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A small shopper at the Linda Vista Farm stall just inside the market is inspecting the spring onions, and sorrel looking in vain for a pepper. Pots of flowers intermingle with silver-edged thyme, cilantro, tarragon, chives and lemon grass at the Cherrydale Farmers Market.

Cherrydale Farmers Market

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

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NEWS



Be a Part of Mother's Day Photo Gallery

As usual every year at this time, The Connection calls for submissions to our Mother's Day photo gallery. Mother's Day is Sunday, May 8. This year we will continue to publish submissions through the May 18th edition. Photo submissions are due by Monday, May 16, but now is the right time to submit your photos.

Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate

date, describe what is happening in the photo and include your name, address, email address and phone number. We will not print your full address or contact information.

You can upload photos and information directly using the form at <http://www.connectionnewspapers.com/mothersday/> or email to editors@connectionnewspapers.com.

This is also a fine time for submissions for our annual Father's Day galleries. Submit them online [HERE http://www.connectionnewspapers.com/fathersday/](http://www.connectionnewspapers.com/fathersday/)

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.

or a sunny window ledge, you can experience the pleasure of growing your own natural dye garden with a variety of plants. Free. RSVP at <https://mgnv.org/events/> to receive a link to participate.

NOW THRU NOV. 17

The Ballston Farmer's Market returns to Welburn Square near the Ballston Metro stop. 3 - 7 p.m. Visit the Mega Markets on the first Thursday of each month with live music, local vendors, and the return of the beer and wine garden. The market offers conventional and certified organic fruits and vegetables, grass-fed meats and pastured eggs, organic milk, yogurt, ice cream, sweet and savory baked goods, Virginia-made wines, cold-pressed juices, handmade soaps and lotions, wood-fired pizza, hot-pressed sandwiches, and more.

FRIDAY/MAY 6

The Dye Garden. 10-11:30 a.m. Online. Curious about growing your own plants for natural dyes? Join Extension Master Gardener Nicole McGrew to learn which flowers produce which colors, the seasonality of a dye garden, and the best manner to grow and store your botanical dyes. Whether you have a small, raised bed, space in a community garden

SATURDAY/MAY 7

Taking Action for Trees. 10 a.m. to 12:30 p.m. At Arlington Mill Community Center, Arlington. Co-hosted with the Northern Virginia Conservation Trust and the Virginia Cooperative Extension Service, the meeting will build on stakeholders' recommendations from 2020 and 2021 public meetings to prioritize options that call for public and private sector actions to ensure a healthy, vibrant, sustainable, and equitable urban forest. The meeting will bring together diverse individuals and organizations who recognize the important health, environmental, economic, and social benefits of trees. The County and private parties need to commit to aggressive action to preserve the urban tree canopy both individually and together.

SATURDAY/MAY 7

Sixth Annual Women's Conference

SEE BULLETIN, PAGE 7

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NEWS

Plant a Sunflower for Ukraine

BY SHIRLEY RUHE
ARLINGTON CONNECTION

The upbeat sound of Ukrainian folk music bounces through the air at Harrison Shopping Center on Saturday, April 30. Michael Zuiker who owns Wild Birds Unlimited, is having a fundraiser for DakhaBrakha Ukrainian band. He has set up a big screen tv outside the store where concerts are playing for customers and passersby.

Zuiker says he is madly addicted to this band and went to see them in concert in New Jersey a month ago. "I had tickets in New York, Boston and Chicago last year but they couldn't perform due to Covid." Zuiker says if you watch their YouTube concerts back for a number of years you will see people happy and laughing and having a good time. But now with the war in Ukraine they have retooled what they do. "They are not happy songs."

"I can't understand a word of what they say but I like their performances and their voices." He

says he was so inspired that he took up the accordion. "I have been taking accordion lessons on Zoom for 8 months. It was hard in the beginning but now I'm liking it."

Zuiker says, "I feel so bad for the people. Things are terrible over there in Ukraine. The band brings me so much joy every day, and they are stuck and can't get out to do concerts." So he started to send them a little money that he sends directly to the manager of the band so they could send it home to their families in Ukraine. So far in the last year he has raised \$5,000. He said the band just started as college kids playing in little churches and halls but 15 years later they play all over the U.S. He thinks they are better than the Beatles.

Saturday Zuiker decided to sponsor a sunflower fundraiser for the band since Ukraine produces 25 percent of the sunflower seeds in the world. He had small packets of sunflower seeds for kids to plant in the strip bordering the sidewalk outside his store. "These are the mammoth seeds that grow ten feet

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Michael Zuiker sponsors Plant a Sunflower Day to support the Ukrainian band DakhaBrakha.

tall." Last year he planted sunflowers and by July his strip of dirt had transformed into a miniature sun-

flower field.

Today for a \$10 donation you received a medium-sized pot, a small

bag of potting soil and a small bag of black sunflower seeds to plant at home.



In exchange for her donation, Cynthia Wilcox receives a blue pot, potting soil and sunflower seeds at the Wild Birds Unlimited fundraiser Saturday, April 30.

Food Scraps Collection at Twenty Percent Participation

What's not to like about saving landfill waste and getting free compost?

BY EDEN BROWN
THE CONNECTION

So far, so good. The Arlington County food scraps composting program is "working." Those who take the time to put food scraps in their green bins are making a difference in how much waste goes to landfill. Residents are able to reap another benefit: rich compost, the finished product, available at the Arlington Trades Center. It's free and the garden loves it.

But are enough people doing it to make a difference?

According to Erik Grabowsky, Division Chief, Department of Solid Waste, Arlington County, "Our January waste audit indicated that approximately 20% of food scraps by weight was being diverted to the new food scraps collection program. We are optimistic that this number will continue to improve."

That would mean if Arlington County sends about 3,000 to 6,000 tons of food waste to the landfill every year, between 600 and 1200 tons of food waste are being recycled into natural fertilizer.

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The food scraps are turned into compost available at the Trades Center in South Arlington.

"I Feel very good about not throwing any food waste into the trash can or disposal. I had always wanted to do composting but felt our yard was too small to have a compost bin."

— Jamie Usrey, Arlington resident

The material collected is taken to the Freestate Farms composting facility in Prince William County. "We bring some of the finished material back to the County for use by the residents," said Grabowsky. Food scraps compost material, a nutrient rich fertilizer, is currently available to residents at the Arlington

PHOTOS BY EDEN BROWN/THE CONNECTION



Arlington continues its leaf and wood mulch program, which is distinct from the compost program.

ton Trades Center, 2700 S. Taylor St.

Grabowsky said overall the composting facility is happy with the cleanliness of the material being delivered. Food-soiled paper is accepted in the program and a greasy pizza box is acceptable in this program, but not in the blue bin. Residents have followed

guidance not to put dog poop in the green bin.

According to Grabowsky, the county did a recent survey of the community to determine the participation numbers, the results of which have just been received. The survey was delivered to roughly 26,000 email addresses of people who have signed up for the listserve requesting information related to county solid waste collection programs. Roughly 13,000 people opened the email and 1,443 took the survey. The results from the three questions show that of those who responded, 78.8 percent were participating in the food scraps program. A quick review of the data indicates participation appears to be highest in the area of the Thursday trash pick-up, roughly, Rosslyn and Clarendon, and is almost as good in the 22207 and 22205 zip codes. It was lowest in the zip codes 22202-22206.

One Arlington resident waxed enthusiastically about the program. Jamie Usrey said, "I feel very good about not throwing any food waste into the trash can or the disposal. I had always wanted to do composting but felt our yard was too small to have a compost bin and I thought it would attract animals. I am so glad the county started the program of passing out compostable ins along with compostable bags to get started," Usrey said. "It is a good idea to put a bungee cord over the yard waste bin when you have

It's April: What's Growing?

BY SHIRLEY RUHE
THE CONNECTION

The soccer field across the way is humming, and a few shoppers have braved the chilly weather early at the Cherrydale Farmer's Market located at Dorothy Hamm Middle School on April 30. Arlington sponsors nine farmer's markets this year around the county. They are held on different days of the week with site specific hours. Check the website for more information. The Cherrydale Farmer's Market is held on Saturday from 8 a.m.-noon, and offers five new vendors this year in addition to last year's favorites.



Sharrah Orchards in Pennsylvania offers a wide selection of apples including bins of your choice, dried apple chips, honey crisp applesauce and fresh cider. This week's cider is a combination of 10 percent honey crisp, a 10 percent fuji, 30 percent others with the split a 50-50 mix of sweet and tart.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Megan Piferi serves a dark roast cup of coffee made with beans from their three-pound home roaster. "Oh for sure, when people come to the market, they want a cup of coffee." The Inner Loop Coffee Roasters are new to the market this year. "We started our coffee business in July 2020. My husband's parents were Italian immigrants. It's part of his heritage. He's been serving coffee after dinner since he was ten-years-old."



Cocoi's Sweets and Pastries, a new stall this year, offers a taste of the Philippines with a four pack of Philippine donuts for \$25. Try a ube brioche with homemade ube halaya cream and a ube glaze or the intensely purple donut made with a sweet potato or the salted egg yolk cream filled donut.



A small shopper at the Linda Vista Farm stall just inside the market is inspecting the spring onions, and sorrel looking in vain for a pepper. Pots of flowers intermingle with silver-edged thyme, cilantro, tarragon, chives and lemon grass.



Baguette Republic has added small red velvet and vanilla bundt cakes to its selection of scones, breads, croissants and focaccia. "The red pepper and kalamata olive focaccia and blueberry scones have been flying off the shelf this morning."



Ana's Twist has added mushroom, lentil and buckwheat empanadas to her regular ground beef, chicken, vegetarian, spinach and feta, with a gluten-free choice. She also offers freshly squeezed exotic juices, tamales and unusual fruit sorbets.

The Arlington Connection

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DOGGIE DAY SPA



Swag being offered as part of the Doggie Day Spa included purple bows, frisbees, kerchiefs, and poop bag holders.



Two poodles "wolfing" down puppuccinos. Puppuccinos are essentially ReadyWhip sprayed into a dixie cup. The dogs went wild over them.



Maurice, the miniature poodle, and his human, Lillian, loved their day out visiting friends in Rosslyn, particularly the puppuccino.

Doggies Days Out in Rosslyn

BY EDEN BROWN
ARLINGTON CONNECTION

The Rosslyn Business Improvement District (BID)'s "Doggie Day Spa" event last Saturday was fun for all, but especially the four-legged attendees, who were treated like VIPs and loved meeting new friends. From purple swag to puppuccinos — hand fed to them of course — the dogs and other visitors came away with an image of Rosslyn as dog friendly, social, and walkable. Staff members enthusiastically greeted dogs and owners, offering to tie on bandanas or provide poop bags. BID staff said the event was part of their job to make Rosslyn great for those who live, work and play in the neighborhood. The Rosslyn BID coordinates and sponsors more than 100 events every year

for Rosslyn's 25,000 employees, 15,000 residents and 1.2 million visitors a year. They are the folks who bring us the award-winning Rosslyn Cinema movie nights in Gateway Park and the much-loved Rosslyn Jazz Fest.

Allison Doherty said BID holds events like the Doggie Day Spa to let people know about other fun BID events coming up. On Thursday, May 5, they are sponsoring a Freedom Concert and Rededication of the Netherlands Carillon. On Saturday, May 7, there is a fitness workout in Gateway Park by Anytime Fitness, and a Flower Market. And the famous Boot Camp with Coach Vic returns on May 9th.

For more information on these and other upcoming events, see:

<https://www.rosslynva.org/events>

PHOTOS BY EDEN BROWN
THE CONNECTION

Allison Doherty and Isabella Catala holding Strawberry and Juno, two Arlington poodles who came to the event. Behind the cart, BID Ambassadors Eddie Ruano and Gerson Trejo.



No Kid Hungry Grants \$839,552 for Child Nutrition

No Kid Hungry recently distributed \$839,552 in grants to help 33 Virginia school districts and community organizations enhance child nutrition and emergency food programs during the school year and summer months. Since March 2020, the non-profit has invested more than \$5 million to ensure Virginia's children stay nourished and ready to learn.

Food insecurity remains a pressing issue in the commonwealth.

According to No Kid Hungry, one in eight children in Virginia may face hunger this year, in the wake of the coronavirus pandemic, millions of kids could face hunger this year. No Kid Hungry is working to end childhood hunger by helping launch and improve programs that give all kids the healthy food they need to thrive. This is a problem

we know how to solve. No Kid Hungry is a campaign of Share Our Strength, an organization committed to ending hunger and poverty.

School districts and community organizations play an essential role in ensuring kids have access to the nutritious meals they need to learn and grow. However, right now they face both logistical challenges and added costs, making it more difficult to provide meals for the kids who need them.

Currently, 92% of school districts nationwide cite trouble sourcing the food they need due to ongoing supply chain disruptions and nearly 75% report staffing challenges.

The latest round of funding will help organizations and schools adapt to meet the ever-changing needs of students and families. Recent grant recipients include:

Alexandria City Public Schools – \$120,000	(Arlington County) – Virginia Hospital Center	\$50,000
Annandale United Methodist Church (Fairfax County) – \$5,000	(Arlington County) –	\$10,000
Husayn for Humanity (Fairfax County) – \$10,000		
Immigration and Refugee Outreach Center (Fairfax County) – \$50,000		
La Cocina VA (Arlington County) – \$20,000		
Northern Virginia Family Services (Fairfax County) – \$50,000		
Our Lady Queen of Peace (Arlington County) – \$10,200		
Real Food for Kids		

“Local school and community nutrition teams continue to go above and beyond to connect kids and families with meals during the pandemic, and this latest round of funding will help strengthen their work,” said No Kid Hungry Virginia Director Sarah Steely. “The grants will help teams leverage a variety of strategies to increase food access, such as purchasing meal service supplies and equipment, while supporting staffing and food costs.”

To learn about local meal programs, visit your school district's website for details.

Go to state.nokidhungry.org/virginia for more information.

BULLETIN BOARD

FROM PAGE 2

and Forum: Making a Difference. 8:30-11 a.m. Hosted by Congressman Don Beyer. At George Mason University's Arlington Campus, 3351 Fairfax Drive, Arlington. Featuring Speaker of the House Nancy Pelosi, poet Amanda Gorman, Congresswoman Jennifer Wexton, Delegate Kathy Tran, Dr. Bonnie Stable of George Mason University, Tahirih Justice Center CEO Archi Pyati, Alexandria Health Department Deputy Director Dr. Anne Gaddy, and several other accomplished women.

RABID FOX IN ARLINGTON

On April 26, 2022, at 7:45 a.m., Arlington County Animal Control responded to calls about a disoriented fox in the Arlingwood Neighborhood near the 4100 blocks of 41st and Randolph Streets North, just South/East of Chain Bridge and the George Washington Pkwy. The fox had neurological signs consistent with rabies and was captured and removed by Animal Control. Rabies is a disease that people and animals can catch from the bite or scratch of infected animals. It is fatal if medical care is not given promptly.

If you, your child, or your pet may have come into contact with this fox, call Arlington County Animal Control at 703-931-9241 immediately, after hours please stay on the line to speak with the answering service who will alert an officer.

Residents are encouraged to:

Ensure pets are up to date on their rabies and distemper vaccines
Keep dogs on a leash at all times and keep cats inside

Do not approach or feed any wild animals

Feed pets inside

Remove wildlife attractants from yards, such as unsecured garbage cans, open containers of food, and compost

Arlington County Animal Control is also urging residents to remain vigilant and if they see any animal that appears sick, lethargic, disoriented, or aggressive to stay away from the animal and call Animal Control immediately: 703-931-9241.

DONATIONS NEEDED

Pet Food Bank. AWLA has established a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/

forms/s2FuFdaYWdZm4tPw2.

ONGOING

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

Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit audubonva.org/audubon-at-home-1/ for more.

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

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, virtually. Registration is free and highly recommended to reserve spots, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacare-connections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

Arlington County, in partnership with the Human Rights Commission's Equality Task Force, has launched a web page with resources for the LGBTQ community. The new webpage compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth — such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit topics.arlingtonva.us/lgbtq-resources.

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf

interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/agingmatterswera to listen to programs. MICHAEL W. SMITH Returns to The Birchmere, May 19, 2022, 7:30pm, Alexandria, VA.

Volunteer Bike Repair Night. First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help

with essential tasks. No experience necessary. Public Financial Fraud, Waste and Abuse Hotline. Arlington County launched a new public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at arlingtonva.ethicaladvocate.com. The hotline website is available in English and Spanish. Phone calls can be taken in many

SEE BULLETIN, PAGE 10

2nd Annual

ALEXANDRIA OLD TOWN

Springtime Art Festival

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FUNDRAISER

PHOTOS CONTRIBUTED



Greg Garcia, a native Arlingtonian and Emmy-winning creator of *My Name is Earl*, will be a participant in the Over the Edge rappelling fundraiser for New Hope Housing May 6 at the Crystal City Hilton.



The Crystal City Hilton will be the site of the May 6 Over the Edge rappelling fundraiser for New Hope Housing.



Arlington resident Naaz Farooqi moves into her new home in November of 2020 thanks to help from services provided from New Hope Housing.

Over the Edge Rappelling fundraiser to benefit New Hope Housing.

BY JEANNE THEISMANN
THE CONNECTION

Greg Garcia, a native Arlingtonian and Emmy-winning creator of the TV show *My Name is Earl*, will be one of 70 participants to rappel down 14 stories of the Crystal City Hilton May 6 as part of the Over the Edge fundraiser to benefit New Hope Housing.

Billed as “14 Stories of Hope,” the fundraiser is a partnership between New Hope Housing, Keller Williams MetroCenter and the Crystal City Hilton.

“Greg has been a longtime supporter of ours,” said New Hope Director of Development Jan-Michael Sacharko. “Back in 2008, the cast of *My Name is Earl* was on *Celebrity Family Feud* and wanted to play for a local organization so he called his mom, who told him about New Hope Housing.”

Garcia will be joined by his wife Kim; together they have raised more than \$30,000 in donations for the Over the Edge event. More than \$200,000 has been raised from various individuals and corporations in support of New Hope Housing.

“It’s been a challenging two years,” Sacharko said. “New Hope Housing had its spring fundraiser scheduled for March 14, 2020. March 13 was the national shutdown due to the pandemic. We had already paid our vendors in full and the venue itself ended up going bankrupt so we lost a lot of money.”

Sacharko reached out to longtime supporter Christine Sennott of KW MetroCenter, who suggested the next fundraiser be something COVID-friendly.

“No one knew how long the shutdown would last,” Sacharko said. “I had heard about the Over the Edge organization so when they called last year with an opening in 2022, we jumped at the chance to participate.”

In addition to Garcia, participants in the event will include local dignitaries and area residents, each of whom have raised a minimum of \$1,000 in donations to secure



More than 70 rappellers will descend the Crystal City Hilton May 6 as part of the Over the Edge fundraiser for New Hope Housing.

“We are looking forward to an exciting day and a chance to help the homeless in Northern Virginia.”

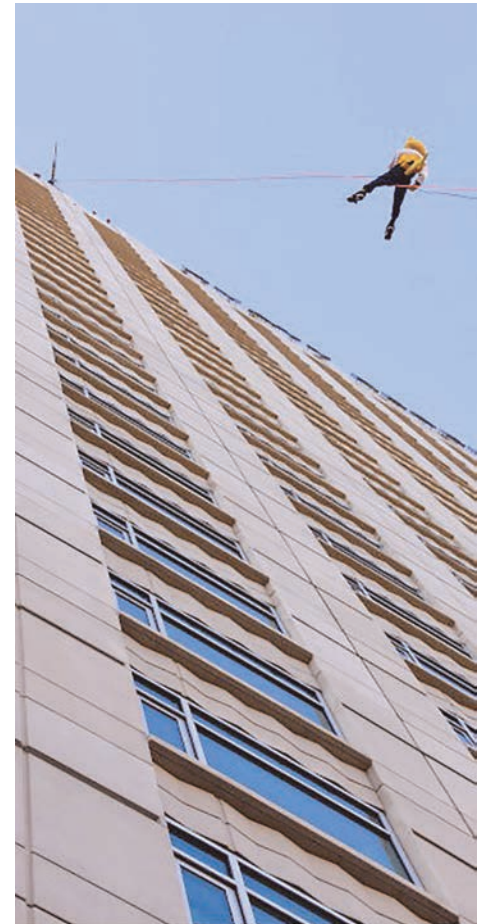
— Jan-Michael Sacharko of New Hope Housing

a spot to rappel 160-feet down the Crystal City Hilton. All funds will support New Hope Housing, a nonprofit agency providing shelter, permanent supportive housing, outreach and support services for homeless single adults in Fairfax County, Alexandria, Arlington County and the City of Falls Church.

“The high cost of housing and comparatively lower wages is the primary driver of homelessness in this area,” Sacharko said.

“This event will help us raise money as well as awareness for the issue of homelessness and the services that New Hope Housing can provide.”

The event will take place from 9 a.m. to 5 p.m. and the public is invited to cheer on rappellers in “The Landing Zone,” an all-day festival at the base of the hotel featuring food, music and booths from event sponsors. Walk-up opportunities to rappel may



Rappellers will descend 14 stories of the Crystal City Hilton May 6 as part of the Over the Edge fundraiser for New Hope Housing.

be available.

The Landing Zone is sponsored by Ourisman Automotive and UPS. Major sponsors include: TV One Networks, TRUIST, Virginia Housing, Modern Technology Solutions, Inc., Sportrock Climbing Centers, and more.

“We are looking forward to an exciting day and the chance to help the homeless in Northern Virginia,” Sacharko said.

To learn more about the event or to donate, visit www.otenewhope.com

WWW.CONNECTIONNEWSPAPERS.COM

The Truth About Lies

During mental health awareness month local therapists discuss how the web we weave is linked to one's well-being.

BY MARILYN CAMPBELL
THE CONNECTION

He lived with his wife and four children in a sprawling home in Fairfax County. He was also maintaining a six-year relationship with his fiancé and their 9-month-old daughter in Alaska.

Hiding the fact that she was drowning in more than \$30,000 in credit card debt, she walked down the aisle at her wedding to marry her fiancé who thought she was financially stable.

These are examples of the extreme and long lasting lies that Natalie Martinez, an Alexandria based certified life transformation coach, has witnessed.

Throughout the month of May, designated by the National Alliance on Mental Illness (NAMI) as Mental Health Awareness Month, local therapists look at the factors that lead to significant and habitual lying and therapies that can correct it.

While habitual lying is not a diagnosable mental health issue, it can be a manifestation of other challenges. "It normally goes along with compulsive addictive behavior [like] substance abuse, compulsive spending or is a sign of some other psychiatric issue," said Bethesda therapist Carol Barnaby, LCSW.

Children might resort to dishonesty to avoid a parent's anger or other unpleasant situations and can become a learned coping skill. "I believe such deception starts in childhood and becomes a habitual way of restoring one's low self-esteem," said Linda McKenna Gulyn, Ph.D., Professor of Psychology Marymount University. "All of us often lie to preserve our self-esteem. Once children are old enough to take the perspective of another person, in early elementary school, they have the skills to manipulate another's belief. It often takes the form of exaggeration. ... For example, my grandpa used to play on the New York Yankees," McKenna said.

"Spouses may have developed a hypersensitivity

to criticism, potentially from a very critical or hostile upbringing," added Kevin Coleman, Woodbridge Marriage and Family Therapist. "So, after years of hearing people imply, you're not good enough, they simply want to present an image of themselves that is acceptable to others."

As one ages, deceit can become habit forming. "In order to avoid confrontation, they don't tell their spouse about these little lies, and then they can escalate into huge, life-altering patterns of deceit if left unchecked," said Coleman. "One of the spouses may be very scared of confrontation with the other, so they develop a habit of covering up any conflict issues to avoid a fight. This intense fear of conflict may be rooted in past abuse from a previous relationship, or their family of origin."

Getting caught in a lie can motivate one to seek mental health treatment. "Often a spouse discovers paperwork that show that serious debt, or significant money spent at places they've never been to, evidence of gambling, or a significant savings account just in one name," said Martinez. "Also signing paperwork on behalf of their spouse to receive a loan. The list goes on."

"This level of dishonesty is fixable, but it is very difficult work," said therapist Greg Fisher, LCSW. "It is important to combine couples therapy with additional care for the offending partner. This may be addiction work and medication management from a psychiatrist related directly to what the offending partner is struggling with."

An objective third party can be helpful to couples who want to mend a relationship that has experienced a negative impact from deceit.

"Counseling is a great place to address this issue because it can be hard to admit when you've been dishonest. Having a counselor in the room to guide the conversation could make the experience less daunting," said Emily Simonian, a licensed marriage and family counselor

or with Thriveworks, a Washington-area therapy and psychology center. "One course of action could be to identify why the dishonest partner engages in the secret behavior. For example, financial infidelity might be caused by addictive behaviors or trouble with impulse control."

Relationships or marriages that have been tainted by dishonesty can be salvageable. "Lies can be forgivable if the partner feels they won't be lied to again," said Martinez. "I've seen it happen many times, but once forgiven, if the partner continues to be lied to for the same or multiple other things, it would not be healthy to continue such a relationship."

"Counseling is a great place to address this issue because it can be hard to admit when you've been dishonest. Having a counselor in the room to guide the conversation could make the experience less daunting."

— Emily Simonian, licensed marriage and family counselor

Food Scraps Collection

FROM PAGE 3

compostables in there, but we haven't had any problems. There are many positive aspects for us: we feel we are doing our bit to help the environment, our trash doesn't smell and we don't have to take it out as often."

Grabowsky said, "I am optimistic that with time, we will have greater participation, but word of mouth is a great way to talk up the program. We will continue to encourage participation and provide information to the public about the program and its benefits."



As usual every year at this time, The Connection calls for submissions to our Mother's Day photo gallery.

Mother's Day is Sunday, May 8.

This year we will continue to publish submissions through the May 18 edition. Photo submissions are due by Monday, May 16.

#Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. We will not print your full address or contact information.

You can upload photos and information directly to www.connectionnewspapers.com/mothersday/ or email to editors@connectionnewspapers.com.

This is a fine time for submissions for our annual Father's Day galleries. Online at www.connectionnewspapers.com/fathersday/

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BULLETIN

FROM PAGE 7

languages.
Created by the Arlington Initiative to Rethink Energy (AIRE) in partnership with the Arlington Public Library, the nation's First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools such as thermal imaging cameras, energy meters and books play a vital role in achieving a "greener" home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit library.arlingtonva.us/locations/central-library or call 703-228-5990.

Arlington Rotary Club Lunches. Thursdays, 12 - 1:30 p.m. now on Zoom. Organization brings together political and business leaders for humanitarian services. Listen to guest speakers on various topics of interest. Visit <https://arlingtonrotaryclub.org/>

Job Seeking Help. 5-9 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit www.arlingtonva.libcal.com.

Arlington PFLAG Community Group. 7:30-9 p.m. on the second Tuesday of each month, PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgender people and their families. Meets at the Unitarian Universalist Church of Arlington, 4444 Arlington Boulevard. Contact arl.pflag@gmail.com for more or go to www.pflagdc.org

Helmsmen Toastmasters meet Thursdays, 7:30-8:45 a.m. at Pentagon Library and Conference Center. Toastmasters is an international organization that helps everyone speak, think, lead and listen better. Most clubs are meeting online at this time. Contact Carl Sabath carl.e.sabath.civ@mail.mil or 703-695-2804 or Elizabeth Femrite elizabeth.m.femrite.civ@mail.mil or 571-256-8674.

Alzheimer's Association Support Group has meetings currently conducted online. They are open to people with Alzheimer's, their caregivers, family members and friends. Free. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be found at https://www.alz.org/nca/helping_you/support_groups.

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CALENDAR



The Jane Franklin Dance Forty+Project will be held now through May 31 in Arlington.

NOW THRU SEPTEMBER

Witness the Changing of the Guard. At the Tomb of the Unknown Soldier, at Arlington National Cemetery, Arlington. From April-September, the ceremony occurs every 30 minutes, on the hour and half-hour. For more information, visit: <https://arlingtoncemetery.mil/Explore/Changing-of-the-Guard>

NOW THRU MAY 31

Jane Franklin Dance Presents Forty+ Project. 11:45 a.m.-1 p.m. At 3700 S. Four Mile Run Drive, Arlington. Featuring: Choreographer Emily Crews. Enroll: \$160. Forty+ Projects explore movement and performance technique within a creative premise. Get invaluable health benefits from exercise including improved strength, physical function. Each project celebrates the collective creativity of people past the age of 40 and each project is directed by a different choreographer. This project culminates with performances at Theatre on the Run in June. Call 703-933-1111.

NOW THRU MAY 27

Dancing Diamonds. 10 a.m. to 6 p.m. At Gallery Underground, 2100 Crystal Drive, Arlington. Gallery Underground's Focus Gallery in May presents Dancing Diamonds, a solo show by Jean Offutt Lewis. Jean Offutt Lewis' exploration of light on water was inspired after her move to the Northern Neck of Virginia. There, at a certain time of year, dependent on the Earth's relationship to the Sun, "Dancing Diamonds" appear; single points of light, each a tiny reflection of the sun or the full moon, create kinetic light shows atop windswept water. Using acrylics, a water-based medium, Offutt Lewis reduces this natural phenomenon into an interplay of color, line, and circles in a series of abstracted waterscape paintings.

WEDNESDAY/MAY 4

Bridges to Independence Bridges' Bash. 7 p.m. At Army Navy Country Club in Arlington. The Bash theme is "Mardi Gras in May," and will feature live music by Geno Marriott and the

Spirit of Jazz, open bar, curated live and silent auctions, hors d'oeuvres and much more! Mardi Gras festive attire is suggested. Tickets are available through the Bridges' website. <https://bridges2.org/event/bridges-bash/>.

THURSDAY/MAY 5

Discover Our Sister Cities. 6 p.m. At Arlington Central Library, 1015 N. Quincy Street, Arlington. Learn about each of Arlington's sister cities—their unique culture, history, language, music, and arts from representatives from each committee. Discover opportunities to travel abroad or represent Arlington to our guests, participate in exchanges, and attend cultural programs and events. Whether you are native to that county or city, speak the language or just have curiosity about a new place, learn to explore OUR sister cities. Registration: https://www.aplos.com/aws/events/discover_our_sister_cities

FRIDAY/MAY 6

The Dye Garden. 10-11:30 a.m. Online. Curious about growing your own plants for natural dyes? Join Extension Master Gardener Nicole McGrew to learn which flowers produce which colors, the seasonality of a dye garden, and the best manner to grow and store your botanical dyes. Whether you have a small, raised bed, space in a community garden or a sunny window ledge, you can experience the pleasure of growing your own natural dye garden with a variety of plants. Free. RSVP at <https://mgnv.org/events/> to receive a link to participate.

SATURDAY/MAY 7

Annual Plant Sale. 8 a.m. to noon. At Falls Church Community Center, 223 Little Falls Street, Falls Church. Everything for your garden: unusual and standard plants, pots, tools, floral arrangements, gifts, décor. Visit <https://www.fallschurchgardenclub.org/> for the discount coupon and additional information about Falls Church Garden Club.

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Compartmentalize This



By KENNETH B. LOURIE

With all the physical problems and emotional challenges, a typical cancer patient undergoing treatment experiences, one's attitude is a significant contributor to the eventual outcome. My approach has been to never let the mental anguish and disappointment in my presumptive adjusted life expectancy (I was originally diagnosed as "terminal." Now I'm not really classified since I'm in a rather unique situation. My current diagnosis of papillary thyroid cancer stage IV is not usually a "terminal" condition. However, due to a misdiagnosis, my thyroid cancer has progressed to the point where it's not nearly as "friendly" as it could have been. And by 'friendly,' I mean curable as papillary thyroid cancer is often called "the friendly cancer" due to its positive prognosis. Right now, I would say I'm precarious more than "terminal" though life goes on without too much ado/negative effect) overwhelm me. In short, I still believe (certainly hope) I'm in it for the long haul.

And being a cancer patient with or without non-small cell lung cancer stage IV (my original diagnosis) is indeed a long haul. As discussed in a previous column: "The Cancer Effect," there are innumerable and ongoing appointments and conditions making it difficult for one to ignore the very real fact that I have cancer and one that, due to years of mistreatment, the cancer has imbedded itself in my collarbone and as such, turned a curable form of cancer into an incurable one. Moreover, one whose treatment is simple enough (after having a thyroidectomy), one pill a day and no infusions. But a pill whose window of effectiveness ends in Sept. '23, three years after I started the regimen for papillary thyroid cancer (according to current medical data) and for which there's no better available medication waiting in the wings. Granted, medicine isn't arithmetic, and my window may be open longer – or shorter. Nevertheless, if I allow myself to think about it, I don't likely have left nearly as much life as I had long anticipated. But I don't think about it, and that's the point of this column.

Obviously, one can't ignore the fact that he or she has cancer. There are constant reminders; in how you feel, how you think, how you look, how you're reacted to by others and how you integrate all your cancer demons into something like a manageable routine. Somehow, it all must become normal and no big deal, and just another day at that. If you let its abnormality define and/or control your life, then cancer wins and maybe even makes you sicker than your physical condition would otherwise warrant.

Respecting that cancer is in and of itself, bad enough (physically), I'm not going to make it worse mentally by "woeing" is me and therein likely exacerbate my symptoms, further weaken my immune system, and much sooner rather than later, suffer severe consequences as a result.

My enduring philosophy: "I have cancer. So what?!"

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



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