiate contact.
- ❖ Trust your instincts: if an unknown caller makes you uncomfortable or says things that don't sound right, hang up.

If you find that you were a target or victim of a scam, please file an online police report or call the Emergency Communications Center at 703.558.2222

BULLETIN BOARD

FROM PAGE 4 away from protected airspace while keeping aircraft over the Potomac River. The FAA implemented the temporary change on January 30, 2020, to enhance national security by reducing the number of incursions from aircraft drifting into the prohibited area. Based on the initial results of the temporary procedure, the FAA is proposing to permanently implement the amended waypoint for all north-flow departures at DCA. The FAA is also inviting comments from the public on environmental concerns that should be considered as part of its environmental review for the

implementation of the amended waypoint. Submit comments by March 30, 2020, using the submit comment form. Additional information about the FAA's temporary and proposed change – including radar tracks and a noise screen – can be found at the following website: https://www.faa.gov/air_traffic/community_involvement/dca_p56/

DONATIONS

The **Arlington Food Assistance Center** seeks local gardeners and farmers willing to grow and donate

fresh produce to the AFAC food pantry for local families in need as part of the Plot Against Hunger program. Each week, approximately 2,400 client families visit AFAC to pick up supplemental groceries and fresh fruits and vegetables are in high demand. AFAC will provide free vegetable seeds to those who pledge to donate produce from community or personal gardens. Visit <https://afac.org/plot-against-hunger> or contact puwen.lee@afac.org or 703-845-8486. Seeds are available now at AFAC, 2708 S. Nelson St., during

SEE BULLETIN, PAGE 11

Legals

PUBLIC NOTICE

AT&T proposes to replace an existing 15.3' street light pole with a new 20' street light pole and install a top-mounted antenna at 26' at 1881 N Nash St, Arlington, VA (20200136). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

BULLETIN BOARD

FROM PAGE 10

regular business hours: Monday-Friday 8:30 a.m.-4:30 p.m. and Saturdays 8:30 a.m.-1 p.m. Produce can also be donated at AFAC at the hours listed above or at:

- ❖ Arlington Courthouse Farmer's Market, Saturdays 8 a.m.-noon (look for the AFAC cooler near the Master Gardener information table).
- ❖ Rock Springs UCC Church, 5010 Little Falls Road, Sundays 9 a.m.-noon only. (Look for the donation bin on the Rock Spring Drive side of the church).

Pet Food Bank. AWLA is establishing 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.

GET MORE WITH SNAP

Arlington and Alexandria Farmers' Markets accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT customers can purchase farm fresh produce at local area farmers' markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers' markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers' Market, N. 14th and Courthouse Road (second Saturday of the month) and Columbia Pike Farmers' Market, 2820 Columbia Pike (third Sunday of the month).

ONGOING

Online Salary Negotiation Workshop. AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit salary.aauw.org.

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 audubon-at-home-1.org 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 REVIVE! training. Contact Emily Sjiveland at 703-228-0913 or esjiveland@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

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, will be held on the first Friday of every month. 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.dementiacareconnections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

Walk-Fit. Ongoing Tuesdays and Thursdays 8:30-9:30 a.m. at Fashion Center at Pentagon City, Arlington. Participants walk at their own pace in a safe and friendly environment. Group stretch and cool down led by Virginia Hospital Center staff at 9:15 a.m. Meet on the first level by Nordstrom. Call 703-558-6859.

Arlington County, in partnership with the Human Rights Commission's Equality Task Force, has launched a web page with resources for the LGBTQ community. The new webpage compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. Visit topics.arlingtonva.us/lgbtq-resources.

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Now Where Was I Again?



By KENNETH B. LOURIE

And here I was thinking I was such a big shot, a thyroidectomy patient with nary a blemish on his body 30 days out from surgery. Metabolic balance? Ha! What metabolic balance! I was having none of it. A month into my post-surgical recovery and all I had to show for my troubles was one extra lab visit to measure/adjust my calcium and magnesium levels. Other than that, as Brooks said in "Shawshank Redemption" to Andy DuFresne about delivering library books to their fellow inmates: "Easy peasy." No fuss, with no muss whatsoever. Famous last words, or in my case, infamous first words.

It all began innocently enough with some bilateral shaking of my arms and some associated dropsies: items seemed to just slip from my grasp with no apparent reason - or awareness on my part. Then I began experiencing some "wicked," as we say in New England, pain in my lower back by my kidneys. Next came some forgetfulness and bouts of confusion. I knew who I was and I knew where I was but I definitely knew something had happened to me. I just didn't know if I was simply a victim of my own circumstances, so to speak, or had something more insidious taken root. I mean, I am a cancer patient with two types of cancer now.

I decided to email some of my doctors and share these new symptoms. My oncologist, in conjunction with my otolaryngologist responded. He arranged for me to see a neurologist which I did so the next day. The neurologist gave me the once over twice and ordered some additional lab work which I completed the next day after a 12-hour fast. Later that same day, Friday, Feb. 28, I received a call from my oncology nurse. She had received my lab results and after discussing them with my oncologist, advised me to go to Urgent Care immediately as I was at risk of a possible heart attack. My calcium levels, a previously well balanced component of a functioning thyroid gland had levels nearly off the chart, literally, 40% above normal. And since we couldn't exactly put my thyroid back in, off to Urgent care I went.

After excusing myself to the front of the waiting line, I was led back to an examining room where I was treated pending transportation - or not, to somewhere else. After spending an awkward night on site, I was eventually transported by ambulance to a local hospital where I would spend the next four and a half days trying to wean my body off its own elevated calcium. Finally, on Tuesday, I was pronounced fit enough to be released. My ordeal seemed nearly over. By late Tuesday afternoon, I arrived back home where I collapsed in my own bed for the first time in nearly a week and began to recover once again. The rest of the story consists of bits and pieces, fragments of recollections and words-to-the-wise in an attempt to prevent a recurrence.

I can't really say that I've learned my lesson because I did nothing wrong. I was simply following doctor's orders. Adjusting one's calcium and magnesium levels is a proactive part of life without a thyroid gland, though it's hardly a matter of routine, and I have no doubt there's still some tinkering yet to occur. Nevertheless, onward and upward I go, with hopes that future episodes will be met with similar vigilance.

Now, back to the previous cancer-themed column. I'm meeting with the endocrinologist on Tuesday to determine a course of action to eliminate the remaining 10% or so thyroid cancer embedded under my collarbone. Once we get that process straightened out then we can get back to treating my underlying non small cell lung cancer.

I imagine I'll live to write about it, but I'd be lying if I didn't admit to being a bit scared. When one treatment is delayed due to the treatment of another, I can't help thinking there should be penalty called for piling on. I don't mind carrying my share but two cancers is hardly share and share alike. Too much of a bad thing is just plain bad.

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

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