



The Arlington Connection

Bike to Work Day in the Heat

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Gillian Burgess, organizer of Kidical Mass monthly bike rides for kids at an Arlington Bike to Work Day pit stop on Friday, May 20.

'We've Waited So Long' For Jennie Dean Park

PAGES 6-7

Filled the Cruiser

PAGE 4

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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.

Arlington's 55+ Centers will be closed Monday, May 30 in observance of Memorial Day

Yarn crafters of Aurora Hills 55+ Center knit and crochet items for Arlington charities, Mondays, 10 a.m. - 12 p.m. Instruction available. Drop-in.

Open art studio, Wednesdays and Fridays, 10 a.m. -12 p.m., Arlington Mill 55+ Center. Accommodates artists in a collaborative space to share ideas. No instruction or materials provided. Drop-in.

Woodcarvers meet every Thursday, 1-3 p.m., Madison Community Center. Instruction available. Drop-in.

Library of Virginia's Genealogy Series concludes with what are chancery records and how to use them, Thursday, May 26, 3 p.m. Registration # 913400-25.

Fast Forwards, a fast-paced walking group, leaves from Aurora Hills 55+ Center, Friday, May 27, 9 a.m. Two to five mile walk including some hills. Drop-in.

55+ Travel heads to Annapolis for the annual Secret Garden Tour, Sunday, June 5. Cost \$54, Arlington resident; \$62, non-resident. Registration # 902206-03.

Absolute beginner's pickleball, Monday, June 6, 10 a.m., Walter Reed 55+ Center; 9 a.m., Arlington Mill 55+ Center. Drop-in.

Jeopardy game, drop in to play, Monday, June 6, 2 p.m., Aurora Hills 55+ Center.

Learn about aging eye diseases and treatments for cataracts, glaucoma, macular degeneration and presbyopia, Monday, June 6, 1:30 p.m.

Presented by Dr. Shazia Ahmed, ophthalmologist, Arlington Eye Center.Registration # 914500-11.

Current events discussion of world and local news, informal, Monday, June 6, 10 a.m., Walter Reed 55+ Center. Registration # 914402-13.

55+ Book Club members will discuss "The Lincoln Highway" by Amor Towles, Tuesday, June 7, 1:30 p.m., Langston-Brown 55+ Center. Drop-in.

Bootcamps include total body workout, bodyweight exercises, resistance training and more, begin Tuesday, June 7, 7:30 a.m., Lubber Run 55+ Center, 11 sessions, \$55, registration # 914100-01; Thursday, June 9, 8:30 a.m., Aurora Hills 55+ Center, 11 sessions, \$55, registration # 914100-02; Friday, June 10, 8:30 a.m., Walter Reed 55+ Center, 11 sessions, \$55, registration # 914100-03.

Zumba classes begin Tuesday , June 7, 2:15 p.m., Lubber Run 55+ Center. Fun cardio-dance class. Cost \$60, 12 sessions. Registration # 914100-05.

Ukulele class, basic strumming, Tuesday, June 7, 4:30 p.m., Walter Reed 55+ Center. Registration # 914304-01.

Strawberry fields forever and other fruits and vegetables featured in recipes provided by Virginia Cooperative Extension Master Food volunteers, Tuesday, June 7, 10 a.m., Lubber Run 55+ Center. Registration # 914501-01.

Russian artists Chagall, Kandinsky and their muses, Wednesday, June 8, 1 p.m., Aurora Hills 55+ Center. Presented by art historian Joan Hart. Cost \$6. Registration # 914302-01.

History of Arlington presented by Karl VanNewkirk, Arlington Historical Society, Wednesday, June 8, 2 p.m., Lubber Run 55+ Center. Registration # 914400-01.

Estate planning details with Elder Law

Attorney Ed Zetlin, Wednesday, June 8, 11 a.m. Registration # 914404-01.

Samsung phone help, bring device-specific questions, Wednesday, June 8, 5:30 p.m., Arlington Mill 55+ Center. Registration # 914900-33.

History roundtable group to discuss the impact of the 14th and 15th centuries, Wednesday, June 8, 11:15 a.m. Registration # 914402-10.

Ten warning signs of Alzheimer's, Thursday, June 9, 12 p.m., Arlington Mill 55+ Center. Presented by Dan Cronin, Alzheimer's Association. Registration # 914500-03.

Meditation techniques to reduce stress and lower blood pressure, classes begin Thursday, June 9, 6 p.m., Arlington Mill 55+ Center. Cost: \$30, four sessions. Registration # 914500-01.

Making retirement money last, Thursday, June 9, 1:30 p.m., Arlington Mill 55+ Center, registration # 914404-02 or virtual, registration # 914404-03. Presented by Shirley Luu, Shirley Luu & Associates Financial Services.

Lubber Run nature hike with naturalist Bobbi Farley, Thursday, June 9, 1:30 p.m. Registration # 914106-15.

Kukuwa dance workouts, low impact, high energy, begins Friday, June 10, 8:45 a.m., Walter Reed 55+ Center. Cost \$55, 11 sessions. Registration # 914100-04.

The beauty and backbone of Ukraine, Friday, June 10, 1 p.m., Aurora Hills 55+ Center, registration # 914400-10 or virtual, registration # 914400-11. Presented by former U.S. Foreign Service officer Carol Stricker.

Online travel tips, getting the best deal for your dollar, Friday, June 10, 5 p.m., Arlington Mill 55+ Center. Registration # 914403-01.

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

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.

Arlington County Parks and Recreation celebrated the reopening of newly renovated Jennie Dean Park, an integral part of the Green Valley community for more than 75 years. See pages 6-7. Building upon its history and the community's love of sports and arts, the park has been transformed into an exciting place designed to celebrate the area's past and cultural heritage, while increasing access to recreation and nature.

Jennie Dean Park has been expanded by 2.25 acres, which allowed for a larger and more modern playground. The picnic shelter was renovated so it's fully accessible along Four Mile Run, and the restrooms were updated to be all-gender. The diamond fields and athletic courts were relocated to increase playability, with more-efficient LED lights. There is also a new history walk with a timeline of significant dates and events that happened at Jennie Dean Park. As part of the new park, artist Mark Reigelman developed a site-specific public art, Wheelhouse, inspired by the mill that stood in this location in the early 1700s and the park's rich recreational history.

Police Participate in 2022 Spring Click It or Ticket Campaign. Ahead of the summer travel season and one of the busiest travel weekends of the year, law enforcement agencies are again partnering with the Department of Transportation's National Highway Traffic Safety Administration to remind motorists to buckle up. The high-visibility national seat belt campaign, Click It or Ticket, which coincides with the Memorial Day holiday, runs from May 23 through June 6, 2022, and works towards reducing the number of fatalities that occur when drivers and passengers fail to buckle up.

SEE BULLETIN, PAGE 8



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Back to School

If your child is entering 7th grade, they must have the **Meningitis, HPV, and Tdap** vaccines in order to enroll. Talk to your doctor and vaccinate them now!

vdh.virginia.gov/backtoschool/



Bike to Work and Back ...with a treat along the way



Gillian Burgess, organizer of Kidical Mass monthly bike rides for kids.



Ginger Brown, Executive Director of the Langston Blvd. Alliance and organizer of the bike pit stop at Lyon Village.



Chelsea Li hands out green tea with mango popping boba as bikers come off the bike trail for a break during the Friday afternoon heat for Bike to Work Day.

BY SHIRLEY RUHE
THE CONNECTION

Chelsea Li couldn't make the green tea with mango popping boba fast enough to satisfy the bikers coming off the trail at Lyons Village on Bike to Work Day, Friday, May 20. She was providing free drinks compliments of La Moo Creamery.

Ginger Brown, in charge of this pit stop, says on a hot day like this, bikers all head for the tea. Brown says they have had 50 sign up for today but she thinks they will have 100. This is the first pit stop on the way out and they have decided to take the afternoon shift from 3-6 p.m. to catch people on the way home. Brown says their pit stop is "hyper local" with some teachers, locals from Maywood and Cherrydale. "But we have had a couple of long range bikers. One bikes from Herndon to downtown every day."

Brown says some people like to pit stop hop. "We have goodie bags and they take the day off work and go from place to place." Brown offers small cupcakes from Randolph's Bakery to small bikers and even to the dads.

Brown is the Executive Director of Langston Boulevard Alliance (LBA) and works in conjunction with Arlington Economic Development on multi-modal transportation and other issues. They sponsor community events throughout the year including the recent Earth Day event held at Lee Heights Shopping Center April 24. LBA is a non-profit that works to create an economically vibrant corridor attractive to both residents and businesses.

Gillian Burgess swings into the pit stop on her folding ebike. "I ride this when I'm not carrying kids or lots of stuff." Burgess founded the local chapter of Kidical Mass for Kids which sponsors kids' rides once a month. She says a lot of families come with kids on bikes. "As long as you can ride a two-wheeler you are welcome. We go a little fast for scooters."

Bike to Work Day is celebrated nationally on May 20 and is also practiced in Canada, Europe and Asia. Nearly 870,000 people bike to work each day in the U.S. This year there are nearly 100 pit stops in the DMV area with the aim to get people to forget their car for the day and cycle to work. The goal is to get them to focus on the environmental impact and safety awareness as well as the physical and mental health benefits of biking.



Small cupcake treats and goodie bags are available to every biker at the pit stop on Bike to Work Day Friday, May 20.

Bill Thomas Park Volunteer Award

With incredible plants and flower species, Arlington's Bon Air Park is a well-known spot for photo shoots and weddings. Master Gardeners Joe Kelly, Carolyn Vincent, Dina Lehmann, Karen Smith and Tom Golouch, who steward Bon Air Park's Quarry Shade and Sunny Demonstration Gardens, were presented with the 2021 Bill Thomas Park Volunteer Award for their dedication and support of Bon Air Park as well as their commitment to horticulture

education.

"One of the crown jewels of the Arlington parks system, Bon Air Park is a beautiful respite for our residents to enjoy our County's natural beauty. The Master Gardeners at Bon Air's Demonstration Gardens have worked tirelessly since 1988 to preserve and enhance Bon Air and make it the destination it is today," said Arlington County Board Chair Katie Cristol. "Even better, their work inspires us all to create beauty in nature in our own spaces."

Bon Air Park's Demonstration Gardens serve as a teaching platform, promoting best management practices and ideas on selection of plants that are most suitable for our area. The 2021 Bill Thomas Park Volunteer Award recipients have dedicated thousands of hours of work and talent to these gardens while leading volunteers in removing invasive plants that are damaging to our natural spaces and adding native plants that contribute to Arlington's commitment to environmental sustainability. In 2021 alone, these

volunteers held a total of 58 work parties totaling more than 200 hours maintaining these spaces.

The Bill Thomas Park Volunteer Award is given annually by the Arlington Parks and Recreation Commission to honor outstanding volunteer efforts in support of the health, sustainability and functioning of Arlington's parks. It pays tribute to lifelong park volunteer William "Bill" Thomas and serves to honor and encourage park volunteerism in the County.

Fill the Cart, Then Fill the Cruiser



The parking lot at the Harris Teeter on Harrison Street has been cordoned off for cars to deliver food for AFAC and diapers for Doorways for Women and Children.

BY SHIRLEY RUHE
THE CONNECTION

The temperature is approaching 90 degrees at 5 p.m. Friday. Thomas and Benjamin Gross and their father Matt wheel a grocery cart across the parking lot at Harris Teeter on Harrison Street headed for the ACPD Fill the Cruiser drive. Six-year-old Benjamin pulls out a can from the cart. “See this is low-sugar fruit cocktail.”

And his nine-year-old brother adds, “This is low sugar toasted oats cereal, and I got a can of low-fat spicy chicken noodle soup with jalapenos.” He explains they spent around \$100 “before my dad used the coupons.”

Matt explains that Benjamin was just mentioning he wanted to go to a food drive and “then I saw this Fill the Cruiser for Arlington Food Assistance Center (AFAC) and Doorways.” Matt says they used to go to food drives when they lived in New York pre-Covid when the kids were in preschool. But he says, “We never went to a food drive in a parking lot or with the police cruisers.”

Corporal J.P. Montoya stacks up diapers for Doorways for Women and Families and boxes of cereal from the shopping cart and heads for the police truck. Montoya is part of the Arlington County Police Department (ACPD) Community Engagement unit that hosts the Fill the Cruiser events throughout the



Corporal A.P. Montoya assists Matt Gross who, with Thomas and Benjamin, has filled a grocery cart for the ACPD Fill the Cruiser event May 20.



Six-year-old Benjamin proudly holds up his can of low-sugar fruit for the AFAC food drive.



Nine-year-old Thomas shows his specially selected spicy low-fat chicken noodle soup with jalapenos for the Fill the Cruiser event.

year for school supplies, holiday presents and the local food pantry.

Lt. Luke Haglof is supervising the event and he observes they have five boxes of contributions but the donations seem down so far this afternoon. Montoya observes, “Food

is expensive. A lot of people only have one person working right now. Food that used to cost \$35 is now \$70, and they can’t afford it.”

Tomorrow Montoya will be attending the Festival de Familia, a community event where he has

been invited to participate. He explains this is the goal of the ACPD Community Engagement unit, to become a part of the community in a way that makes people feel comfortable with the police. “Building up trust takes time.”

Arlington's 2022 Notable Trees

Arlington has more than 755,000 trees of at least 122 species that each year provide \$1 million in environmental benefits to the County through pollution removal, carbon storage, energy savings and retainment of stormwater runoff. Arlington says its trees are valued at \$1.41 billion.

This year, 12 of these trees will be designated as Notable Trees by the Arlington County Board.

"We all know that Arlington loves its trees. These Notable Trees were brought forward by the community," said Cristol. "It's great that our community recognizes the value of trees. These 12 trees are well-loved and contribute to the health of our Arlington tree canopy and, ultimately, the health of our community."

Since 1987, residents in Arlington County have been nominating local trees for the Notable Tree designation based on a variety of criteria, including size, age, species or historical or community significance. More than 350 trees have been recognized overall. Tree Steward John Wingard has been coordinating this program since 2009, with many of the trees being initially identified by him.

Arlington is currently developing a Forestry and Natural Resources Plan that will serve as the guiding document for the County's management practices related to trees, plants, wildlife and more. This project will include a series of community engagement opportunities and draft updates. Learn more about the plan and get involved. <https://www.arlingtonva.us/Government/Projects/FNRP>

2021-2022 Notable Trees Winners

- ❖ Sugar Maple, 1304 N Meade St.
- ❖ Himalayan Pine, 2915 N Harrison St.
- ❖ Hackberry, 3500 Wilson Blvd.
- ❖ Redbud, 430 N Kenmore St.
- ❖ Southern Magnolia, 6322 11th Rd. N
- ❖ White Pine, 4065 22nd St. N
- ❖ White Oak, 4435 N Pershing Dr.
- ❖ Southern Red Oak, 5108 23rd Rd. N

- ❖ Southern Red Oak, 430 N Norwood St.
 - ❖ Water Oak, 3317 6th St. S
 - ❖ Pin Oak, 430 N Kenmore St.
 - ❖ Willow Oak, Fort Myer Base near Commissary
- environment.arlingtonva.us/trees

Ways to Help Arlington's Trees

Trees provide important value by filtering air and water to improve our health, serving as wildlife habitats, storing carbon dioxide to reduce emissions that contribute to climate change, and beautifying our communities. The Notable Tree designation is just one of several programs Arlington has developed to support trees as a key natural resource.

Arlington residents can help the County's trees thrive during dry weather periods through the County's Adopt-a-Tree program. Trees can be adopted wherever there is access to water, such as street trees in front of homes, to help keep them healthy and strong and to grow Arlington's tree canopy. Community members can also help save the County's trees through Remove Invasive Plant programs that eliminate English Ivy and other invasive plant species that are harmful to our trees.

Arlington's goal is to plant as many trees as appropriate on public land and to encourage the community to plant more trees on private land. This year's Notable Trees are all located on private properties. The Notable Tree designation does not give Arlington County any authority over trees on private property as only the Specimen Tree program protects trees in perpetuity. However, Notable Trees may be included in future civic association and neighborhood walking tours.

Feelings of pride and conservation are what the County wants to encourage and promote with its many tree programs. To learn more about Arlington County's tree programs or to nominate a Notable Tree, visit environment.arlingtonva.us/trees. In addition, consider becoming a Tree Steward. All it takes is a love of trees and a desire to get invo.

Moving Words Student Poetry Competition 2022

Moving Words makes poetry a part of daily life for commuters riding Arlington Transit (ART) by replacing advertising placards inside public buses with poems by local poets. Held each spring for Arlington Public School students, the Moving Words Student Poetry Competition is a partnership between Arlington Cultural Affairs and the Arlington Public Schools Humanities Project, with support from Arlington Transit.

Moving Words supports the goals of the Humanities Project's Pick A Poet program, which invites professional poets into APS classrooms to share their experience and love for the craft with students. Visiting poets help students explore their own creativity, insight, and intellectual curiosity through the creative writing process, and provide students an opportunity to meet and talk with professional writers. The students are then encouraged to submit their work to the Moving Words

student competition.

Call for Poems

The annual poetry contest STUDENT MOVING WORDS 2022 is now open for submissions through June 30, 2022. The work of the ten winning poets will be printed on colorful placards and displayed prominently on area buses, enlivening the ride for thousands of commuters. This year's Moving Words competition is juried by Sarah Katz.

Each of the ten winning poems will be displayed inside Arlington Transit's (ART) Buses between October 2022 and March 2023 where they will be seen by thousands of riders. Winning poems will be posted on ArlingtonArts.org and will be archived on the Arlington County CommuterPage.com website.

Prizes: Ten winning poets will have their poems displayed inside Arlington ART Buses for three months between October 2022

and March 2023.

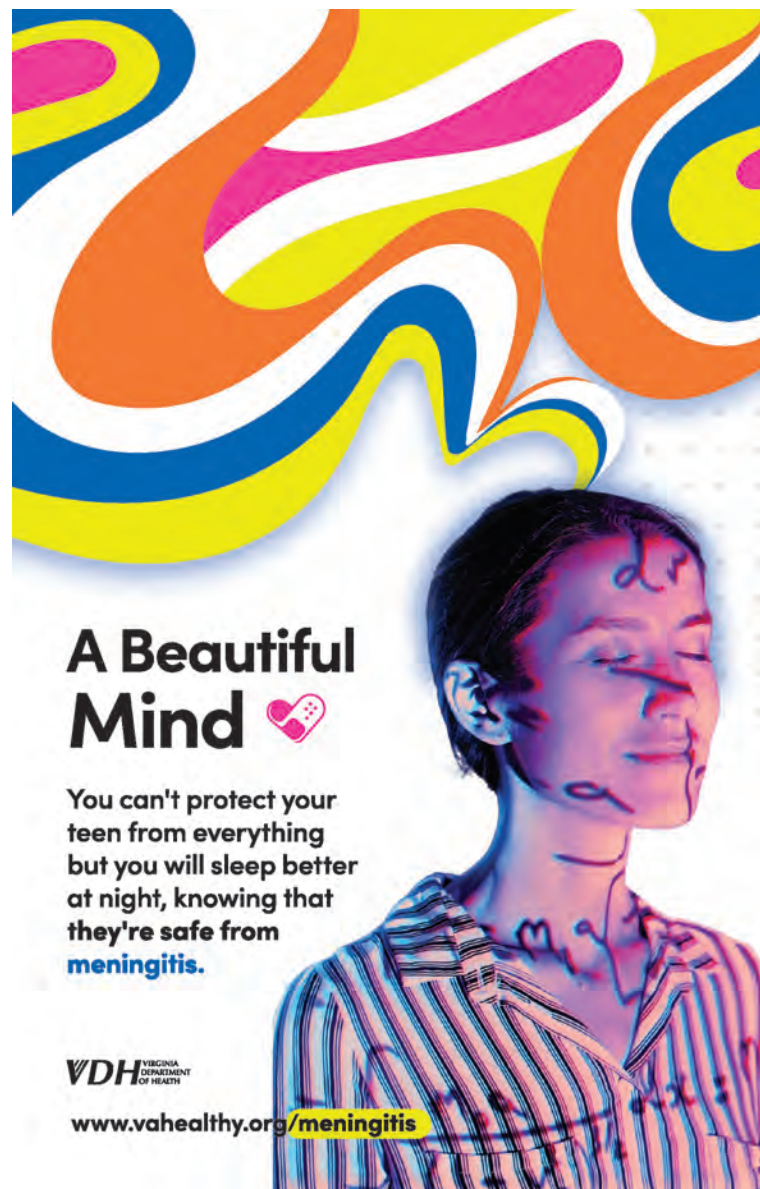
Judge: Sarah Katz is the author of Country of Glass (Gallaudet University Press, 2022). She holds an MFA in creative writing from American University. Her poems appear in Redivider, RHINO, The Shallow Ends, and Wordgathering, among others. Her essays and articles have appeared in The Atlantic, The Nation, The New York Times, The Rumpus, Scientific American, The Washington Post, and other publications. Sarah is Poetry Editor of The Deaf Poets Society, an online journal that features work by writers and artists with disabilities.


Eligibility: Student poets who attend Arlington Public Schools in Arlington, Virginia.

For more information, please contact Dan Brady, Literary Specialist, at dbrady@arlingtonva.us.

Submission Form

<https://us.openforms.com/Form/490f492a-ee21-4492-a830-d01567ef1081>



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Once Part of Segregated Arlington, Now ...

Jennie Dean Park is expanded with larger playground, renovated picnic pavilion, softball and baseball, plus art that honors its history.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Nine sparkling pink hip hop mini divas line up across S. Nelson Street and march around the corner to open the festivities for Jennie Dean Park's grand reopening May 21. Eight of the Crossroad Riders, led by Crazy D, Vice President of the Club, follow on their Harleys.

An afternoon of festivities to celebrate the reopening of Jennie Dean Park begins with memories and comments by local officials, community leaders and a baseball/coach player. Robin Stomblor, VP of the Green Valley Civic Association (GVCA) opens the program remembering they "pushed, persuaded to raise the collective consciousness." She remembers the "voices of disrespect."

Portia Clark, President of the CVCA, sits in the shade waiting for her turn to bookend the program. "I'm elated today. We've waited so long."

A History Walk has been set up along the fence, recalling the days of the Green Machine, BG Reds, Lady Cold Blood and Over the Hill



Brittany Garner and her brother, John Garner, show Jayson, 12, Leila, 6, and John Joseph, 2, a picture of their grandfather John (of course) on the Green Machine baseball team that played in Green Valley.

Gang Negro League semi-pro and professional baseball teams who played in the park. By 1950 the park featured softball and baseball diamonds, grandstands, basketball and horseshoe courts, an outdoor

fireplace, picnic tables and a drinking fountain. Brittany Garner and her brother, John, stop in front of a board full of baseball pictures to point out their grandfather with his baseball team to twelve-year-old Jayson, six-year-old Leila and two-year-old John Joseph. "I don't know when this was

Henry Earl's BBQ operated by Brandon Dunbar and his brother Owen just started their business and have their first event today at Jennie Dean Park.



A steady line steps up to purchase Green Valley T-shirts at the reopening of Jennie Dean Park & Playground on Saturday, May 21.

but I know he played for the Green Monsters. His name, of course, was John."

Attendees at the event crowd into patches of shade or sit in chairs under the awning, adjusting their sun hats and wondering about the temperature. Tacos, BBQ chicken and ribs and lots of bottles of water sit in tubs of ice around the park.

Brandon Dunbar and his brother Owen have just started Henry Earl's BBQ and are at their first event to-

day. As if it wasn't hot enough already, they have a large smoking grill with slabs of ribs, chicken quarters and hot dogs back in the corner. Owen sprinkles on the spices, "my own invention with a lot of brown sugar, onion and garlic powder and a lot of love." Brandon sticks a meat thermometer into a drumstick. "Only 128 degrees, not quite ready," he informs an impatient customer.

The afternoon included a per-



Crazy D, Vice President of Crossroad Riders Harley Club in Bowie, is sporting the club colors. He says he has been riding since he had a little dirt bike.

formance by JoGo Project, a basketball game, a ribbon cutting and dedication of Robert Winkler Field and Ernest Johnson Field.

In the mid-late 1800s emancipated African Americans settled in Green Valley. In the late 1800s John D. Nauck bought and subdivided 69 acres of land that became known as Nauck or Green Valley. In the 1930s African American residents James and Nettie Peyton owned Peyton's field, a part of which became Green

Valley Ball park.

In 1944 the park was named after a formerly enslaved woman Jennie Serepta Dean. During the park's history it has had a dance hall, served as a baptizing site along Four-Mile-Run, a motorcycle race track, with Negro League ball teams playing in the park. In 1944 Arlington County purchased and redeveloped Peyton's Field.

Through fits and starts including a pool, bath house and field

house that were never built, Arlington County adopted a master plan for Jennie Dean Park in 2018 which led to the renovation and expansion of the park which was celebrated with the reopening on May 22. Today the park has made the journey from "the county's sole recreation for colored citizens" in 1942 to the reenvisioned park with the message "that it is officially open and available for all to use."



Portia Clark, President of the Green Valley Civic Association, tries to stay cool in record May temperatures. She says she is elated. "We've waited so long."



County Board Chair Katie Cristol and former Board member John Vihstadt.



The Young Divas open the festivities at Jennie Dean on Saturday afternoon followed by the Crossroad Riders. from Bowie Maryland on their Harleys.

Seniors Explore Photography in Retirement

Partnership between George Mason University's School of Theater and Photography Club retirees extends beyond intergenerational relationships.

BY MARILYN CAMPBELL
THE CONNECTION

A group of retirees with a penchant for photography are using their skills behind the lens to help students who are hoping to make a career in front of it.

Through a partnership between members of the Photography Club at George Mason University's Osher Lifelong Learning Institute's (OLLI) and the University's School of Theater (SOT), club members take headshot photographs of incoming students as well as the dress rehearsals and publicity shots for each play.

"The SOT gets a selection of pictures from various productions and the OPC photographers are supporting a good project and increasing their skills. There are wins for everyone," said George Bradshaw, a member of the photography club.

"Working with the SOT is a privilege [and] a joy. I end up with a handful of photos that I enjoy sharing with family and friends."

OLLI's Photography Club is comprised of seniors who, in retirement, have time to explore their hobbies. Retired otolaryngologist Edward D. Marion, M.D., joined OLLI in 2015 after a 39-year career as a physician in private practice. "Having been an active volunteer, a part time instructor ... it was a natural extension to continue my volunteer work as a member of the OLLI Photography Club at GMU," he said.

A family tradition led to Bradshaw's interest in the club. "After retiring I decided to follow in my father's footsteps. He was a freelance photographer in New York in the '30s and '40s," he said. "So I bought a camera ... joined the OLLI Photo Club (OPC)



OLLI Photography Club Member Ed Marion volunteers his time to take photographs of students in George Mason University's School of Theater.

in early 2015, and have been having a blast with photography ever since. It's a thrill for the photographers to see their images out in the

public in this fashion."

The partnership between students and the seniors extends beyond photographs. "In addition to challenges and joys is the social benefit," said Bradshaw. "I get to observe young adults who will be our future leaders, see how they approach their vocations, see how they react with each other as a troupe and individually, and simply enjoy brief interactions with them."

"It's not a secret ... maintain an active mind

"The [students] get a selection of pictures from various productions. The photographers are supporting a good project and increasing their skills. It's a thrill for the photographers to see their images out in the public in this fashion."

— GeorgeBradshaw, Photography Club Member Photography Club at George Mason University's (GMU) Osher Lifelong Learning Institute's (OLLI)

and continued interactions and build relationships between people," added Marion.

Members appreciate the mental and physical challenges the come with theatrical photography. "Technically, photographing plays



BY GEORGE BRADSHAW COURTESY OF OLLI

This photograph of George Mason University theater students was taken by George Bradshaw as part of a partnership between the OLLI Photography Club and Mason's School of Theater.

is a challenge in composition and lighting," said George. "It's also an intense workout, always looking at the actors through a lens with one eye, and over the camera with the other eye for full stage coverage, continually, for a couple of hours. The SOT's plays never let up on action, emotion, and amazing compositional opportunities. This experience has taught me more about using a camera and post-processing images than I could imagine any other photographic activity could offer."

The partnership began when representatives from the School of Theater contacted OLLI to ask Photography Club

members to take shots of its students. The partnership is consistent with institutions' mission. "The OLLI Photography Club offers enriching experiences for our membership to

share their talents and engage with the University," said Jennifer Disano, OLLI's Executive Director, "The OPC designs impactful program opportunities for intergenerational exchanges at the University."

Those interactions offer a glimpse into the lives of those at both ends of the age spectrum. "Once I was taking photographs, I had to crouch down to capture a certain perspective of an actor," said George. "Watching me rise slowly from that position, one student asked if I was okay. I replied that I need to replace my doctor because he can't cure old age."

Spending time with students, says Marion, affords him an opportunity to share his experiences with the budding thespians. "The life lessons for younger generations is to be curious, engage in face to face conversations," he said. "Remember that learning doesn't end with your first degree ... instead expect and plan to continue learning lifelong.

Those interested in learning more about OLLI and the Photography Club can visit https://view.flipdocs.com/?ID=10015627_172115#

Looking for resources for lifelong learning in Arlington? See <https://library.arlingtonva.libguides.com/c.php?g=1066292&p=7758981>

BULLETIN BOARD

FROM PAGE 2

According to NHTSA, there were 10,893 unbuckled passenger vehicle occupants killed in crashes throughout the United States in 2020. In that same year, 58% of passenger vehicle occupants killed at night (6 p.m. – 5:59 a.m.) were not wearing their seat belts. That's why law enforcement agencies across the country are educating drivers about the importance of seat belt use. The Click It or Ticket campaign combines powerful messages about seat belt safety with high-visibility enforcement for unbuckled motorists. Virginia law requires everyone under the age of 18 to be properly secured in a safety

belt or child safety seat no matter where they are sitting in the vehicle, and the driver is responsible for making sure this happens. In addition, Virginia law requires everyone in the front seat of vehicles to be properly restrained, regardless of age, and those 18 and older can be ticketed.

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

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BULLETIN BOARD

FROM PAGE 8

Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Sigveland at 703-228-0913 or esigveland@arlingtonva.us or visit 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.dementiacareconnections.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 web page 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 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/aging-matterswera 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 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 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

Helmetsmen 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.

Donations Needed. Our Lady Queen of Peace Catholic Church, 2700 South 19th St., is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated, the pantry will rebag), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit www.ourladyqueenofpeace.org for more.

Soil Testing. Virginia Cooperative Extension is offering soil testing services to analyze soil and determine what is needed to condition soil for plantings. The routine soil test is all one normally needs for a fertility evaluation. Pick up soil sampling box at the Virginia Cooperative Extension Arlington office, 3308 S. Stafford St., 8 a.m.-5 p.m. Monday-Friday. Send filled soil sample box with form and fee to the Virginia Tech Lab for analysis. Fees vary, visit www.soiltest.vt.edu/Files.

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.

Pentagon Legacy Toastmasters meet Tuesdays 5:15-6:30 p.m. in the Pentagon Main Cafeteria/food court, left of Dunkin' Donuts. Most clubs are meeting online at this time. Toastmasters is an international organization that helps people speak, think, lead and listen better. Call 703-695-2604 www.toastmasters.org.

The Friends of the Planetarium Visit www.friendsoftheplanetarium.org to find up-to-date show times, a schedule of future events, information about Friends of the Planetarium membership, astronomy news and events, the history of the

SEE BULLETIN, PAGE 11

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by Local Media Connection LLC

1606 King Street Alexandria, Virginia 22314

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CALENDAR

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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>

WEDNESDAY/MAY 25

Author Talk: Allison Finkelstein. 6:30-7:30 p.m. At Central Library - Barbara M. Donnellan Auditorium, 1015 N. Quincy Street, Arlington. Allison Finkelstein will discuss her book, "Forgotten Veterans, Invisible Memorials". Learn more about the pioneering American women who commemorated World War I through action-based memorial projects and who advocated for women to be recognized for their wartime service. Visit the website: <https://arlingtonva.libcal.com/event/8906253>

THURSDAY/MAY 26

Encore Stage and Studio Benefit Breakfast. 8:30 a.m. At Washington Golf & Country Club, 3017 N. Glebe Rd. Arlington. Encore invites you for breakfast and performances by students as we celebrate the magic of "theatre by kids, for kids!" Come and learn more about the mission to provide high-quality theatre experiences for all young people in our community. They will honor Susan A. Keady with the Celeste Groves Award. For over 30 years, Susan has served children, youth and families of our community with her inspired artistic direction and dedication to Encore's mission.

FRIDAY/MAY 27

Lesson Zero. 9:30-12:30 p.m. At 2500 Columbia

BULLETIN BOARD

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David M. Brown Planetarium, a link to the Friends' store, and more.

The Northern Virginia Regional Park Authority announces that cyclists and pedestrians will now have access to the W&OD Trail beyond normal daylight hours. The new W&OD Trail hours are from 5 a.m. to 9 p.m., from Shirlington in Arlington County, to the western town limit of Herndon in Fairfax County.

Lifeline Personal Alert System. Virginia Hospital Center Senior Health staff locally manage the personal emergency response system. Help is available 24 hours a day, seven days a week. Monthly cost starts at \$42. Call 703-558-6859 for more.

Musical Instruments Wanted. Instruments of any type or size — from a piano to a piccolo, in response to school's needs. Donations are tax exempt. Contact Miriam Miller, Opera NOVA for pick up. 703-536-7557; mcdm1@verizon.net; www.operaguildnova.org.

VOLUNTEERS NEEDED

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers an array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Food Distribution Volunteers. 2:30-5:30 p.m. at Columbia Grove Apartments, 1010 S. Frederick St. Weekly volunteers are needed every Tuesday to assist with food distribution. Work includes set up, distribution and break down. Sign up at volunteer.leadercenter.org.

Volunteer Drivers needed to help senior citizens get to their medical and therapy appointments at the Shepherd's Center of McLean-Arlington- Falls Church. To find out more about the Shepherd's Center and how to volunteer to provide transportation and other services, call the Center at 703-506-2199 or e-mail the

Pike, Arlington. Celtic House presents the music of Oasis recording artist LESSON ZERO. For additional information see: www.reverb-nation.com/lessonzero and www.youtube.com/lessonzero.

FRIDAY/JUNE 3

Doing the Chelsea Chop! Summer Pruning for Woody and Herbaceous Plants. 10 – 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://mgmv.org/rsvp-for-public-education-classes/> to receive link to participate.

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. Purchase tickets online at Instantseats.com.

Center at info@scmafc.org.

Volunteer Leader for Sensory Garden. At 2909 S. 16th St. Hours are flexible but must be able to meet during the day at least once per month. Gardening experience preferred, but not required, must be 21. Volunteer.leader-center.org

AARP Foundation Tax-Aide is seeking volunteers to participate in a free, non-profit program, offered in conjunction with the IRS, that provides tax filing assistance to people of low- and middle-income, with special attention paid to those aged 60-plus. Training will be available in December and January to help taxpayers Feb. 1-April 18, 2017. Visit www.aarp.org/taxaide.

Invasive Plant Removal Events. Help protect watersheds and keep Arlington County parks beautiful. There are several monthly invasive plant removal events sponsored by Arlington County Invasive Plant Program. for more, and to register, call 703-228-1862. See a map of these locations.

- ❖ First Saturdays @ Haley Park, 9-11 a.m.
- ❖ Second Saturdays @ Gulf Branch Nature Center, 2-4 p.m.
- ❖ Third Saturdays @ Tuckahoe Park, 10 a.m.-noon
- ❖ Third Sundays @ Long Branch, 2-5 p.m.
- ❖ Fourth Saturdays @ Benjamin Banneker Park, 10 a.m.-noon
- ❖ Fourth Sundays @ Ft. Bennett Park, 10 a.m.-noon

The Arlington House Victorian Dance Society, an interpretive program of Arlington House, the Robert E. Lee Memorial (National Park Service), is currently recruiting new members. This all-volunteer group was founded in 2012 under the direction of dance mistress Amy Kassens Delery, and performs dances of the mid-19th century in period clothing at Arlington House, Fort Washington Park, the Frederick Douglass Historic Site, Glen Echo, and other local venues. No previous dance experience is necessary but being able to dance with the musical beat is required. Rehearsals are held one Sunday afternoon each month at Goodwin House Bailey's Crossroads and regular attendance is expected. Contact Amy Delery at arlingtonvictoriandance@gmail.com.

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A Lot of Perspective



By KENNETH B. LOURIE

If you allow it, cancer can be exhausting. However, I'm not referring to the physical toll treatment takes, which as many of you may not know, is often debilitating. Instead, I'm referring to the emotional toll: the worry, the fear, the uncertainty, the dying and of course, the premature death (although some might joke, any death is premature). It's been my intention to, as much as possible, ignore it all, and so far, I've done a pretty good job. Still, it's an anchor, figuratively speaking. It weighs you down, and sort of keeps you in the same place. If you let it, it can moderate your highs and deepen your lows. And being low (depressed) is all it's cracked up to be, and no way to fend off cancer, and/or try to live a semi normal life.

And really, trying to normalize your life despite a cancer diagnosis, with the ongoing treatment and/or the regular monitoring intervals: to scan, to complete lab work, to attend infusion appointments, et cetera, is the cost of doing business, so to speak, and hardly normal. Cancer doesn't always announce itself. Often, it appears out of nowhere with barely a symptom. And when that occurs to a lifelong non-smoker, age 54 and a half, with no family history of cancer, with both parents who lived into their mid-eighties, the absolute last thing you expect to hear from your primary care physician is: "The biopsy was malignant." So much so that when I heard it, I asked "What does that mean?" "What does that mean?" What kind of a moron am I? I know what 'malignant' means: trouble, with a capital "T." But cancer? I never imagined. Moreover, I'm not sure I even knew that an oncologist was a cancer doctor. In fact, it was my primary care doctor who set up our appointment with one for the following Thursday on this very same call. He didn't really elaborate much. He offered little information other than to suggest I bring along any family members. At that point, I began to get the message. I was not in Kansas anymore, if you know what I mean, and this initial appointment was only the beginning of what could very well be my end.

'My end?' I had just spent the last four years or so tending, along with my brother, Richard, and our family caregiver, Maria, to my father who died in early Dec. 2006, and then for another two years until early Dec. 2008, when my mother died, nearly on the exact day as my father had. I/we had been preoccupied with their lives since my father suffered his first stroke. It had been barely one month after we buried our mother, on Jan. 1st when I first experienced symptoms.

I had pain in my left rib cage which a few days later migrated to my right rib cage. That didn't seem right. And then on the weekend, when I had trouble catching my breath/inhaling, and had difficulty bending over, I had to admit that I needed to see a doctor. But cancer? No bleeping way. (I'd swear, but this is a community newspaper.)

Yet, from the depths of that initial despair, I have risen to live and breathe for another 13-plus years. I'm just glad that my parents weren't alive to hear my diagnosis. It would have been devastating for them to hear that their baby ("some baby," my mother would often say) yours truly was diagnosed with a terminal form of cancer. Hopefully, not knowing has enabled them to rest in peace. And what do I know? Cancer is bad enough on its own. You can't make it worse by giving into it. You must make peace with it or find a place for it in your life somehow. Fortunately, I'm good at compartmentalizing.

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



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