

Opera In Person Returns

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21st Street North over I-66 Bridge Rehabilitation Arlington County

Virtual Public Information Meeting

Tuesday, June 28, 2022, 7 p.m.
<https://www.virginiadot.org/21stStreet66>

Find out about plans to rehabilitate the 21st Street North bridge over I-66 to improve safety for drivers and pedestrians and extend the overall life of the bridge. The project includes resurfacing the concrete bridge deck and closing deck joints, repairing concrete piers and abutments and replacing bearings. The width of the existing lanes and sidewalks on the bridge will remain the same.

The meeting will be held as a **virtual/online meeting**. Information for accessing and participating in the virtual meeting is available at **<https://www.virginiadot.org/21stStreet66>**. The project team will make a short presentation beginning at 7 p.m. and answer questions for about an hour after the presentation.

Review project 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 703-259-2429 or TTY/TDD 711 to make an appointment with appropriate personnel.

Give your comments during the meeting, or by **July 11, 2022** via the comment form on the project website, by mail to Ms. Dipali Patel, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or by email to meetingcomments@VDOT.virginia.gov. Please reference "21st Street North over I-66 Bridge Rehabilitation" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775.

State Project: 0066-000-912, B625, P101
UPC: 118788
Federal: STP-5B01 (207)

*In case an alternate date is needed, the meeting will be held
Monday, July 18, 2022 at the same time.*

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<http://connectionarchives.com/PDF>

Doorways Offers Added Safety with Ring

Local nonprofit Doorways, the only domestic and sexual violence shelter and services provider in Arlington and the City of Falls Church, launched an initiative to provide additional safety tools to survivors. Ring, whose mission is to make neighborhoods safer, will be donating up to 1,000 Ring Video Doorbells and Security Cameras to Doorways to be shared with clients, along with a free Ring Protect Plan subscription for the life of each device. In addition to this device donation, Ring will also provide a monetary contribution to help amplify Doorways' impact for survivors across Arlington and surrounding communities.

Doorways will share devices with survivors on a case-by-case basis and as needed to support peace of mind for survivors. The National Domestic Violence Hotline defines a safety plan as a set of actions that can help lower risk of being hurt by a partner. Tools like Ring devices can help reduce risk during interactions among current or former partners, such as custody exchanges and visitation.

"Thanks to this initiative with Ring, we are able to get additional safety tools into the hands of our clients who would not otherwise be able to access them," said Doorways President and CEO Diana Ortiz. "Many of our clients have expressed that they want to utilize tools such as the Ring cameras and doorbells, but they do not have the means to purchase the devices and subscriptions. We are grateful that this donation

will enable Doorways to meet our clients' needs at no cost to them or the organization, so we can continue using our resources to provide shelter, supportive housing, and 24/7 services." Ortiz went on to say that "corporate collaborations, such as this with Ring, help sustain Doorways' life-saving programs and have been especially critical during the pandemic."

"Doorways takes a community-based approach to supporting survivors, including offering comprehensive services like advocacy, counseling, and housing within and beyond Doorways," said Karla Torres, Head of Community Engagement at Ring. "We believe in advancing their efforts in Arlington and enhancing their safety planning for clients to build safe and stable futures."

Virginia State Sen. Barbara Favola said, "These devices help make it possible for survivors to return to normal routines with a sense of security and confidence. There is nothing more important than giving survivors hope and that's what this donation is all about."

Doorways creates pathways out of homelessness, domestic violence, and sexual assault, empowering clients to achieve safe and stable lives. Doorways' trauma-informed approach addresses the cycles of abuse, homelessness, and poverty in a proactive and nimble way, meeting clients where they are and providing tailored support toward long-term stability.

Do You Trust Interior Department Law Enforcement?

The Department of the Interior today announced that it would hold 12 listening sessions and invite public comment on ways to strengthen public trust and confidence in the Department's law enforcement programs, ensure appropriate policy and oversight is implemented, and assure supportive resources are available for officer mental health, wellness, and safety. Feedback from the public will inform the work of the Department's Law Enforcement Task Force and help usher the nation into the next phase of community-focused law enforcement.

Secretary of the Interior Deb Haaland launched the Task Force last year to implement the highest standards for protecting the public and provide necessary policy guidance, resources, and training to agency personnel.

"The Department of the Interior has a unique opportunity through the Law Enforcement Task Force to be a national leader in community-focused law enforcement and a model of how to build trust and collaboration between law enforcement and the public that they serve," said Deputy Secretary of the Interior Tommy Beaudreau. "These listening sessions will be critical as the Department works to ensure the highest standards for protecting the public and provide policy guidance, resources, and training to our cherished law enforcement officers."

On May 25, 2022, President Biden signed an Executive Order on Advancing Effective, Accountable Policing and Criminal Justice Practices to Enhance Public Trust and Public Safety. This EO "will enhance public trust by promoting accountability, transparency, and the principles of equality and dignity in policing." The Department's Law Enforcement Task Force is working to support the President's direction.

Led by Deputy Secretary Beaudreau and comprised of law enforcement representatives from the Bureau of Indian Affairs, Bureau of Land Management, National Park Service, U.S. Fish and Wildlife Service, Bureau of Reclamation, and the DOI Office of Law Enforcement and Security, the task force has been working diligently over the last year to establish the scope of the project, ensure equity in all its work, and develop strategies for outreach and data collection.

In an effort to identify opportunities for improvement in law enforcement programs of the Department of the Interior (DOI) (National Park Service, U.S. Fish and Wildlife Service, Bureau of Land Management, Bureau of Indian Affairs, and Bureau of Reclamation) and to strengthen public trust in the Department's law

enforcement practices and policies, the DOI is hosting twelve (12) listening sessions open to the public. DOI seeks to engage with diverse stakeholders who interact with, are impacted by, or have experience with DOI Law Enforcement Officers to strengthen public relations and inform DOI law enforcement programs. Transparency, building public trust and ensuring accountability are key tenets that support equitable law enforcement experiences across diverse geographic and demographic populations. The public can submit comments through this Federal Register Notice which will inform themes and recommendations for the Department.

12 Virtual Listening Sessions Coming Up

DATES: The Department of the Interior will hold twelve (12) virtual listening sessions on the following dates:

Monday, June 13, 2022, from 6 p.m. – 8 p.m. EDT
Wednesday, June 15, 2022, from 9 p.m. – 11 p.m. EDT
Tuesday, June 21, 2022, from 3 p.m. – 5 p.m. EDT
Thursday, June 23, 2022, from 12 p.m. – 2 p.m. EDT
Saturday, June 25, 2022, from 2 p.m. – 4 p.m. EDT
Monday, June 27, 2022, from 8 p.m. – 10 p.m. EDT
Tuesday, June 28, 2022, from 5 p.m. – 7 p.m. EDT
Thursday, June 30, 2022, from 7 p.m. – 9 p.m. EDT
Wednesday, July 6, 2022, from 12 p.m. – 2 p.m. EDT
Wednesday, July 13, 2022, from 10 p.m. – 12 a.m. EDT

Thursday, July 14, 2022, from 7 p.m. – 9 p.m. EDT
Saturday, July 16, 2022, from 2 p.m. – 4 p.m. EDT

Interested persons are also invited to submit comments in writing or online. We invite you to submit comments on this notice. You may submit comments online at <https://www.regulations.gov/> by entering "DOI-2022-0008" in the search bar and clicking "Search" or by mail to U.S. Department of the Interior, LE Task Force, 1849 C Street, NW, MS 3428, Washington, DC 20240. You may respond to some, or all of the questions listed in the "Supplementary Information—Questions" section of this document. All public comments received are subject to the Freedom of Information Act and will be posted in their entirety at <https://www.regulations.gov/>, including any personal or business confidential information provided. Do not include any information you would not like to be made publicly available.

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NEWS

Bears Are Rare in Arlington, But This Week ...

On June 5th, 2022, a young black bear was spotted by a member of the public in Arlington County. Our Animal Control Officers confirmed the sighting and contacted the Virginia Department of Wildlife Resources (DWR) and Virginia State biologist. The bear seems healthy and is likely a male yearling moving through Arlington in his search for a new home habitat. We are continuing to update these agencies as the location of the bear changes.

While bear sightings are rare in Arlington County, they are not unheard of. Unfortunately in past bear sightings, we have had issues with members of the public going out in search of the bear to take their own photos or see it for themselves. This is dangerous, and can cause harm to you, others, and the bear. Instead, we ask that residents call AWLA immediately at (703) 931-9241

if they spot the bear, and keep to a safe distance or indoors.

We also urge residents follow these recommendations from DWR:

- ❖ Secure garbage: Keep in a locked shed or inside until collected or use a bear resistant container.

- ❖ Secure any compost piles

- ❖ Take down bird feeders.

- ❖ Secure pet food in bear-resistant containers or inside locked sheds.

- ❖ Clean up porches/decks: Clean grills including drip pans, remove any potential food sources, and remember a screened in porch is not a "secure" storage area from a bear's point of view.

- ❖ Never leave food, trash, or pet food inside your vehicle.

- ❖ Keep dogs on a leash at all times

Thank you for helping us keep people and wildlife safe in Arlington.



SCREENSHOT FROM AWLA VIDEO

This young black bear was spotted in Arlington on Friday, June 5. Steer clear of the bear, and call AWLA at (703) 931-9241 if you spot it.

Raytheon Moving its Global Headquarters to Arlington

Raytheon Technologies (NYSE: RTX) said June 7 that it will establish its global headquarters in Arlington, Va. Its headquarters is currently in Waltham, Mass., a suburb of Boston. The new global headquarters office will be in Arlington's Rosslyn neighborhood alongside the Raytheon Intelligence & Space business. Raytheon has been located at their office at 1100 Wilson Blvd. for more than two decades. The

Boston Globe reports that there will be no reduction in the number of employees in Waltham.

"We welcome the decision of Raytheon Technologies, a leader in the aerospace and defense industry and long-standing member of our business community, to bring its global headquarters to Arlington," said Katie Cristol, Arlington County Board Chair. "Today's announcement demonstrates how

Arlington's proximity to the decision-makers of D.C. and its welcoming, business-friendly climate are key factors for top companies. We are honored to work alongside Raytheon and welcome its global headquarters into our community."

Shannon Flanagan-Watson, Interim Director, Arlington Economic Development, said:

"Raytheon's announcement, as well

as that of Boeing last month, show that more companies are choosing Arlington for their headquarters. Our skilled, highly-educated workforce, key investments in public infrastructure, and our exceptional tech ecosystem are factors companies desire when locating a company. We welcome Raytheon's global headquarters and look forward to their continued presence in Arlington."

National Night Out Aug. 2

Arlington County Police Department (ACPD) invites community members and organizations to celebrate outdoor National Night Out (NNO) events on Tuesday, Aug. 2, 2022 from 5 p.m. to 8 p.m. NNO is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our communities safer.

During NNO, residents in neighborhoods throughout Arlington County and across the nation are asked to turn on their porch lights, lock their doors and spend the evening outside with their neighbors, police officers, firefighters and other County personnel. Outdoor events such as cookouts, block parties and ice cream socials will occur simultaneously throughout Arlington County and nationwide.

NNO is an opportunity to celebrate your neighborhood! All events are hosted by neighborhood organizations, community groups and/or businesses. Registration is free and provides police officers and Arlington County leaders and other representatives an opportunity to attend events as time and circumstances permit. Please register by Friday, July 22, 2022. Police cannot guarantee attendance at

events registered after the deadline.

For additional information or questions, contact Arlington County Police Department's Community Outreach Unit 703-228-4306

Crime Reports

MALICIOUS WOUNDING, 2022-06030260, 200 block of S. Carlin Springs Road. At approximately 11:19 a.m. on June 3, police were dispatched to the report of an assault with injury. The investigation determined the two juvenile suspects approached the two juvenile victims and engaged them in conversation, during which the suspects allegedly pushed Victim One to the ground and began to punch him. When Victim Two attempted to intervene, he was struck in the face, causing serious injury. Both victims were treated on scene by medics. The investigation is ongoing.

ATTEMPTED MALICIOUS WOUNDING, 2022-06030230, 2100 block of Washington Boulevard. At approximately 6:32 p.m. on June 3, police were dispatched to the report of a fight in progress. Upon arrival, it was determined the suspect and victim were driving along Arlington Boulevard in Fairfax County when they became involved in a minor crash. The victim continued driving and the suspect followed and allegedly

collided with the victim's vehicle, causing them to come to a stop in the 2100 block of Washington Boulevard. The suspect then exited his vehicle and approached the victim's vehicle and struck him through the window. The victim then exited his vehicle and a physical altercation ensued. Responding officers located the two individuals and, following the investigation, took the suspect into custody. Both the victim and the suspect were treated on scene by medics for injuries sustained during the incident. A 35-year-old man, from Gainesville, Va., was arrested and charged with Attempted Malicious Wounding and Aggressive Driving. He was held on no bond.

WEAPONS VIOLATION, 2022-06050182, 1300 block of S. Joyce Street. At approximately 4:23 p.m. on June 5, police were dispatched to the report of juveniles attempting to purchase alcohol. A lookout was broadcast and responding officers located the juvenile suspect and two juvenile subjects in the area and detained them without incident. The investigation determined the three juveniles entered into a business and, when an employee approached and asked for identification, began acting disorderly. The juveniles left and returned a short time later, during which they were again asked to leave and the juvenile suspect allegedly opened his backpack, brandished what was later determined to be a BB gun and made

threatening statements towards the employee. The two juvenile subjects were released from the scene. Petitions were sought for the juvenile suspect. The investigation is ongoing.

UNLAWFUL ENTRY, 2022-06050067, 1500 block of Fairfax Drive. At approximately 4:11 a.m. on June 5, officers were dispatched to the report of a breaking and entering. Upon arrival, officers observed an unoccupied building with a broken window. Upon entry into the building, officers located the male suspect inside and took him into custody without incident. Martell Maurice Eason, 34, of No Fixed Address, was arrested and charged with Unlawful Entry. He was held on bond.

ROBBERY, 2022-06040172, 1800 block of Fort Myer Drive. At approximately 4:00 p.m. on June 4, police were dispatched to the report of trouble unknown. Upon arrival, the victim stated he had met the unknown suspect at the Rosslyn Metro and they were walking to a convenience store when the suspect pepper sprayed him and stole his cellphone. The victim declined medical attention. The suspect is described as a Black male, 5'10, skinny build, wearing dark green hoodie, dark jeans and basketball sneakers. The investigation is ongoing.

SEE NATIONAL NIGHT OUT, PAGE 8

OPERA



Jose Sacin and Stella Markou pair up in Opera NOVA concert June 5.



Jose Sacin accompanies himself as he performs songs from his native Peru.

Nothing Like Opera in Person

BY SHIRLEY RUHE
ARLINGTON CONNECTION

It is a sunny Sunday afternoon on June 5, and Opera NOVA is back. This is the first in-person performance since the seclusion imposed by COVID in the spring of 2020 when all performances were canceled. Opera NOVA Artistic Director and famed baritone Jose Sacin paired up with special guest artist soprano Stella Markou to feature songs from opera, art songs and Broadway tunes.

Step by step the opera had gone from a black out in the spring of 2020 to a series of six virtual monthly concerts that began in December 2020. Finally the group was able to bring performers and audience back together at an afternoon concert presented at Walker Chapel UMC.

Miriam Anderson, the President of Opera NOVA, says, “Stella Markou is a surprise find by Jose, a rising soprano based in Arizona who is on her way to becoming the Director of Vocal Studies, University of Missouri-St. Louis. This is a rare chance to hear her sing while she is on the east coast.”

Markou has performed internationally as a soloist in oratorio, opera, and on the concert stage. She is a passionate performer of contemporary music and has been a featured guest artist with such groups as the Edinburgh Fringe Festival, Heidelberg New Music Festival, International Computer Music Festival. In addition, she has performed as a featured soloist in several master works and appeared in a number of stage performances.

Sacin plays a major role with Opera NOVA in Arlington while collaborating with the

leading figures of the opera and music world today including a nationally televised performance for Pope Benedict XVI alongside Placido Domingo. Sacin, a native of Peru, is considered one of the leading South American baritones of our time being known for his voice of “liquid gold and the stage presence of a lion.”

Sacin has portrayed a number of title roles in key operas as well as appeared extensively with Spanish Zarzuela. He has also appeared as a recitalist in Russia, Japan, Costa Rica, Honduras, his native Peru and extensively throughout the United States.

Opera NOVA was established in 1962 and has evolved as a resource for the arts reaching the community where they live—targeting seniors, children and the diverse Arlington population with the opportunity to have the arts as part of their experience.



Soprano Stella Markou, special guest artist

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BULLETIN BOARD

THURSDAY/JUNE 9

Bennett v. Garrett: When Arlington Became Arlington. 7-8:30 p.m. At Marymount University Library Auditorium, 2807 North Glebe Road, Arlington. Did you know Clarendon tried to secede from Arlington County to become its own municipality? The resulting court case in 1922 helped make Arlington what it is today. Join speaker, Sean Denniston, as he explains the case, what spurred it, and how the ruling has had lasting impact on what Arlington looks like today.

LUBBER RUN PERFORMING ARTS SERIES

Throughout the summer, Arlington Public Library and Arlington Arts will host a Lubber Run Performing Arts Series on select Sundays at 11 a.m. at the Lubber Run Amphitheater, located at 200 N. Columbus St., Arlington.

Meet Grammy award winning children's performer Dan Zanes and Haitian-American jazz vocalist Claudia Zanes. Set sail with "Talewise" and join him on a thrilling action-packed adventure involving a crew of quirky pirates. Learn about conductor Cody's Railroad Submarine where anything can happen with a bit of magic. And enjoy a modern rendition of a children's classic "Three Not So Little Pigs," presented by Blue Sky Puppet Theatre. All four programs are free and presented in partnership with Arlington Arts.

SCHEDULE:

June 12: Dan and Claudia Zanes
June 26: Pirates Lost at Sea! Presented by Talewise
July 10: Railroad Submarine! Presented by Cody Clark Magic
August 14: The Three Not So Little Pigs! Presented by Blue Sky Puppet Theatre

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/s2FuFdaYwDZm4t-Pw2.

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

www.connectionnewspapers.com

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

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 audubon-at-home-1.org for more.

Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqveland at 703-228-0913 or esiqveland@arlingtonva.us or visit 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 webpage compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth — such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit 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 as thermal imaging cameras, energy meters and books play a vital role in achieving a "greener" home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit library.arlingtonva.us/locations/central-library or call 703-228-5990.

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

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

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

Helmets 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.ourladyqueenof-peace.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.



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.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775.

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Great horned owl at Dyke Marsh and young.

Owl Awe

BY GLENDA C. BOOTH
THE CONNECTION

From the Greeks who believed that owls predicted a military victory to Harry Potter's snowy owl pal Hedwig, owls have always mystified and intrigued people.

Harriet Tubman, an unsung naturalist, used owl calls to guide enslaved people to freedom and made owl calls to alert freedom seekers. The owl is Waynewood Elementary School's mascot. "Owls are icons for everything from potato chips to cigars," Virginia owl expert John Spahr says.

Two owl species raising their young have delighted many Dyke Marsh visitors the past few months. Several observers have confirmed a barred owl pair raising two young and a great horned owl pair with one young.

Barred Owl

Barred owls are named for their "bars" or striped plumage. They are common in Northern Virginia, often more heard than seen, making a baritone night call, "who cooks for you, who cooks for you-all," call in the wee hours. The call may be a mating call, especially in late winter, or members of a pair calling back and forth. Their young stay near their nest for up to six months.

Barred owls are around 21 inches long and weigh a little over a pound. They usually roost during the day and hunt at night for small mammals, lizards, snakes and frogs, but at times, they hunt during daylight. They are highly adaptable to varied habitats, including mixed forests and disturbed areas. "Barred owls are the opportunists of the owl world," wrote Leigh Clavez in The Hidden Lives of Owls.

The oldest barred owl recorded was at least 26 years, seven months old, according to Cornell University's All about Birds.

Great Horned Owl

Great horned owls have two feathered tufts on their head that resemble horns. These birds are around 22 inches in length and three pounds in weight. With piercing

Owls have always mystified and intrigued people.



PHOTO BY JANE GAMBLE

Barred owl

yellow eyes, they have an intimidating stare. Some say that this is the owl every child would likely draw if tasked, a storybook owl.

Great horned owls prefer undisturbed habitats and forests, but also live in wetlands, forests, grasslands, backyards, cities and other semi-open habitats. They have been dubbed "tigers of the sky" because they are fierce predators of rats and mice, but can also catch skunks, rabbits, snakes and even porcupines. Their strong grip can sever their prey's spine.

Eastern Screech-owl

Another owl often seen in Dyke Marsh over the years is the eastern screech owl. They are eight-and-a-half inches long and weigh around six ounces. They too are excellent at camouflaging, spending much of their day roosting and blending in with the bark as they perch in tree cavities. Some are reddish brown; some are gray, a color variation that ornithologists call "morphs."

They mostly eat large insects and small rodents, but may eat other small creatures. Their name comes from their call, which some say resembles a horse whinnying.



PHOTOS BY ED EDER



PHOTO BY GLENDA BOOTH

Eastern screech owl, gray morph.

Owl Basics

Owls are found on all continents except Antarctica and live in many habitats – sub-urbia, forests, farms, high desert steppes, the tropics and polar regions. Their size ranges from that of the elf owl in the western United States, around one-and-a-half ounces, to the Eurasian or European eagle owl, over nine pounds.

Most birds' eyes are on the sides of their heads, but owls' eyes face forward, like peo-

ple's eyes. Their eyesight is probably ten times better than human eyesight. They have nictitating eye membranes that help block dust. They swivel their heads to look to their sides and most can turn their heads 270 degrees.

Owls have a satellite-dish-shaped face that funnels sound to their asymmetrical ears, positioned to help determine where sound is coming from. Their hearing is so good they can hear prey rustling on the ground or a



PHOTOS BY ED EDER



PHOTO BY GLENDA BOOTH

These owls were at a Friends of Dyke Marsh Raptor Rapture event. They were injured , rehabilitated and cannot survive on their own.

mouse digging under two feet of snow, say experts.

Unlike other raptors with protruding beaks, an owl's beak curves downward. Owls have sharp, curved talons adapted to seize and squeeze prey and with their especially stout leg and foot bones, they can land hard on their prey.

Owls are excellent at camouflaging and are largely active at night. Their calls range

from hooting, hissing, howling and wailing to screaming.

When owls eat their prey, they regurgitate the indigestible parts like feathers and bones as a pellet. Some area nature centers help youngsters take pellets apart to study owls' diets. Owls can tear their prey apart, gulp down pieces and take pieces to nesting owls.

Owls can zoom through the woods and across a suburban street or yard almost noiselessly. They are very quiet flyers because they have comb-like, primary flight feathers on their wings' leading edges.

Owl Watching and Boxes

Be respectful of all birds. Stay on marked trails, to protect the birds, the habitat and the birds' prey and to avoid startling their young that might be provoked to fly, but are not yet able to. Do not disturb nesting females. It is never appropriate to use playback bird calls in the presence of any bird that is busy feeding and protecting its young.

Some people install nest boxes to attract owl breeding pairs. All boxes should be put up well before breeding season, so for this year, it is too late. A guard can keep predators like snakes from raiding eggs and young. All bird houses and boxes should be appropriately sized and designed for the bird species you are trying to attract. Visit All about Birdhouses at <https://nestwatch.org/learn/all-about-birdhouses/>. This website has specifics on nesting periods, box placement, measurements and other tips.

FLOURISHING 55+

55+ Programs are in person at 55+ Centers, unless otherwise noted. 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.

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

Diabetes discussion group, Monday, June 13, 3 p.m., Langston-Brown 55+ Center. Topics include daily management, social and emotional support and community resources. Drop-in.

Haunted Prague, tour cobblestone streets, hear tales of mystery and magic, Monday, June 13, 1 p.m., Langston-Brown 55+ Center. Presented by author Michele Patrick. Registration # 914400-02.

Watering plants information with expert gardener Pete Jones, Monday, June 13, 11:30 a.m., Walter Reed 55+ Center. Registration # 914401-01.

Frida Kahlo and Diego Rivera, 20th century Mexican artists, story of art, love and marriage, Monday, June 13, 1 p.m., Aurora Hills 55+ Center. Cost \$6. Presented by art historian Joan Hart. Registration # 914302-02.

ABC's of Medicare, Tuesday, June 14, 10 a.m. Presented by VICA Virginia Insurance Counseling and Assistance Program. Call to register, 703-228-1725.

Keeping your brain healthy through diet and dietary supplements, brain games, exercise and sleep, Tuesday, June 14, 1 p.m., Lubber Run 55+ Center. Information provided by doctors from George Washington Brain Institute. Registration # 914500-04.

55+ BBQ Fundraiser, Rocklands Barbecue, 3741 N. Washington Blvd, Tuesday, June 14, 11 a.m. – 9:30 p.m. Sponsored by the Alliance for Arlington Senior Programs and Arlington 55+ Centers Advisory Committees. Proceeds support 55+ Center programs. For details, visit www.friendsofhealliance.org.

Acoustic afternoon with musician Carl Gold and a sing-along, Thursday, June 16, 2 p.m., Langston-Brown 55+ Center, Registration # 914301-02.

Veggie folks hear easy ways to find restaurants, cafes and grocery stores while travelling, Tuesday, June 14, 6:30 p.m., Walter Reed 55+ Center. Registration # 914501-08.

Salamander Creek hike with naturalist Jaron Winters, Tuesday, June 14, 10 a.m., Long Branch Nature Center. Registration # 914106-16.

Cooking with the Grandkids, Wednesday, June 15, 1:30 p.m., Walter Reed 55+ Center. Registration # 914501-02.

Travel Gurus, hear Lowell Nelson describe recent travel experiences in Oaxaca, Mexico, Wednesday, June 15, 1 p.m., Aurora Hills 55+ Center. Registration # 914400-04.

Turn a hobby into a small business, find out what's needed to start and maintain a small business, Wednesday, June 15, 5 p.m., Arlington Mill 55+ Center. Presented by Mike Sison, entrepreneur and CEO of Magellan Tutoring. Registration # 914400-23.

Opera appreciation group to hear musical selections from Puccini's "Tosca", Wednesday, June 15, 1:30 p.m., Lubber Run 55+ Center. Registration # 914300-02.

Bilingual Bingo in English and Spanish, Wednesday, June 15, 10 a.m., Lubber Run 55+ Center. Registration # 914600-01.

Ballroom bootcamp for beginners, learn common steps for a different dance each week, start Thursday, June 16, 2:30 p.m., Lubber Run 55+ Center. Drop in.

Colin Powell, General, Statesman, Hero, Thursday, June 16, 1:30 p.m., Walter Reed 55+ Center. Watch on a screen at the Center, registration # 914400-12 or at home, registration # 914400-13. Presented by David Bame, retired Foreign Service officer.

55+ Travel, Philadelphia Flower Show, Thursday, June 16. Tour and dine on your own, Cost \$98 (Arlington resident), \$113 (non-resident). Registration # 902206-06.

Skip-Bo, ultimate sequencing card game, Thursday, June 16, 1:30 p.m., Lubber Run 55+ Center. Drop-in.

Afternoon piano lounge featuring pianist Daniel Austin, Friday, June 17, 2 p.m., Aurora Hills 55+ Center. Registration # 914301-06

Healthy living for your brain and body, latest research provided by Dan Cronin, Alzheimer's Association, Tuesday, June 21, 1 p.m., Arlington Mill 55+ Center. Registration # 914500-05.

55+ Live! Talk Show, new episode, Tuesday, June 21. Check youtube.com/virtualprograms.

Genealogy 101, share information and research tools, Tuesday, June 21, 11:30 a.m., Lubber Run 55+ Center. Led by experienced genealogist Eileen Bogdanoff. Registration # 914402-07.

Acoustic café, live music from the 50's to the present, Tuesday, June 21, 7 p.m., Walter Reed 55+ Center. Registration # 914301-01.

Drop-in bridge, all skill levels welcome, Tuesday, June 21, 10 a.m., Madison Community Center.

CALENDAR

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>

TUESDAYS\JUNE 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 mgmv.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/>

FRIDAY/JUNE 10

Gardens That Educate and Inspire. 10 – 11:30 a.m. Online. Celebrate National Gardening Week by taking a virtual tour of eight gardens maintained by Master Gardeners of Northern Virginia and six public gardens in the Washington metropolitan area to see examples of good gardening techniques and gain inspiration for your own home landscape. Extension Master Gardener Elaine Mills, a coordinator at the Glencarlyn Library Community Garden in Arlington, Virginia, will showcase best management practices and design concepts employed by her fellow demonstration garden leaders in a wide variety of settings. She will also share highlights from public gardens she has visited regularly for the past 10 years. Elaine is a creative



Shemekia Copeland headlines the Columbia Pike Blues Festival on Saturday, June 18 on Columbia Pike in Arlington.

force behind the resource Tried and True Native Plant Selections for the Mid-Atlantic on mgmv.org. Free. RSVP at <https://mgmv.org/rsvp-for-public-education-classes/> to receive link to participate.

FRIDAY/JUNE 10

Signature Theatre Under The Stars. 8 p.m. At Lubber Run Amphitheater, 200 N. Columbus Street, Arlington. Musician extraordinaire Mark G. Meadows and his band The Movement team up with powerhouse vocalist Kanysha Williams for a dynamite concert full of your favorite sizzling tunes. Featuring iconic songs such as "Superstition," "I Wanna Dance with Somebody," and "Moon River," along with some of Mark's original music, this upbeat evening kicks off summertime in Signature style.

SATURDAY/JUNE 11

Discover Our Sister Cities. 2:30 p.m. At Arlington Central Library, 1015 N. Quincy Street, Arlington. Come hear accomplished authors with ties to El Salvador and our sister city, San Miguel. Moises Linares, author of the book "We are Not Born Failures", is a TV personality with Telemundo Channel. Linares will relate his experience as an American-Salvadoran and the

BBQ Fundraiser at Rocklands To Benefit Arlington's 55+ Centers

The Alliance for Arlington's Senior Programs (AASP) and 55+ Center Advisory Committees are co-sponsoring a BBQ Fundraiser, Tuesday, June 14 from 11 a.m. – 9:30 p.m. at Rocklands Barbecue, located at 3471 Washington Boulevard. AASP helps provide internet access for Arlington seniors in need along with computers and training on how to use them. They support many larger events such as 55+ Fitness Day and the upcoming

55+ Boot Camp. The Alliance also provides resources to the Advisory Committees at Arlington Mill, Aurora Hills, Langston-Brown, Lubber Run and Walter Reed 55+ Centers to enhance programs and activities.

The public is invited to dine indoors or outdoors or order ahead for carry out. Vegetarian options are also available. For more information about the event and the Alliance, go to www.friendsofthealliance.org

motives to write his book. Jose V. Monge, from San Miguel, El Salvador, has written various books among them "Voces and Huellas" (Voices and Traces). Monge is an active member of the Salvadoran Cultural Institute in D.C. Joining them is Jeannette Noltenius, MA, PHD, who is the President of the Salvadoran Cultural Institute and a poet. Registration: https://www.aplos.com/aws/events/salvadoran_authors_and_poets

Clark. Visit the Website: www.columbia-pike.org.

FRIDAY/JUNE 24

Summer Solstice Celebration. 6:30-8:30 p.m. At Bluemont Park, N. Manchester and Wilson Blvd., Arlington. Join EcoAction Arlington for the Summer Solstice Celebration. Volunteers will participate in trash cleanup and work in the pollinator garden. For registration and more information, visit www.ecoactionarlington.org.

FRIDAY/JUNE 24

Partnering with Pollinators. 10-11:30 a.m. Online. National Pollinator Week is the perfect occasion to discuss the small animals that perform such an important role in our home landscapes. Join Extension Master Gardener Elaine Mills to learn about the characteristics of pollinators and the plants native to the Mid-Atlantic region that will attract them and fill their needs, whether your garden space is large or limited to a patio or balcony. Best gardening practices for pollinators and special considerations for designing containers of native plants will also be explained. Elaine is a co-coordinator at the Glencarlyn Library Community Garden and a creative force behind the resource Tried and True Native Plant Selections for the Mid-Atlantic on mgmv.org. Free. RSVP at <https://mgmv.org/rsvp-for-public-education-classes/> to receive link to participate.

SATURDAY/JUNE 25

Arlington Pride Festival. 12-7 p.m. At Rosslyn Gateway Park, 1300 Lee Highway, Arlington. The Polished Kreative will host their biggest event of the summer – The Arlington

Pride Festival. This event has a simple but impactful message, Moving Forward Together. This reminds us of the importance of working together to make our community stronger. The Arlington Pride Festival will inspire the community to collaborate in new ways, ensuring all LGBTQIA+ individuals and their families and friends feel empowered, and supported. Arlington Pride will include: Live Entertainment, Surprise Guests, Main Stage, Games and Prizes, Live DJ, Vendors, Multiple Photo Moment Stations, Variety of Food & Beverages, Swag Bags Giveaways and more. The event is for all ages. A kid's play section will be designated as well as a dog park area.

JUNE 30-JULY 2

We Shall Someday Concert. At Signature Theatre, Arlington. Seamlessly weaving story and song, this concert presentation of a timely new musical chronicles three generations of a Southern Black family as they trace the effects of racism, activism and legacy from the Civil Rights Movement to the present. Tickets \$25.

JUNE 30-JULY 24

"A Midsummer Night's Dream." At Synetic Theater, 1800 South Bell Street, Arlington. A fantastical and visually arresting wordless adaptation of Shakespeare's timeless comedy. Thursdays, Fridays, Saturdays at 8 p.m.; Sundays at 2 p.m. Opening Night, Thursday, June 30, is by invitation only. The run-time is 1 hour, 45 minutes with one intermission. All ages welcome; some generalized, bawdy, Shakespearean innuendo. Tickets range from \$25 to \$65 and are available online at www.synetictheater.org.

National Night Out Aug. 2

FROM PAGE 3

ROBBERY, 2022-06050114, 4200 block of Wilson Boulevard. At approximately 11:30 a.m. on June 5, police were dispatched to the report of a larceny just occurred. Upon arrival, it was determined that at approximately 10:50 a.m., the male suspect entered the closed business and an employee advised him to come back during their business hours. A short time later, the male suspect returned, followed by two additional male suspects. Suspects One and Two began to grab eyeglass frames from the shelves, while Suspect Three acted as a lookout. The employee confronted Suspect One, who made threatening statements towards her before the three suspects fled the scene on foot with the stolen merchandise. Suspect One is described as a

Black male with a medium build, approximately 25-30 years old, 6'1"-6'3", wearing a peach shirt, tan pants and small black cross body bag. Suspect Two is described as a Black male with a thin build, approximately 25-30 years old, 6'0", wearing a gray hoodie, black pants, gator-style mask and black sneakers. Suspect Three is described as a Black male with a thin build, approximately 25-30 years old, 6'0", wearing a gray hoodie, black ripped jeans, face mask and black shoes. The investigation is ongoing.

ROBBERY, 2022-06060039, 900 block of Army Navy Drive. At approximately 4:19 a.m. on June 6, police were dispatched to the report of a robbery just occurred. Upon arrival, it was determined that at approximately 4:09 a.m., the victim was seated outside of the business when the suspect vehicle approached and the passenger asked if he could see the victim's cell phone. The victim

agreed and the driver and passenger then exited the vehicle and entered into the business and stole merchandise from the pharmacy. The suspects then fled the scene in the suspect vehicle with the stolen merchandise. Both suspects are described as Black males, wearing gray hoodies, dark pants, black masks. The suspect vehicle is described as a gray Jeep Cherokee. The investigation is ongoing.

INDECENT EXPOSURE, 2022-06030139, 5000 block of Columbia Pike. At approximately 12:53 p.m. on June 3, police were dispatched to the report of an indecent exposure. Upon arrival, officers met with the female victim who stated she observed the suspect standing outside a business exposing his genitals. The suspect is described as wearing grey sweatpants and a pink hat. Canvassing of the area by responding officers yielded a negative result. The investigation is ongoing.

ATTEMPTED UNLAWFUL ENTRY, 2022-

06050064, 1600 block of S. Joyce Street. At approximately 3:54 a.m. on June 5, police were dispatched to the report of an attempted breaking and entering. Upon arrival, it was determined that the victim was inside his residence when he heard what appeared to be the door opening and catching on the chain latch before closing. No entry was made inside the residence and no damage was reported. There is no suspect(s) description. The investigation is ongoing.

BURGLARY, 2022-06040165, 4300 block of 4th Street N. At approximately 3:00 p.m. on June 4, police were dispatched to the late report of a breaking and entering. Upon arrival, it was determined that between approximately March 3 and April 4, the unknown suspect(s) entered into the victim's residence and stole numerous jewelry items. There is no suspect(s) description. The investigation is ongoing.

NEWS

Sign Up for Northern Virginia Senior Olympics

The 2022 Northern Virginia Senior Olympics committee will offer a total of 77 individual events in this year's competition. "Not only are we celebrating our 40th anniversary," said Herb Levitan, NVSO Chair, "but it's also a record year for the number of events that will take place, Sept. 10-24 at 25 venues throughout Northern Virginia."

NVSO began in 1982 with approximately 300 participants and has grown to nearly 900 (pre-Pandemic). Levitan said, "We're expecting a large turnout this year since we had nearly 700 with half the events last year."

Opening day ceremony will take place at the Thomas Jefferson Community Center, 3501 S. 2nd St., Arl., Saturday, Sept. 10 at 9:30 a.m. Seven track events and one rowing ERG event will follow the opening. The public is invited to attend.

A full schedule of events and venues is on the website at www.nvso.us. To participate one must be 50 years old by Dec. 31, 2022 and reside in one of the sponsoring jurisdictions. The registration fee is \$20 which covers an unlimited number of events. There is an added charge for orienteering, cycling and ten pin bowling. Registration will open Wednesday, July 6 and close

Aug. 31. Registration is online only at www.nvso.us. NVSO will follow guidelines set by the CDC, the Commonwealth of Virginia, the local jurisdiction and the individual venues.

NVSO is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church. For more information, email nvso1982@gmail.com



PHOTO BY HENRY S. WINOKUR 2021
A competitor in the 2021 Northern Virginia Senior Olympics diving competition.



PHOTO BY HENRY S. WINOKUR 2021
A competitor in the 2021 Northern Virginia Senior Olympics diving competition.

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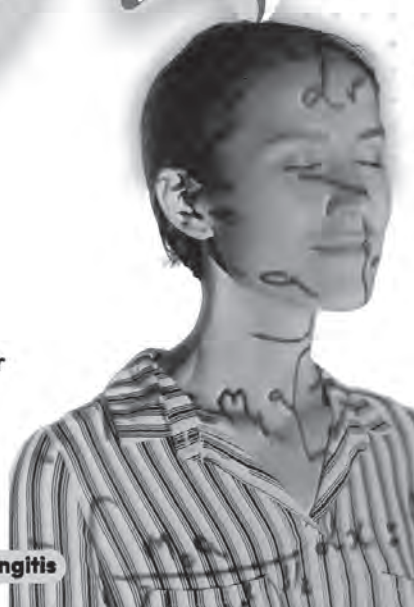
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HOMELIFESTYLE

Using Interior Decor to Herald the Arrival of Summer

From throw pillows to rugs, small changes in a home's accessories can create the lazy days of the coming season.

By MARILYN CAMPBELL
THE CONNECTION

With Labor Day in the rear view mirror and the official start of summer just two weeks away, three local design aficionados are focusing on accessories that create a seamless transition from spring to summer. Their ideas run the gamut from foliage to rugs and offer inspiration for embracing the beauty of the new season.

Light and airy color combinations, particularly those found in works of art can evoke a relaxed aura. Having recently completed a series of breezy beach scenes, reminiscent of summer, interior designer and artist Gretchen Fuss, formerly of Patina Polished Living in Alexandria, says that paintings can set the tone of an interior space. "Attention to detail and design is all about truly living in a comforting environment. Each space needs harmony and purpose." Fuss works with other tastemakers to create a piece of art commissioned by a client.

In fact, Bethesda designer Eleanor Burch uses beach inspired elements to create ocean inspired spaces. "Beige, blue and white color schemes can take you away to a lazy summer day at the beach even if you're sitting in your living room," she said. "Even adding rattan baskets or using rattan placemats at dinner can create a sense of peace."

Seasonal foliage can be used to make the transition from spring to summer and blossoms are plentiful in the Washington region, says local designer Georgia Hoyler, owner of Passerine, an online shop which carries handmade vintage rugs from around the world. "Flowers offer an array of bright floral arrangements," she said. "But for a more dramatic statement, consider clipping flowering foliage from your yard to bring the season in. When it comes to branches as decor, bigger is always better. Oversized branches bring a sculptural element to a space that evokes a natural drama. Opt for an asymmetrical arrangement to create a more graceful line. By refreshing their water daily, a cut branch can last up to two weeks in your home."

From the understated elegance of a cotton knit throw draped casually on the back of a chair in the family room or a quilt in airy hues topping the bed in a guest room, trading heavy textiles for their warm weather counterparts throughout one's home is a cost effective way to embrace the carefree spirit of summer. "The simple replacement of throw pillows from stripes to tonal, block print floral patterns, for instance, makes a substantial impact with little effort," said Hoyler. "Beyond just pattern updates, consider the fibers of your textiles. Swapping a heavier weight cotton velvet or wool that



PHOTO COURTESY OF GEORGIA HOYLER.

When updating a home's interior to reflect a change in seasons, designer Georgia Hoyler, owner of online boutique Passerine, says that the most substantial change that you can make without replacing a single piece of furniture is updating your rug.

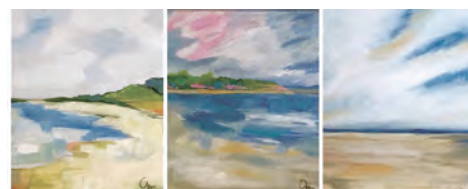


PHOTO COURTESY OF GRETCHEN FUSS

Works of art, such as these beach scenes can herald a new season.

works for winter to lighter linen in pillows and bedding subconsciously feels fresher. Most importantly, consider the color palette. Consider romantic, cooler hues of spring and summer, such as soft blues, creams and whites."

The most substantial change that you can make without replacing a single piece of furniture is updating your rug," says Hoyler. "On cold winter nights, the shag of a Moroccan rug's thick pile may have appeal, but spring was made for a vintage Persian area rug," she said. "The lower pile height of an antique Persian Tabriz, Farahan or Bahktiari make them perfect options in warmer months."

Changing the lighting in a space can be a minor endeavor that can have a major impact when transitioning for one season to another. "Knowing that summer's longer days typically pull brighter, natural daylight tones in your home, consider how to control your lighting," said Hoyler. "Swap the warm 2700 kelvin bulbs that you craved in winter fogenergy-efficient LED bulbs to compliment the change in natural light outdoors. If you have an outside space you like to enjoy in warm spring or summer evenings, install solar-powered landscaping spotlights or string twinkle lights over your patio or deck to draw you outdoors, even as the light fades."

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It's My Idea, and I Do Think Much Of It

By KENNETH B. LOURIE



And while I ended last week's column referring to two cities, Rome, and Milwaukee, that weren't built in a day (figuratively speaking), neither as it happens are they cities that I've visited. In fact, there are lots of cities that I've not visited, for all the usual reasons. Reasons which, after receiving a diagnosis of "terminal" cancer, become insignificant, and life in the post-cancer diagnosis years takes on a whole new/urgent meaning. A meaning which invariably presents itself in the organization and planning of a presumptive "bucket," list, a list of people you want to see, places you want to go, and things you want to do before you succumb to your disease.

It is a question/concept I have been presented with frequently over my many cancer years, most of them while characterized as "terminal." Even my oncologist suggested it one time after a particular infused medication I had been taking stopped working and we were deciding how next to proceed. He said that perhaps I should stop treatment for a while, and since I was likely feeling as good as I ever would, perhaps take that trip I had always dreamed of. He added that I might feel worse after we started new treatment; never knowing exactly whether the side effects would be manageable, or even if the treatment would work.

As it has turned out, I never took my oncologist seriously. I figured my treatment was not something to stop just to take a vacation - because it might get worse if I didn't. I just didn't think like that. My thought was keep doing what we're doing and not allow the cancer - to the extent we had any control, to get any kind of foot hold. To me, it felt like giving up/giving in to the cancer, and I never wanted to do that. And pursuing one's bucket list, during, and as direct result of, the intervals of my cancer treatment, seemed ill-advised, or at least, ill timed - to me. Just because my treatment wasn't working at a certain point, never seemed like a good reason to do even less and try to live more. My attitude was then and is now to live as normally as possible and not create artificial diversions/accomplishments to satisfy some arbitrary list that might not otherwise exist if you weren't "terminal." I never wanted to realize that the reason I was doing something was because I was dying, and it needed to be done - or else. I never wanted to impose that kind of pressure on myself. Cancer creates enough pressure on its own. A cancer patient doesn't need to increase that pressure by trying to check off a list.

But perhaps I'm just being contrary. I've heard much about a so-called "bucket list" these last 13 and half years. And as I've said, I've never bought it to it because I thought the price was too high. I never have wanted to deny my cancer reality by living a life unsuitable to who I am at my core. I'm not exactly Popeye the Sailor Man, but "I am who I am," and if I'm not doing things that I normally do, and instead doing things that I don't normally do, I would know the only reason I'm doing these things - that I don't usually do, is because I'm dying. To me, I'd be reinforcing a negative, and the last thing I've wanted to do during my cancer career was allow negativity to take root anywhere, anyway, anyhow. I've always felt that when I die, I want to die on my own terms, doing my own things for my own reasons.

To summarize my philosophy, I don't want to do things because I have cancer, I want to do things as if I don't. Granted, some days are harder than others, but at the end of every day, I'm more determined than ever to make the best of a bad situation. And for me, a vacation from my treatment was never going to work.

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

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