

Summer Food

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Carter Berry assists Susan Agolini dropping off produce from Marymount University's Plot Against Hunger Garden on Monday, May 24. Volunteers at Rock Spring UCC will bag the produce to be distributed to hungry people.

Oh To Travel Again!

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Mimi's Handmade Ice Cream To Open in Late Summer

Pentagon Row Becomes Westpost.

Mimi's Handmade Ice Cream will open in late summer at Westpost at National

Landing (formerly Pentagon Row) in Arlington. The 935-square-foot store at 1201 S. Joyce Street will feature ice cream, sorbet, and other frozen treats, made in the store from locally sourced ingredients.

Retiring from a 35-year career in finance, Rollin Amore's lifetime living in Europe and Asia has prepared him for creating delicious

handmade ice cream. While traveling, Amore never missed a chance to taste local cuisines, especially desserts. When he returned home, he would re-create the flavorful desserts for his daughters, Mimi and Alexandra.

Featuring 42 flavors of ice cream, including mango, sweet Thai basil, matcha and more, as

well as classic favorites like vanilla and chocolate.

"I have been cooking and creating desserts since I was seven years old and I am excited to make this hobby my job," said Rollin Amore. "Americans love ice cream, and ... I look forward to opening Mimi's in the growing National Landing neighborhood." Mimi's will join

the expanding mix of retailers in the National Landing community including Bun'd Up, Mattie & Eddie's and Nighthawk Pizza which will open this fall, said Dan Corwin of Federal Realty. Westpost will include a central plaza with outdoor dining and an ice skating rink (November through March). <https://www.westpostva.com/>

Brood X Cicadas Arrive in Arlington



"These look a lot like my treats but they're bigger and they're moving."

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Red-eyed cicadas perch on a row of hydrangea plants alongside some exoskeletons that have already been shed and left behind. After chirping to find the appropriate mate, the cicadas will breed, lay eggs and die a few weeks later. And 17 years later, it will happen all over again.



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Summer's Bounty at Farmers Markets

Customers may choose their own produce this year, instead of prepackaged items.



Ariel Dooley searches for a loaf of rye bread but it is already sold out at 8:30 a.m. at Baguette Republic. A variety of sourdough breads, both sliced and unsliced, are also popular as well as their namesake, the baguette. And the focaccia is back in season, either roasted red pepper and tomato or jalapeño and onion.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Come hungry to the Lubber Run Farmer's Market at 4401 N. Henderson. The row of leafy lettuces and bright red strawberries beckons but before you get there, Ozfeka Catering offers a choice of spinach and mozzarella, chicken or beef boreks, almost a layered Turkish sandwich with filo. Close by you can sample naturally fermented cheese curds from Caputo

Brothers family-owned creamery from Central Pennsylvania.

On the other side of the market, Coop Coffee is doing a brisk business with its Guatemalan coffee selections which you can pair with a croissant or muffin from Baguette Republic.

Anna's Twist has added tamales stuffed with fresh butter, spring onions and fresh cheese plus a new soursop sorbet and guanabana juice to its regular selection of Ecuadorian enchiladas, sorbets and soups. And Old Blue BBQ of-



Barajas Market stretches out along one side of the Lubber Run Farmer's Market from the strawberries and calla lilies by the entrance down two rows of sweet peas, squash blossoms, onions, broccoli, mixed varieties of lettuces and bouquets of garden flowers right by the checkout. Although masks are in place this year, customers may choose their own produce instead of prepackaged items. Barajas produce is grown in Westmoreland County, Virginia.

fers something for now, for later, or for both.

Of course, the 33 stalls in the market also offer the fresh produce that drew you there in the first place. While some COVID restrictions are still in place, requiring vendors to wear facial coverings,

this year customers are able to pick up a carton of strawberries to sniff for ripeness or to inspect the bunch of beets for uniform size.

Although CDC and Virginia guidelines don't require facial coverings for those who have been fully vaccinated, masks are rec-

ommended in farmers markets regardless of vaccination status.

Arlington currently has nine farmers markets open around the County on different days of the week.

<https://topics.arlingtonva.us/farmers-markets/>



Diana Mendoza holds up a carton of the seasonal Morel mushrooms which are foraged by King Mushrooms located in Maryland. The stand offers a variety of fresh mushrooms including shiitake, cremini and an exotic mushroom mix plus Hungarian mushroom soup. Mendoza says some of the most popular items are the mushroom tinctures such as Lion's Mane.

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Halisa Hayrullahoglu says the mezza choices such as grape leaves, red lentil and eggplant salads are good sellers as well as the pistachio baklava. Ozfeka Catering offers a variety of Turkish selections such as the filo-layered spinach and mozzarella, beef or chicken borek.



Ana's Twist has added new Ecuadorian specialties to its stand this year including tamales with fresh cheese, soursop sorbet and fresh guanabana juice.



Lubber Run Farmers Market is open Saturdays 8 a.m.-12 noon at 4401 N. Henderson.

Spring Brings Fresh Produce to Arlington Needy

Spring vegetables most needed right now include beets, lettuce, spinach, collards, kale, carrots and radishes.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Gardeners gear up for another season of donating produce to support local food pantries. Arlington Friends of Urban Agriculture (FOUA) is supporting the opening of a bagging site at Rock Spring UCC located at 5020 Little Falls Road. Spring vegetables most needed currently include beets, lettuce, spinach, collards, kale, carrots and radishes.

Volunteers sign up for bagging slots Mondays, May-June 1-3 p.m. and Mondays and Thursdays July-October 1-3 p.m. in Carpenter Hall where the local produce is delivered. A short training video is required as well as answering some food safety questions. Last year Rock Spring packaged and delivered 6,826 pounds of fresh

produce over the growing season. COVID safety procedures are in place requiring masks, hairnets or hats and social distancing.

In addition to these efforts, produce is accepted on a regular rotating schedule at local food pantries including ALIVE, YMCA, Guest House and Mother of Light Center in Alexandria; Arlington Food Assistance Center, St. Charles Borromeo and Community Church of God in Arlington; New Hope Housing and Dar Al-Hijrah Islamic Center in Falls Church; and SHARE of McLean.

This Plot Against Hunger program is a collaborative effort managed by Friends of Urban Agriculture. In addition to the efforts of local gardeners, it includes Arlington Virginia Cooperative Extension, Marymount University, Master Gardeners, Master Food Volunteers and food pantries.



Carter Berry assists Susan Agolini dropping off produce from Marymount University's Plot Against Hunger Garden on Monday, May 24. Volunteers at Rock Spring UCC will bag the produce.



Eight-year-old Dagny Viera writes "lettuce" and "lechuga" on each plastic bag as her mother, Stacey, a Master Food Volunteer, prepares lettuce for a family of four.

Burdette Goal: A Microgreen in Every Fridge



Diego Gomez, home from UVA for the summer, is helping staff his mom's Roots & Shoots microgreens stand at Lubber Run Farmer's Market on Saturdays from 8 a.m.-noon.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Paula Burdette won't stop talking about microgreens "until they are in everyone's fridge in the Washington metropolitan area" because of their nutritional value. Burdette started growing microgreens for her family during the pandemic last September after a friend gave her the idea. "I had to have a shelf and it just kept growing and growing. It was delicious and fun."

In January she turned it into a business. Now Burdette grows 20

different varieties in 30 trays of vertical shelving. She explains microgreens are vegetable seedlings that provide exceptional flavor, nutrition and texture for salads, sandwiches, soups. "Microgreens are good for you, and these are locally grown making for a globally conscious choice."

When her job in special education administration dried up completely during the pandemic, she started interviewing for other jobs. "I had done lots of face-to-face consultation and evaluation in the schools which were now closed."

She said she found herself saying,



Paula Burdette grows 20 different varieties of microgreens in 30 trays of vertical shelving in her Arlington Roots & Shoots business.

"I hope I don't get this job, but I loved being with my greens all the time."

"It just takes a little sunlight, water, soil," Burdette grew up in Oklahoma where "the ground didn't give up anything. In contrast, it's so easy here." She says you just put a lot of seeds in the soil. Most greens like broccoli take 7-10 days to grow but some others like fennel take 20 days. Burdette says she started out with the easiest like radishes and then branched out to what she wanted like nasturtium. Then she added customer requests like borage. "It

tastes like cucumber."

Her favorite is Purple Vienna Kohlrabi, "but I'm really excited about the Red Garnet Amaranth. It's red, gorgeous. Now I have red and green and can do something for Christmas." She says her customer favorite is pea shoots. Burdette provides recipes that use the distinctive sweet and spicy flavors of each microgreen. Her favorite recipe came from the meat farmer at Crystal City for lemon chicken with capers and nasturtium garnish.

Part of her microgreen mission is centered on kids. She has taught

kids' classes on how to grow microgreens and which parts of the plant are edible. She hopes to get back into the schools again when they reopen.

Burdette is also involved in donating microgreens weekly to local food pantries, which serve families with food insecurity at Arlington Food Assistance Center and Our Lady Queen of Peace Church. She says the scarce dollars of low-income families are often stretched on foods without high nutritional value. Burdette adds that research shows microgreens have four to six times more nutrients than mature plants.

Currently Burdette sells her microgreens at Lubber Run and Del Ray Farmers markets on Saturday, Columbia Pike on Sunday, Crystal City on Tuesday and Rosslyn on Wednesday. She also offers microgreen subscriptions with free delivery on orders of \$20 and up. Containers come in single serving, double dose, triple treat or family feast.

She is hoping to team up with another local farmer to provide a package, like a salad share where you get what you want and include microgreens. "I want it to be hyper local, like Arlington, green, sustainable."

Just Can't Wait to Get Back on the Road Again

Vaccinated Seniors plan vacations, trips to reunite with family.

BY MARILYN CAMPBELL
THE CONNECTION

Shifting through photos of rafting trips through Labyrinth Canyon on the tranquil waters of the Green River and hiking in the Needles district of Utah's Canyonlands National Park, Arlene Richter recalls her past travels as she begins planning for new adventures. The adventure-loving Bethesda mother of two adult children is fully vaccinated and ready for her next trip.

"Travel is a great way to explore," said Richter. "I'm always curious and love to learn about the world and people."

Now that nearly 85 percent of those 65 and older in Montgomery County and almost 70 percent in Fairfax County, Arlington County and Alexandria are fully vaccinated against COVID-19, seniors such as Richter have less trepidation about resuming their travels. From trips to visit children and grandchildren to hiking in national parks, after a one year or more of near confinement because of their high risk due to the pandemic, seniors are ready to travel.

Travel advisors and tour companies have seen a dramatic uptick in requests of seniors who are planning to travel.

"When vaccines became available, the number of calls to our call center doubled from February to March. Nearly all of the programs we're operating this summer are filled to capacity," said Chris Heppner, spokesperson for Road Scholar www.roadsscholar.org, a not-for-profit educational travel organization for adults. "We require people to be fully vaccinated to participate. We have surveyed our participants and nearly 100 percent either have been vaccinated or plan to be."

One of those seniors is 76-year-old Tanya Levine, a widow from Arlington. She's heading to Chicago in June to visit her daughter and grandchildren.

"It's been so hard not seeing my family in person and missing certain milestones," she said. "We're going to celebrate all of the birthday parties, baptisms and graduations that we missed during the pandemic. The thought of it all is so overwhelming. I'm beyond elated. I know that tears of joy will be flowing the entire trip."

Most vacation requests have tended to be stateside and popular destinations are those that offer outdoor adventure.

"While we wait for the international world to fully open, senior travelers are looking toward domestic

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PHOTO COURTESY OF ARLENE RICHTER

Travel enthusiast Arlene Richter, pictured here in the Needles district of Utah's Canyonlands National Park, is fully vaccinated and ready to resume her travels.

"The National Parks are, without doubt, incredibly popular. Seniors are incredibly excited and just want to get back out there and make up for lost time."

— Frank Marini

travel and exploration of the West in areas like Utah, Colorado, and Wyoming," said Adrienne Saxton, a Falls Church-based travel advisor and curator. "Domestic river cruises exploring the Mississippi, the Pacific Northwest and wine cruises are also high on the requests. These areas have been booking fast and furiously."

"The National Parks are, without doubt, incredibly popular for us," added Frank Marini, president of Amtrak Vacations. "Seniors are incredibly excited and just want to get back out there and make up for

lost time."

Vienna couple Barrie and Jane Taylor became fully vaccinated in March and are heading to San Diego to visit their son, daughter-in-law and granddaughter who was born last November. Their family visit will be followed by a trip to Glacier National Park.

"This will be the first time meeting our granddaughter. Zoom calls can in no way make up for being able to hold her in our arms," said Jane. "My husband and I usually take four big trips a year and at least two of those are international. We won't leave the country this year and we'll still wear masks and practice social distancing."

The freedom to travel is one of the best rewards of being vaccinated, said Richter. "I've been all over the place and hope to continue going to new places."

Route 1 Multimodal Improvements Feasibility Study Arlington County

Virtual Public Information Meeting

Wednesday, June 16, 2021, 6:30 p.m.
www.virginiadot.org/route1multimodalstudy

The Virginia Department of Transportation (VDOT) invites you to join a public information meeting for the Route 1 Multimodal Improvements Study. This virtual meeting will provide an opportunity for the public to:

- Learn about updated concepts and analysis of the future build conditions on Route 1
- Provide input on proposed design elements along the corridor
- Ask questions and address concerns with the study team

The purpose of this feasibility study is to identify enhanced multimodal connectivity and accommodations along Route 1 (between 12th Street to 23rd Streets South) to meet the changing transportation needs of the Crystal City and Pentagon City communities.

The meeting will be held as a **virtual/online meeting**. Information for participating in the virtual meeting is available at www.virginiadot.org/route1multimodalstudy. The study team will make a short presentation beginning at 6:30 p.m. followed by a question and answer period.

Review study information and meeting details on the webpage above or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-2599 or TTY/TDD 711 to make an appointment with appropriate personnel.

Give your comments during the meeting, or online by **July 2, 2021** via the comment form on the study website, by mail to Mr. Dan Reinhard, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or by email to route1multimodalstudy@VDOT.virginia.gov.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775.

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Convention Done, Primary Ahead

Republicans get a head start in the general election; Democrats still fighting each other.

By MICHAEL LEE POPE
THE CONNECTION

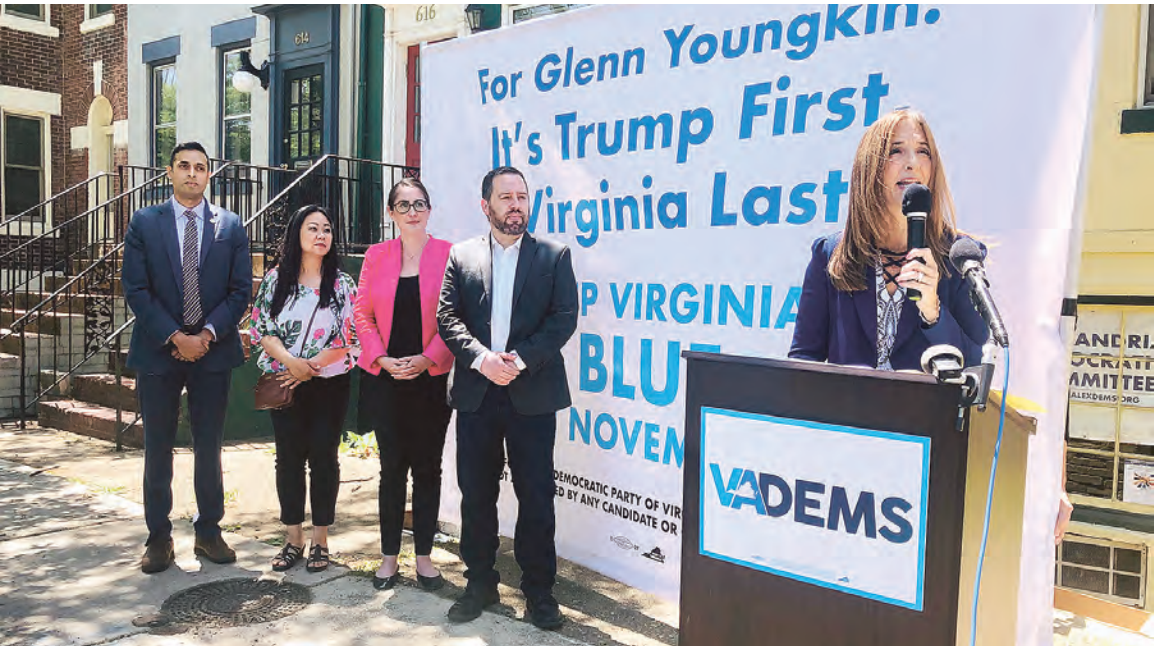
The way Democrats talk about Donald Trump, you'd think he was on the ballot in 2021. And in many ways, he is. The former president may be out of the White House and kicked off of social media, but he's still eager to see himself as a kingmaker. Shortly after wealthy businessman Glenn Youngkin secured the Republican nomination in a multi-location convention, Trump endorsed Youngkin and reinserted himself in the conversation. Democrats did not miss a beat, launching a tour of the commonwealth they call the "Where Trump Leads, Glenn Follows" Tour.

"He is just like Donald Trump," said House Speaker Eileen Filler-Corn this week when the tour arrived in Old Town Alexandria. "He will stand for the same policies and same initiatives that Donald Trump has stood for."

The contours of a fall campaign season are starting to come into focus as Republicans and Democrats stake out positions on everything from criminal-justice reform and abortion rights to voting access and preventing gun violence. Republicans get a one-month head start, giving them the ability to move from a divisive convention into a general election strategy for the fall campaign season. Democrats, meanwhile, are still attacking each other as the June 8 primary approaches.

"We're running in every corner of the commonwealth, in more seats than we've contested in a half century," said House Republican Leader Todd Gilbert. "I'm more confident than ever that voters will return a Republican majority to the House of Delegates in November."

AT THE TOP of the ticket, voters will be choosing between Youngkin and the nominee Democrats pick as their nominee for governor on June 8. Public polling and campaign finance records show former Gov. Terry McAuliffe has a decisive lead heading into the election in an extremely strong position. Other candidates in the race for governor are Lt. Gov. Justin Fairfax, Sen. Jennifer McClellan (D-9), former Del. Jennifer Carroll Foy (D-2) and Del. Lee Carter (D-50). A Wason Center poll last month showed McAuliffe with 47 percent support while all the other candidates were in sin-



House Speaker Eileen Filler-Corn appears in Old Town Alexandria during a Northern Virginia stop on the "Where Trump Leads, Glenn Follows" Tour.



The Republican stateside ticket, from left: Jason Miyares for attorney general, Glenn Youngkin for governor and Winsome Sears for lieutenant governor.

gle digits. Even if all 27 percent of the undecideds broke for one candidate, McAuliffe would still be in the lead with \$8.5 million cash on hand.

"This gubernatorial field is the most diverse in the history of the commonwealth, and that has drawn a great deal of interest in the race," said Rebecca Bromley-Trujillo, research director for the Judy Ford Wason Center at Christopher Newport University. "So we're seeing that in the field but we're not seeing that in the leaders in these races, at least for governor and attorney general."

Despite the lopsided nature of the polling and the fundraising, the primary has not lacked for drama. During a televised debate, Fairfax said when he was accused of sexual assault, McAuliffe treated him like Emmet Till or George Floyd.

Carroll Foy has been all over the airwaves, thanks in part to \$600,000 from Clean Virginia Fund. And Carter has moved the field of candidates to the left by talking about issues like using tax revenue from marijuana sales to create a fund for reparations to account for the slave trade. McClellan has repeatedly pointed out that she has more state government experience than anyone else in the race.

"Unlike past recessions, we can't simply focus on luring other companies here to Virginia," said McClellan. "We have got to stabilize and grow the small businesses, particularly our women and minority owned businesses, who are struggling, and who want to provide the leave to their employees, sick leave, paid family medical leave, and they need our help to do it."

Levine (D-45). Levine is in the awkward position of trying to defend his House seat from a primary challenger while also competing statewide.

"When a candidate runs for two offices at the same time, they're sending two messages," said Stephen Farnsworth, political science professor at the University of Mary Washington. "One, I want something better than what I have, and two, I'm not sure I'm going to be able to get it."

VOTERS WILL ALSO be choosing between Del. Jason Miyares (R-82) and the winner of the Democratic primary, which features incumbent Attorney General Mark Herring and challenger Del. Jay Jones (D-89). Herring was first elected in 2013, and he's seeking a third term in office. During his time in office, he's created a new Office of Civil Rights as well as a new conviction integrity unit and a new worker protection unit while also reorganizing the consumer protection section. Jones has criticized Herring for waiting until election season before making some of those changes, and he attacked Herring for wearing blackface at a college party in the 1980s.

"I sat in the room two years ago with the Black Caucus when you disclosed that you wore blackface just days after you called on Governor Northam to resign," Jones said during a televised debate. "I was there when you took that paper out of your jacket, smoothed it out on the table and read us a statement with no empathy, no compassion."

Herring hasn't been shy about criticizing Jones either. During a televised debate earlier this month, Herring brought up a bill Jones introduced that could have created a loophole for predatory lenders. The bill would have allowed for loans of 36 percent plus a daily fee that could amount to 320 percent a year. Jones never withdrew the bill, although it was left in committee. Jones ended up voting in favor of a different bill, one that Herring made a rare personal appearance to support in committee.

"When I was working to crack down on dangerous predatory lenders, Delegate Jones was actually supporting the predatory lenders and authored a bill that would have allowed them to charge 350 percent interest," said Herring. "These are hard-working, struggling Virginians just trying to get by."

Democrats On the Ballot June 8

In order as they appear on the ballot
Some voters will also have a delegate race on their ballots.

Governor



Terry McAuliffe



Jennifer McClellan



Jennifer Carroll Foy



Lee Carter



Justin Fairfax

Lieutenant Governor



Hala Ayala



Sam Rasoul



Andria McClellan



Sean Perryman



Mark Levine



Xavier Warren

Attorney General



Jay Jones



Mark Herring

BULLETIN BOARD

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

THURSDAY/MAY 27

Third Annual EcoExtravaganza. 4 p.m. At Bluemont Park Picnic Pavilion, at N Manchester Street and 4th Street North, Arlington. This is a pre-event for the 3rd Annual Virtual EcoExtravaganza on June 10. Register for the event and drop in anytime between 4 and 7 to receive your goodie bag, light refreshments, and a plant swap. Featuring dinner from Busboys and Poets and Jason Samenow of The Washington Post. Registration required: <https://www.eventbrite.com/e/third-annual-ecoeextravaganza-tickets-152411335407>

THURSDAY/JUNE 3

LWV-Arl - VA Civics Trivia & Review. 7-8:30 p.m. Online. This is an opportunity to bone up on Virginia state civics with a fun trivia game followed by a review of the Virginia Executive Branch and General Assembly. Register for Zoom link: <https://www.eventbrite.com/e/league-of-women-voters-of-arlington-civics-trivia--tickets-152578294787>

FRIDAY/JUNE 4

Native Blooms for the Summer Garden. 10 - 11:30 a.m. Online. Spring brings an abundance of showy flowering plants to gardens in the Mid-Atlantic region, while Fall offers the beauty of colorful foliage, fruits, and seed heads. Summer flowering native plants have equally glorious ornamental qualities and provide your garden with continuity of bloom important to supporting local wildlife. Join Extension Master Gardener Elaine Mills as she describes the characteristics and attributes of 35 native perennials, woody plants, and grasses that bloom during the summer months. Elaine, a creative force behind the MGNV resource Tried and True Native Plant Selections for the Mid-Atlantic, will also discuss landscape uses, as well as care and maintenance tips for these native plants. Free. RSVP at <https://mgnv.org/events/> to receive link to participate.

FRIDAY/JUNE 4

2021 Arlington Green Home and Garden Tour. 12 noon -- 1:30 p.m. Online. Sponsored by Arlington County's Office of Sustainability and Environmental Management, EcoAction Arlington and the Virginia Cooperative Extension, this tour will feature homes with energy-efficient technologies, solar panels, and green renovations; watershed-friendly gardens, native plants, rain gardens, rain barrels, and edible landscaping. A website with short videos highlighting each tour location will be provided. Then participants are welcome to join via Zoom breakout rooms for the opportunity to interact with tour hosts as well as other local experts, including Extension Master Gardeners. Suggested donation is \$5 per household. RSVP at <https://www.eventbrite.com/e/2021-arlington-green-home-and-garden-tour-200020998487706> for tickets.

METRO MURAL COMPETITION

The National Landing Business Im-

provement District (BID) announced the launch of a design challenge to re-envision a retention wall located opposite the Crystal City Metro Station entrance in National Landing with an expansive mural.

The BID is calling for interested visual artists to submit their relevant experience and project portfolios for consideration by June 1. Representatives from the organization will then conduct interviews with top applicants to establish a short list of the most qualified artists, which will be announced on June 11. These finalists will be invited to submit a proposed concept for the mural and a winner will be selected in mid-July. The mural will be completed by Fall 2021.

Sponsored by the BID, the expansive mural will be created on the Metro plaza's west wall that measures approximately 115 feet in length and 20 feet in height. When designing concepts, the BID encourages artists to stretch the limits of their creativity to produce a work of art that delivers iconic imagery with an engaging and memorable aesthetic. Proposed designs should also embrace the location at the transit station entrance and serve as a connection point for the community.

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).

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.

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.

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/agingmatterswera to listen to programs.

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 audubonva.org/audubon-at-home-1/ for more.

Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Sigveland at 703-228-0913 or esigveland@arlingtonva.us or visit arlingtonva.us/opioid-awareness/ for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, 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.

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/agingmatterswera to listen to programs.

Lost Dog and Cat Rescue Foundation Awarded Grant to Make More Space for Animals in Need

BY ASHLEY SIMPSON
ARLINGTON CONNECTION

In a world crawling with millions (and millions) of homeless animals, the Lost Dog and Cat Rescue Foundation (LDCRF) is on a vital mission: to spare as many possible dogs and cats from suffering and unnecessary euthanasia. Since 2001, this Arlington-based nonprofit organization has placed more than 40,000 dogs and cats in loving homes; last year alone, Lost Dog rescued 2,747 pets through foster and adoption.

"We have every type of dog, from puppies to senior dogs, and we've seen every possible breed," said Kim Williams, LDCRF board member. "Every one of them is so worthy of a loving home. We are proud of the model we use at LDCRF. We conduct same day adoptions and have experienced adoption counselors as well as foster families who know our dogs and cats very well. Our processes make for very successful adoptions."

In April, Petco Love – a national foundation that invests in animal welfare agencies – recognized Lost Dog and Cat Rescue Foundation's work and awarded the organization with a \$7,500 grant. With this funding, Lost Dog and Cat Rescue Foundation will be able to create more space to house, and thus save, more animals at its Falls Church kennel facility.

As it stands now, LDCRF's kennel



facility– the Rescue Care Center – is designed for 140 animals; but, due to damage on one side, it can now only fit 120.

"We needed the money to get one side of the building fixed," Williams said. "The Petco Love grant is allowing us to fix the actual foundation of the building where the dogs stay, because, as it stands right now, there are 20 kennels we can't use, which means 20 dogs we can't safely house, and thus, rescue."

When people think of animal rescue, they often imagine dramatic extraction missions and life-saving medical procedures. And while animal rescue and Lost Dog and Cat Rescue Foundation does entail such things, it is also a lot of keep-

ing a roof over everyone's head.

"We haven't wasted any time with the grant, and it's been fabulous to get started on the structural rebuild," Williams said. "The Petco Love grant won't cover all the costs of fully repairing the Rescue Care Center, but we will continue raising funds to complete the project. Without our Rescue Care Center, we couldn't continue to facilitate the joy of rescue and adoption at the scale in which we do now."

Speaking of scale, the Lost Dog and Cat Rescue Foundation has a vast network of volunteers that facilitate their wide reach across Northern Virginia and beyond.

"We are 95 percent volunteer, and it is an incredible volunteer network," Williams said. "We have



such a large, wonderful team of volunteers; some volunteer daily, others may be once a week. And what we all have in common is our love of animals."

Still, it takes more than love and passion to keep this non-profit organization in operation. If the Rescue Care Center's walls could talk,

they would tell you how important it is for the Lost Dog and Cat Rescue Foundation to be able to maximize this space where animals are held.

For more, see www.lostdogrescue.org

To help Lost Dog and Cat Rescue Foundation, email giving@lostdogrescue.org.

CALENDAR

NOW THRU JUNE 27

Timeless Tradition. 12-4 p.m. At The Athenaeum, 201 Prince Street, Alexandria. The copyist program at the National Gallery of Art offers a unique opportunity for artists to study the techniques of old masters through intimate study in the galleries. This exhibit presents the work of members of this program alongside a color photo of the original and an artist's statement explaining why the work was chosen and what was learned through copying. Visit the website: www.nvfaa.org

MAY 25 TO JUNE 27

Birds of a Feather. Potomac Fiber Arts Gallery announces the opening of its juried show "Birds of a Feather, which opens on May 25, 2021 and runs through June 27, 2021. The birds are back, and they are celebrating. Themed work will be eligible for recognition by the jurors. Non-themed

work may also be exhibited. Visit the website: <http://torpedofactory.org/visit/>

WEDNESDAY/MAY 26

The Potomac: It's Health and Future. 7 p.m. Via Zoom. The Friends of Dyke Marsh hosts Hedrick Belin of the Potomac Conservancy, who will discuss the Potomac's water quality results from the latest Potomac Report Card (see <https://potomac-reportcard.org/>), the role of tree protection, stormwater pollution, climate change and how citizen activism is opening new opportunities to protect water quality. The program is free and open to the public. Visit www.fodm.org to register.

WEDNESDAY/MAY 26

Nature Photography. 10 a.m. to noon. At Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. If you're interested in nature photography, there's no better place to learn than Huntley Meadows Park – a destination for nature

photographers throughout the region. Explore Huntley Meadows as you learn how to use a DSLR and tripod to capture its beauty. Try a variety of techniques to compose creative images of the park's critters and landscapes. Learn how to upload, enhance and print images, too. Cost is \$24 per person. Bring your own DSLR camera. Call 703-768-2525.

WEDNESDAY/MAY 26

Jewish History -- Alexandria. 7:30-8:30 p.m. Virtual. The Alexandria Historical Society and the Office of Historic Alexandria present a virtual lecture, Jewish History of Old Town Alexandria, by Mark Livingston, a tour guide with the Lillian & Albert Small Capital Jewish Museum. From the first Jewish immigrants to Alexandria in the 1850s to a thriving microcosm of Jewish life today, Jewish Alexandrians have helped shape and been shaped by their city. This talk will introduce audiences to several Jewish synagogues, merchants,

Civil War soldiers, and mayors, and uncover history hidden in plain site along King Street and the surrounding area. To register for the virtual talk, visit the City of Alexandria events page, <https://shop.alexandriava.gov/Events.aspx>

STARTING MAY 27

Tall Ship Providence River Cruises and Dockside Tours. Dockside ship tours available now Wednesdays through Sundays. Admission: Dockside ship tours - \$16 adults, \$14 military/senior, \$12 children, age 5-12; Cruises between \$45-69 per person. Tall ship Providence, 1 Cameron St., Alexandria. Call 703-772-8483 Tallshipprovidence.org.

THURSDAY/MAY 27

"Off-Stage: Musical Gems from the Opera and Ballet" – Chamber Music. 5:30 p.m. and 7 p.m. At The Secret Garden of the Rectory, 711 Princess Street, Alexandria. Relive stunning moments from the

opera and ballet stages when musicians from the Kennedy Center's other resident orchestra make a special appearance in the Secret Garden with a unique program of excerpts in imaginative arrangements, including favorite selections from Carmen, Don Giovanni, Tosca and Cavalleria Rusticana. Visit the website: <https://www.classicalmovements.com/secret-gardenconcerts/>

CYCLEBOATS TO BEGIN OPERATION

Potomac Paddle Club is a pontoon pedal boat or "Cycleboat" in the nation's capital region that will begin service from Old Town beginning May 28. This social adventure is the perfect way for friends to hop between waterfront locations and take in the sights. Passengers will be able to take a cruise from Old Town to National Harbor and back. Boats will dock at Old

SEE CALENDAR, PAGE 9

Columbia Pike Blues Weekend, June 18-20



Columbia Pike Blues Festival in past years.

Columbia Pike Blues Weekend combines three days of blues, both streamed and in person performances on June 18-20. This year's festival features "Live from the Rug Shop," a downloadable playlist to enjoy at home and an afternoon of live performances at the Fillmore Shopping Center parking lot at 2705 Columbia Pike.

The schedule for Saturday afternoon live performances includes Robin Kapsalis at 1 p.m., Cheick Hamala Diabate at 2:30 p.m. and Carly Harvey at 4 p.m.

Streaming events from Manoukian Brothers Oriental Rugs "Live from the Rug Shop" include Stacy Brooks on Friday, June 18, Deletta Gillespie on Saturday, June 19 and Sol Roots on Sunday, June 20, performances are at 7:30 p.m.

Tickets will go on sale June 3 for the live performances for a donation of your choosing to the Columbia Pike Revitalization Organization.

The "Live from the Rug Shop" performances are free.

— SHIRLEY RUHE

CALENDAR

FROM PAGE 8

Town's Waterfront Park behind the Torpedo Factory. Visit www.PotomacPaddleClub.com.

SATURDAY/MAY 29

Jazz Festival. 4-9 p.m. At Oronoco Bay Park, 100 Madison Street, Alexandria. The City of Alexandria invites the public to the Annual Alexandria Jazz Festival. Admission is free. The Jazz Festival will feature a variety of musicians and styles of jazz throughout the day. Featured artists include:

- 4 p.m. - Cubano Groove (bossa nova);
- 5:20 p.m. - VERONNEAU (contemporary);
- 6:35 p.m. - Eric Byrd Trio (straight);
- 8 p.m. - Joel Ross 'Good Vibes' (modern).

Due to COVID-19 public health guidelines, attendance will be limited and pre-registration for assigned seating will be required in order to maintain physical distance between parties from different households. Parties will be limited to four people or fewer. Masks covering the nose and mouth will be required for all attendees over age 2. Because space is limited, early pre-registration is encouraged. Visit alexandriava.gov/Recreation to reserve seating.

SUNDAY/MAY 30

Fiesta Asia. Asian Dance at The Athenaeum. 2-3:45 p.m. In conjunction with the Asian Heritage Celebration in May, learn some basic Asian dance styles at the Athenaeum. You will widen your cultural experiences and acquire a new skill set – because you never know when you will be invited to a party where you can show off your dancing talents. Open to children age 8 and above. (Adults are welcome too.). Session 1 - 2 - 2:45 p.m.; Session 2 - 3 - 3:45 p.m.

MONDAY/MAY 31

Memorial Day Tribute. 12-8 p.m. At Watergate at Landmark, 307 Yoakum Parkway, Alexandria. Military Children's Six Foundation Tribute, Candlelight Vigil and Community Picnic. Military children paying homage to the fallen heroes on this Memorial Day. This is a free family-friendly event, where food, beverages, entertainment, and lots of activities for children. All are welcome. This is an outdoor free event for families. RSVP is required. Visit the website: www.mc6.foundation

JUNE 1 TO AUG. 31

Creative Summer Programs is a
SEE CALENDAR, PAGE 11

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ASCA is currently seeking leaders with expertise in the following areas: finance/accounting, marketing, communications, fundraising, corporate governance, business development, and diversity/equity and inclusion.

If interested or if you have further questions about the commitment, please contact Executive Director, Christy Walika at cwalika@arlingtonsisitercities.org

Legals

Legals

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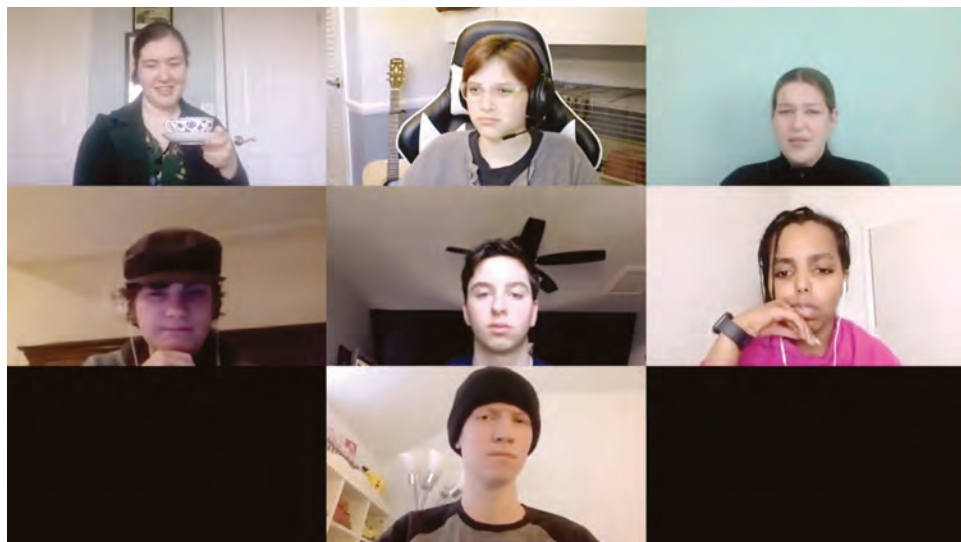
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Wakefield Produces Comedic Murder Mystery Set on a Train in London

BY ISABELLA RUSSO OF
H-B WOODLAWN SECONDARY PROGRAM

In a first-class train car traveling through England, how long will it take an eclectic group of passengers to find the mysterious murderer of Brutaldeath? The Brutal Death of Brutaldeath at Wakefield High School uncovers this and more with a story full of absurdities.

The Brutal Death of Brutaldeath is a comedic murder mystery set on a train in London that follows a group of passengers as they piece together the mystery of Brutaldeath's murder. With the title character narrating the mystery as it unfolds, the suspects each offer their alibis and accusations before finally discovering the true killer. The unique group of passengers each represents your traditional murder mystery stereotypes -- the pretentious Brit, the brash Southerner, and the pensive Detective waiting like a lion for the right piece of evidence to be revealed.

The original script of The Brutal Death of Brutaldeath was written by Wakefield High School's Theatre Arts II class, with each actor writing their own lines. Inspired by the movie The Murder on the Orient Express, the play follows a classic whodunit style that places suspicion on each character with captivating suspense. In addition to student playwrights, the production was also produced by student editors and graphic designers to create a polished piece that takes advantage of the new opportunities offered

by virtual theatre.

As Elizabeth Jane Vain, Penelope Wagner was a stereotypically elitist Brit with a quick sharpness to her line delivery, allowing each joke to land with ease. With an amplified but not overdone posh British accent, Wagner embraced the character's composed yet accusatory air to contrast her fellow castmates in their engaging interactions.

Rain Varela was a sly inquisitor as Brutaldeath, utilizing her character's ability as the narrator to pause the story and interject with a swift joke or key plot point. With an energized and incessant physicality, Varela clearly showed Brutaldeath's frustration with her inability to speak directly to the passengers as they discovered her murderer at a painfully prolonged speed.

No streamed production is complete without an excellent editor. Abby Berner was the student editor, choosing music and editing scenes together in a way that supported the story and made sure every second was utilized.

As the graphic designer for the production, Penelope Wagner created title cards shown between scenes that immediately set the time and place, as well as adding to the mysterious mood.

Despite the challenges of virtual theatre, the cast and crew of The Brutaldeath of Brutal Death at Wakefield High School were able to share a charming story packed with humor and heart.

Watch here: <https://www.youtube.com/watch?v=Dfp3rQOXJXQ>

CALENDAR

FROM PAGE 9

series of workshops exploring the arts. Learn techniques in painting, sculpture, collage, mixed media, sketching, and more from local artists. Delve into your creative consciousness solo or with friends. Online and in-person, for children and/or adults, free and paid programs are offered. Sign up for what inspires you! Held at Del Ray Artisans (2704 Mount Vernon Avenue, Alexandria VA) unless noted. Details: DelRayArtisans.org/programs/creative-summer/

THURSDAY/JUNE 3

Secrets of D-Day. 7-9 p.m. Virtual. Dr. Kim Bernard Holien, U.S. Army Historian, retired will discuss D-Day secrets, known and

unknown. A 'Rest of the Story' presentation about the secrets that made the Allies victorious on the 'day of days'.

Website: https://zoom.us/webinar/register/WN_c09H1FqNS8anHYIEwqpYrA

FRIDAY/JUNE 4

D-Day's Black Heroes. 12 p.m. Virtual. Linda Hervieux, Paris-based American journalist, photographer, and author of "Forgotten: The Untold Story of D-Day's Black Heroes, at Home and at War," the critically acclaimed story of D-Day's only African-American combat soldiers, who were effectively written out of the history of the Norman invasion. Website: https://zoom.us/webinar/register/WN_WkYEcl8BRBSfQg8EuaHEuA

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Philosophically Meandering



By KENNETH B. LOURIE

As I discussed a few weeks back, having all this time off/apart from cancer-related activities is unsettling in a peculiar way. I'm not in remission. I'm certainly not cured, and I'm still receiving regular treatment: a bone-strengthening shot every four weeks at the Infusion Center and of course, my daily lenvima pill. Given the nature of what symptoms/side effects I experience, it's only after my quarterly CT scan and recently added, a bone scan, followed-up by a post-scan video visit with my oncologist and endocrinologist (combined with my semi annual brain MRI) that I have an accurate/real-time sense of whether I'm coming or going, if you know what I mean?

The result of these intervals and intermittent visits is that I, not the doctors, have my best sense of self. Though I can - and am encouraged to do so, email my doctors and/or call an advice nurse at all hours to discuss whatever ails me, realistically, on a daily, hourly and/or minute-by-minute existence, I'm the one that I have to talk to, and most likely, listen to. And though I think I know myself pretty well, a cancer diagnosis creates a prism through which all of our thoughts are filtered. Sometimes, what initially passes through is not identical to what comes out. Cancer is in control, sort of like the producers of "The Outer Limits" said they were in control of your television during the two years: 1963 and '64, when "The Outer Limits" was nearly must-watch television. They controlled more than just the horizontal on your television. They controlled the information going into your head. What you did with that information was entirely up to you. Only then, you were in control.

Much has changed in the almost 60 years since "The Outer Limits" was controlling television sets. And so too, much has changed for those diagnosed with cancer. However positive and hopeful, and effective the evolution of a cancer diagnosis and treatment has become, when "The cancer" (as "Forrest, Forrest Gump" called it) appears on your scan or marks your blood, you are no longer "the master of your domain." In fact, your domain has shrunk considerably and quite precipitously. Whatever you thought was going to be happening in your life now takes a back seat to everything your oncologist says needs to happen. Integrating into your life all the unexpected, life-changing advisories will be a task unlike any you've previously ever undertaken. Pondering your cancer-patient future will not result in one gulp, it will result in a series of gulps. As a consequence of your diagnosis/prognosis, you'll become an expert in gulps, morning, noon and night, when you're alone or with others.

And as you are gulping, you are forever trying to find your place in the universe. As a diagnosee, you join an immense club, the kind of club Groucho Marx said he "wouldn't join, if they would have me as a member." Ignoring your new reality seems totally irresponsible, but focusing 24-7 on your less-than-ideal circumstances seems like overkill (pardon the double entendre). This focus likely emboldens the cancer while weakening your resolve. I mean, your situation is bad enough, you don't need to make it worse by having it for breakfast, lunch and dinner. Having it once and a while, like a snack is more than enough. The weight of a premature death (any death is premature, right?) is simply too great a burden to bear without making it heavier. I'm not suggesting one ever acquiesce and give into their cancer. Instead, I'm suggesting, find a place for it in your life where it's sort of along for the ride, rather than it being the driver.

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



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TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 05/31/21.

LUBE, OIL & FILTER SPECIAL

\$39.95

\$44.95 FOR SYNTHETIC OIL CHANGE
INCLUDES: CHANGE OIL (UP TO 5 QTS.), INSTALL GENUINE TOYOTA OIL FILTER, INSPECT & ADJUST ALL FLUID LEVELS AND COMPLIMENTARY MULTI-POINT INSPECTION WITH PRINT OUT.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER ENDS 05/31/21.

ALIGNMENT SPECIAL

\$89.95

4-WHEEL ALIGNMENT
INCLUDES: 4-WHEEL ALIGNMENT, INSPECT SUSPENSION, BALL JOINTS, STRUTS & SHOCKS, TIRE CONDITION AND SET TIRE PRESSURE.

TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 05/31/21.

BRAKE PAD SPECIAL

\$99.95

BRAKE PAD REPLACEMENT
INCLUDES: INSTALL GENUINE TOYOTA FRONT BRAKE PADS, INSPECT FRONT & REAR ROTORS AND/OR DRUMS, CHECK TIRE CONDITION AND INSPECT ALL HARDWARE. TMC PADS ONLY. MACHINE ROTORS AN ADDITIONAL \$109.95

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER ENDS 05/31/21.

TOYOTACARE PLUS

\$329.00

SPECIAL
MAINTAIN PEACE OF MIND BY EXTENDING YOUR TOYOTACARE COMPLEMENTARY MAINTENANCE PLAN TO 4 YEARS/45,000 MILES!

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SERVICE VARIABLE DISCOUNT

THE MORE YOU SPEND, THE MORE YOU SAVE!

\$10 OFF... WHEN YOU SPEND \$50-\$99
\$15 OFF... WHEN YOU SPEND \$100-\$199
\$20 OFF... WHEN YOU SPEND \$200-\$499
\$50 OFF... WHEN YOU SPEND \$500+

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