

The Arlington Connection

Adele McClure, executive director of the Virginia Legislative Black Caucus, at the Stand and Deliver protest on Sunday, March 13. She is a declared candidate for Delegate in new District 2 in Arlington.

Stand & Deliver for Education

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Bald Eagles Thriving, Face Challenges

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PHOTO BY EDEN BROWN/THE CONNECTION

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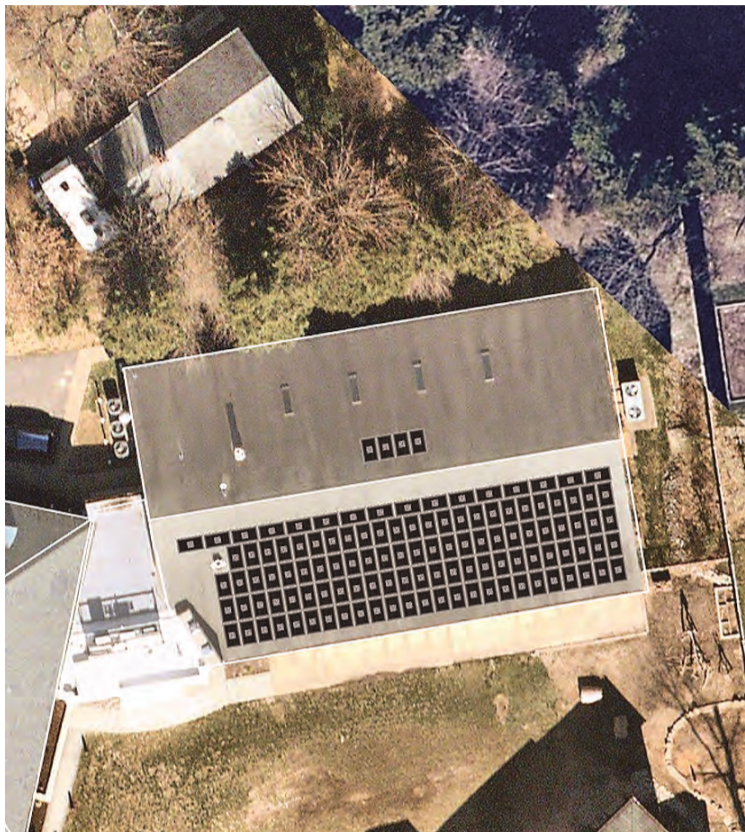


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Local Church Wins National Cool Congregation Award



Rock Spring UCC youth Clara Rainhart and Evelyn and Cooper Keefer show their enthusiasm after the installation of solar panels in February at Rock Spring Congregational United Church of Christ. Aerial view of new solar roof.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Rock Spring Congregational United Church of Christ in Arlington is officially a cool congregation. Rock Spring is one of six religious congregations around the country to win the Interfaith Power & Light 2022 Cool Congregation Challenge.

The contest focuses on work to address global warming by reducing the carbon footprint while creating models of sustainability. Rock Spring won an Energy Saver award for their efforts to become a net zero campus through their energy saving measures and their educational outreach to their congregation as well as the wider community.

Rock Spring has been engaged in efforts to combat climate change for decades but after a recent study indicating they were wasting energy, they have taken extensive efforts to improve their campus buildings through energy saving measures that should reduce their energy costs by 80 percent. In addition, they have installed a 44.6k W solar system that went operational in February 2022 which they expect will meet half of their energy needs.

Rev. Laura Martin, Associate Minister of Rock Spring UCC, says Rock Spring has been working on energy saving efforts for a number of years. It really took off in 2015 when the church voted on the green accelerator project. "It was three parts: what we could

do to reduce our energy consumption in the home and church including how to go solar, how we could work with the community and the outreach to Puerto Rico and creating the solar village in India."

Then one member of the congregation took it upon himself to replace all of the light bulbs all over the church with LED bulbs. The church held information sessions and an intergenerational energy fair focusing on what members could do at home.

Peter Geiger, chair of the church's Property Board, said he knew the church's energy costs were skyrocketing. They were spending a lot of money on gas, electricity and water and they wanted to know why. So they hired a firm to do an energy audit and make recommendations, and they began to

Rock Spring UCC holds an intergenerational energy fair as part of their commitment to reduce the church's energy imprint and move toward net zero.

implement changes such as installing insulation in the attic and beginning to work on the windows.

The congregation took a big step forward in 2020 to move toward net zero with 97 percent support from the congregation. Martin says, "This Interfaith Power & Light award has been so exciting for us because it has gotten so much attention from other churches who are interested in how they can move forward. We got the message out." She continues, "Our commitment is to love our neighbors. Everything is at stake—people, places, animals—because of climate change."

Rev. Susan Hendershot, President of Interfaith Power & Light says, "Rock Spring Congregational UCC and the other five national winning congregations are casting a vision for the kind of world in which they want to live, and then carrying out that vision with practical actions that make a real difference in creating lasting solutions to climate change."

Marymount Student Earns Newman Civic Fellowship

Andrea Anaya-Sandoval aims to support undocumented students, increase representation

Andrea Anaya-Sandoval, a sophomore at Marymount University in Arlington, has been selected to receive Campus Compact's 2022-2023 Newman Civic Fellowship. She is one of 173 civic leaders from 38 states, Washington, D.C., and Mexico who form this year's cohort and are recognized for their outstanding commitment to creating positive change in communities locally and around the world.

Anaya-Sandoval is originally from San Salvador, El Salvador, and immigrated to



Andrea Anaya-Sandoval

the U.S. with her mother at the age of five before settling in Silver Spring, Md. As an undocumented student, she holds a deep passion for immigrant rights.

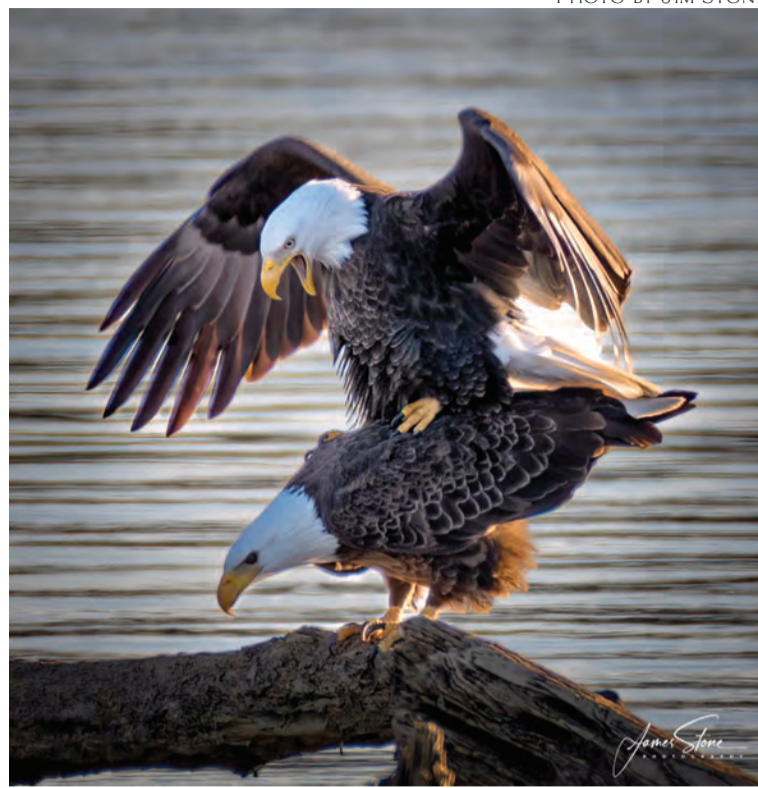
"Growing up, I did not see many people who looked like me and had similar experiences as me holding a position in a legislative office. I wanted to make a change and be a voice for my community," Anaya-Sandoval explained. "I knew that to tackle that would be to change the policies and laws in place obstructing the lives of millions of immigrants in the country."

As a high school junior, Anaya-Sandoval earned a summer internship in the U.S. House of Representatives with Congressman Jamie Raskin, becoming one of the few high school students to earn a spot in the Maryland Democrat's congressional office. Her internship extended to a year-long experience working in Rep. Raskin's office where she tackled various issues affecting Maryland's 8th District which includes parts of Potomac — including health care, veterans affairs,

SEE , PAGE 5



Bald eagle nest in Dyke Marsh.



Bald eagles mating.

Bald Eagles Are Thriving but Face Challenges

BY GLENDA C. BOOTH
THE CONNECTION

“Virginia’s tidal rivers are just loaded with bald eagles,” Jeff Cooper told 210 people attending the March 2 meeting of the Friends of Dyke Marsh. These large raptors with an 80-inch wingspan regularly breed, nest, forage and migrate on and near rivers like the Potomac. People see bald eagles frequently at Dyke Marsh, Mason Neck and Fort Belvoir. Cooper is wildlife biologist with the Virginia Department of Wildlife Resources and has worked with birds for over 30 years and co-authored 17 papers.

In and around Dyke Marsh and Mason Neck, there are nests every half mile or so because there’s so much food available, he said. In recent years, Dyke Marsh has had three active bald eagle nests.

Bald eagles feed mainly on fish which they catch with their sharp yellow talons. “They make their living with their feet. Virginia is rich in aquatic resources,” Cooper said. When an eagle pair raises their young, they forage near their nest, so eaglets’ success is highly contingent on habitat quality, Cooper said. Bald eagles are highly territorial and mate for life.

The Potomac and James Rivers consistently see high use by migrant and “local” eagles, breeding pairs, offspring and all age classes. From Dyke Marsh south to where route 301 crosses the Rappahannock River is what wildlife biologists call a “bald eagle concentration area.” The area also

has non-paired, adult bald eagles called “floaters,” birds constantly roaming the landscape trying to find mates. Floater numbers are increasing because the area is so saturated with breeding pairs.

The Chesapeake Bay is the epicenter of eagle conservation, having the densest breeding population in the lower 48 states and a critical stop on the Atlantic flyway, and northern and southern populations rely on the Bay for winter or summer habitat.

“What happens in the Bay has an impact,” Cooper said.

Belle View resident Carolyn Gamble commented, “Jeff Cooper’s talk opened my eyes to how much bald eagles depend on our stretch of the Potomac River as well as the entire Bay area. I enjoyed learning from someone with many years of ‘hands-on’ experience and have a greater appreciation for the DWR’s research.”

Tagging and Tracking Eagles

Cooper and his colleagues tag bald eagles in Virginia’s coastal plain, generally east of Interstate 95. In 2007, they started tagging with cellular transmitters to trace the birds’ movements. He has tagged over 130 bald eagles and over 40 golden eagles. Golden eagles are found in mountainous regions. Adults are dark brown all over with a golden sheen on their neck and head visible from some angles. Like bald eagles, they have a powerful beak and talons.

To capture an eagle, Cooper puts out road-kill deer and he hides; when the eagle feeds on the bait, Cooper shoots a 40-by-



Jeff Cooper holding a bald eagle at Rappahannock River National Wildlife Refuge.

60-foot, rocket-powered net over the birds. He also uses a bow net with a leather trigger and at times to snare an eagle, puts foam in a gizzard shad to make the fish float. For most eagles, he takes measurements and blood samples, bands them and attaches a transmitter on the eagle’s back.

The process takes from 35 minutes to one hour.

To count nestlings and check their health, he climbs trees like an arborist. “I was put in the emergency room a few times because of eagle claws,” he snickered.



Jeff Cooper measures eagles’ beaks. Here, Sandy Spencer holds the eagle, caught at Virginia’s Rappahannock River National Wildlife Refuge.

Challenges

Lead levels in both eagle species are a serious threat today. Cooper cited a February paper by Vince Slabe and others with Conservation Science Global which found that nearly half of bald and golden eagles tested between 2010 and 2018 in the U. S. show signs of chronic lead poisoning. This was the first study to sample eagles across the entire country. Eagles scavenge and ingest spent lead ammunition from carcasses and gut piles left by hunters. “Chronic poisoning suggests repeated expo-

sure to lead over the long term,” the authors wrote. Lead poisoning can make birds weak, emaciated and uncoordinated, thus less able to evade predators and dangers. The study, published in Science, is at <https://www.science.org/stoken/author-tokens/ST-344/full>.

Collisions with both civilian and military aircraft are another threat. Cooper called Virginia and Florida “hotspots” for eagle-aircraft strikes. Most airports are located in prime eagle habitats because they are near water. Eagles are

SEE BALD EAGLES, PAGE 8

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Marymount Student Earns Newman Civic Fellowship

FROM PAGE 3

infrastructure and immigration.

Ultimately, Anaya-Sandoval found her calling in the frontlines of the migrant rights movement as an organizer. Following her internship, she volunteered with the nonprofit United We Dream, the largest youth-led network fighting for equity and immigrant rights. She not only participated in protests and community gatherings on behalf of immigrant rights, but also began to lead these civic engagements in her local community.

In the fall of 2020, as she began her first year at Marymount, Anaya-Sandoval balanced her studies in Politics and Sociology alongside her volunteerism. She pitched in on a phone and text banking campaign encouraging millions of Latinx voters with

mixed-status families around the country to exercise their right to vote. The organization collectively contacted more than two million voters in the span of four to six months.

"I cannot vote, but by encouraging millions of others, we were able to elect candidates amongst different levels of government who would deliver on comprehensive reform to provide migrants with rights," Anaya-Sandoval said.

This past summer, Anaya-Sandoval was selected as a Dream Summer Fellow, an annual national fellowship of the UCLA Labor Center's Dream Resource Center. As part of the fellowship, she worked with the Presidents' Alliance on Higher Education and Immigration, a nonprofit focused on reform

by providing resources to a network of university leaders and higher education institutions. Marymount is a proud partner of the organization, represented by University President Irma Becerra.

"Andrea's experience as an undocumented student has inspired her to uplift and educate undocumented students who still have not found their voice," Dr. Becerra said. "She believes that social change is a multi-generational movement. By educating youth and encouraging others to stand for what they believe in, we expand a more extensive network of people ready to bring solutions that we want to see in our communities."

Through the Newman Civic Fellowship, Campus Compact provides these students

with a year of learning and networking opportunities that emphasize personal, professional and civic growth. Each year, Fellows participate in numerous virtual training and networking opportunities that provide them with the skills and connections they need to create large-scale positive change. The Fellowship also provides Fellows with pathways to apply for exclusive scholarship and post-graduate opportunities.

Anaya-Sandoval's ultimate goal is to create a program in high schools to educate counselors and career service centers on how to best guide undocumented students to higher education.

"I want to see more kids like me strive and expand the small percentage of undocumented students that reach a four-year education."

Arlington Chamber Legislative Breakfast

The Arlington Chamber of Commerce is pleased to hold the Tenth Annual Legislative Breakfast on Thursday, March 31. This event, sponsored by Nestlé, brings business, government, and community leaders together for a moderated discussion about recent legislative topics and the outlook for the Commonwealth.

The Legislative Breakfast offers the opportunity to hear about the recent General Assembly session from the legislators who represent

Arlington in Richmond. Arlington's members of the Virginia Senate and House of Delegates will discuss the legislation that they patroned, the issues that the General Assembly took up, and their perspectives on the future of Arlington and the business community. This event features a question and answer portion, questions must be submitted by March 24.

WHAT: Tenth Annual Legislative Breakfast moderated by WJLA/ABC7's Nick Minoc

WHEN: Thursday, March 31 from 8-9:30

a.m. ET.

WHO: Arlington's members of the Virginia Senate and House of Delegates and members of the business community.

WHERE: Zoom

REGISTRATION: Registration closes on Thursday, March 24 at 5 p.m. The cost of registration is \$35 for Chamber members and \$50 for prospective members. Sign up here <https://web.arlingtonchamber.org/events/Legislative-Breakfast-3696/details>

FLOURISHING AFTER 55

55+ Programs are virtual, indoors at 55+ Centers and outdoors. A 55+ Pass is required to participate (starting at a \$20 annual fee). To join or register, go to registration.arlingtonva.us or call 703-228-4747.

55+ Tour de Friends Bike Club, Wednesday, Mar. 16, 11 a.m., ride from Bluemont Park to Vienna. Registration

SEE FLOURISHING, PAGE 9



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Stand and Deliver: Protesting New Virginia Policies

BY EDEN BROWN
THE CONNECTION

Durann Thompson wonders why she keeps on coming back to teach school in Fairfax County. “I am tired of having to work nights and weekends. It’s a job that in no way matches the compensation. But I left twice and came back twice. I taught summer camp. I even coached. So what’s wrong with me?” she laughs. “Because I am still brought to tears when I remember my students.”

Recently, Thompson got a letter from a student she had taught in the third grade. “She told me she was always in trouble. She thought I must have viewed her as the worst student I could ever have. She told me she got kicked out of two schools. But she wanted me to know that after all that, she went to nursing school, and was about to become a nurse, all because of her third grade teacher.” Thompson said, “Teachers do so much more than teach our students academics. We see a future for them when they don’t see it for themselves.”

TEACHERS, STUDENTS and parents in Fairfax and Arlington stood in the cold on Sunday, March 13, 2022 to protest the new governor’s campaign to control content in schools. The kick-off rally for “Stand and Deliver Virginia” was emceed by Pat Hynes, a classroom

“I fail to understand how it is harmful to students to talk about the past. Students will learn about our painful past, whether it is taught in schools or not.”

—Sophia Lander,
Arlington Career Center student

teacher and former Fairfax County School Board member, and Micaela Pond, an Arlington teacher. The event gave voice to the many Arlington and Fairfax county parents, students, and teachers who have been made deeply uncomfortable by the first executive order issued by Governor Youngkin, which prohibits the teaching of “inherently divisive concepts,” including critical race theory, an academic concept which examines the ongoing effects of racism in American policies and institutions.

The executive order was followed by the state rescinding a wide range of policies, memos and programs established to promote diversity, equity and inclusion in schools. Virginia Superintendent of Public Instruction Jillian Balow said she was rescinding equity policies in obedience to the executive order from Gov. Glenn Youngkin.



Monte Bourjaily, a teacher at Thomas Jefferson High School for Science and Technology, teaches his students to look at facts and make a judgment. He doesn’t teach Critical Race Theory, he teaches critical thinking.

lowed by the state rescinding a wide range of policies, memos and programs established to promote diversity, equity and inclusion in schools. Virginia Superintendent of Public Instruction Jillian Balow said she was rescinding equity policies in obedience to the executive order from Gov. Glenn Youngkin.

Adele McClure, Executive Director of the Virginia Legislative Black Caucus, and a candidate for the House of Delegates (in the new District Two) in Arlington, spoke out against the tip line, which the governor installed to allow parents and students to complain anonymously about teachers who talked about race, gender, or any issue that could be perceived as divisive. McClure was even more concerned about the removal of equity policies from public schools. “This was done without input from the schools,” she said. In addition, she decried the possibility of public dollars being taken away from public schools to fund private schools.

Sophia Lander got up to speak. The Arlington high school student told the crowd, playing off the governor’s pledge to return excellence to the schools, “I can assure you excellence was in full display when our gym teacher taught us from her hospital bed when she was about to give birth, that’s how dedicated she was.” She zeroed in on the issue of teaching about racial and gender discrimination, “I fail to understand how it is harmful to students to talk about the past. Students will learn about our painful past, whether it is taught in schools or not. And I think we can all agree it’s better to learn from teachers than from Instagram.” Lander continued, “The governor has placed the blame on teachers for bringing up ‘difficult or upsetting’ topics. I



Adele McClure, daughter of an early childhood educator and a Filipino immigrant who served in the U.S. Army, is running for delegate in the newly formed District Two in Arlington. She would be the first Black person and the first Asian person to represent Arlington in the Virginia General Assembly. As executive director of the Virginia Legislative Black Caucus, she decried the loss of equity programs in schools and the spending of public dollars on private schools.

understand that some things can be upsetting but should I not apply for college because it frightens or upsets me?”

Kyungsup Hwang and her twin brother Theodore Hwang made reference to the “Don’t Say Gay” policy in Florida and noted that efforts to quash discussion of LGBTQ issues threatened Virginia students. They had organized a successful walk-out over the Florida policy at



Patty Barbour, a veteran of the US Army and the Fairfax County Public Schools, was at the protest to show her support for teachers. Barbour retired recently from teaching but still works as a substitute teacher because she wants to be there for the students.



Del. Marcus Simon addressed the crowd, reminding them that despite Youngkin’s concern about restoring excellence in Virginia’s public school system it is already rated fourth in the nation. Simon also highlighted the failure of the General Assembly to pass legislation designed to fix school buildings because legislators were distracted by the anti-public school rhetoric trending after Youngkin’s election.

their school, and experienced harassment and name-calling in the process of standing up for the rights of transgender and gay students. Were they upset about the slurs being hurled at them by some students? “The students weren’t born knowing these words,” Kyungsup Hwang said. “They learned them.” The siblings stressed the importance of schools in teaching the origin of slurs that harm the LGBTQ community, the history of discrimination, and other lessons of tolerance. “Educators need to help us face issues head on.”

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Robert Rigby has been teaching for 38 years in Fairfax County Public Schools and is president of FCPS Pride. He is about to retire.

Luisa Boyarski of the Virginia Grassroots Coalition said as a professor at Georgetown University, she teaches the importance of public policy being formed with inputs from those affected. The new policy banning “equity” as part of the school program wasn’t broached with the superintendents. That is why a letter from all VASS (Virginia Association of Superintendents of Schools) and the Virginia Parent Teacher Association asked the governor for equity programs to be reinstated. “We need our opinions heard in important policy decisions,” Boyarski said.

Speakers queried: “We wonder as teachers what will be legal to teach in Virginia?” “How do you define divisive? What if it’s divisive for some but not for others?”

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Sophia Lander spoke to the crowd. Her main point was that teachers help students process difficult concepts in a world that can feel overwhelming for young people. Should we leave it up to social media to educate students or applaud teachers for the job they do?



Micaela Pond introduces speakers. She and Pat Hynes are the co-founders of Stand and Deliver Virginia which was set up to take the narrative back from Richmond and stop “demonizing” teachers.

“How did teachers become a threat?”

“Why would we continue to teach in Virginia with these kinds of policies making our already difficult jobs unbearable?”

“I LEFT LAW practice to teach,” Monte Jourbaily told the crowd. “My goal is to teach my students opposing views and let them decide what they believe. I ask my students to examine, for instance,

Teachers, students, and parents in Fairfax and Arlington protest the new governor’s campaign to control content in schools.



Kyungsup Hwang and her twin brother Theodore Hwang organized a school walk-out over the Florida policy of “Don’t Say Gay,” and view new Virginia policies as threatening to LGBTQ teachers and students.



Former Special Education teacher Ethan Fayne left the Arlington County school where he taught because he no longer felt safe. He is now a doctoral student in Psychology.

“Inherently divisive concepts, like critical race theory and its progeny, instruct students to only view life through the lens of race and presume that some students are consciously or unconsciously racist, sexist, or oppressive, and that other students are victims.”

— Glenn Youngkin, Governor of Virginia

the demographics of our representation in the U.S. Congress over the years, and decide whether the shortage of women representatives would have led to legislation that was less favorable to women. This might lead my students to conclude that women have been discriminated against in our country: what am I to do? I’ve just broken a rule?”

Former teacher Ethan Fayne said he was talked down to as a black student in the county, and then as a teacher in the county. As a kid, when he moved to a new school which was primarily white, he was called the “N” word and the teacher did nothing.

In the seventh grade, he was in honors history. “I had a teacher who besides constantly asking me if I belonged in honors history, one day told our class that the KKK wasn’t all that bad. They were actually a social group that did nice things for the community, and they even let some black people join.”

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Fayne said he got tired of being treated poorly in the Arlington Public Schools system and opted out of teaching to get his doctorate in psychology. He no longer felt safe being a teacher.

NEWLY FORMED organization Stand and Deliver Virginia is three weeks into its mission of giving teachers, parents, and students a voice to take back the narrative from the anti-teacher, anti-truth, anti-public schools statements emanating out of Richmond since Youngkin’s inauguration. For many parents who have monitored the changes since January, particularly the “tip” line, it was about time someone spoke up to defend teachers against policies which force them to walk a tight-rope in a job which is already one of the most demanding careers in the country.

To learn more about Stand and Deliver Virginia, see on Twitter, @Stand_DeliverVA.

PHOTOS BY EDEN BROWN/THE CONNECTION

‘She Loves Me’ Signature Theatre’s Rom-Com of musicals.

BY JEANNE THEISMANN
THE CONNECTION

Sparring endlessly by day while trading love letters by night, the race for romance is on as the romantic comedy “She Loves Me” brings together star crossed lovers in the classic musical delight now playing at Signature Theatre.

If the story sounds familiar, it is. With a book by Joe Masteroff, lyrics by Sheldon Harnick, and music by Jerry Bock, “She Loves Me” is the third adaptation of the 1937 play “Parfumerie” by Hungarian playwright Miklós László. It follows the 1940 James Stewart-Margaret Sullavan film “The Shop Around the Corner,” the 1949 Judy Garland-Van Johnson musical version “In the Good Old Summertime,” and the 1998 Tom Hanks-Meg Ryan feature film “You’ve Got Mail.”

Reminiscent of the golden age of movie musicals, the plot revolves around Budapest shop employees



Devan Kolluri, Maria Rizzo, Jake Lowenthal, Bobby Smith and Ali Ewoldt in the Signature Theatre musical production of “She Loves Me,” now playing through April 24.

Georg Nowack and Amalia Balash who, despite being at odds with each other at work, are unaware that each is the other’s secret pen

pal.

Ali Ewoldt and Devan Kolluri lead a dazzling ensemble cast that is expertly directed by Matthew

Gardiner. Ewoldt and Kolluri have a palpable love-hate chemistry from the start with Amalia’s effervescent personality a contrast to

Georg’s jaded exterior.

Ewoldt is a petite powerhouse whose flawless soprano fills the SEE ‘SHE LOVES ME’, PAGE 10



Ali Ewoldt and Devan Kolluri in the Signature Theatre production of “She Loves Me.”

PHOTOS BY CHRISTOPHER MUELLER

Bald Eagles Are Thriving but Face Challenges

FROM PAGE 4

“big birds,” Cooper said, and have crashed through cockpits. In the Chesapeake Bay region, there were seven airstrikes between 1990 to 2009, 18 from 2010 to 2015, and some are not reported. Cooper is working with Langley Air Force Base in Hampton, Virginia, where between 2013 to 2020, he tagged over 130 eagles with cellular transmitters for an aircraft strike study.

Back from the Brink

Haliaeetus leucocephalus, the bald eagle, was once headed for extinction in the lower 48 states. In 1963, only 417 nesting pairs were documented. Scientists attribute their decline to DDT and other compounds in pesticides that moved up the food chain and made eggshells so thin that chicks failed to hatch. In 1967, the U.S. Fish and Wildlife Service (FWS) put the bald eagle on the endangered species list. In 1972, Congress banned DDT and bald eagle population numbers started to rise. In 2007, FWS removed bald eagles from the endangered species list. Since 1977, Virginia’s breeding population has increased ten-fold, says William and Mary’s Center for Conservation Biology website.

Mount Vernonite Greg Crider promoted the talk among his friends and neighbors and found it “very informative and interesting. Apparently, the characteristics of



Jeff Cooper puts metal bands on eagles’ ankles.

our area are the most attractive on the east coast which is why we are seeing more bald eagles,” he said.

You can view the presentation at

www.fodm.org. Cosponsors of the meeting were the Audubon Society of Northern Virginia, the Northern Virginia Bird Club, the Friends of



Jeff Cooper releasing the bald eagle.

Huntley Meadows Park and the Friends of Mason Neck State Park.

Several live cameras monitor bald eagle nests, including nests at

the National Arboretum, <https://naeaglecam.org>, and the Dulles Greenway, <http://www.dullesgreenway.com/eagle-cam/>.

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PHOTOS BY CLENDIA BOOTH

FROM PAGE 5
913206-02.

Early St. Patrick's Day party with live music and packaged snacks, Wednesday, Mar. 16, 1 p.m., Aurora Hills 55+ Center. Registration # 913890-01.

Opera appreciation group to discuss "Don Carlo" by Giuseppe Verdi, Wednesday, Mar. 16, 1:30 p.m., Lubber Run 55+ Center. Professional commentary, hear musical selections. Registration # 913300-03.

Through an Irish emigrant's eyes, a hypothetical yet historically inspired story of Irish Americans, presented by Jon Vrana, Pres., Burke Historical Society, Thursday, Mar. 17, 1:30 p.m., Lubber Run 55+ Center. Registration # 913400-12 or virtual, same time, registration # 913400-13.

Fast Forwards, fast paced walking group, Friday, Mar. 18, 9 a.m., Aurora Hills 55+ Center. Two to five mile loop, some hills. Drop in.

Movie enthusiasts to view "No Time to Die" (2021), Friday, Mar. 18, 12:30 p.m., Aurora Hills 55+ Center. Registration # 913804-05.

Kukuwa dance workout, low impact, high energy choreography, begin Friday, Mar. 18, 8:45 a.m., Lubber Run 55+ Center, nine sessions, \$45. Registration # 913100-02.

Pruning principles, outdoors (weather permitting), learn how to

prune shrubs, Monday, Mar. 21, 1 p.m., Lubber Run 55+ Center. Registration # 913401-04.

Community engagement forum, Monday, Mar. 21, 9:30 a.m. – 12:30 p.m. Virtual interactive discussion on what matters most to older Arlingtonians. Sponsored by Arlington Area Agency on Aging & Disability Services. To register email, arlaa@arlingtonva.us.

Short story reading and discussion of "The Last Spin" by Evan Hunter, Monday, Mar. 21, 1 p.m., Aurora Hills 55+ Center. Registration # 913300-08.

Visit the National Gallery of Art's special exhibit, "James Van Der Zee's Photographs, A Portrait of Harlem," Tuesday, Mar. 22, \$11. Registration # 902203-04. Leave from Madison Community Center, 11:40 a.m.; Barcroft Sports & Fitness, 12 p.m.

Virtual tour of a Giant Food store to identify healthy items with dietitian Kristen McGill, Tuesday, Mar. 22, 11 a.m., Lubber Run 55+ Center. Registration # 913500-06.

Women's drop-in basketball games, Wednesdays, 7 p.m., Langston-Brown 55+ Center. Bring basketball and dark and white shirts.

Discuss magazine articles from "The Atlantic," facilitated by Adult Services Librarian Vicky McCaffrey, Wednesday, Mar. 23, 11 a.m., Aurora Hills 55+ Center. Registration

913402-19.

Acoustic afternoon, live music performed by Arlington residents Ed Girovasi and Phil Rosen, Wednesday, Mar. 23, 2:30 p.m., Langston-Brown 55+ Center. Registration # 913301-05.

Strength training, work with weights, Wednesdays and Fridays, 9 a.m., Lubber Run 55+ Center. Cost \$60, 15 session punch pass or \$4 drop in.

Tai Chi practice, Taoist style, Wednesdays and Fridays, 12:30 p.m.; Yang style, Mondays, Wednesdays, Fridays, 11:30 a.m., Lubber Run 55+ Center. Drop in.

55+ "Tour de Friends" Bike Club will tour Del Ray, Alex., Thursday, Mar. 24, 11 a.m. Registration # 913206-03.

Meditate and create relaxation, learn experimental meditation techniques, Thursday, Mar. 24, 6 p.m., Arlington Mill 55+ Center. Eight sessions, \$60. Registration # 913500-02.

Do you have money waiting for you? A representative from Virginia Treasury Department's Unclaimed Property Division will discuss how money can be recovered, Thursday, Mar. 24, 1:30 p.m. Registration # 913400-02.

New genealogy series from Library of Virginia's outreach specialist Ashley Ramey, begins Thursday, Mar. 24, 3

SEE FLOURISHING, PAGE 11



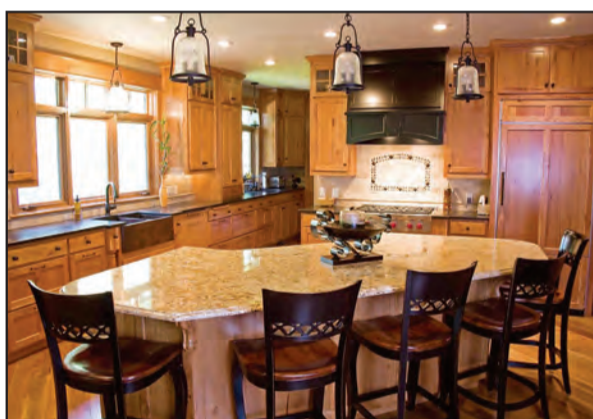


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NEWS

'She Loves Me'

FROM PAGE 8

theater in "Will He Like Me?" and the show-stopping "Vanilla Ice Cream."

As Georg, Kolluri wins hearts with his subtle transformation from a cynical co-worker to tender beau culminating in the show's signature tune "She Loves Me."

Supporting cast members include Maria Rizzo as the streetwise Ilona Ritter, Jake Loewenthal as resident cad Stephen Kodaly, Lawrence Redmond as Mr. Maraczek, the owner of the establishment, Bobby Smith as Ladislav Sipos, the longtime loyal shop employee, and Emmanuel Elliot Key as the energetic delivery boy, Arpad.

The performances are perfectly executed by the ensemble cast and augmented with an orchestra under the direction of Jon Kalbfleisch.

The vibrant choreographic skills of Kelly Crandall d'Amboise are a highlight of the show, particularly in the frenetic and perfectly synchronized chaos of the "Twelve Days to Christmas."

Scenic Design by Lee Savage captures the Art Deco style of the 1930s as does the Costume Design by Alejo Vietti and Lighting Design by Adam Honoré.

The original musical premiered on Broadway in 1963 with subsequent productions in the West End in 1964 and revivals on each side of the Atlantic in the 1990s. She Loves Me was revived again on Broadway in 2016, and the production became the first Broadway show ever to be live-streamed.

Gardiner and the Signature cast and crew deliver a modern take on the romantic classic tale that, while it may be delayed, love does conquer all.

"She Loves Me" is playing now through April 24 at Signature Theatre, 4200 Campbell Avenue, in Arlington. For tickets or more information, visit www.sigtheatre.org or call 703-820-9771

CALENDAR

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Let us know about an upcoming event

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CALENDAR



Just for Kicks: Teen Artists Paint Sneakers will be held March 25-26 at Arlington Arts Center in Arlington.

MARCH 1-25

Solo Exhibition by Kinda Barazi. At Gallery Underground, 2100 Crystal Drive, Crystal City Shops, Arlington. Gallery Underground's Focus Gallery in March presents Earth Speaks, a solo exhibition by Kinda Barazi. In Earth Speaks Barazi uses mixed media on canvas to explore the questions: "Are humanoids advancing or retrogressing? Were we once a high-tech civilization, and are we now living in a virtual simulation? As humans tamper with the process of evolution, speeding extinctions, and creating organizational powers and loyalty of thousands to go to wars, when few animals do, are we truly the superior species?" For more information about the gallery: <https://www.arlingtonartistsalliance.org/gallery-underground>. Gallery Hours: Monday-Friday 10 a.m. - 6 p.m. or by appointment.

SATURDAY/MARCH 19

Beloved Baroque Masters. 7:30 p.m. At Gunston Arts Center, Theater One, 2700 South Lang Street, Arlington. Travel back through time to the moving, ornate and virtuosic music of the Baroque period. Highlights will be Antonio Vivaldi's brilliant Concerto for Cello RV422, Johann Sebastian Bach's beloved works: the Brandenburg Concerto No. 3 and the Concerto For Two Violins in D minor plus remarkable works by George Frederick Handel and Giuseppe Tartini. The artists featured are Natasha Dukan (harpsichord), Leo Sushansky (violin/ artistic director), Jorge Orozco (violin) Jennifer Ries (viola), Vasily Popov (cello) Vlad Popov (cello). Tickets: \$36 Adult / \$18 Student.

MARCH 25-26

Just for Kicks: Teen Artists Paint Sneakers. At Arlington Arts Center, 3550 Wilson Blvd., Arlington. March 25, 6-8 p.m. - Teen artist private workshop; March 26, 12-5 p.m. - public sneaker customization event. Arlington Arts Center presents an exclusive teen artist sneaker competition. A jury of independent creatives, arts professionals and sneakerheads will select 30 teens to participate from across the DMV. The teen artists will participate in a private workshop led by professional artists to train them in the art of working with paint to create custom sneaker designs. There is no cost to participate and selected teens

will receive an honoraria of \$100. Parental/Guardian approval to participate is required. Visit: arlingtonartscenter.org.

FRIDAY/MARCH 25

La Belle Danse. 8-9:30 p.m. At St. George's Episcopal Church, 915 North Oakland Street, Arlington. Baroque Dancers with the Capitol Early Music Dance Band. Enjoy some of the finest dances of the French Baroque and a rousing choreography to Vivaldi's "La Follia." Danced in costume by renowned baroque dancers Paige Whitley-Bauguess and Thomas Baird. Plus instrumental compositions inspired by dance with The Capitol Early Music Dance Band, featuring recorder player Anne Timberlake. Cost is \$35. Visit the website: <https://capitolearlymusic.org/la-belle-danse-march-25-2022/>

MARCH 25-27

Annual Spring Artfest. At Fort C.F. Smith Park, 2411 24th Street N, Arlington. The popular annual "Spring Artfest" Art Show and Sale is coming to Ft. C.F. Smith Park in Arlington, featuring artwork by over 30 top Arlington-based artists: paintings of many genres, ceramics, jewelry, glasswork, artist's cards, unframed works and more. Artful Weekend will open on Friday, March 25th from 2 to 8 p.m. with an opening wine reception from 6-8 p.m. The show will also be open 10 a.m.-5 p.m. Saturday, March 26th, and 12 p.m.-4 p.m. on Sunday, March 27th. Free and open to the public. For more information about Arlington Artists Alliance members, exhibits, and programs, visit the Alliance website at <https://arlingtonartistsalliance.org>.

SATURDAY/MARCH 26

Blossom Kite Festival. 10 a.m. to 1 p.m. At Virginia Highlands Park, Arlington. Enjoy live entertainment, inflatables, art projects, games, food trucks, and, of course, kite flying! Free kite kits will be handed out to the first 100 attendees. No registration required. This event is free and open to the public and is suitable for all ages. Food/Drink: Food trucks will be on site serving tasty eats. Attendees are also welcome to bring food and have a picnic in the park. In case of heavy rain/thunderstorms, the event will be postponed to Sun., March 27, 10 a.m.-1 p.m.

FLOURISHING AFTER 55

FROM PAGE 9

p.m. Registration # 913400-232.

Paint along with community arts programmers, recreate artworks on display at area museums, Thursday, Mar. 24, 10 a.m. Registration # 913303-06.

Take steps to protect yourself, Friday, Mar. 25, 11 a.m., Virginia Hospital Center.

Presented by Virginia Insurance Counseling and Assistance Program (VICAP) and Arlington Police Department. To register, email, MedicareHelp@arlingtonva.us or call 703-228-1725.

Live acoustic music by 55+ member Chuck Vasaly, Friday, Mar. 25, 1 p.m., Aurora Hills 55+ Center. Registration # 913301-06.

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Nothing Sensational Here

By KENNETH B. LOURIE



Can I admit to a lack of sensation? It might sound a bit odd, but I don't feel like I have cancer. Furthermore, when I go to a medical facility to have one thing or another done, I never feel as if I'm on a slippery slope, health wise. Naively or not, what I most think and feel about whatever procedure or diagnostic scan I'm having or prescription drug I'm ordering, is that I'm at a certain age, over age 65, where some of the parts don't work as well as they used to, and a tune-up, so to speak, is merely the cost of doing business, if you know what I mean? The older one gets, the more difficulties there are getting from here to there - and everywhere in between; with varying hurdles at almost every step (more so if there's a bend-over involved). For some inexplicable reason, I don't see the cancer issue as the extremely serious and complicated problem that it is. I just see it as another day alive and in semi paradise (especially considering my original two-year prognosis).

And though I joke when referring to being in paradise, compared to the "terminal" diagnosis I was initially given by my oncologist, specifically: "13 months to two years," in late February 2009, it's impossible for me to consider any blip on my health radar now as anything but amazing good fortune that I'm still even blipping. As in I'm still alive being able to experience any blips/symptoms. (The presumption being that one doesn't feel symptoms when they're dead, so my thinking is, if I'm still feeling; then I'm still in the game, and it's a game I very much want to continue to play.) Honestly though, none of it really bothers me, too much.

For a while, back in early 2009 when Team Lourie was trying to assimilate the "terminal" diagnosis I received: (stage IV, non-small cell lung cancer), it was difficult to see a future. Heck, it was difficult to see a present - which by the way, had just been taken away. But my attitude then, as it remains so today, is a kind of blissful ignorance while respecting and adhering to the many medical steps I regularly take. I mean it's serious, of course, very serious. Still, I do my best to compartmentalize the bad and try to live my good life going forward; as if nothing has been taken away.

Thinking back, thirteen years ago, when I was initially diagnosed, seems like an eternity, another lifetime, one might say. Considering I'm now living in year 14 after being told I might not make it to year two, and perhaps you can appreciate how little - and even some big things, don't bother me nearly as much as one might imagine. Having dodged a bullet (a hail of bullets, actually), I don't feel as if I'm on shaky ground. Quite the contrary. I feel like I'm on hallowed ground. I've not been to the mountain top or seen a burning bush, but I have lived a life I had no expectation of living.

I may not be "The Iron Horse" (Lou Gehrig), but I feel very fortunate, nonetheless. Life has gone on. Amazing.

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



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