

12 ARLINGTON CONNECTION & MARCH 23-29, 2022

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March 23-29, 2022



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Cherry blossoms almost at full peak on Monday March 21. Scattered visitors walk around the Tidal Basin and the sunlight filters through the blossoms as dawn turns into a bright spring da

Dr. Whyte's New Book

Released March 8, 2022

TAKE CONTROL OF YOUR DIABETES RISK

JOHN WHYTE, MD

Chief Medical Officer of WebMD

From the Chief Medical Officer at WebMD, the world's largest provider of trusted health information, learn how to reduce your diabetes risk and change your mindset from I hope I don't get diabetes to I can prevent diabetes.

...and this book will show you just how easy it is.





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You Have Diabetes

Three words no one ever wants to hear, yet each year, over a million people in the United States do.

So now what?

Take Control of Your Diabetes Risk shares straightforward information and equips you with strategies to help you on a journey to better health, including:

- Knowing the causes of the different types of diabetes
- Learning the role food, exercise, and sleep play
- Understanding the relationship between diabetes, heart disease, and cancer
- You have the power to reclaim your life after a prediabetes or diabetes diagnosis.

News

Community Board to Improve Transparency, Accountability In Arlington Police

he Arlington County Board appointed members of the Community Oversight Board (COB). The Oversight Board is a public body appointed by the County Board charged with advising the Board on how to improve transparency and accountability in the Arlington County Police Department and to perform delegated functions of the County Board including accepting complaints from community members, reviewing ACPD investigations into police conduct, and engaging with the community to improve the relationship with law enforcement professionals.

The Oversight Board will consist of seven voting members who are residents of the County and reflect our demographic diversity along with two non-voting members with prior law enforcement experience. Among the Oversight Board's first acts of business will be to establish policies and procedures for their operations.

The work of the Oversight Board will be supported by an Independent Policing Auditor, a new position that the County is in the process of recruiting. The hiring announcement for the Independent Policing Auditor was posted by the County last week. View the posting here: https://www.governmentjobs.com/jobs/3457854-0/independent-policing-auditor

At its March 22 recessed Board meeting, the County Board appointed the 7 voting and 2 non-voting members. "My colleagues and I were very impressed with the quality of applicants for our inaugural Community Oversight Board. We are confident that the thoughtful group selected, which brings together a broad range of life and professional experiences, will be leaders in advancing mutual trust and respect between public safety and Arlington residents," said Board Chair Katie Cristol.

The nine members of the Oversight Board were introduced at the County Board recessed meeting on March 22, 2022. A short biography on each member is provided here, including employment information, volunteer work, and their answer to the question 'why do you want to serve on the COB?'

VOTING MEMBERS

Garry Dean (65) – is a retired United States Air Force (USAF) Major General with experience as both a military and civilian pilot. He is also the former Deputy USAF Inspector General. He has also served as a youth sports coach and is on the Board of Advisors for the National Youth Impact Program. Dean also serves on the board of his church. "I think I can provide a balanced oversight approach to ensure the basic rights of citizens are respected and helping to inspire a culture where the high standards and responsibility of law enforcement as public servants enables safer communities with mutual respect between our citizens and law enforcement."

Lisa Ortiz (58) - is a Senior Economist at US Agency for International Development (USAID) where she serves as an agency mentor. She is bilingual in English and Spanish. "I think this is a critical issue. I have never had anything but positive encounters with the police but I know that is not everyone's experience. Even when fully warranted, finding a member of one's family engaged with the justice system can be frightening, especially when you are poor and an immigrant that barely speaks the language. The police and the legal system should not be a frightening experience. Strengthening transparency, increasing communication, and developing a shared vision can help to correct that."

Sasha Ridley (46) – promoted police and military human rights education at the Department of Defense and the Department of State. She also taught Constitutional Law at DC public schools and helped educate kids on their Constitutional rights. "I want to strengthen our community by advocating for fair and effective policing that is consistent with local and state laws and regulations. I love our county and want to promote an accountable police force."

Julie Evans (32) – is a transportation engineer and also volunteers as a Court Appointed Special Advocate (CASA) for children in Arlington and Alexandria. She also has experience promoting adult literacy and women's health and safety. She is bilingual in English and Spanish. "Our community needs to be proactive to ensure all residents feel safe and served by our local law enforcement and I'm eager to understand and help navigate the challenges involved in modern policing."

Martin Ennis-Osorio (22) – is an IT specialist for the US Department of State. He also volunteers for local charities such as Red Cross and Arlington Food Assistance Center (AFAC). He is bilin-SEE COMMUNITY, PAGE 3

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News

Arlington Activists Won't Give up on Campaign Finance Reform MoneyOutVA will ask legislators why good governance laws failed.

By Eden Brown The Connection

irginia's General Assembly killed 20 of the 24 campaign finance reform bills introduced during the 2022 legislative session. The defeated bills include attempts to restrict the personal use of campaign funds, place limits on campaign contributions, improve disclosure from dark money groups, and ban contributions from public utilities.

Awaiting a signature from Gov. Glenn Youngkin are two bills pertaining to disclosure, an oversight bill which strengthens the Department of Elections' ability to monitor and enforce campaign finance regulations, and a resolution extending a study of campaign finance reform in Virginia.

Bills sponsored by Republicans and Democrats in the House and the Senate, including Del. Lee Ware (R-65) and Sen. Richard Stuart (R-28), would have prohibited campaigns from accepting contributions from public utilities. Because members of the General Assembly shape the laws public utilities operate under, contributions from these entities can lead to a perceived conflict of interest. The bill failed to pass out of the House Privileges and Elections committee where 13 of the 24 introduced campaign finance reform bills came to die.

along with Delegates Marcus Simon (D-53) and Mike Cherry (R-66), to prevent candidates for state office from using campaign contributions for personal use. A similar bill unanimously passed the House last year before being defeated in the Senate. This year, the bill passed through the Senate while encountering stiff resistance in the House Privileges and Elections committee along party lines, leaving Virginia one of a handful of states with no law prohibiting the personal use of campaign funds. Bills capping contributions, implemented in 45 other states, continue to be elusive. Four bipartisan bills which would cap contributions from individuals were introduced in this General Assembly, two in the House of Delegates and two in the Senate. The two bills in the Senate would have set limits at \$20,000-25,000 per donor in each election cycle. The caps of these bills are nearly seven times higher than the federal limits of \$2,900 per individual to federal candidates. Introduced by Democratic Senators Chap Petersen (D-34) and Joe Morrissey (D-16), the bills died immediately with similar bills in the House killed during their first hearing.

Of the four campaign finance reform bills that did pass, two relate to campaign finance disclosure. HB 125, sponsored by Del. Glenn Davis (R-84), establishes a fine of up to \$25,000 for sponsors violating campaign advertisement disclosure laws. HB 86, sponsored by Del. Tim Anderson (R-83) directs the Department of Elections to create a searchable online database containing information about campaign finance reports. It is still in play because of delays in finalizing the state budget. Eight other disclosure bills, some of which would have strengthened reporting by dark money groups, died in committee. A bill requiring campaigns to keep certain records that may be subject to review by the Department of Elections passed nearly unanimously. However, it has a delayed implementation date of 2024, allowing legislators to get through the next election cycle without any oversight. Finally, a resolution extending a study of campaign finance reform in Virginia by a joint subcommittee passed without any dissent.

Good governance advocates Heidi Drauschak, Executive Director of VAOurWay and Nancy Morgan, coordinator of the VA Chapter of American Promise, expressed their disappointment that many common sense campaign finance bills never made it out of committee. "Citizens of the Commonwealth should be disappointed. After the most expensive election in Virginia history and, 30 years after the Governor Wilder Ethics Commission report recommended campaign finance reform, 2022 should have been the year for bipartisan wins for reform and good governance laws." They highlighted that the continuation of the work of the Joint Legislative Subcommittee means that comprehensive reform will be implemented in Virginia, just not in 2022.

Several Arlington residents, when asked how they felt about campaign finance reform, said they were not qualified to respond as the issue was not one they follow closely - even though a few weeks before the start of the General Assembly a poll showed an overwhelming 78% of Virginians said they support reducing money from big campaign donors, and 88% of Virginians support public disclosure of contributions. Virginia held its most expensive election in history last year, with a record amount of money -\$7 million — contributed by undisclosed donors. For more information on how to follow campaign finance reform, see www.MoneyOutVa.org, which provides information about which bills passed and which failed. MoneyOutVa is also sponsoring a "Roundtable on the Status of Good Governance Legislation" Wednesday, March 23 at 7 pm, the link to which is also on their website. MoneyOutVa suggests to those who want to hold their legislators accountable, "Find out when your elected officials are organizing a post-legislative town hall; they do this every end of session. Attend and ask them, "Why did the General Legislature kill 20 out of 24 campaign finance bills this year?" Or "What is your position on campaign finance reform in VA?'

Sen. John Bell (D-13) sponsored a bill,

Community Board to Improve Transparency, Accountability in Arlington Police

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gual in English and Spanish. "I am interested in contributing as part of a new generation, and multicultural family, that has been and is heavily impacted in police work in Arlington. I want to positively contribute to my community and a healthy relationship between the police and my community. I am fluent in Spanish and English, basic IT systems, and was raised in heavily policed areas of Arlington."

Anika Montgomery (41) – is a licensed Master Social Worker with extensive experience in mental and behavioral health, as well as working with active-duty military. Her volunteer experience includes AFAC and Hospice Care. "I am interested in serving on the COB because of my commitment to ethical and social oversight. I believe that all individuals in appointed positions should have a checks-and-balance board to ensure that rules and policies are being complied with. This helps strengthen the community's trust with law enforcement and promote engagement."

David Smith (61) – is counsel for Legal Initiatives at the Executive Office for the US Attorneys (DOJ). He is also Co-Chair of the Ministry on Race, Reconciliation, and Equity at St. Mary's Episcopal Church in Arlington. "It is important that police and the community they serve understand, trust, and believe in each other. I see the role of the COB as helping to bring transparency and accountability to the review of citizen complaints and allegations of police misconduct that are currently handled internally by Arlington PD without public input. The COB will help the Arlington PD avoid the self-bias that institutions inevitably have when there is no form of outside accountability."

NON-VOTING MEMBERS

James Miller (39) - USMC veteran with 3 combat tours. 8 years in federal law enforcement with the US Department of State. Senior Security Manager in corporate security. Volunteers with the Arlington Little League. "The res-

idents of Arlington County must have confidence in our public institutions. At the forefront of our confidence, law and order upheld by a trusted police department remain a pillar in our community. I care deeply about our community and want to encourage residents' participation to grow, foster, and adopt new methodologies of police oversight. Time has shown it is necessary to institutionalize coordination and cooperation among police, government officials, and private organizations through new relationships."

Gary Coffee (61) – is currently serving as a security consultant in Washington DC. He retired as an FBI Special Agent and Supervisor after 22 years, with experience in national security and criminal programs, including civil rights and internal investigations. Prior to that, he served 10 years as a police officer. "It's important to give back to the community and based on my experiences in policing this role would provide the other board members and community with ideas based on 32 years of experience."

The Board will begin meeting soon and will start by developing their policies and procedures, as well as attending training both locally and with the National Association of Community Oversight of Law Enforcement (NACOLE) regarding police oversight best practices.

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.

FRIDAY/MARCH 25

Creating a Well-Layered Landscape. 10 – 11:30 a.m. Online.

www.ConnectionNewspapers.com

Many gardeners are looking to bring both beauty and support for wildlife into their garden designs. One important way to do that is through creating a well-layered landscape. Join Extension Master Gardener Elaine Mills to learn some techniques for introducing diverse layers of vegetation in a variety of garden contexts, from reestablishing forest edges and planting around trees to refreshing foundation plantings, creating perennial beds, and rethinking front yard designs. Elaine will share ideas and lessons learned from her own garden and those of several Master Gardener colleagues. Free. RSVP at https://mgnv.org/events/ to receive a link to participate.

THURSDAY/MARCH 31

The Arlington Chamber of Commerce will hold its Tenth Annual Legislative Breakfast on Thursday, March 31 from 8-9:30 a.m. via Zoom. 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 SEE BULLETIN, PAGE G



CHERRY BLOSSOM



Cherry blossoms almost at full peak on Monday, March 21. Scattered visitors walk around the Tidal Basin and the sunlight filters through the blossoms as dawn turns into a bright spring day.

Cherry Blossom Celebration Showcases Blooms in Full Display

BY SHIRLEY RUHE Arlington Connection

at McGeehan got a jump start on the cherry blossom crowd on Monday at 7:30 a.m. when she drove to the Tidal Basin with a friend. She said they drove around the Tidal Basin and back and found a parking place pretty easily. Arlington resident McGeehan added that when they left at 9 a.m. there were several parking spaces still available. She said she always goes early. "It's just easier." And she adds, "the trucks aren't out yet selling everything with cherry blossoms."

McGeehan says today in addition to the locals and tourists there were the usual women in their wedding dresses in full regalia. "There was a woman who was a Georgetown law graduate in her academic gown. Someone with four kids was taking a family portrait and I saw what seemed to be the American University girls soccer team."

McGeehan says over the years she has seen it all-people in Japanese ceremonial garb and Latin American fifteen-year-old girls celebrating their quinceanera. It seems whatever you have to celebrate, you can do it at the cherry blossom festival.

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McGeehan says there was a large group who had set up tables and were having breakfast with juice and donuts. "When they cleared out, it wasn't too crowded." There were some dog walkers and scooters and runners but who could think they could actually run through the crowd around the Tidal Basin?

McGeehan has been coming to the Cherry Blossom festival for decades and went during COVID, too. She remembers coming with her husband and four sons who are now in their 40s and 50s. "And my teenage grandchildren come now, too."

The opening ceremony for the 2022 National Cherry Blossom Festival was held on Sunday, March 20, the first day of spring. The festivities will be hosted from March 20-April 17 as a sign of friendship between Japan and the United States dating back to 1912 with the gift of cherry trees from Tokyo to Washington, D.C. The festival will feature four weeks of activities including traditional and contemporary arts and culture ---art bloom and petal palooza, a number of musical presentations, Japanese stone lantern lighting, festival walks and run, the traditional kite flying day and the National Cherry Blossom Festival parade down Constitution.





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News



Get your bounce on! We'll have three fun inflatables for kids of all ages to get their wiggles out.



Food trucks will be onsite.

Arlington Park Featured for National Cherry Blossom Festival's 2022 Blossom Kite Festival

irginia Highlands Park is a featured park for the National Cherry Blossom Festival's 2022 Blossom Kite Festival. As a featured park, Virginia Highlands will offer high-flying fun for the whole family. Check out the list of activities on the Things To Do page. https:// www.arlingtonva.us/Government/ Departments/Parks-Recreation/ Cherry-Blossom-Kite-Festival/ Things-to-Do

This event is free and open to the public and is suitable for all ages.

✤ Food/Drink: Food trucks will be on site serving us tasty eats. Attendees are also welcome to bring food and have a picnic in the park.

✤ Kites: The first 100 attendees will receive a kite kit. Attendees

irginia Highlands Park is are also welcome to bring and fly a featured park for the their own kites.

Dogs are welcome: Attendees may bring dogs to the event. Dogs must be under control and leashed at all times.

 Rain Date: In case of heavy rain/thunderstorms, the event will be postponed to Sun., March 27, 10 a.m.-1 p.m.
 Xita Kita and Decorating: The

✤ Kite Kits and Decorating: The first 100 attendees will receive a free kite kit to decorate, fly and take home.

✤ Food Trucks: Local food trucks serving up delicious eats will be set up along S Joyce St facing the baseball fields for a seriously delicious lunchtime. Including: BBQ At Its Best, The Big Cheese, El Encanto Latino, Kona Ice of Annandale and Burke



Art activities include making 3-D cherry blossom trees, and origami

♦ Using decorative paper and paper bags, we will create 3-D cherry blossom trees. For ages 5+.

✤ Origami. Study Japanese in Arlington will host an origami

activity open to young learners, children 3 to 12, interested in learning origami paper folding, an art form and one of the oldest parts of Japanese culture. Easy-tofollow instructions create simple yet adorable models anyone can enjoy. Instructors are trained and certified under the Taro's Origami Studio Artist Basic Certification Course.

Access for All Everyone, Everywhere, Every Day. Arlington County can provide reasonable modifications for people with disabilities upon request. Advance notice is welcome. Call 703-228-4740.

El Condado de Arlington puede proveer acomodaciones razonables conforme la Ley de Personas con Incapacidades (ADA). Comuníquese con nosotros con anticipación llamando al 703-228-4740 TTY 711.

Questions? Email Laura Barragan or call 703-228-3329

Paintball and Pellet Attacks from Vehicles

rlington County Police Department is investigating four reports of paintballs and pellets being discharged from vehicles at community members in the last week. Similar incidents have been reported in other states and appear to stem from challenges originated on social media. While the motivation behind the Arlington incidents is unknown at this time, the Arlington County Police Department takes these incidents seriously and continues to actively investigate to identify those responsible.

Reported Incidents

ASSAULT & BATTERY, S. Eads Street at 12th Street S. At approximately 6 p.m. on March 16, police were dispatched to the report of disorderly conduct. Upon arrival, it was determined the victim was walking in the area when the suspect vehicle approached and discharged a pellet gun, striking the victim. The suspect vehicle is described as a maroon SUV. ASSAULT & BATTERY, 1400 block of S. Eads Street/15th Street S. at S. Eads. At approximately 7:24 p.m. on March 18, police were dispatched to the report of an assault. Upon arrival, it was determined the two victims were walking in the area when the suspect vehicle approached and the passenger discharged a paintball gun striking the victims, a parked vehicle and the door to a business. At approximately 9:10 p.m., police were dispatched to the report of an assault and determined two additional victims were walking in the area when they were struck by the suspect discharging a paintball gun from the vehicle. The suspect vehicle is described as a silver, older model four door sedan.

MALICIOUS WOUNDING, Washington Boulevard at N. Highland Street. At approximately 4:54 p.m. on March 21, police were dispatched to the report of a person with a gun. Upon arrival, it was determined the victim was walking in the area when he was struck by pellets discharged from a vehicle. The suspect vehicle is described as a gray or light blue small SUV.

Report Information and Incidents to Police for Investigation

These remain active criminal investigations. Anyone with information related to these incidents is asked to contact the Police Department's Tip Line at 703-228-4180 or ACPDTipline@arlingtonva.us or anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).

OPINION

Budget Remains in Limbo

By Sen. Adam P. Ebbin

he General Assembly adjourned Sine Die on Saturday, March 12, 2022 after 60 contentious but rewarding days with a number of legislative decisions and the conflicting House and Senate biennial budget proposals still unresolved. The central cause of this delay was the somewhat unearned but unabated inertia of the recent campaign cycle. Governor Youngkin, who won by a margin of only 63,000 votes, one of the narrowest in Virginia's history, and a House majority that won their seats by a total of less than 500 votes in two districts, entered the session claiming a "mandate" from the voters on their agenda. While the Senate budget prioritizes investing our historic surplus in valuable services, infrastructure, and people while also providing tax relief, the House version is singularly focused

on reducing ongoing revenue to these programs for short term tax reductions. This view has moved us away from compromise and towards the partisan disputes which so often lead to roadblocks.

Things are in limbo – however I expect our experienced budget conferees to soon strike a deal, at which point we will be called back for a special session to take up unresolved legislation and pass a final compromise budget. In the meantime, despite much still to be resolved, there are successes to report.

Some of these include the banning of negative dark money ads in political campaigns, an expansion of state funding for free and reduced fare transit programs, and banning abusive juvenile detention "boot camps." This session we also passed legislation to extend the popular "cocktails to go"

Virginia Tech Corps of Cadets, the

Virginia Military Institute, and

the Virginia Women's Institute

for Leadership at Mary Baldwin

of these representatives at their

virtual resource tables. Informa-

University. There will also be time

to speak in more detail with many

tion on the nomination process for

the service academies is available

on the Senator's website at www.

academy_noms@warner.senate.

COUNTY TO RECEIVE FEDERAL

HEALTH MOBILE CRISIS CARE

Arlington County is set to receive fed-

eral funding for behavioral health

mobile crisis care in the amount of

\$390,000. This is one of 10 proj-

ects Rep. Don Beyer (D-VA) was

able to secure funding for a total

amount of \$5.4 million across Vir-

ginia's 8th District, which includes

crisis care is part of an extensive

ent how it responds to 9-1-1 be-

will help with the purchase of

equipment, including vehicles

assessment by the County to reori-

havioral health calls. The \$390,000

and parts of Fairfax County.

The request for funding of mobile

Alexandria Falls Church

gov with any questions.

FUNDING FOR MENTAL

warner.senate.gov. You may email

program, train law enforcement officers and hotel industry workers to recognize and support victims of human trafficking,

enhance criminal penalties for persons with power of attorney to financially abuse the elderly in their care, remove sales tax from drugs prescribed by veterinarians, and create penalties and enforcement for the use of loud, altered exhaust systems on vehicles. Importantly, we passed comprehensive legisla-

tion to begin much needed reforms to the Virginia Employment Commission. Several key priorities still remain in "conference committees" where the sticking points between House and Senate positions will need to be hashed out before we return for the Special Session. These include legislation I oppose to create an

incentive package for the Wash-

ington Commanders to locate their next stadium in Virginia, which unfortunately I believe will pass. Still up for debate are proposals to create "lab schools" which are public schools administered by public universities, increase rates of reparations for those wrongfully incarcerated, and to expand the membership of our Board of Elections.

For my part, I was glad to get twelve bills to the Governor's desk. While their fate remains unclear until his signature is inscribed on them, I believe each represents strong and needed public policy and merits his approval, even in this hyperpartisan environment.

It is my continued honor to serve the 30th District.

P.S. If you are a member of a civic group or organization and would like me to provide a post-session legislative update in the late spring or early summer, please email my office at district30@senate.virginia.gov.

and Family of Northern Virginia

Deltas Educational Scholarships.

Scholarships will be awarded to

graduating seniors who are plan-

education at either an accredited

two-year or four-year college or

university. Also, scholarships will

be awarded to support graduating

seniors pursuing an education in a

career field for: health care, teach-

ing, behavioral health or health

and human science, behavioral

sciences, and science, technolo-

gy, engineering or mathematics

(STEM). Applicants of the North-

ern Virginia area are encouraged

to submit a completed application

Applications with complete details

about the criteria and requirements

for these scholarships are available

SEE BULLETIN, PAGE 8

via www.nvdecs.org/education-

al-scholarships

by Thursday, March 31, 2022.

ning on pursuing a post-secondary

BULLETIN BOARD

From Page 3

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. 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

FRIDAY/APRIL 1

Tips, Tricks, and Tools: Advice from Extension Master Gardeners. 10 -11:30 a.m. Online. Ever wonder what Extension Master Gardeners (EMGs) know that you don't? In this talk, you'll learn some of what EMGs have learned either through training or hard experience. Expect a mix of affirmation of tried and true techniques, myth busting, and ideas worth exploring. EMG Alyssa Ford Morel has gathered helpful tidbits from her colleagues with the Master Gardeners of Northern Virginia and compiled them in this light-hearted celebration of getting things done in the garden. Free. RSVP at https://mgnv.org/events/ to receive a link to participate.

SATURDAY/APRIL 23

- Sen. Mark Warner will host his annual Academy Day on Saturday, April 23. from 10 a.m. to 12:30 p.m. This is a virtual event that will be hosted on Accelevents.
- The event will offer students, their parents or guardians, and school counselors a comprehensive overview of the United States service academies and their admission processes.
- ♦ Arlington Connection ♦ March 23-29, 2022 6

- outfitted for the purpose of per-Attendees will have the opportunity to forming mobile behavioral health join breakout sessions with representatives from the United States crisis response. The vehicles will house a computer aided dispatch service academies for presentations and an interactive question and system and allow for connectivity answer period. On the main stage, to Arlington County's 9-1-1 Call Center should additional emergency you will hear from representatives from the Virginia congressional response be needed. Two other projects were also eardelegation about the application procedures for congressional nommarked, including \$800,000 for inations to the academies as well as speakers from the Department of Defense Medical Examination Review Board, the University of Virginia ROTC programs, the
 - spending bill, which passed on a broad bipartisan vote in the House and Senate and signed into law by the President on Tuesday, March 15.

NVDECS SCHOLARSHIPS The Northern Virginia Delta Education and Community Service (NVDECS) Foundation is accepting appli-

Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name. Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors. Send letters

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By mail to: Letters to the Editor The Connection 1606 King St., Alexandria VA 22314

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Glencarlyn Park Pedestrian Bridge Replacement Project and \$325,000 for the Bluemont Junction Trail. These projects are earmarked as part of the appropriations in the Omnibus

cations for seven 2022 Friends



News



Friends of the W&OD Trail and Arlington volunteers helped clean up the trail in Shirlington this past weekend.



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CALENDAR

THURSDAY/MARCH 24

From Lee Highway to Langston Blvd discussion. 5-6 p.m. At Gilliam Place, 918 S. Lincoln Street, Arlington. Local author, Nadia Conyers and her daughter Arrington will read their book, From Lee Highway to Langston Blvd. The children's book describes the historical name change. Nadia is giving out and signing free copies of the book for APAH residents at the events.

FRIDAY/MARCH 25

Culpepper Gardens Opens Daffodil Gardens. 11 a.m. At Culpepper Gardens, 4435 North Pershing Drive, Arlington. Arlington's retirement community for low-income seniors will welcome Congressman Don Beyer (VA-8) and Virginia State Senator Barbara Favola (SD-31) for the spring opening ceremony of its garden of 33,000 daffodils. Rep. Beyer and State Sen. Favola will deliver remarks before the cutting the ribbon to officially open the garden for the season. Also part of the opening, Police Chief Andy Penn will join representatives from the county sheriff, fire, and EMS departments to christen the garden's newest feature — the Arlington County First Responders Bench - which will stand as a testament to the brave first responders who have been at the frontline of the fight against COVID-19.

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-belledanse-march-25-2022/

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.

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. Sat-urday, 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.

SATURDAY/MARCH 26

Comedy Karaoke Trivia Funtime Show. 7 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. The Capital City Showcase, the variety show that features the DMV's best performing artists and hosted by Christian Hunt, returns with its new one-of-a-kind blend of entertainment: The Comedy Karaoke Trivia Funtime Show. Put a team together and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle.

MARCH 26-APRIL 10

- TAP/LTA Night of One Acts. At Thomas Jefferson Community Theatre, 125 S. Old Glebe Road, Arlington. The Arlington Players has partnered with the Little Theatre of Alexandria to bring a premier of three one-act plays to the Northern Virginia theater scene. These three shows were selected from more than 100 global entries to LTA's annual one act competition, and tackle a variety of current issues in unique and thoughtful ways.
- Guinea Pig Apocalypse follows the story of two parents dealing with a bizarre incident with their son's class guinea pig, which leads into an apocalyptic disaster.
- "The show is on the absurd side," commented Juli Tarabek Blacker, director of the show. "But the message buried in all of the madcap is a good one, and one that is becoming more and more needed as the years go on."
- Wild Horses brings three campers to the stage who struggle to survive the elements and each other at the height of the Black Lives Matter movement.
- "The show hits on an important topic to me: making outdoor recreation feel accessible to all," said director Farrell Tapscott. "My hope is the play will spark conversation over this topic, because awareness and conversation are the spark of progress!"
- Across a Crowded Room follows two individuals meeting for the first time at a party at a suburban home as they peer into their future "together".
- Performances are set for Fridays and Saturdays at 8 p.m.; Sunday matinees begin at 3 p.m. Visit http:// thearlingtonplayers.org/seasons/71st-season/night-of-one-acts/.

SATURDAY/APRIL 2

Colonial Games at the Ball-Sellers House. 1-4 p.m. At Ball-Sellers House, 5620 3rd St., South, Arlington. The Ball-Sellers House opens its season on Saturday, April 2 with a Colonial Games Festival. Children of every age can play some of the games that the five daughters who lived here from 1742-1766 played. Join us for Ninepins, Jacks, Corn Cob Darts, Graces, pancake races and more. They'll have colonial era sweet treats and beverages. Visit the website: arlingtonhistoricalsociety.org

Bulletin Board

FROM PAGE 6 CALLING ALL COMMUNITY ADVOCATES FOR NEIGH-BORHOOD COLLEGE

- Learn how to become a neighborhood advocate and create positive change in your community through Arlington County's free Neighborhood College program. The application period for the Spring 2022 Session is now open. It closes on April 1, 2022. The program is geared to-
- ward Arlingtonians who

want to become more involved in neighborhood and County-wide issues. Participants will learn about many aspects of Arlington County government and practice core communication and influencing skills, key to civic engagement and leadership.

- Class sessions will be virtual and held on Tuesdays, April 19 – June 7, from 6:30 – 9:30 p.m. They will feature conversations with County Board members, County staff, local nonprofit leaders, and
- more. Applications are due Friday, April

1. Applicants must be at least 18 years old, live in or own and operate a business in Arlington, and be willing to devote time and energy to improving their communities.

MASKS OPTIONAL IN COUNTY FACILITIES

Effective Thursday, March 3, 2022, Arlington County will no longer require masks for the public and most employees while inside County government

See Bulletin, Page 10

Spring

Enjoy Spring Break Activities at Virginia State Parks

pring break is the perfect time to take the family outdoors to experience nature.

"You can see the trees starting to bud and flowers in bloom while taking a scenic hike at any Virginia State Park location," Virginia State Parks Director Dr. Melissa Baker said. "Camping locations offer a nighttime glance of the park and its surrounding wildlife. Sleeping under the stars is a unique way to connect with nature."

Springtime park visits allow for more outdoor activities such as hiking, biking, kayaking and bird watching to help shake off those wintertime blues.

"Camping in spring is great because it's not too hot and you can't beat the chorus of frogs and toads at night," said Rebecca Whalen, Chief Ranger of Visitor Experience at Pocahontas State Park. "Fishing is super popular and so is bird watching. We are also excited for the ranger-guided programs as we're ready for warmer weather so we can show our visitors everything the park and nature have to offer."

All 41 Virginia State Parks offer self-guided explorations including backpacks with field guides and binoculars, GPS units to rent for geocaching, self-guided trails, scavenger hunts and other activities.

Many Virginia public libraries have nature backpacks available to check out. In addition to handy tools to investigate the natural



Springtime at York River State Park.

world, the backpacks include a parking pass for free entrance to a state park.

"I see lots of families using the backpacks during their visits. The packs have field guides, observation jars and free passes to the parks. It provides the opportunity for a lot of family-led activities that help build confidence and connectedness," Whalen said. Virginia State Parks are managed by the Virginia Department of Conservation and Recreation. For more information about Virginia State Parks' activities and amenities or to reserve one of the more than 1,800 campsites or 300 climate-controlled cabins, call the Virginia State Parks Reservation Center at 800-933-PARK or visit www.virginia state parks.gov. Find a State Park

https://www.dcr.virginia.gov/stateparks/find-a-park

In Fairfax County: MASON NECK STATE PARK

MASON NECK STATE PARK Elizabeth Hartwell Mason Neck National Wildlife Refuge 7301 High Point Rd, Lorton, VA 22079

+1 703-339-2385 https://www.dcr.virginia.gov/state-parks/ mason-neck

Not Too Far: Leesylvania state park

LEESYLVANIA STATE PARK Details from Google Maps 2001 Daniel K Ludwig Dr, Woodbridge, VA 22191 +1 703-730-8205

SKY MEADOWS STATE PARK

11012 Edmonds Ln, Delaplane, VA 20144 +1 540-592-3556

SHENANDOAH RIVER STATE PARK 350 Daughter of Stars Dr, Bentonville, VA 22610 +1 540-622-6840

CALEDON STATE PARK 11617 Caledon Rd, King George, VA 22485

+1 540-663-3861

Special Connections Calendar 2022 Advertising Deadlines are the previous Thursdays unless noted.

MARCH

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4/13/2022	
4/20/2022	A+ Camps & Schools
4/27/2022	Senior Living

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CONNECTION Gazette Placket Mount Demon Gazette Potomac

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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 # 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 dietician Kristen Mc-Gill, 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, www.ConnectionNewspapers.com

- 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 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.
- Just beneath the surface and behind the scenes of famous artists techniques, Friday, Mar. 25, 10 a.m. Registration #913302-01. Presented by Jim Halloran, community arts programmer.
- Memory-What's Normal Anyway? Dr. Christina Prather, George Washington University for Brain Health and Dementia will discuss how to identify normal aging memory changes and when there might be a problem, Monday, Mar. 28, 6 p.m., Lubber Run 55+ Center, registration # 913500-03 or virtual, 6 p.m. Registration # 913500-04.
- The Aurora Hills Book Club will discuss "The Professor and the Mad Man" by Simon Winchester, Monday, Mar. 28, 11:30 a.m. Drop in.
- 55+ Ice Skating, MedStar Capitals Iceplex, Ballston Common Mall, roof level 8, parking, \$l; skates, \$1, Mondays, 8:10 a.m. to 9:10 a.m. Drop in.
- Chess players of all levels meet Mondays, 9:30 a.m. – 2:30 p.m., Madison Community Center. Meet Chess Master Macon Shibut and hear a discussion on strategies and famous moves. Drop in.
- 55+ Bike Club will cycle through Rosslyn and follow an Arlington loop, Tuesday, Mar. 29, 11 a.m. Registration # 913206-04.
- Volleyball games, both beginners and experienced welcome, Tuesdays, 3-6 p.m., Langston-Brown 55+ Center and Thursdays, Lubber Run 55+ Center, 2-4 p.m. Both are drop in.
- Trip to Smithsonian National Air & Space Museum, Steven F. Udvar-Hazy Center, Chantilly, Wednesday, Mar. 30. Cost \$11. Leave from Madison Community Center, 12:40 p.m., Barcroft Sports & Fitness, 1 p.m. Registration # 902203-05.
- Understanding dementia, presentation by Kay Yong, Insight Memory Care Center, Wednesday, Mar. 30, 1 p.m., Langston-Brown 55+ Center. Registration # 913500-05.
- How to recognize and avoid fraud, Wednesday, Mar. 30, 1 p.m., Aurora Hills 55+ Center. Presented by officers from the Arlington County Police Department. Registration # 913400-03.



CALL 703-549-0004 FOR ADVERTISING INFORMATION



Cause for Concern?



By KENNETH B. LOURIE

If you've read any of my columns, you might be able to guess the answer. In my mind, it's not so much cause for concern as it is a topic for conversation. The topic being the side effects of cancer medicine/ treatment. I remember hearing/reading that as it relates to cancer patients, sometimes the side effects of the medicine so severe/ so debilitating that the patient must stop the treatment (which I never have). And in stopping what's managing - so to speak, the tumors, the tumors start growing and the cancer starts spreading and then shortening your life. In the past when I've asked my oncologist what would happen to my stable tumors if I were to stop treatment, he unequivocally stated: "I know what will happen. The tumors will grow." And as you might imagine, tumors growing has been my greatest fear.

Per my last series of diagnostic scans in late Dec. and early March, tumors are stable, and life goes on. I had been anxious about these scans because previously we had reduced the dosage of my thyroid cancer medicine down to 10 mg from the initial 24 mg. We had to do this because the side effects from the medicine was adversely affecting my ability to perform my activities of daily living. Walking upstairs or even a modest incline would take my breath away; as would bending over or even standing over the commode. However, this original maximum dose was keeping the tumors stable. Why risk that just so I can breathe easier?

In talking with my oncologist over the years, I've learned – and experienced, that cancer medicine is constantly adjusted and changed your body reacts negatively. The goal, according to my oncologist is to try and find that "sweet spot" as I call it. That's the spot where the minimum amount of medicine tolerated by the patient is doing the maximum good, and of course, when the side effects are the least impactful. Which is where I've been for the past six months or so: reduced dose, less side effects, while still having "stable" results on my quarterly scans.

Recently however, my breathing has become more labored, even while performing less arduous tasks. My wife, Dina, asked me today, after she saw me pull over in the house and sit down to catch my breath, if I thought I should contact my oncologist and tell him of my recent difficulties because it's new-ish and any new symptoms need to be reported to the doctor.

But lowering my dose yet again really scares me. At some point/dosage, the medicine stops being effective. And I'm not sure if one can experiment with a lower dose and if there are complications/disappointments, simply revert to the higher dose and return to the previous abnormal? My oncologist has also said that he can try to keep me from going down, but once down, he can't likely bring me back up. Ergo, my dilemma.

Obviously, it's prudent to keep the oncologist in my loop; he does kind of have my life in the speaker of his stethoscope and should be apprised of all changes in my health. Nevertheless, a reduction in my medicine could be a turning point in the wrong direction, and one quite frankly from which I might never recover.

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