

# The Arlington Connection

The beginning of summer season is hot, and the opening of Arlington's five spray parks is welcome.

## What Killed the Fish

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## Arlington Names First Police Auditor

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# Summer Splash

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**VDH** VIRGINIA DEPARTMENT OF HEALTH

[vdh.virginia.gov/backtoschool/](http://vdh.virginia.gov/backtoschool/)



## BULLETIN BOARD

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

### ARLINGTON LIBRARY CELEBRATES PRIDE MONTH

Arlington Public Library will host several LGBTQIA+ programs in June and spotlight the "Diverse Voices" LGBTQIA+ booklists at all branches in celebration of Pride Month this year. Pride Month recognizes the impact that LGBTQIA+ individuals have had on our history — locally, nationally and internationally.

Join the Library for a Pride 2022 Kick-off event with Cake Society (May 28). Listen to a virtual talk with author and transgender educator Alex Myers (June 13). Participate in a fun discussion of LGBTQIA+ themed books (June 27) and learn about the history of the Pride flag (June 28). All library programs are free and made possible thanks to the generous support of the Friends of the Arlington Public Library.

Library patrons are invited to explore the Library's diverse LGBTQIA+ booklists, ranging from trans and nonbinary voices, to the 1969 Stonewall Uprising, to picture Books with LGBTQIA+ families and movies with LGBTQIA+ characters.

Arlington Public Library maintains a variety of diverse booklists, titled "Books Like Us: Diverse Voices Booklists," designed to create awareness, to entertain and to educate about people, history and timely topics. Handpicked by our librarians, these curated lists are updated continuously and encourage readers to explore a wide variety of themes and topics ranging from Pride, Black Lives Matter, Latinx voices and many more.

Find all LGBTQIA+ themed book-

lists and more information on Pride events, visit <https://library.arlingtonva.us/2022/05/20/celebrate-pride-month-2022>.

Saturday, May 28, 12:00 p.m. - 1:30 p.m., Shirlington Library, Campbell Room

Join them for a Pride 2022 Kickoff with Cake Society. Cake Society is a BIPOC Trans + Gender Expansive-led health and fitness non-profit organization, whose goal is to increase the positive mental health of the community members by access to health, wellness and fitness.

This event will welcome Cake to the neighborhood and make members aware of free library services. All are welcome. Light refreshments will be provided, along with games and conversation.

Monday, June 13, 6:30 p.m. - 8:00 p.m., Online Event

Join them for a Pride Month virtual talk with author and transgender educator Alex Myers.

Myers teaches English at Phillips Exeter Academy. Since coming out as transgender in 1995, he has worked with schools to help them support transgender students and become more gender inclusive. Alex is also a novelist, whose works explore gender, identity, and history. His novels include "Revolutionary," "Continental Divide," and "The Story of Silence." His most recent book, "Supporting Transgender Students" is a guide to help schools learn the basics of what gender is and why it matters in education.

This is an online event. Please register for the Zoom meeting link and an event reminder.

Monday, June 27, 7:00 p.m. - 8:00 p.m., Shirlington Library, Campbell

### Room

Join them for a fun discussion of LGBTQIA+ themed books. This month's selection is "Leaving Isn't the Hardest Thing," by Lauren Hough.

As an adult, Lauren Hough has had many identities: an airman in the U.S. Air Force, a cable guy, a bouncer at a gay club. As a child, however, she had none. Growing up as a member of the infamous cult The Children of God, Hough had her own self robbed from her. The cult took her all over the globe-to Germany, Japan, Texas, Chile-but it was not until she finally left for good that Lauren understood she could have a life beyond "The Family." Along the way, she loaded up her car and started over, trading one life for the next. She has taken pilgrimages to the sights of her youth, been kept in solitary confinement, dated a lot of women, dabbled in drugs, and eventually found herself as what she always wanted to be: a writer. Here, as she sweeps through the underbelly of America-relying on friends, family, and strangers alike-she begins to excavate a new identity even as her past continues to trail her and color her world, relationships, and perceptions of self.

Tuesday, June 28, 4:00 p.m. - 4:00 p.m., Shirlington Library, Campbell Room

In honor of Pride Month, come into the library to learn about the history of the pride flag.

Ever wonder how the first rainbow pride flag was made? Curious about the politician Harvey Milk who first thought of having a symbol to represent the LGBTQ community? Did you know Gilbert

SEE BULLETIN, PAGE 9



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## ‘Fauci Should Be Jailed’

Republican candidate for Congress in the 8th calls for incarceration of medical advisor.

BY MICHAEL LEE POPE  
THE CONNECTION

The Republican candidate for Congress in the 8th Congressional District is calling for President Biden’s chief medical advisor to be “jailed,” a comment she made during a recent candidates forum hosted by the Alexandria Republican City Committee earlier this month. Over the weekend, Karina Lipsman emerged from a Republican convention as the party’s nominee this fall. She will face the winner of the Democratic primary on June 21, when four-term incumbent U.S. Rep. Don Beyer (D-8) will face challenger Victoria Virasingh.

Lipsman’s call for Fauci to be jailed came in response to a question about restoring trust in government and the media. She said that the media has been “silencing conservative voices for too long,” and she expressed support for Elon Musk’s possible purchase of Twitter. Turning her attention to the question of what could be done to restore trust in government, she said that as an immigrant from the Soviet Union

she “never trusts the government.” “Fauci should be jailed. We all know that,” said Lipsman, prompting applause from Alexandria Republicans. “We should do our own research.”

Fauci has become a hated figure among certain elements of the right wing. During a recent rally in North Carolina, U.S. Rep. Madison Cawthorn (R-N.C.) also called for Fauci to be jailed. Similarly, U.S. Rep. Marjorie Taylor Greene (R-Ga.) introduced the Fire Fauci Act, which suggests the chief medical advisor to the president “failed to provide Americans with accurate



Karina Lipsman.

rhetoric appeals only to a very small faction within the GOP” said Mark Rozell, dean at the Schar School of Policy and Government at George Mason University. “It

**“In that district, that kind of rhetoric appeals only to a very small faction within the GOP.”**

— Mark Rozell, dean at the Schar School of Policy and Government at George Mason University

information” about the pandemic. That kind of rhetoric might work in some rural parts of North Carolina and Georgia, but it seems unlikely to work in the 8th Congressional District, where Biden won 78 percent of the vote in 2020.

“In that district, that kind of

sure won’t get her any swing voters, but likely will drive up Beyer’s support — assuming his likely re-nomination.”

**LIPSMAN RAISED** significantly more money than any of her competitors for the Republican nomina-

tion, more than \$65,000 according to campaign finance records. Her top contributor is Brian Johnson, vice president of Veterans Guardian who contributed \$5,800. Other top contributors include cybersecurity consultant Charlie Platt of Arete Incident Response and Graham Abell, a student in Baltimore.

“While money may not necessarily win an election, we are going against Don Beyer, who is one of the richest men in Congress,” said Lipsman. “I have commitments after the convention within the first 30 days to raise \$500,000.”

Lipsman was one of two immigrants seeking the nomination in the 8th Congressional District, and her Ukrainian roots are particularly relevant during this campaign season considering the war in Europe. On the campaign trail, she often mentions her background growing up in the Soviet Union and her family’s immigration to America, which she frames as an escape from socialism.

In the neighboring 10th Congressional District, Republican Hung Cao is an immigrant from Vietnam who will be taking on in-

cumbent U.S. Rep. Jennifer Wexton (D-10).

“They know first-hand the value of freedom and the threat of totalitarianism,” wrote Chris Braunlich, president of the Thomas Jefferson Institute in a reaction to the convention results last weekend. “Together with an immigrant lieutenant governor and a child-of-immigrants attorney general, they represent the new face of America and of conservatism.”

Braunlich says the selection of immigrants from the Soviet Union and Vietnam are a repudiation of the narrative from the left that conservatives are “anti-immigrant.” Democrats say they welcome a discussion of immigration, especially in the 8th Congressional District. According to Census records, 28 percent of residents in the district are foreign born, mostly from Latin America and Asia.

“These are not moderate candidates. They are very much diverse candidates that speak to the older white voters that make up the Republican base,” said Democratic strategist Ben Tribbett. “So don’t expect to see some sort of mass exodus from the Democratic Party with these candidates that parrot Fox News talking points.”

## Virginia Reports First Case of Monkeypox

**VDH: Northern Virginia resident with recent travel history to African country where the disease is known to occur.**

The Virginia Department of Health has identified the first presumed monkeypox case in a Virginia resident. The initial testing was completed at the Department of General Services Division of Consolidated Laboratory Services. Confirmatory test results will come from the Centers for Disease Control and Prevention.

According to the report from the Virginia Department of Health:

The patient is an adult female resident of Northern Virginia with recent travel history to an African country where the disease is known to occur. She was not infectious during travel. She did not require hospitalization and is isolating at home to monitor her health. To protect patient privacy, no further

information will be provided. The health department is identifying and monitoring the patient’s close contacts. No additional cases have been detected in Virginia at this time.

“Monkeypox is a very rare disease in the United States,” said State Health Commissioner Colin M. Greene, MD, MPH. “The patient is currently isolating and does not pose a risk to the public. ... Transmission requires close contact with someone with symptomatic monkeypox, and this virus has not shown the ability to spread rapidly in the general population. VDH is monitoring national and international trends and has notified medical providers in Virginia to watch for monkeypox cases and report them to their local health district as soon as possible. Based on the limited information cur-

rently available about the evolving multi-country outbreak, the risk to the public appears to be very low.”

Although rare, monkeypox is a potentially serious viral illness that is transmitted when someone has close contact with an infected person or animal. Person-to-person spread occurs with prolonged close contact or with direct contact with body fluids or contact with contaminated materials such as clothing or linens. The illness typically begins with fever, headache, muscle aches, exhaustion and swelling of the lymph nodes. After a few days, a specific type of rash appears, often starting on the face and then spreading to other parts of the body.

Symptoms generally appear seven to 14 days after exposure and, for most people, clear up within two to four weeks. Some

people can have severe illness and die. As with many viral illnesses, treatment mainly involves supportive care and relief of symptoms. <https://www.cdc.gov/poxvirus/monkeypox/clinicians/clinical-recognition.html>

Virginia Department of Health advises that if you are sick and have symptoms consistent with monkeypox, you should seek medical care from your healthcare provider, especially if you are in one of the following groups:

Those who traveled to central or west African countries, or parts of Europe where monkeypox cases have been reported, or other areas with confirmed cases of monkeypox during the month before their symptoms began,

Those who have had contact with a person with confirmed or suspected monkeypox, or

Men who regularly have close or intimate contact with other men.

<https://www.who.int/emergencies/disease-outbreak-news/item/2022-DON385>

If you need to seek care, call your healthcare provider first, according to the Department of Health. Let them know you are concerned about possible monkeypox infection so they can take precautions to ensure that others are not exposed.

On May 20, 2022, VDH distributed a Clinician Letter to medical professionals reminding them to report any suspected cases of monkeypox to their local health department as soon as possible and implement appropriate infection prevention precautions.



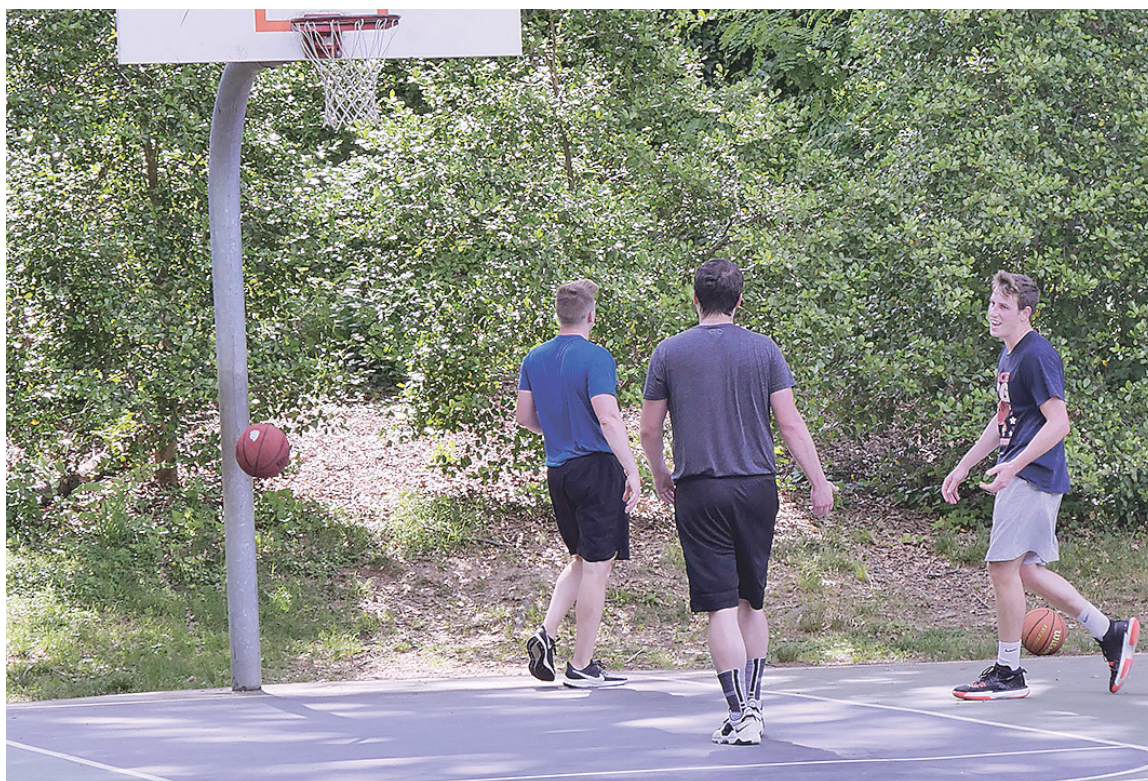
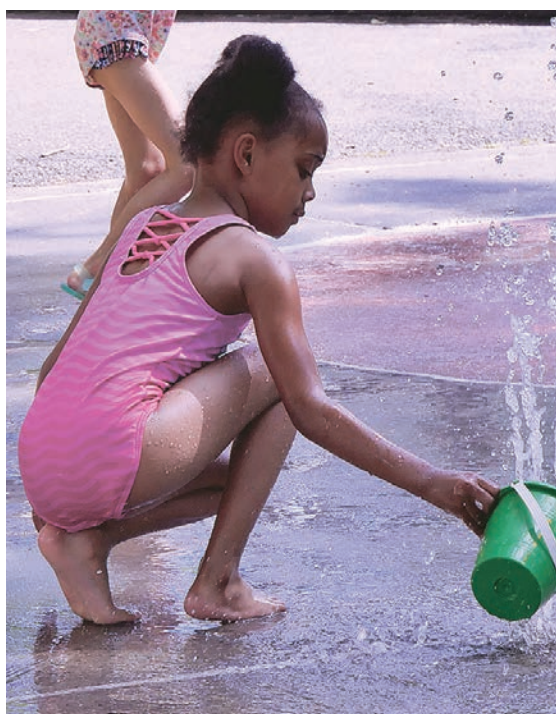
## SIGN OF SUMMER



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

# Cooling Off

A sure sign of summer is the opening of Arlington's five spray parks. Memorial Day was crowded with children at Lyon Village Park enjoying the sudden spurts of water jumping up in the air. Lyons Village's spray park is open Monday and Tuesday 10 am-3 pm, Wednesday and Friday 2-8 pm, closed Thursday, open Friday 2-8 pm and Saturday and Sunday noon-8 p.m. Just next door on the basketball court, a few players seemed to be searching for the basketball in the heat. Arlington has spray parks at Lyon Village, Virginia Highlands, Penrose Square and Hayes Park as well as Mosaic which will be closed for maintenance in the morning but open from 1-10:30 p.m. Each spray park has its own hours; check Arlington's website for details.







PHOTOS BY KURT MOSER

The dead fish ranged in size from small to large.

## Fishy Story: Thousands of Fish Die In Four Mile Run, Cause Unknown

**Conservation-ists interested in information on the origin of the incident.**

BY EDEN BROWN  
THE CONNECTION

An Alexandria runner, Bridget Tomich, was on her six a.m. run along Four Mile Run on Friday, May 13th, when she looked down and saw thousands of dead fish. “They were dotted across the run the entire length between Mt. Vernon and the airport.”

The investigation of the fish kill incident in Four Mile Run on May 13th remains ongoing according to Aileen Winkist, Arlington County’s environmental management specialist. Winkist said, “Staff were onsite on that Friday (when it was discovered), over that weekend, and on Monday, and met with staff from VA DEQ (Department of Environmental Quality) as well. There were no obvious visual discharges or contaminants in the area. Live fish, turtles and birds were observed during these site visits. DEQ collected water samples and fish samples, but we have not received the results of the sample analysis yet. We are also checking with staff at the Water



Dead fish along the Four Mile Run on Friday.

Pollution Control Plant and other potential sources in the area. The size of Four Mile Run in this area and the tidal nature of the flows could make it more challenging to identify a contaminant. Identifying causes of illicit discharges is often a challenge in urban environments, given the complexity of the storm drain networks, however it does not reflect a lack of concern

or effort to identify the cause.”

Kurt Moser at the Four Mile Run Conservatory Foundation said, “Whatever pollutant caused the sudden die-off has either dissipated or washed out with the tide. If you noticed anything unusual, or if you can help pinpoint the timing of the incident, please contact us.” For more information, see: <https://www.fourmilerun.org>

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# McLean Art Society Opens Show in Arlington

BY SHIRLEY RUHE  
THE CONNECTION

Jane McElvary Coonce of Arlington is exhibiting a variety of oil paintings including a large koi in a rock pond selling for \$600, a smaller peony picture for \$250, a crab, and a landscape of Key Bridge. She teaches art at the Arlington Adult Center but began painting with her mother 40 years ago. She remembers her mother loved to paint birds.

Coonce says her koi picture took a while.

"You don't just do it one sitting. You have to draw it out first, then start blocking the color down to see if it is working. Then you have to refine it. You don't want the fish floating on top of the water so you have to work with the water."

Coonce says she exhibits in different shows. "The problem with painting is that if you don't sell them, your house is full of paintings. COVID was really bad because I made the commitment to paint every day. I had so many."

The McLean Art Society (MAS), in existence since 1955, has sponsored the art show held at Walker Chapel United Methodist Church in Arlington. Lori Lisiecki who is in charge of this show says they started setting up on Thursday and spent most of the day on the me-



McLean Art Society show at Walker Chapel May 13-14.

chanics, then today the 21 artists brought in the 84 hanging exhibits as well as the smaller paintings displayed on the tables.

Ginger Sanaie from McLean is exhibiting three watercolors at the opening reception of the McLean Art Show Friday May 13. Sanaie says most people have the misconception that watercolors are pale and fade but it's not true. They have the same pigment as in the color of your auto.

She points to her painting of a small dog exhibited on the panels. It only has three colors—yellow, blue and burnt sienna. "I can mix



Ginger Sanaie, McLean artist.

them and don't need a lot." Sanaie has been painting for 20 years.

"My parents didn't encourage an art degree so I became a lawyer," Sanaie says. But when she retired and the children were gone she had time, so she began to paint more. "It's fun and I like to see that I have a product. It's all you." She encourages people to just go take a

class. She started with adult education in Fairfax. "There's so much you can do now including online classes."

The McLean Art Society members include working artists, beginners and individuals who have an interest in art. They hold monthly meetings open to the public at the McLean Community Center as well

as demonstrations and lectures.

Anna Katalkina, President of McLean Art Society is greeting visitors but says she doesn't have any of her oil paintings in the Old Dutch Masters style on exhibit for this show. "I am in three shows at the same time and just couldn't do it."

For more information [www.mcleanartsociety.org](http://www.mcleanartsociety.org)



Jane McElvary Coonce, Arlington artist.

**FRUIT OF THE VINE** – Austrian winemaker Leo Hillinger, right, poses for a photo with Synergy Home Care CEO Mitch Opalski and Rincome Thai Restaurant owner Mihee Pansari following a wine tasting May 9. Arlington-based Synergy Home Care sponsored the special appreciation event at the Columbia Pike restaurant to help local businesses rebound following the pandemic.



JANET BARNETT/THE CONNECTION

## ARLINGTON POLICE REPORTS

**ASSAULT ON POLICE**, 2022-05300119, 200 block of S. Glebe Road. At approximately 4:30 p.m. on May 30, police were dispatched to the report of a larceny in progress. Upon arrival, officers made contact with the reporting party who stated the female suspect had stolen flowers and destroyed a planter outside of their business. The officers located the suspect in the area and attempted to detain her. The suspect resisted and struck one of the arresting officers in the face before being taken into custody. Nejat Ahmed Hussen, 34, of Rockville, MD was charged with Destruction of Property and Assault and Battery on a Law Enforcement Officer. She was held without bond.

**ROBBERY**, 2022-05270216, Columbia Pike at S. Greenbrier Street. At approximately 7:19 p.m. on May 27, police were dispatched to a report of a robbery by force. Upon arrival, it was determined that at approximately 6:55 p.m., the unknown suspect pushed the female victim to the ground and stole her purse. The suspect fled on foot and a canvass of the area by officers concluded with negative results. The suspect

stole the contents purse which included an undisclosed amount of cash and a set of keys. The victim was evaluated by medics on the scene. The suspect is described as a slender Black male with dreadlocks in a ponytail wearing a black baseball cap, beige shirt and sunglasses. The investigation is ongoing.

**UNLAWFUL ENTRY**, 2022-05290216, 200 block of N. Thomas Street. At approximately 10:09 p.m. on May 29, police responded to the report of a burglary in progress. Upon arrival, it was determined the reporting party attempted to enter the vacant residence and found the inner door security latch in place. When the reporting party walked to the rear of the residence, he discovered a screen window removed and the window open. Responding officers searched the residence and did not locate anyone inside. The investigation is ongoing.

**GRAND LARCENY**, 2022-05300044, 1100 block of S. Thomas Street. At approximately 7:00 a.m. on May 30, police were dispatched to the late report of stolen mopeds. Upon arrival,

SEE POLICE REPORTS, PAGE 7



# Arlington's First Independent Policing Auditor

**M**ummi Ibrahim will serve as Arlington's first Independent Policing Auditor. In this new role, Ibrahim will provide professional staff support to the newly appointed Community Oversight Board (COB). [www.arlingtonva.us/Government/Commissions-and-Advisory-Groups/Community-Oversight-Board](http://www.arlingtonva.us/Government/Commissions-and-Advisory-Groups/Community-Oversight-Board)

She will also be instrumental in conducting independent audits of police operations, receiving complaints from members of the public, and participating in investigations as appropriate.

## About Mummi Ibrahim

Mummi Ibrahim has a long history in supporting grassroots organizing efforts focused on assessing legislation, legal remedies and policy recommendations related to police practices, as well as campaign strategies for prosecutorial accountability.

Most recently, Ibrahim served as a senior staff attorney at the Advancement Project, where her work focused on policing issues, including Section 1983 (civil rights) litigation training for lawyers seeking to represent individuals who have experienced harm due to police misconduct.

As an organizer and staff attorney at the Juvenile Justice Project of Louisiana, she ran a campaign to end the practice of sentencing juveniles to life without parole. In this role, she organized a coalition comprised of hundreds of impacted community members and several social justice organizations to lobby for sentencing reform, drive a statewide legal strategy to end juvenile life without parole sentencing, and estab-

lish re-entry services.

She has also worked with the City of New Orleans Independent Police Monitor, overseeing disciplinary hearings, data collection, and policy reform within the New Orleans Police Department. Earlier in her career, she served as a judicial law clerk for the Honorable Audrey L. Thomas of the Superior Court of the U.S. Virgin Islands.

Ibrahim is a native of Khartoum, Sudan. She received her bachelor's degree from Hampton University and her juris doctorate from Howard University School of Law.

## About Police Reform in Arlington

In 2021, the Arlington County Board established the Community Oversight Board (COB) to improve transparency, accountability, and community trust in the Arlington County Police Department (ACPD). The COB will have the ability to independently receive, investigate, and make recommendations in response to complaints from the community. The ordinance also

calls for an accompanying Independent Policing Auditor to support the work of the COB.

The Community Oversight Board, which was appointed in spring 2022, consists of seven voting members and two non-voting members with prior experience in law enforcement. All COB members are residents of Arlington, are appointed by the County Board, and reflect the demographic diversity of the County.



Mummi Ibrahim

## ARLINGTON POLICE REPORTS

FROM PAGE 6

officers met with the reporting party who stated three mopeds had been stolen between 4:00 a.m. and 6:00 a.m. that same morning. The mopeds had been legally parked but not secured. The stolen mopeds are described as a 2019 Vespa with Virginia license plate 61022M, a 2021 Piaggio with Virginia license plate 61023M and a Honda with Virginia license plate 42448M. Officers canvassed the area for the stolen mopeds with negative results. The investigation is ongoing.

**MALICIOUS WOUNDING**, 2022-05270044, 3100 block of Clarendon Boulevard. At approximately 2:45 a.m. on May 27, police were dispatched to the report of a fight. Upon arrival, officers located the male suspect and victim and it was determined following a verbal dispute, the suspect allegedly struck the victim in the head with a hammer. The suspect provided false identifying information to

police and upon properly identifying him, it was determined he was wanted out of Spotsylvania County. Kevin Tyler Mays, 19, of No Fixed Address was arrested and charged with Malicious Wounding and Giving a False Identity to a Police Officer. He was held without bond. The victim was treated on scene by medics.

**ROBBERY (Late)**, 2022-05260056, 4000 block of 2nd Road N. At approximately 7:08 a.m. on May 26, police were dispatched to the report of trouble unknown. Upon arrival, officers located the victim suffering from non-life threatening injuries and he was transported to an area hospital for treatment. The investigation determined that at approximately 5:00 a.m., the victim was walking in the area when he was approached by the three suspects who attempted to engage him conversation, during which they assaulted him and stole personal property. The suspects are described as Black males. The investigation is ongoing.

**ARMED ROBBERY**, 2022-05230238, 300 block of 23rd Street S. At approximately 10:02 p.m. on

May 23, police were dispatched to the report of a robbery. Upon arrival, it was determined the three victims were walking on the sidewalk when they were approached from behind by the unknown suspects. Suspect One brandished a firearm and demanded the victim's property, including their clothing. During the incident, Suspect One struck the victims with the firearm, causing injury. The suspects then fled into a parking garage with the stolen property which included cash, clothing and electronics. Responding officers searched the garage with negative results. The victims were treated on scene by medics with one requiring transport to an area hospital with injuries described as serious but non-life threatening. Suspect One is described as a Black male in his 20's, 5'7" tall and wearing a red baseball hat, glasses, purple/navy shirt and jeans. Suspect Two is described as heavy set Black male and wearing a white shirt. The investigation is ongoing.

## Route 1 Multimodal Improvements Feasibility Study Arlington County

### Virtual Public Information Meeting

Tuesday, June 21, 2022, 6:30 p.m.

<https://www.virginiadot.org/route1multimodalstudy>

The Virginia Department of Transportation (VDOT) invites you to join an interactive public information meeting for the Route 1 Multimodal Improvements Study. This virtual meeting will provide an opportunity for the public to learn more about Phase 2 of the feasibility study, which will identify enhanced multimodal connectivity and accommodations along Route 1 (from 12th Street to 23rd Streets South) to meet the changing transportation needs of the Crystal City and Pentagon City communities. The meeting will also include an overview of conceptual options and types of elements for potential inclusion in the design of the public space along the street within the corridor.

The purpose of the second phase of this study is to further analyze the feasibility of the at-grade roadway recommended in the first phase. Phase 2 will develop transportation demand management strategies aimed at reducing vehicular trips through the area, provide additional feasibility analyses and multimodal street design options, including reviewing a potential grade-separated pedestrian crossing at 18th Street South, and updating the Phase 1 multimodal transportation analyses as needed.

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

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

**Give your comments** during the meeting, or online by **July 15, 2022** via the comment form on the study website, by mail to Mr. Dan Reinhard, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or by email to [route1multimodalstudy@VDOT.virginia.gov](mailto:route1multimodalstudy@VDOT.virginia.gov).

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Past issues of

**THE CONNECTION**  
NEWSPAPERS

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are available at

<http://connectionarchives.com/PDF>



# Planned Road Closures for Armed Forces Cycling Classic

There are planned road closures to accommodate the 2022 Armed Forces Cycling Classic bicycle races, which will take place during the weekend of Saturday, June 4 – Sunday, June 5, 2022.

## Saturday, June 4

From approximately 3 a.m. until 5 p.m.

- Crystal Drive, from 15th Street S. through 23rd Street S. (Local traffic allowed on Crystal Drive, between 15th Street S. and 18th Street S.)

From approximately

4:00 a.m. until 12:00 p.m.

- Wilson Boulevard, from N. Kent Street to the Route 110 ramp
- Route 110, from Rosslyn to Crystal City
- 15th Street S., from Crystal Drive to S. Eads Street
- S. Bell Street, from 15th Street S. to 20th Street S.

From approximately

4:00 a.m. until 5:00 p.m.

- S. Clark Street, from 20th Street S. to 23rd Street S.
- 20th Street S., from Crystal Drive to S. Clark Street
- 18th Street S., from Crystal Drive to S. Eads Street
- 23rd Street S. (westbound lanes only) from Crystal Drive to S. Clark Street

## 2022 Clarendon Cup Cycling Classic

The 2022 Clarendon Cup Cycling Classic bicycle race will take place on Sunday, June 5, 2022. The following roadways will be closed in the Clarendon area from approximately 3:00 a.m. until 4:00 p.m. in order to accommodate the event:

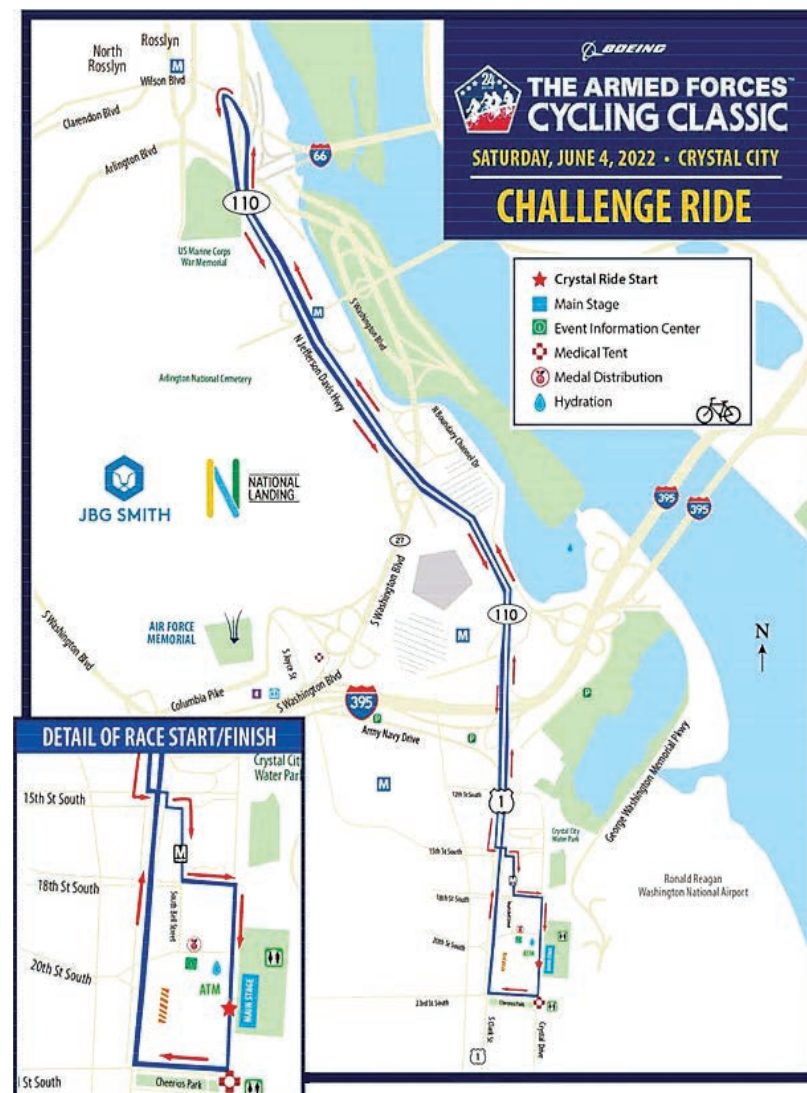
- Wilson Boulevard, from N. Edgewood Street to Washington Boulevard
- Clarendon Boulevard, from Washington Boulevard to N. Fillmore Street
- Washington Boulevard, from Kirkwood Road to 10th Street N.
- N. Highland Street, from N. Hartford Street to Washington Boulevard
- N. Garfield Street, from Wilson Boulevard to Washington Boulevard
- N. Fillmore Street, from Wilson Boulevard to Clarendon Boulevard

## Additional Information

The public should expect to see an increased police presence in the area, and motorists are urged to follow law enforcement direction, be mindful of closures, and remain alert for increased pedestrian traffic. Other roads not mentioned may be closed at law enforcement discretion and in the interest of public safety.

Race attendees and spectators are encouraged to use Metro or other forms of multimodal transportation to reduce vehicle congestion in the area. The Crystal City Metro station (Blue and Yellow lines) is located within the Challenge Ride/Crystal Cup racecourse at the corner of 18th Street and Clark Street. There will be no bus access to the Crystal City Metro from approximately 4:00 a.m. until 12:00 p.m. on Saturday, June 4. The Clarendon Metro Station (Orange and Silver lines) is located within the Clarendon Cup racecourse at the corner of Wilson Boulevard and N. Highland Street.

In addition, area street parking will be restricted. Motorists should be on the lookout for temporary “No Parking” signs and illegally parked vehicles may be ticketed or towed. If your vehicle is towed from a public street, please call the Emergency Communications Center at 703-558-2222



## Arlington Warming Our Hearts and Souls<sup>©</sup>

By Gary Shulman, MS. Ed.  
May 31, 2022

“Humid Summers!”-yes we know, we know!  
So the throngs here have told us so  
“We do get some snow!”-shared by the folks warningly  
Nothing new for Brooklyn boys-let it snow with frigid glee!  
Small prices to pay living in dear Arlington  
In the depths of my psyche  
It’s just Mayberry-with less sun  
Now gullible I am not  
Nor naive nor filled with delusion  
Perfection-it’s not  
But a sure cure for seclusion  
For so many kind people fell into our lives  
All shapes, colors and sizes  
Proving compassion still survives  
From invites to brunches  
To sharing needs, wants and wishes galore  
With Arlington denizens who care  
Helping our optimism beam brightly and soar!  
Long walks that fill our senses  
With new memories to cherish so dear  
Sharing those newly fond memories  
Brings responses so sincere  
That we know it’s just the beginning  
And we know glitches are yet to appear  
But for now dear Arlington’s ours to bless  
For now and many a year



# ENTERTAINMENT

## 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>

## FRIDAY/JUNE 3

Doing the Chelsea Chop! Summer Pruning for Woody and Herbaceous Plants. 10:00 – 11:30 a.m., Online. Summer provides a second and sometimes much needed time to prune a variety of spring flowering trees and shrubs and to help perennial flowering plants look their best. Summer pruning helps you to improve overall structure and size of your woody plants or boost fruit and flower production in fruit trees and shrubs. Extension Agent Kirsten Conrad will walk you through the how, when, and why to do summer pruning on hedges, multi-stem shrubs, small trees and perennial ornamentals. With these best practices, your pruning will result in healthier and fuller growth, better flowers and fruit, and more attractive landscaping. Free. RSVP at <https://mgvnv.org/rsvp-for-public-education-classes/> to receive link to participate.

## JUNE 4-5

Only You. At Theatre on the Run, 3700 S. Four Mile Run, Alexandria. Saturday, June 4 at 7 p.m., Sunday, June 5 at 5 p.m. Presented by Jane Franklin Dance, Arlington. Enjoy a concert of new and recent works about connection, highlighted by Only You, the pop song originally recorded by The Platters that conjures up thoughts of romance. Visit the website: <https://janefranklin.com/performance/only-you>

## SUNDAY/JUNE 5

Green Community Celebration and Tour. 1-4 p.m. At Shirlington Li-

brary Plaza, 4200 Campbell Plaza, Arlington. Visit green homes, gardens, and community spaces throughout Arlington. Enjoy the Green Community Celebration at Shirlington Library. For registration and information, visit [www.ecoactionarlington.org](http://www.ecoactionarlington.org)

## SUNDAY/JUNE 5

Washington Balalaika Society Spring Concert. 3 p.m. At Kenmore Middle School, 200 South Carlin Springs Road in Arlington. Assistant conductor, Peter Omelchenko, will lead an exciting international program of folk, classical and popular music from Eastern and Western Europe, featuring our unique sound, derived from the combination of folk and classical instruments. For information, questions, group sales, or to pay by check send email to [balalaika@balalaika.org](mailto:balalaika@balalaika.org). Purchase tickets online at Instantseats.

## TUESDAYS/JUNE 7, 14, 21, 28

Simpson Park Demonstration Garden. 10 a.m. – 12 noon. At Simpson Park Demonstration Garden, 420 E. Monroe Ave., Alexandria. It's Pollinator Month! During the month of June the weekly education focus will be interesting and fun facts about pollinators, how you can protect them, and the benefits of native plants. National Pollinator Week is June 20 to June 26. Free. Contact [mgvnv.org](http://mgvnv.org).

## THURSDAY/JUNE 9

Pursuing Our Dreams 2022. 6:30-8:30 p.m. At Ballston Center at Marymount University, 1000 N Glebe Road, Arlington. An in-person reception celebrating community, hosted by Hamkae Center (fka NAKASEC Virginia), honoring awardees for their community contributions, supporting Hamkae Center's ongoing efforts to achieve social, economic, and racial justice in Virginia. Visit the website: <http://hamkaecenter.org/pod22/>

## BULLETIN BOARD

FROM PAGE 2

Baker was the original artist of the flag? After hearing a story about the flag's creation, we will create our own buttons with the pride flag and quotes from Harvey Milk and Gilbert Baker.

Registration not required. Recommended for ages Kindergarten through 5th grade.

## 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.

## 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/s2FuFdaY-WdZm4tPw2](http://goo.gl/forms/s2FuFdaY-WdZm4tPw2).

## ONGOING

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](http://arlingtonva.ethicaladvocate.com). The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

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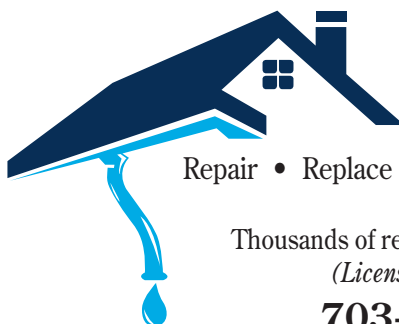
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Announcements

Announcements

## State Water Control Board Public Notice

An enforcement action has been proposed for Dimitrios Patrianakos for violations of the State Water Control Law and Regulations at the D and V Service Center, 5201 Wilson Blvd, Arlington, Virginia. The State Water Control Board proposes to issue a Consent Order to resolve violations associated with the D and V Service Center. A description of the proposed action is available at the DEQ office named below, or online at [www.deq.virginia.gov/permits-regulations/public-notices/enforcement-orders](http://www.deq.virginia.gov/permits-regulations/public-notices/enforcement-orders). Mark Miller will accept comments by email, [mark.miller@deq.virginia.gov](mailto:mark.miller@deq.virginia.gov), or by postal mail, Northern Regional Office, 13901 Crown Court, Woodbridge, VA 22193, from June 7 through July 6, 2022.

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## WELLBEING

# Helping Children Cope with Tragedies

Local therapists offer suggestions for easing fears around recent school shootings.

By MARILYN CAMPBELL  
THE CONNECTION

Compassion, exploratory dialogue and honesty are among the suggestions that psychologist Robyn Mehlenbeck, PhD, director of the George Mason University Center for Psychological Services, offers to her patients who are struggling to ease the fears of their children after the tragic school shooting in Texas. While it occurred far from her Fairfax office, parents are still facing the complicated task of helping their children process their emotions.

"I always encourage being direct, although developmentally appropriate," said Mehlenbeck who is also a professor in the Department of Psychology at George Mason University. "For example, starting with a question is always good. 'I know you have been talking about what happened in Texas. What do you think about it? Did anyone talk about it in school today?'"

Because each child processes tragic events differently, Mehlenbeck says that there are a variety of ways in which a child can express their emotions. "Some of the signs are fear or anxiety around going to school, not wanting to sleep alone, worrying about parents going to work," she said. There can be physical complaints like stomach aches or headaches."

When beginning a discussion about a child's fears and emotions, ask open-ended questions and listen without judgment, advises therapist Caroline Fenkel, Ph.D., LCSW. "Your answers should always validate their feelings in these situations," she said. "Sometimes it might be helpful to guide your kid toward being able to name their emotions. Try your best to limit their consumption of the news. There's no net positive to continuing to take in footage of police swarming or photos of victims."

It is important, says Fenkel, "that parents check in with their own emotions before starting a dialogue with their kids. It's important to make sure that you're in a safe headspace and emotionally regulated enough to have this type of conversation. Think about what the purpose of the conversation is. Is it to explain what happened? Help them process emotions? Be clear and prepared."

Parents can explore a child's emotions while engaging in pleasurable activities or hobbies, says Bethesda therapist Keisha Ranson, LPC. "Children and teens often communicate best through play. Watch them as they



Robyn Mehlenbeck, PhD, GMU Center for Psychological Services.

play," she said. "If they seem to be playing out scenes of people getting hurt, it is perfectly fine to ask them how they are feeling in that moment. If they continue to play out scenes of violence, a trained professional may be needed to help them feel safe again."

A parent's response to devastating events will have a significant impact on a child's response, said Ranson. "If a parent is calm, that will communicate safety more than the words that are being spoken," she said. "Parents should get themselves grounded first and then find fun, safe activities. Nature can be a big help. Go for a walk. Play games that are easy and rhythmic such as catch."

Teens are able to understand the role they play in their own safety, says Ranson. "Remind them of where they can get support," she said. "Review safety procedures like what they should do in the case of an emergency."

"Children feel a sense of safety when parents remind them that no matter what is going on in the world, they are safe," said Ranson. "Maintain normal routines such as riding the bus to school, doing their homework and going to sports practices," suggested Ranson.

"Whatever the state of the world, your family is safe right now and that needs to be communicated," continued Ranson. "Nurture healthy coping skills, by encouraging your child to do things that they enjoy doing. This distracts them from the crisis and allows them to focus their attention on activities that bring them joy. Acknowledge the sadness but then move on and distract with life-affirming activities."

PHOTO COURTESY OF ROBYN MEHLENBECK

**"I always encourage being direct, although developmentally appropriate."**

— Robyn Mehlenbeck, PhD,  
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## Time is What I'll Make of It



By KENNETH B. LOURIE

As I sit here and wonder about tomorrow/ the future, I try not to wonder about it too much. Since I have cancer, and at present a type of papillary cancer which, due to some unusual circumstances/dare I say, missteps, is characterized as "terminal." 'Terminal' in that currently there is no medicine, other than my present daily pill, that can sustain me beyond three years, give or take, from date of this most recent diagnosis. (Although, I'd like to believe that end date is not prescribed in stone.) I had been treated for non-small cell lung cancer, stage IV for the preceding 10 years or so until a biopsy revealed the tumors were thyroid cancer which had moved to the lung. A subsequent surgical removal of my thyroid glands didn't exactly solve the problem due to some persistent cancer that remained embedded under my collarbone. And soon thereafter, I officially became a thyroid cancer patient, for which I take a 10mg pill daily called levothyroxine. The side effects are modest, but unfortunately, the cancer is considered incurable.

In summary, I'm sort of taking a long walk off a short pier. And given that there are no guarantees/alternatives to my present protocol, and furthermore, given that the cancer is beyond anybody's control – aside from taking all my supplements and drinking alkaline water, I don't worry about what I can't control. As an example: I can't worry about the Red Sox bullpen. As much as it matters to me, as a life-long member of Red Sox Nation, that Boston's relievers are ordinary at best and disastrous at worst (see game one of the most recent Orioles/Red Sox series when the bullpen gave up two six-run leads), I have zero influence or input and/or control over any of it. And unlike the cancer, it's not exactly my problem, if you know what I mean? Now if the Red Sox wanted to pay me for my opinion, then perhaps it might be my problem. However, given the unlikely occurrence of yours truly getting paid for his baseball opinions, I'll have to narrow my focus and worry about my own problems. Cancer is enough of a problem that I don't need to look elsewhere for additional problems/challenges (and the Red Sox bullpen is most certainly a 'problem'/challenge).

Obviously, I can't ignore any symptoms or neglect my health. And even though my life expectancy has been shortened, I don't have a death wish. On the contrary, I have a life wish. And that 'life wish' consists of this cancer patient navigating through the ongoing demands without letting any of take me down emotionally. My intention/philosophy is, now in my 14th year post cancer diagnosis, to somehow rise above the inevitable downward pressure and try not to get dragged down by the sheer weight of the diagnosis. As my close friend and fellow cancer patient, Lynne said to me at the beginning of my diagnosis: "this is going to be the toughest thing you'll ever have to do." And of course, she was right. Consequently, I don't need to make matters worse. They're already bad enough on their own. If pretending, disconnecting, and laughing in the face of all this adversity gets me to the promised land (a normal life expectancy), then I promise to keep laughing and stay positive about the negative. "Rome wasn't built in a day, and neither was Milwaukee." I'm in this fight for the long haul. Besides, I'd like to live long enough to see how it all ends.

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



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