

The Arlington Connection

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Gathering Before the Distancing, Arlington's Heritage Festival

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Arlington Reacts to Coronavirus Pandemic

Information on the coronavirus pandemic is updated frequently. The information below reflects information available as of March 15.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Arlington's response to COVID-19, now proclaimed a pandemic, has been swift and encompassing in the last week. Arlington County announced its first presumptive case of coronavirus on Monday, March 9 and its second on Thursday, March 12. Both patients are reported to be doing well. Since then Arlington County Public Health Division (ACPHD) has issued a situation report, guidance for public meetings, what you need to know and tips for prevention. Their website is continuously updated.

The website includes advice on getting tested. "If you think you have symptoms of COVID-19 contact your doctor or health care provider and they can order a test. Health care providers are using their medical judgment to order tests for COVID-19. ...

"Arlington County Public Health, along with other public health



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Kenmore Middle School is offering free lunches and breakfast on a table outside the school during school closings for children 2-18 years old.

agencies in the region, is not testing for COVID-19. You must contact your doctor to be evaluated."

On March 13 Arlington County Board Manager Mark Schwartz signed a Declaration of Local Emergency for Arlington County effective at 7 p.m. March 13. In

County Board Chair Libby Garvey's video explaining the declaration, she says Arlington County has been preparing for a pandemic since 2005 and for the coronavirus for the last six weeks.

This declaration allows the County to request additional re-

sources from the state and Federal governments. This includes such programs as SBA's Economic Disaster Injury Loans and their low-interest federal disaster loans to small businesses.

On March 13 Arlington County Public Schools (APS) issued the

decision to close public schools beginning March 16 with the current plan for students to return April 14. "We will continue to evaluate and monitor the situation on a daily basis and will provide an update on plans as new information is available." During the school closure teachers will provide instructional activities that both review previously taught information and introduce new topics and concepts. They will grade assignments prior to Friday, March 13 and will issue third quarter report cards at the end of April.

Beginning March 16, APS will provide free grab and go breakfast and lunch available free to all children regardless of race, color, national origin, sex, age or disability. They will be available at tables outside Kenmore Middle School and Dr. Charles R. Drew Elementary from 11 a.m.-1 p.m. Monday-Friday. A child must be accompanied by a parent.

A neighborhood email list circulated a "giant list of ideas" for being home with kids. This includes: bake something every day and make a phone video of the child's cooking class, learn to sew stuff you have on hand, have the kids help with yard work and getting garden ready, pick your favorite 20-second song perfect for hand washing, build a tent in the house with blankets and chairs, lots of art projects and new card games, sidewalk chalk art, write a short story and illustrates it and, of course, Legos.

Community non-profits have issued guidelines for protecting their volunteers while continuing to serve their vulnerable populations.

Arlington Food Assistance Center (AFAC) has seen a sharp decrease in food donations, which supplied 2,885 families last week with supplemental groceries. They ask "as you are stocking up on yourselves at the grocery that you think about helping families in need as well. Donations may be dropped off at the warehouse on S. Nelson Street during regular working hours. They anticipate that if this continues many of those in the service industries may be affected and may result in a significant increase in demand for their services.

Charles Meng, CEO and Executive Director of AFAC, says it is an ever-changing situation. They may have to eliminate the choice model, buy more prepackaged foods and end chicken packaging. "We need to be flexible, creative and positive."



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Perez leads his class with one two, cha cha cha.

Remember to use all of your steps when you turn.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Dance in the Moment with Arturo Perez

BY SHIRLEY RUHE
ARLINGTON CONNECTION

“One, two. Cha cha cha. Left, cha cha cha. O.K. let’s do it to music.” “Wastin’ away again in Margaritaville” fills the room as Arturo Perez leads his ballroom class for seniors at Walter Reed Community Center on Monday, March 9. This is part of a eight-week class offered by the Arlington County Department Parks and Recreation 55+ Senior Center program, currently on hiatus due to coronavirus.

Perez says he really does enjoy teaching an array of people giving them the tools to dance with a partner. “In the beginning I oversimplify and as it gets harder, I point out details. It would be overwhelming if I focus on details first.”

Perez explains his approach is to try to set people at ease in the first class. He jokes, “I see you have a right foot and a left foot.” Perez asks what they are interested in learning and he listens. “The act of listening is difficult these days. You don’t have success if you don’t listen.” This session his first class started with the merengue. “It is a 1-2. I simplify it, not the details of moving the hips. I make it fun.” Barbara Robin, one of his students, says Perez is really good at seeing who has more experience and helping each person individually.

Then the next class repeats what they learned in the first class and progresses to what they would like to learn next. “I keep asking what do you want to learn.” A couple of classes ago the answer was the tango. “I told them that is the most beautiful but the hardest dance.” He said they worked on it but later they didn’t want to go back to it and instead returned to the foxtrot.



Arturo Perez dances the cha cha cha with Elsa Angrist, one of his students in his 55+ ballroom dancing class.

The music switches over to “brown eyed women and red grenadine...”

“Let me go over the steps and when we finish the class we’ll all wash our hands.”

“Remember small steps. Let’s turn. Left turn, right pivot. Remember when you turn, you have to use all of the steps.”

Perez says he has been dancing since he was a baby. Since his mom loved to dance she would hold him and dance around the room. Later as he got bigger since his dad didn’t dance, when they had personal gatherings his mom would dance with him on

her feet. Now he has been teaching dance for almost 30 years.

He and his wife came to Virginia several years ago from New York City where “teaching dance is all I did.” He taught principally swing dance, Lindy Hop, Latin. He says he loves swing which encompasses a genre of jazz 125 years old from the 1914 foxtrot to the early 20s Charleston to the late ‘30s jitterbug. He says the most difficult mechanics is the 1927 Lindy Hop. In addition to performing, Perez taught a fall prevention program for aging people for 10 years.

Perez’ current class began Jan. 27 and was scheduled to end March 16 with another class to begin March 30-May 18h Walter Reed and a new class to be added at Langston-Brown March 24-May 5. However Arlington County announced on March 13

that Parks and Recreation activities including classes have been suspended until at least April 14. For information about re-scheduling contact: Walter Reed at 703-228-0955 or Langston-Brown at 703-228-6300.

Elsa Angrist, a student in the 55+ ballroom dancing class, says she and her husband go on cruises and do ballroom dancing and she forgets between cruises. “My favorite is the waltz. I understand it.” Angrist says last week there were only three people in that session which she attributes to the coronavirus scare. “I was the only woman. They wore me out.” Dru Dowdy says this class sounded like fun and she is hoping when her husband recovers from his upcoming knee surgery that he’ll be able to join her. “Some dances are easier. The foxtrot is easier than the tango.”

Arlington Pleads for Bars and Restaurants to Close Dining Rooms

States across the Country, including DC and Maryland have ordered all bars and restaurants to close for dine-in service as of 10 p.m. March 16. Arlington does not have the legal authority to order the same. However, Libby Garvey, Arlington Board Chair, and Mark Schwartz,

Arlington County Manager, are asking, pleading, that Arlington bars and restaurants take responsible action and switch from dine-in service to only offering carryout and delivery.

“We have seen some restaurants get very creative with how to do carryout

with social distancing. Encouraging carryout service is a good way to help these small businesses and their staff make it through this challenging time,” they said.

“We plead with all our bars and restaurants that have NOT yet closed their dining rooms to do so as of 10 p.m. to-night (March 16) and not reopen until we can all work out safe ways for patrons to be served in person.

“Otherwise, we will likely be overwhelmed by COVID-19 cases and the health of everyone in Arlington will be in jeopardy.”

PEOPLE AT WORK

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Beth Donnelly demonstrates the impact of exercise on the core body.



Cynthia Baskin shows off the Superwoman TRX suspension trainer, her favorite exercise, a good one for the core.



Cynthia and Jeremy balance on large balls. "It's harder than you think."

Who's at the Door? It's Your Trainer

"Shall we start with the monster walk?" Beth Donnelly, home personal trainer for clients 55+, has met Cynthia and Jeremy Baskin in the gym of their building on S. Eads in Arlington.

She says, "This is a great exercise to wake up the glutes. We spend a lot of time loosening the muscles and warming up." Cynthia Baskin pulls the yellow band around her ankles while her husband Jeremy Baskin pulls on his band across the room. "Drop the band and walk up and back two sets. When I use bands, it builds the glutes."

Donnelly says what they do is mostly functional, what they do in everyday life. "We do balance in a lot of what we do. Cynthia has been training with Donnelly since May, and Jeremy says he's a little behind "but she convinced me. Cynthia has great powers of persuasion. I'm ready to be molded into an Adonis."

Donnelly says the goal is actually more to thrive in life than build weight like it might have been when they were younger.

Next they work 15 reps with ten-pound dumbbells, then on to the walking lunge. "Drop the band, up and back two sets. Donnelly says, "This is challenging balance, one foot in front of the other."

Cynthia says she likes Donnelly's flexible style, giving you options. "I want somebody who is checking my form and helps me stick with it, and we actually have fun." Cynthia heads for the Superwoman TRX suspension trainer which she likes the best because it is a great one for the core. She grabs the bands and swings forward like she is ready to fly.



Jeremy says he is ready to be molded into an Adonis.

One of the most difficult exercises comes up. Jeremy describes the plank as defying physics. "Forty five seconds. 30 to go. 15 to go." Jeremy pictures Donnelly on a horse holding a riding crop. "If you don't make it, you get a taste," he laughs.

Jeremy says let's do the one I like the best. It's sort of a modified plank. "We call it Jer's Favorite." Turns out Jeremy has given nicknames to a number of the exercises. They stretch out face down on mats side by side with arms lifting their bodies and legs stretched in back on tiptoes. "O.K. 40 seconds. 30 to go. 3-2-1" and a sigh of relief. Cynthia says, "I feel that one all over my body."

"Oh, let's do this one," Donnelly says as she places two large pink balls in front of the mirror in the gym. O.K. sit on the ball. Let's do it for 40 seconds." She gives Cynthia and Jeremy each a smaller ball to squeeze between their knees. "What I love is that the large ball is unstable so they engage their core. The small ball is working their interior muscles and notice they are on tiptoes so it takes more."

She says this is harder than it looks. "I have one 82-year-old woman and just staying upright on the ball is a challenge." But she continues, "It doesn't take long for your body to learn muscle memory from when you were younger."



Jeremy does what he calls "Hans Brinker and the silver skates." Donnelly says this exercise is important should you have to jump out of the way quickly and it gets your heart rate up.

Although Cynthia and Jeremy do the same basic exercises, Donnelly adjusts it for each depending on specific health concerns. Cynthia has had two knee surgeries so Donnelly is careful not to do exercises that put stress on her knees, a little more careful with things like the curtsy. Donnelly says what's fun is that they do this together.

Donnelly says her clients are 55-82 years old and she meets with them in their homes or the gyms in their buildings. Her business, Sarafitz is, based in Alexandria but serves clients in the metropolitan area.

Arlington Reacts to Coronavirus Pandemic

FROM PAGE 2

Arlington Street People's Assistance Network (A-SPAN) which supports the homeless and veterans' community, has put plans in place to maintain a safe work environment while still continuing to serve their clients. This emergency plan temporarily suspends all volunteer activities at the Homeless Services Center or offsite at the Homeless Bagged Meals Program. In addition, they have temporarily suspended the donation of all prepared outside food that has not been prepackaged.

Arlington Free Clinic is NOT offering COVID-19 testing at this time. If you are a current Arlington Free Clinic patient and think you have symptoms of COVID-19, please DO NOT go in – call first. If you are not a patient of Arlington Free Clinic, please contact your healthcare provider if you have mild symptoms or 911 if it's an emergency. For any general COVID-19 questions, you can contact the Virginia Department of Health public information line at 1-877-ASK-VDH3.

Culpepper Garden, the largest

low-income senior living facility in Arlington issued a letter explaining that they are suspending volunteer and partner programs and activities until further notice. "Out of an abundance of caution, we request that family and friends do not visit Culpepper Garden unless absolutely necessary. All essential and approved family and visitors in independent living will be screened and asked to sanitize before visiting and family members of residents in Assisted Living are asked to phone, email, text or video chat and not visit to reduce any potential exposure from outside Culpepper Garden."

Early in the week the Arlington Department of Parks and Recreation (DPR) facilities increased cleaning of high touch areas such as doorknobs and front desk counters with a new highly recommended cleaning agent and frequently sanitized shared sports equipment. By Friday Arlington had announced due to the decision to close schools, all Department of Parks and Recreation activities and programs would be cancelled effective immediately until April 20. This includes, but is not limited to

the following: preschool and coop programs, personal training, 55+ centers, after school teen programs, community arts programs, private swim lessons, scheduled birthday parties. Parks and trails will remain open.

Churches sent out notices to parishioners as they made individual decisions on church services and activities. Reverend Dorota Wright-Pruski, rector of St Andrew's Episcopal Church on Lorcom Lane, shared the decision announced by Bishop Brooke-Davidson who met with 185 clergy that "we will not physically gather for worship in our church buildings for the next two weeks, between now and March 25." She stressed that churches may remain open unless told otherwise by local health officials."

The Catholic diocese of Arlington released an announcement of postponements of current diocesan events for the weekend and the parish response. This includes suspension of the use of a common chalice during Holy Communion, omission of the sign of Peace, emptying of Holy Water fonts and cleaning liturgical ves-

sels with soap and water. On Monday, March 16, 2020, Bishop Michael F. Burbidge, Diocese of Arlington, announced that the public celebration of all Masses in the Diocese is suspended until further notice.

Rock Spring UCC suspended in person worship with an online streaming service for the next three weeks with a reevaluation for April 5. Their pastor, Rev. Kathy Dwyer, wrote to her congregation, "The staff is working hard to create a worship experience that will be meaningful and memorable, if somewhat different. It's connecting with one another that we're trying to get more creative about during this time of social distancing."

For more information visit the Arlington County COVID-19 webpage or call the Virginia Department of Health at 877-275-8343.

Arlington County chef and small business owner, David Guas, of Bayou Bakery, Coffee Bar & Eatery, is partnering with Real Food for Kids to serve free lunches to needy Arlington County children and their families during the clo-

sure of the school district. Fruitful Planet – South Block's sister non-profit – will be participating in providing a variety of fruits for the meals to go.

Starting Tuesday, March 17, 2020, between 10 a.m. and 12 p.m., Guas and Real Food for Kids will be cooking up vegetarian meals for grab-and-go distribution at his Arlington restaurant, Bayou Bakery, located one block from the Courthouse metro. The nourishing New Orleans favorite, Red Beans and Rice, will be served on Tuesday, and each subsequent meal in the initial week of the program will also be a plant-based dish rich in fiber, vitamins, and minerals. In order to be compatible with a broad range of dietary and religious restrictions, only vegetarian options will be served during this first week of school closure. After March 17, they will provide meals each weekday until schools reopen. See updates on our Facebook page at <https://www.facebook.com/realfoodforkids>

Bayou Bakery is located at 1515 N Courthouse Rd, Arlington, VA 22201, 703.243.2410

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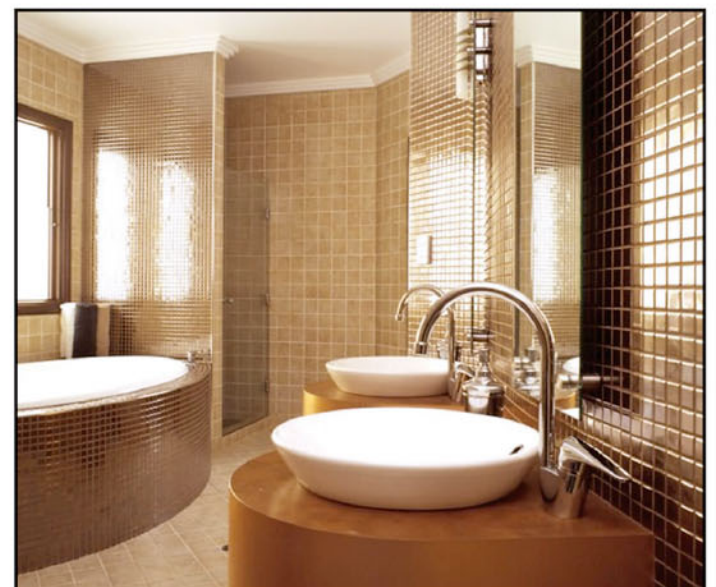
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COMMUNITY



Bill Campbell, a local book publisher whose company, Rosarium Publishing, is a fledgling publisher specializing in speculative fiction, comics, and some crime fiction — all with a multicultural flair. The books are available on a variety of platforms, including Amazon. For more on his titles, see: www.rosariumpublishing.com



Kelvin Manurs, Founder and Board Co-Chair of Arm & Arm, and Sandra (Dee) Carr, the lead facilitator for Arm & Arm, man the table for their group, a peer to peer empowerment and support group for formerly incarcerated residents and veterans. <https://www.armandarm.org>

PHOTOS BY EDEN BROWN/THE CONNECTION

Heritage Festival in Arlington Reflects Community Values

Locals take advantage of the pre-Coronavirus gathering.

BY EDEN BROWN
THE CONNECTION

Arlington appeared in full community bloom in the pre-spring, pre-virus “Feel the Heritage Fes-

tival” on Feb. 29 at the Charles Drew Community Center. This was the 28th year for the annual festival which celebrates Arlington’s African American history and culture. Crowds exceeded expectations, according to one of the fes-

tival managers. The atmosphere was typical Arlington: diverse, upbeat, a little old-fashioned, a little progressive, and political. There were more than 30 government and community vendors, more than 30 artisans and commercial

vendors, great southern food, and an entertainment lineup featuring the X-Factor Band, Encore Stage and Studio, Lomax AME Zion Church Celestial Echoes, the Mount Salvation Baptist Church Incredible High Praise Dance

group, and others.

Visitors to the festival could learn a lot. There were Master Gardeners willing to divulge the secrets to a good vegetable garden; Alyscia Cunningham with her

SEE POLITICIANS, PAGE 7



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COMMUNITY

Politicians, Activists Take Advantage of Large Crowds

FROM PAGE 6

book about women with Alopecia and other forms of hair loss. Many went home with pockets stuffed with freebies like visibility strips for walkers handed out by “Walk Arlington” and free whistles and coloring sheets of forest animals.

“Free Forest School” representative Carmen Iasiello talked about her outings for young children to learn the benefits of being in nature (www.freeforestschool.org) Politicians were out shaking hands, including John Vihstadt, who did not deny that he might be a candidate for public office again; and candidate for county board, Chanda Choun; Del. Alfonso Lopez, as well as stands run by several political organizations like Arlington Dems and We of Action Virginia.

This is a festival that hums with creativity and entrepreneurship, community and color, history and Kim Miller’s haikus. To get involved in next year’s festival, email: Lbarragan@arlingtonva.us



Adelise Clow gets her face painted by Amber Owens. Owens came to the festival as part of the Department of Parks and Recreations “Teen Entrepreneur Amusement Management” program.



Chanda Choun makes the rounds, talking about his run for county board, and stopping to talk to Alice Redhead of Sierra Club about the Virginia Clean Energy Act.

PHOTOS BY EDEN BROWN/THE CONNECTION



Kathleen Murray of “We of Action Virginia” (WofaVA) talks to a visitor from Maryland about the importance of voting.



From left, Joe Calizo and Sara Kirwin, foster parents who said they are very happy with their recent entry into the foster parent experience; Erica Serrano, Outreach and Recruitment Specialist, Arlington County, Department of Human Services Child and Family Services Division, and Michelle Sosa, the foster parent program’s Family Development Specialist. www.https://family.arlingtonva.us/foster-care



Craig Syphax at the stand for Arlington Black Heritage Museum. [www.http://arlingtonblackheritage.org](http://arlingtonblackheritage.org)



John Vihstadt visits with Siobhan Grayson, Youth Coordinator at the Partnership for Youth, Department of Human Services, Arlington, and Kirstan Fuller, Prevention Specialist.

ENTERTAINMENT

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

ONGOING

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. Campers explore the fundamentals of the visual arts through creative projects in various two- and three-dimensional media. Line, color, shape, texture, space, and form will all be emphasized through creative projects based on campers' observations and imaginations. AAC's camps meet weekly, Monday-Friday, from 10 a.m.-12:30 p.m. and 1:30-4 p.m. Families have the option to participate in one or both sessions of camps that meet during the week. For families interested in the full day option, add the morning and afternoon camp sessions to your shopping cart. Extended day options are detailed below. Call 703-248-6800 or email information@arlingtonartscenter.org or visit the website: www.arlingtonartscenter.org.

SATURDAYS, NOW THRU MAY 30

Acting Class. 2-3:30 p.m. At Trinity Presbyterian Church, 5533 16th Street N., Arlington. Broadway's Amelia Nickles will be teaching an acting class in Arlington. In this class, students will focus on exercises incorporating important acting tools such as the voice, body, mind and imagination. Actors will learn how to access their emotions, play clear intentions and physicalize characters in a fun and supportive environment. Recommended for ages 14-17. Cost is \$300.

MARCH 17 TO APRIL 28

Forty+ Dance Project. 11:30 a.m. to 1:30 p.m. At Theatre on the Run, 3700 S Four Mile Run Dr., Arlington. Explore movement and performance in a creative project. Forty+ celebrates the collective creativity of people past the age of 40. Each project features a different choreographer and results in a unique tapestry of collaboration. Forty+ is frequently seen in concerts presented by Jane Franklin Dance and for organizations serving older adults. Cost is \$160. Visit the website: <https://www.janefranklin.com/adult-dance/forty-plus>

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, learn interesting things about our community and hear from the speakers.

Ballston's Bark Madness. 5-7 p.m. At Ballston Exchange, 4201 Wilson Blvd., Arlington. Bark Madness is back with more adorable and adoptable puppies from Homeward Trails Animal Rescue. Enjoy some much-needed puppy playtime, a delicious dinner from We the Pizza,



Jane Franklin Dance: Composition will be held March 27 to May 2 in Arlington.

Jane Franklin Dance: Composition

Fridays, March 27 - May 2, 2020, 11 a.m. to 1 p.m. At 3700 S Four Mile Run Drive, Arlington. Composition is a movement lab. Participants experiment with non-narrative elements, expressive movement and gesture to develop choreography. Cost is \$150. Email: janefranklindance@gmail.com. Visit the website: <https://www.janefranklin.com/comp>

and happy hour beverages. Cost is \$20. All proceeds benefit BallstonGives and Homeward Trails.

THURSDAY/MARCH 19

Speaker Matthew Barker. 11 a.m.-12 p.m. At Little Falls Presbyterian Church, 6025 Little Falls Road, Arlington. Previously with the U.S. Architect of the Capitol, Barker currently has responsibility for the protection and expansion of over 35,000 trees in the city of Alexandria. An arborist, he will discuss the challenges of conserving our area's urban canopy and the important role of citizens in assisting in that effort. The program is free; an optional lunch is \$5. Visit www.rockspringgardenclub.com.

SATURDAY/MARCH 21

Family Game Night. 7-9 p.m. At St. John's Episcopal Church, 415 S. Lexington Street, Arlington. If you are looking for an enjoyable evening with family, friends or new acquaintances playing your favorite board, strategy or kids game, join in the fun at St. John's family game night. Games will be available, but you are welcome to bring your favorites too. You are encouraged to bring a non-perishable food item (can or box of food) to donate to AFAC, the Arlington Food Assistance Center. Visit stjohnsarlingtonva.org

The Four Seasons of Vivaldi. 7:30 p.m. At Gunston Arts Center, Theatre 1, 2700 South Lang Street, Arlington. The National Chamber Ensemble will honor the genius and artistry of Antonio Vivaldi with a highly creative performance of Vivaldi's The Remarkable Four Seasons. NBC Meteorologist Bob Ryan is the special guest host for the evening sharing the weather broadcast for "The Seasons." Art critic, curator and Italian Culture expert Renato Miracco will present an introduction to Vivaldi's masterpiece. General admission tickets are \$36 for adults and \$18 for students, plus applicable service charges. Tickets are available online at www.nationalchamberensemble.org and at the box office one hour prior to the performance. Group discounts for 10 or more are available by calling 703-685-7590.

gesture to develop choreography. Cost is \$150. Email: janefranklindance@gmail.com. Visit the website: <https://www.janefranklin.com/comp>

MARCH 29-31

Parish Lenten Mission. 4-5:30 p.m. At St. Ann Roman Catholic Church, 5300 N. 10th Street, Arlington. St. Ann Catholic Church invites the community to come and experience the music and word of Sarah Hart as you prepare your soul this Lenten season.

March 29, 4- 5:30 p.m. – Parish concert with Sarah Hart and St. Ann's own Parish music groups.

March 30, 7- 8:30 p.m. – The music continues as Sarah Hart offers a deep look into the meaning of Jesus' "Sermon On The Mount" and his gift to us of the Beatitudes.

March 31, 7- 8:30 p.m. – The final evening of the 3 Day Mission wraps up

the series with music to carry you through the remainder of your Lenten

journey. Visit the website: www.stannchurch.org

SUNDAY/MARCH 29

A Growing Jewish Families

Passover. 10-11:30 a.m. At Cherrydale Volunteer Fire Department, 3900 Lee Highway, Arlington. Enjoy an afternoon of hands-on Passover experiences, connect with other families and have tons of Passover fun. Highlights include:

- ❖ Charoset Bar – you choose what goes into your charoset (a delicious part of the Seder);
- ❖ Create your own Seder plate and Elijah cup;
- ❖ Decorate an afikomen bag (a place to hide a special piece of matzah);
- ❖ Experience the story of Passover and more!

Fee: \$8 adult/ \$6 child/ 12 months and under are free. Tickets are required for everyone over the age of 12 months. To register visit: <https://gjfpassover.bpt.me>

MORE ONGOING

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.

Arlington Historical Museum.

Wednesdays, 12:30-3:30 p.m.; Saturdays and Sundays, 1-4 p.m. Arlington Historical Museum, owned and operated by the Arlington Historical Society, is located at 1805 S. Arlington Ridge Road. The two-story brick structure was built in 1891 as the Hume School, named for Frank Hume who gave some of the property for the school. It is the oldest school building in Arlington County. Now a museum, it houses permanent and temporary local history exhibits ranging from pre-1607 to Sept. 11, 2001. Visit arlingtonhistoricalsociety.org.

Civil War Artifact Display.

Saturdays and Sundays, 10 a.m.-2 p.m. at Fort C.F. Smith Park Visitor Center, 2411 24th St. N. The New Fort C.F. Smith Park Visitor Center features displays about Union soldiers and the Defenses of Washington between 1861 and 1865. Artifacts from archaeological studies from Forts Ethan Allen and C.F. Smith are on display. Kids can try on replica Civil War uniforms and learn about camp life. Visit parks.arlingtonva.us/locations/fort-cf-smith-park/.

Arlington Farmers Market. Every Saturday, 8 a.m.-noon at the corner of N. 14th Street and N. Courthouse Road. A weekly celebration of local

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.

food including fresh produce, meats, dairy, cheese, baked goods, free range eggs, specialty items, cut flowers, plants and herbs. Email csingiser@cfwdc.org or call 917-733-6402.

FRESHFARM Market. 3-7 p.m. on Tuesdays at 1900 Crystal Drive. Shop from local farmers and producers with seasonal fruits and vegetables, fresh-cut flowers, container plants and herbs, farm-raised eggs, all-natural meats, artisan baked goods, and specialty foods. Visit www.crystalcity.org for more.

Mobile Bike Repair. 8 a.m.-3 p.m. on Thursdays at 1900 Crystal Drive. Drop off your bike on Thursday morning and have it tuned up and ready to ride before heading home. Email DC@velofix.com, or phone 855-VELO-FIX for more.

Food Truck Thursdays. 11 a.m.-2 p.m. at 1900 Crystal Drive and 201 12th St. Actual truck schedules are subject to change so be sure to follow your favorites. Visit www.crystalcity.org for more.

Healthy Lifestyle Runs. Saturdays, 9 a.m. at Roosevelt Island, George Washington Memorial Parkway. American Cancer Society partners with parkrun USA to promote fitness in the fight against cancer. Free. Visit www.parkrun.us/rooseveltislanddc/ for more.

Friday Night Live. 8 p.m. Fridays at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit 1bc.org for more.

Arlington's Historical Museum Open on First Wednesdays. The Arlington Historical Museum is open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Visit arlingtonhistoricalsociety.org.

Open Mic Comedy. Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. Age 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or Visit www.RiRa.com/ Arlington for more.

Invasive Plants Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit registration.arlingtonva.us. Free, no registration required.

Karaoke. 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit www.galaxyhut.com or call 703-525-8646.

Pub Quiz. 8 p.m. every Sunday at Whitlow's on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit www.whitlows.com or call 703-276-9693.

Storytime. Wednesdays and Fridays, 10:30-11 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

Lego Club. Monthly on the first Wednesday. 4-5 p.m. Glencarlyn Branch Library, 300 S. Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

Talking to Children about Coronavirus

Sharing developmentally appropriate information can ease fears.

By MARILYN CAMPBELL
THE CONNECTION

From school closures to travel bans, the rapid spread of coronavirus has led to a time of unprecedented uncertainty. Feelings of anxiety and fear are rampant, particularly in children, say educators. Helping them feel grounded and having open and honest conversations can soothe feelings of angst.

“Stick to routines and schedules when possible,” said Karen Kunz, Middle School Counselor at St. Stephen’s & St. Agnes School. “Children thrive with clear structure and schedules. Even with school closures, start to imagine what a schedule might look like at home.”

A child’s age will affect the approach that a parent might take. “Keep in mind, depending on their developmental level, children will comprehend and be concerned about different things regarding the coronavirus,” said Linda McKenna Gulyn, Ph.D., professor of psychology at Marymount University.

Those who are of kindergarten age or younger might feel an unrealistic fear of the virus because of the ego-centrism and magical thinking which are common for that age group, says Gulyn.

“School-aged children probably have a concrete understanding of how this virus is transmitted and understand well the importance of washing their hands,” said Gulyn. “Their frustration will come from refraining from favorite activities such as sports or music events, school, or socializing in groups of kids.”

Assuring children that there will be a return to normalcy soon and answering their questions honestly, logically and respectfully is the approach Gulyn suggests.

“Teenagers understand the basics of the virus, but they could get caught up with myths associated with coronavirus, especially because there is a lot of true and false information online,” she said. “I’ve observed that in my own teenage sons. Monitor and discuss what they are hearing and help them learn to distinguish fact from fiction about corona.”

For this age group, living with a heightened level of uncertainty can evoke strong emotions. “Teens will be very frustrated and annoyed by restrictions placed on group activities that they love, especially those that involve time with peers,” said Gulyn. “Be sympathetic to your teen about those frustrations.”

“For older children, monitor the amount of social media and internet access they are consuming,” added Kunz. “Social media sites can easily aggravate and heighten anxiety and worry by sharing misinformation.”

While information about the virus is moving rapidly and details are evolving, maintaining a sense of normalcy can be challenging. “Stay calm and carry on,” said Susan DeLaurentis, Director of Counseling and the Lower School Counselor at St. Stephen’s & St. Agnes School. “Modeling calm and reasoned reactions to stressful events help children manage their own anxiety. They look to parents and other adults



PHOTO BY MARILYN CAMPBELL

Turning hand washing and the use of hand sanitizer into a game or a competition for younger students can help them find joy in a stressful situation, says Susan DeLaurentis of St. Stephen’s & St. Agnes School.

to see their verbal and non-verbal reactions, and will often follow suit.”

“School nurses, school counselors, school psychologists, and school social workers can support these discussions and follow up with students who may need additional support,” added Lucy H. Caldwell, director of news and Information, Fairfax County Public Schools (FCPS). “In addition to talking with children about the importance of washing hands, covering coughs and sneezes.”

When discussing COVID-19, stick to basic facts in a developmentally appropriate fashion, advises DeLaurentis. “Reassure your children that we are doing exactly what we should do right now,” she said. “Also, using the fact that children don’t seem to be as affected by the virus is a fact that can be reassuring to children.”

“As a parent or caregiver, your first concern is about how to protect and take care of your children and family, added Kurt Larrick, Assistant Director of the Arlington County Department of Human

Services “Some basic knowledge is a great place to start.” It can be comforting to highlight the actions that children can take to protect themselves, suggests DeLaurentis. “Emphasize what children can control in the situations they are in,” she said. “They can wash their hands, and even turning that into a game or a competition for younger students can help them find some joy in a stressful situation.”

Find a balance between staying informed and information overload and monitor the amount of time children are exposed to news about COVID-19, says DeLaurentis.

“Younger children often cannot comprehend the information they hear on the news,” she said. “They may misunderstand or misinterpret the news they hear, and often this misinformation can lead to more fear and anxiety.”

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LITERATURE

First You Say You Will, Then You Say You Won't

The Poet's Girl: A Novel of Emily Hale and T. S. Eliot.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

The Poet's Girl details the decades long mercurial romance between T.S. Eliot and Emily Hale. Although they met in 1905, the romance began when Eliot was a graduate student at Harvard in 1913. In one of the 1,031 published letters Eliot wrote to Hale over the coming decades, he told her he had fallen in love with her at that time.

Eliot returned to England for a one-year graduate fellowship at Oxford in 1914 and wrote to Hale while he was gone. She wondered what would happen upon his return, which everyone expected at the end of the year. But while he was there, he unexpectedly married an English woman and stayed in England.

Sarah Fitzgerald explains, "That marriage was a disaster because the wife had mental and physical problems." In 1932 he left England trying to achieve a formal separation, and when he returned to England, he tried to hide out from his wife.

The letters to Hale probably continued throughout the '20s, and Hale continued to visit England in the summers with her aunt and uncle. In 1930 there is evidence that Eliot resumed contact with Hale declaring he had always been in love with her. She saved these letters beginning in 1930 and they were donated to Princeton and released in January 2020. Fitzgerald, with deep ties to Arlington, says Eliot told Hale he regretted his marriage but had converted to a conservative Anglo-Catholic and viewed himself as the most prominent layman so couldn't divorce. Hale had to accept a relationship with some intense romantic encounters but not consummated.

Eliot's wife was found wandering the streets and committed by her brother, and in early 1947 she died. Fitzgerald says everyone thought Eliot would marry Hale. But it was a depressing time for him with coal shortages in England, his brother diagnosed with leukemia, his own surgery postponed, and overall his life was miserable.

When Eliot came back to the U.S. he wrote to Hale that he was sorry he was not up to marrying her. At this point Hale is in her mid-50s and instead Eliot married his secretary who was 38 years younger. Hale's response can only be inferred since Eliot had specified that all of Hale's letters to him be destroyed upon his death. At the time she indicated this just showed he was human. Some speculated she fell apart but there is little evidence of this as she continued to perform as a talented comedic actor.

Hale had been moving Eliot's 1,000 letters around with her and when she turned mandatory retirement age of 65 she made provisions that Eliot's 1,000 letters to her be held by Princeton and released 50 years after the death of the latter. Eliot expressed concern at the time that these letters would leak. Fitzgerald said he was more concerned with the nasty comments his letters contained about friends and acquaintances than about the revelation of their love affair.

In addition, Eliot had left a shocking letter to Harvard stating he had never loved Hale. He said marrying her wouldn't have allowed him to become the writer he did and she didn't like poetry, at least not his kind of poetry. "It was nasty. Everyone was shocked; what could have possessed him?" Some

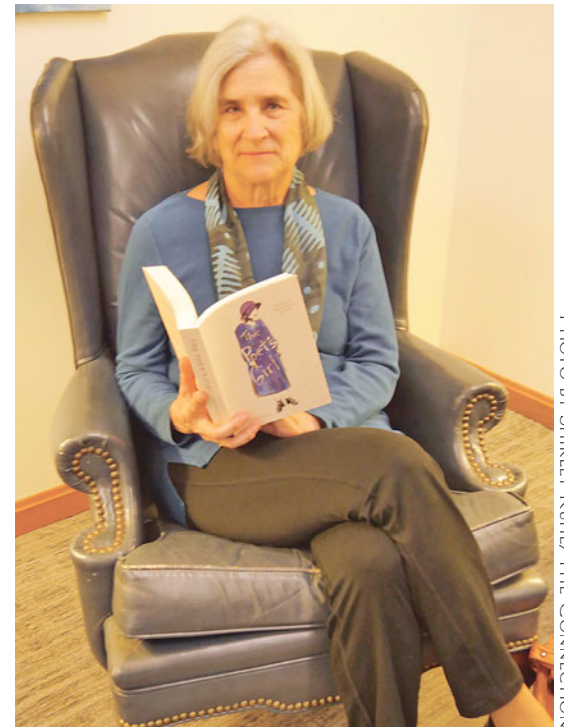


PHOTO BY SHIRLEY RUHE/THE CONNECTION

Sara Fitzgerald, author of "The Poet's Girl".

think it was to protect his second wife who might still be living when the papers were released. "People have devoted their careers to unraveling these mysteries."

Fitzgerald says the question of why he didn't marry Hale plagues Eliot scholars and is a subject of much debate. Fitzgerald says when she began on the book she wondered if it would be too hard to set up Eliot as a romantic hero and wrestled with a love story without a romantic ending. Some speculate he seemed to have respect as a poet but was terrible at human relations.

Fitzgerald says the germ of the idea for this book originated five years ago in a discussion initiated by her church Sacred Circle whose host wanted to discuss "Burnt Norton," the first of Four Quartets, a poem by T.S. Eliot she had studied in college. Fitzgerald says it turned out to be an abandoned garden he had visited with Hale in the '30s and they continued to visit. "As a journalist I thought there is a nugget of a story there."

Burnt Norton

"What might have been an abstraction
Remaking a perpetual possibility
Only in a world of speculation."

Fitzgerald moved to the National Journal in 1975 from the St. Petersburg Times, then on to the Washington Post from 1979-94. She has previously published romantic fiction and is currently working on a non-fiction book which explores sex discrimination in Federal contracts back in the '70s before the passage of Title IX.

Fitzgerald says it has gratified her that Eliot scholars have an appreciation for how much she knows about Hale because they haven't studied her. "I knew with the release of the Eliot letters that the focus would be on Eliot and I wanted to have a presence for her."

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.

PARKS & RECREATION CANCELATIONS

As the COVID-19 pandemic continues to evolve, the Department of Parks and Recreation (DPR) is working closely with Arlington's Public Health Division to make decisions regarding the operation of County programs and services. They are monitoring COVID-19 developments daily to assess any necessary changes to procedures. Arlington Public Schools announced that it will close until April 14. Due to this decision, and the inability to keep a safe social distance of six feet during activities, DPR will do the following:

- All DPR activities and programs canceled effective immediately until April 20. CANCELED:
- ❖ Preschool and Coop Programs
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 - ❖ 55+ Centers
 - ❖ 55+ Programs
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 - ❖ Enjoy Arlington Classes
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 - ❖ Family Night @ the Mill
 - ❖ Families Unplugged
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 - ❖ Community Center Gymnasium Drop-In Activities
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- DPR Facility Rentals Canceled Effective March 16:
- ❖ Trails
 - ❖ Picnic shelters
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 - ❖ Hendry House Rentals

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.

TUESDAY/MARCH 31

Women's History Month Proclamation Ceremony. 12-1 p.m. At Bozman Government Center, County Board Room 3rd FL, 2100 Clarendon Blvd., Arlington. Featuring Keynote by Kathrine Switzer.

AWESOME WOMEN

Awesome Women (AWE), the professional networking group founded in Arlington in 2014 that now has six chapters throughout the DC area, announced that it will become a program of the Arlington Chamber of Commerce later this year. The Arlington Chamber will offer women-only networking events beginning in the fall, and will call the new program the Arlington Chamber Chapter of AWE. Memberships and monthly events for current AWE members will continue through 2020. Karen Bate and Evelyn Powers, both longtime entrepreneurs and Chamber members with their own businesses as well, will continue to serve as ambassadors to the new program when it transitions to the Chamber later this year.

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 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).

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Feeling Pale By Comparison



By KENNETH B. LOURIE

In a peculiar way, my cancer treatment and all has sort of gotten lost in the coronavirus talk. With so many changes to our regular lifestyle occurring on a daily basis, it feels as if nothing else matters. Granted, one's health is the most important consideration, but now the talk is about everybody's health. Nevertheless, how do I throw caution to the wind and interact with my environment when doing so might endanger the very stability I've worked over 11 years to maintain? I mean, I have to live my life, but will there be a cost to do so? I realize that the good of the many outweigh the good of the few but Spock was speaking from outer space. How do I, while in and out of treatment down here on Earth not worry about myself?

I realize life will go on for almost all of us, but will there be consequences for those unable to secure proper care? Will decisions be made about allocating resources because demand has far outstripped supply? How does life for cancer patients undergoing treatment fit into this new paradigm where so many people might need some kind of medical care? Will there even be enough health care professionals to administer the kind of life-sustaining treatment many of us seriously-diagnosed patients have come to expect and need?

Unfortunately, only time will tell, and there may very well be little of it in the interim, during which we can anticipate and plan accordingly. So many decisions will likely be made by the powers that be that might not exactly consider my set of cancer circumstances. In a way, I might be collateral damage. There simply might not be enough room and medicine and staff and all to accommodate my needs. It's nothing personal. It's just business, or rather the lack thereof. With so much of the world's population affected while going about their usual and customary routine, who, what, where and how will there be any prioritization? Moreover, what about people who are already sick and challenged by a weakened immune system (like yours truly), will the competition from newly diagnosed coronavirus patients overwhelm our health care system?

I can't assume that life will go on as it always has. That would seem to be incredibly naive. I need to proactively make the necessary arrangements and/or contingency plans. I can't presume that being a cancer patient will always get me through the door. I'd like to think I take priority. But it might not be about priority, it might be about availability and a dwindling supply not able to keep up with demand.

Still, going down this rabbit hole of fear, anxiety and worry doesn't help either. As I have since the date of original diagnosis, back in late February, 2009, I need to make the best of a bad/challenging situation. I need to roll with the punches and be prepared for any eventuality and take the good with the bad and vice versa. Normal left the building a long time ago for me. The problem is that building to which I metaphorically refer is the very building where I get my ongoing medical treatment. And though I don't anticipate being kept away from that building, the reality is that it's out of my control.

As with anticipating the results of CT scans and lab results, all in good time, or bad. I need to keep the same positive attitude as I always have because though I might be at greater risk than many of you regular readers, we are all at risk, apparently. As such, if there is indeed anything to be gained by so many people being so similarly affected, the reality is that there are strength in those numbers and even though it may feel that right now the whole world is upside down, things eventually will right themselves. They always do. I just hope I'm still smiling when the dust settles.

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

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