



St. Stephen's and St. Agnes School Congratulates the Class of 2022



We are proud of our 117 graduates and their accomplishments!

The Class of 2022 will be attending the following colleges and universities:

Bates College (2) ★ Boston College (3) ★ Bucknell University ★ Case Western Reserve University ★ Christopher Newport University

Clemson University ★ Colgate University ★ College of Charleston ★ College of the Holy Cross ★ College of William & Mary (4)

Colorado Mesa University ★ Columbia University ★ Concordia University (Canada) ★ Connecticut College ★ Cornell University

Denison University ★ Drexel University (3) ★ Elon University (2) ★ Franklin & Marshall College (3) ★ Georgia Tech ★ Harvard University

Haverford College ★ High Point University ★ James Madison University ★ Lafayette College (2) ★ Long Island University

Loyola University (Maryland) (4) ★ Merrimack College ★ Northeastern University ★ Northern Virginia Community College

Northwestern University ★ Oberlin College ★ Oxford College at Emory University ★ Pennsylvania State University (2)

Savannah College of Art & Design (2) ★ Shepherd College ★ Skidmore College (3) ★ Spelman College ★ St. Francis University (Pennsylvania)

Swarthmore College ★ Syracuse University ★ Temple University ★ Tennessee State University ★ The Ohio State University ★ Towson University

Tulane University (4) ★ United States Air Force Academy ★ United States Naval Academy ★ University of Alabama (4) ★ University of Buffalo (2)

University of Chicago (2) ★ University of Colorado − Boulder (4) ★ University of Delaware (2) ★ University of Denver ★ University of Florida

University of Michigan (3) ★ University of North Carolina − Chapel Hill (2) ★ University of Notre Dame ★ University of South Carolina

University of Virginia (6) ★ University of Wisconsin (2) ★ Virginia Commonwealth University ★ Virginia Tech (2) ★ Wake Forest University

Washington & Lee University (2) ★ Wyoming Seminary Prep/Lafayette College ★ Yale University (2)

News

Culpepper Garden Honors Fenwick Foundation and Elizabeth Harter

ulpepper Garden welcomed Virginia Del. Patrick Hope and State Sen. Barbara Favola today to its inaugural BBQ & Blooms event on Saturday, June 4, to honor The Fenwick Foundation and longtime supporter Elizabeth Harter with the inaugural Legacy of Grace Award in recognition of their contributions to Culpepper Garden's mission to serve low-income older adults in Arlington.

"We're incredibly grateful to Tom Fonseca and Alex Gorny of The Fenwick Foundation and Elizabeth Harter for their continued support and generosity for our residents year after year," said Culpepper Garden Executive Director Marta Hill Gray, presenting them with the Legacy of Grace Award. Gray was recently appointed to the board of LeadingAge Virginia. "We are encouraged by the turnout today and how the Arlington community has rallied behind our residents with their generous contributions. We are fortunate to be part of this community and look forward to hosting this event annually to thank our community for sustaining our mission."

Culpepper Garden established the Legacy of Grace Fund this year to address demographic, economic, and healthcare disparities faced by older adults in Arlington County and to offer a stable future for them as they age. Facilitated by the Arlington Community Foundation, the Fund helps older adults, regardless of their financial means, live their final years with dignity in



The local barbershop quartet, Just Four Grins, performs at the Culpepper Garden annual BBQ and Blooms fundraiser on Saturday, June 4.

a vibrant, caring, and compassionate community.

"What a great opportunity to recognize these three individuals and an organization that have made such a tremendous mark in the Culpepper Garden community during the roughest phases of the pandemic," said Del. Hope before presenting the awards. "I'm proud to help honor these devoted Virginians who have demonstrated that, before all else, we are a community that cares for one another."

Terri Lynch accepted the award on behalf of The Fenwick Foundation, a public charity focused on improving quality of life and wellbeing of low-resource and vulnerable older adults in Arlington. Tom Fonseca and Alex Gorny, through the Foundation, provided free onsite dental care to Culpepper Garden residents at the height of the COVID-19 pandemic. They made dentists and mobile dental services available for both independent and assisted living residents over the last two years, offering cleanings, x-rays, and fillings. Their generosity made dental care available to low-income older adults, for whom it would otherwise be out of reach. They are now also extending vision care services to Culpepper residents.

Elizabeth "Liz" Harter is one of Culpepper Garden's most generous volunteers, and a constant fixture at the Arlington Food Assistance Center Friday distributions. Her positive attitude and gentle manner have been a constant inspiration to Culpepper residents, especially during the roughest days of the pandemic. Her strength, kindness and grace during these challenging times have served as

Рнотоя Contributed



From Left Marta Hill Gray, current Culpepper Garden Executive Director, Linda Kelleher, past Culpepper Executive Director, Charles Meng, **Executive Director and CEO of Arlington Food** Assistance Center.



A silent auction offered weekend getaways, gourmet dinners and local artist creations at the Culpepper Garden fundraiser.

a reminder of compassionate stewardship and purposeful giving.

The event was held at the property's gardens, where guests enjoyed a barbecue lunch, a performance by local quartet Just Four Grins, and participated in a community auction that included several pottery pieces by local ceramic artist Fred Paul.

"Culpepper Garden is a blessing. You know that your residents, staff, and partners are human beings, and you treat them with the care and respect, which we all deserve," said Rev. Carol Thomas Cissel of the Unitarian Universalist Church of Arlington, "Right here in the center of Arlington, you have formed a collective that was intentionally created to offer safe, affordable, living to those who need it most."

Culpepper Garden is named after Charles Washington Culpepper, a horticulturist and civil servant who tended meticulously to its garden before selling the property in 1971. The garden is also home to a white oak that was inducted as a "Notable Tree" by the Arlington County Department of Parks and Recreation last month.

The event was jointly-sponsored by Strategic Analysis, Amazon, and community members Jean Broyhill and Joe Ventrone.

www.culpeppergarden.org..

VDOT Meeting on Route 1 from 12th Street South to 23rd Street South

he Virginia Department of ments_study.asp Transportation (VDOT) will hold a second virtual public information meeting Tuesday, June 21 on a feasibility study identifying enhanced multimodal connectivity and accommodations along Route 1 (Richmond Highway) from 12th Street South to 23rd Street 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. https://www.virginiadot.org/projects/northernvirginia/route 1 multimodal improvewww.ConnectionNewspapers.com

Recommendations from the first phase of this study include converting the segment of the elevated urban freeway between 12th Street South and 20th Street South to an at-grade urban boulevard with wide spaces along Route 1 for sidewalks, lighting and other amenities along Route 1 for pedestrians, bicyclists, drivers and tran-

The second phase of the study is further exploring the feasibility of the at-grade roadway recommended in the first phase. Over the next year, Phase 2 of the study will:

Update multimodal counts and analyses

Develop a comprehensive trans-

portation demand management (TDM) strategy aimed at reducing vehicular trips through the area and mitigating congestion and potential diversion of traffic onto local and regional roads

Examine the feasibility of a potential pedestrian underpass or overpass at 18th Street South

Expand on the feasibility analysis of the recommended at-grade configuration from Phase 1

Review the 23rd Street South intersection with the recommendations of Arlington County's Vision Zero Action Plan for any potential interim improvements that could be implemented ahead of the second phase of the county's 23rd Street South Realignment project and street improvements by the development community

Study a potential 25 mph speed limit in coordination with Arlington County's Vision Zero Action

Route 1 carries more than 45,000 vehicles per day in the Crystal City and Pentagon City area based on 2019 data.

Get Involved

In lieu of an in-person meeting, VDOT invites residents and travelers to learn more, participate in the virtual meeting and give feedback in the following ways through Friday, July 15:

Attend the Tuesday, June 21 online meeting. Register at virginiadot.org/Route1MultimodalStudy or to participate without registering in listen-only mode, call 877-568-4108 (use access code 528-854-340).

The study team will make a short presentation beginning at 6:30 p.m. followed by a question and answer period.

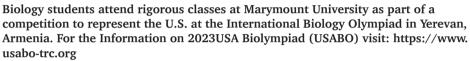
Provide comments via the online survey or by email to route1multimodalstudy@vdot.virginia.gov.

Mail comments to Mr. Dan Reinhard, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030.

For more information on the study and past meeting materials, visit virginiadot.org/route1multimodalstudy.









Marymount Professors Prepare Aspiring Biologists for International Competition

Top high school biology students prepare for USA Biolympiad (USABO) competition.

> By Marilyn Campbell The Connection

arymount University hosted 20 of the nation's brightest high school biology students earlier this month for the USA Biolympiad (USABO) competition. The group received ten days of rigorous science instruction, lab training and testing. They were vying for a chance to become one of the four gold medalists who will represent the U.S. at the International Biology Olympiad in Yerevan, Armenia from July 10-18.

The students, including Lynn Tao of Thomas Jefferson High School for Science and Technology in Alexandria and others were chosen from more than 11,000 students who registered to participate in USA-BO's national biology exams.

"We start with the 20 who have placed highest on the national test, and we put them through a rigorous week of intense refresher courses and offer them new ways to work through the problems of science," said Todd Rimkus, Ph.D, Director of Marymount's School of Science, Mathematics and Engineering. "Our mission was to prepare

them for the competition."

The instruction that students received included day trips to get hands-on experience with the lessons they were studying. "One of the most amazing excursions for these students was a field trip out to a local lake, where they got the opportunity to set turtle traps and then return the following day to see what they were able to catch,"said Rimkus. "When we pull up a net with over 100 pounds of different types of turtles, including large snapping turtles, the students are amazed. They learn that not all science happens in a lab, and many areas of science that they may have never considered in the past may contain the kinds of questions they would want to try to answer."

The students were also able to watch an open heart surgery as part of the INOVA

Dome Experience program. "Our students at Marymount in the Nursing and Biology majors get an opportunity to see these surgeries on a pretty regular basis," said Rimkus. "It is always a wonderful experience to see the surgeons and nurses work with such care and expertise. USABO students always ask great questions of our house at the hospitals."

USABO is managed by The Center for Excellence in Education (CEE) and Marymount also hosted their scholars in 2018, 2015 and 2014. "[We] have a longstanding relationship with CEE," said Rimkus. "Our close proximity to their headquarters in Washington, D.C., means that they were looking for a University with expertise in the biological sciences. "Our finalists have received many gold medals ... so I am confident that this group is ready to achieve similar outcomes."

BULLETIN BOARD

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

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.

June 26: Pirates Lost at Sea! Presented

SCHEDULE:

by Talewise July 10: Railroad Submarine! Presented by Cody Clark Magic August 14: The Three Not So Little Pigs! Presented by Blue Sky Puppet

LIFESAVING MEDICATION AVAILABLE AT ARLINGTON LIBRARIES

The newest addition to Arlington libraries is not a book—it's the overdose reversal medication Naloxone. Also known as NARCAN, this medication can reverse an overdose from opioids, including prescription painkillers, heroin.

and/or fentanyl, in a safe and effective manner.

NARCAN nasal spray has been added to opioid overdose emergency boxes in all seven Arlington Public Library branches as part of the Arlington Addiction Recovery Initiative. The boxes are in public access points near the Automated External Defibrillators (AEDs) at most branches; at Aurora Hills and Glencarlyn, the boxes are in prominent places where employees can easily access them. Included in the emergency boxes are instructions in both English and Spanish.

Since January 2020, there have been 206 opioid overdoses in Arlington,

60 of them fatal. Arlington saw 20 fatal overdoses in 2020, another 28 in 2021, and there have been 12 in 2022 as of June 3 (see Opioid Incident Data: Police Investigated Incidents Involving Opioids). Knowing the signs of a drug overdose is an important step

overdose is an important step in administering lifesaving medication. Look for these symptoms in an individual who is potentially experiencing a life-threatening event: Slow or shallow breathing Cold or clammy skin

See Bulletin, Page 8

OPINION

A Compromise Budget

By Sen. Adam Ebbin

hen the General Assembly entered the legislative session, the state was experiencing steady financial growth - years of strong fiscal management combined with an infusion of federal aid had built a budget surplus with which we could make significant investments in the people of Virginia. The new economic pressures of the last six months, coupled with the partisan makeup of the House and Executive Branch, extended our budget negotiations far beyond the legislative session. Thoughtful negotiations produced a compromised budget proposal which we voted to send to the Governor for his approval on June 1.

The final budget, negotiated by a small group of budget conferees, reflects some priorities of both Republicans and Democrats. While the final deal falls short of some of the proposals which then-Governor Ralph Northam made in December, it still retains major investments in education, the environment, and public infrastructure. I was also glad to see several of my budget priorities included in the final spending plan. At the same time, the budget provides some important, though measured, reforms to tax policy which will hopefully alleviate the strain caused by the record price hikes suffered across the world which we have witnessed this year.

These prudent decisions include increasing the standard deduction to \$8,000 for single filers and \$16,000 for couples, the removal of the state portion of the grocery tax, direct \$250 rebates to taxpayers, and a refundable portion of the Earned Income Tax Credit for low income Virginians.

After a challenging two years of pandemic learning, the legislature made the most significant investment in K-12 and higher education in recent memory. This included a 10% pay raise over two years for K-12 teachers plus one time \$1,000 bonus and \$10 million in American Rescue Plan funds for recruitment incentives for hard-to-fill education positions. funding paired with an addition- covery and economic growth.

al \$450 million from the literary fund for loans for targeted school construction projects. To improve in-person learning we also chose to increase the number of support positions per 1000 students from 17.5 to 21 over the biennium and funded 1 reading assistant per every 550 students in kindergarten through third grade.

The budget makes strong investments in public safety and mental healthcare including \$195.7 million for targeted compensation initiatives for sworn officers of the Department of State Police, correctional officers and probation and parole officers, and Deputy Sheriffs and Regional Jail Officers. We also allocated \$13 million for community violence-focused grant programs to reduce gun and group violence through intervention ser-

Though I believe we could have taken bolder steps to combat the cost of housing, I am glad that the budget also includes a total of \$150 million for the Affordable Housing Trust Fund, and includes \$240 million in state tax credits to support the building and preservation of affordable housing.

It is also important to note that despite the Governor Youngkin's calls to pull Virginia out of the Regional Greenhouse Gas initiative (RGGI), the compromise budget retains our place in RGGI and the resulting hundreds of millions in community flood prevention dollars and energy efficiency programs which we have won through the sale of carbon credits.

I was glad to see several requests I made included in the final budget including complete funding for the construction of the John Warner Maritime Center in Alexandria, funding to preserve and digitize records of patients at Central State Hospital, and \$8 million to provide air conditioning at several currently unairconditioned correctional facilities.

The final budget is the product of diligent work and compromise by the General Assembly hashed out over months of negotiation. It is my hope the Governor will sign it quickly. Doing so will allow these important and, in some cases, historically large investments in the Commonwealth to move forward construction and modernization at a crucial time of pandemic re-

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Don't wait until school starts.

Take your kids to the doctor for their health checkup.

www.vdh.virginia.gov/backtoschool/

VDH DEPARTMENT

SUMMER



Ocean Dunes Water Park at Upton Regional Park in Arlington, which also offers climbing adventures



Summer's Here and Possibly Time to Stay Put

Fairfax County has plenty of options for a "stay-cation" this summer.

The Connection tall.

nearing \$6 a gallon, summer vacamay not happen this year, but no Northern Virginia and just pretend it's the beach – there are plenty of waterfalls, and that's just the tickoptions around here that keep that et at Upton Regional Park or the beachy vibe humming throughout Treasure Island Mini Golf course the summer.

nearly 25,000 acres of parkland ster Mini Golf in Chantilly or the so there's something for everyone, Cameron Run Mini Golf in Alexansaid Judy Pedersen of the Fairfax dria. Burke Lake has mini golf, and County Park Authority. "With gas a frisbee golf course and a par-3 prices as high as they are, and the course too. impacts of inflation hitting families hard, staying local and enjoying our wonderful park system makes the area that have obstacle courses lots of sense," Pedersen said.

racers an opportunity for speed terpark. minimum age of 8 and height re- a 320-foot zip line.

6 ARLINGTON CONNECTION V June 15-21, 2022

By Mike Salmon quirement of at least 48 inches

For the Pro Karts, the minimum age is 13 and drivers must be at least 56 inches tall. Summer gokart camps are available for ages

Vacations and staycations are worries. Take a stay-cation here in all about putt-putt golf too. Got to have the flaming volcanoes and at Pohick Bay. Other mini golf Fairfax County has 420 parks on courses can be found at the Mon-

If that's not enough for the thrill seeker, there are several spots in and rope climbing. At Upton Park First stop, a go-kart track in the in Arlington, "Climb Upton" has a September 25. Dulles Airport area called the Au- 90-element vertical adventure lo-

at their indoor facility with some In the South Run Rec Center, September: Two nights at the ho- those who want to ride a board but fices and the Lucy Burns Museum, mer fun. At Pohick Bay, there are karts reaching 50 miles per hour. there's another climbing course tel, wine tasting at a local vineyard, not on the water, there are skate honoring suffragists. It's a little more high-tech than the called "Go Ape," with five activities beer flights at 3 different Chantilly parks at Wakefield Park, Lake Fairtracks at the beach so be prepared. depending on the skill level. There breweries, transportation and food fax, Van Dyck Park, Herndon Skate Summer Eating There are "Junior Karts," with a are 70 obstacles at South Run and credits, plus a welcome bottle of Park and Powhatan Springs Skate After all that activity, time to ground as does Lake Fairfax where

❖ Cirque du Soleil's "KURIOS: A Cabinet of Curiosities" under the

wine and other gifts at check-in. Park inside the beltway.



Racers at the Autobahn Indoor Speedway near Dulles rev their engines.

"STAYCATIONS definitely are worth taking this year," said Ali destination marketing manager at Visit Fairfax. She pointed out a few events scheduled this summer that cater to those staying

Big Top at Tysons from July 29 –

Capital One Center in Tysons has a new performing arts center, and the Capital One Hall featuring an elevated outdoor Starr Hill Biergarten + amphitheater and an 18-hole miniature golf course that is 11 stories in the air.

Still longing for the beach, surfing and getting gnarly? The Fairfax Surf Shop has boards, skate stuff and trunks as a preparation for the ❖ A beer and wine extravaganza Reston Surf Course. Surf Reston rooms, event spaces, movement/ tobahn Indoor Speedway. It offers cated next to the Ocean Dunes Waat Westfields Marriott Washington Stand Up Paddleboarding is right Dulles Hotel through the end of on Lake Audubon in Reston. For welcome center, administrative of in the area for that part of sum-



That's where all eyes turn to the Workhouse Arts Center in Lorton. This art workshop and gallery is mostly indoors, has plenty of parking and is not far from I-95. The Workhouse Arts Center opened to the public in September 2008, with buildings that were part of the old Lorton prison, and now houses artist studios, dance studios, music exercise studios, theater, gift shop,

grab a bite to eat, and it's all about there are cabins too. www.ConnectionNewspapers.com



Workhouse Arts Center in Lorton.

beach munchies at Clare and Don's Beach Shack in Falls Church, or Boardwalk burgers and fries in Kingstowne. At Clare and Don's, dishes range from the Lake Alice Gator Tail (\$9), a bowl of Seafood Chowda (\$8) to the Inner Harbor Crab Cakes (\$28.75)

When evening falls, kick back at the campfire, making s'mores and talking about all the beach fun, and there are several campgrounds cabins, tent and camper sites and a spot for wilderness camping as well. Burke Lake also has a camp-

www.ConnectionNewspapers.com



Camping out at Pohick Bay could be in a camper or one of the cab-

AUTOBAHN INDOOR SPEEDWAY

45448 East Severn Way, Suite #150 Sterling, VA 20166 (571) 353-1220

POHICK BAY REGIONAL PARK

6501 Pohick Bay Dr, Lorton, VA 22079 (703) 339-6104

UPTON HILL REGIONAL PARK

Arlington VA 22205

https://www.novaparks.com/parks/upton-hill-regional-park

CLARE AND DON'S BEACH SHACK

703-532-9283

FAIRFAX SURF SHOP

10304 Willard Way Fairfax, VA 22030 703 273-0015 info@fairfaxsurfshop.com

MONSTER MINI GOLF

14130 Sullyfield Cir suite g, Chantilly, VA 20151

WORKHOUSE ARTS FOUNDATION, INC.

9518 Workhouse Way Lorton, VA 22079 https://www.workhousearts.org/

WATERPARKS

ATLANTIS WATERPARK

Bull Run Regional Park, Centreville, VA

Cool down with waterslides, pools, and our 500 gallon dumping bucket at Atlantis Waterpark, located at Bull Run Regional Park in Centreville,

https://www.novaparks.com/waterparks/atlantis-waterpark

GREAT WAVES WATERPARK

Cameron Run Regional Park, Alexandria, VA

Bring the family for a full day of sliding and splashing at Great Waves Waterpark, located in Alexandria, Virginia.

https://www.novaparks.com/waterparks/great-waves-waterpark

OCEAN DUNES WATERPARK

Upton Hill Regional Park, Arlington, VA

Make any day a beach day at Ocean Dunes. This Waterpark is loaded with fun features for adults and kids, including a 500-gallon dumping bucket, water slides, waterfalls and squirters. Visitors will find themselves amidst dune grasses and the feeling of being at the beach, but without

https://www.novaparks.com/waterparks/ocean-dunes-waterpark

PIRATE'S COVE WATERPARK

Pohick Bay Regional Park, Lorton, VA

Pirate's Cove Waterpark in Lorton, Virginia.

https://www.novaparks.com/waterparks/pirates-cove-waterpark

LAKE FAIRFAX PARK - WATER MINE LOCATION

Reston, VA, 22039

https://www.fairfaxcounty.gov/parks/watermine





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

SATURDAY/JUNE 18

Columbia Pike Blues Festival. Showtime 1-8:30 p.m. At S. Walter Reed Drive from Columbia Pike to 9th Street, South, Arlington. Celebrating its 25th Anniversary with its first fully in-person event since the pandemic, vocalist Shemekia Copeland (2021 Blues Foundation "Entertainer of the Year") is the headliner. The anniversary lineup will showcase a variety of blues, R&B, and funk performers of national and regional note, including Eric Scott, Robbin Kapsalis & Vintage#18, Shakin Woods, and Anthony "Swampdog" Clark. Visit the Website: www.columbia-pike.org.

TUESDAYS\JUNE 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 mgnv.org.

WEDNESDAY/JUNE 22

Juneteenth Celebration. A conversation between local author Amina Luqman-Dawson and Library Director Diane Kresh will be held at Shirlington Library on June 22 at 6:30 p.m. Luqman-Dawson's highly acclaimed middle grade historical novel "Freewater" is an exciting tale of escape from slavery and refuge in the Great Dismal Swamp which is in the







The Arlington Pride Festival will take place on Saturday, June 25, 2022 at Rosslyn Gateway Park in Arlington.

Coastal Plain Region of southeastern Virginia and northeastern North Carolina.

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 mgnv.org. Free. RSVP at https://mgnv.org/rsvp-for-public-education-classes/ to receive link to participate.

SATURDAY/JUNE 25

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

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.

JULY 5-17

Hotter Than July: Stevie Wonder. At Signature Theater, Ark Theater, Arlington. Signature heats things up for the summer months with the first cabaret in two years! Inspired by Stevie Wonder's 1980 platinum album Hotter than July, this sizzling cabaret sets the ARK ablaze with songs from the album such as "All I Do" and "Master Blaster (Jammin')" along with some of Stevie's other hits like "Superstition" and "Overjoyed. Tickets \$38; \$35 for subscribers.

SUMMER OF MORE

Discover beautiful new guest rooms, be a swashbuckling pirate, or take the princess pledge during your summer getaway to Gaylord National.

GaylordNational.com



BULLETIN BOARD

From Page 4

Blue or grey skin, fingertips, or lips Deep gurgling or rattling snore (also known as the death rattle)

Sleeping and cannot be woken up Unresponsive to stimuli (like an earlobe pinch or sternum rub)

About Arlington Addiction Recovery Initiative The County launched its Arlington Addiction Recovery Initiative (AARI) in 2017 in response to rising concerns pertaining to opioid abuse in the community. AARI's primary goals are to prevent individuals from developing a substance use disorder, increase access to and awareness of available treatment resources in the community, and decrease access to opioids through diversion.

Additional AARI efforts involve promoting linkages to care; facilitating co-location of services as part of a comprehensive, integrated approach; reducing stigma associated with substance use and co-occurring disorders; and promoting a philosophy of hope and healing.

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/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.

SEE BULLETIN, PAGE 10

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.

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

www.ConnectionNewspapers.com

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.

Normal aging versus dementia, presented by Kay Yong, Insight Memory Care Center, Wednesday, June 22, 1 p.m., Aurora Hills 55+ Center. Registration # 914500-06.

Hearing aids, beware and be wise, presentation by Bonnie O'Leary, Northern Virginia Resource Center for Deaf and Hard of Hearing Persons, Wednesday, June 22, 11 a.m., Langston-Brown 55+ Center. Registration # 914500-13.

"Harper's" magazine articles discussion group, Wednesday, June 22, 11 a.m., Aurora Hills 55+ Center. Facilitated by librarian Vicky McCaffrey. Registration # 914402-17.

Cutting the cord, a general overview of how to use today's technology to combine resources and possibly reduce costs, Wednesday, June 22, 5 p.m., Arlington Mill 55+ Center. Registration # 914403-02.

Ballroom dance bootcamp for beginners, learn common steps for a different dance each week, Thursday, June 23, 2:30 p.m., Lubber Run 55+ Center, Drop-in.

Movies and critics, write a review of "West Side Story" for Arlington Mill 55+ Center's newsletter, Thursday, June 23, 1 p.m. Registration # 914804-04.

Why don't my hearing aids work, Thursday, June 23, 1:30 p.m. Presented by Dr. Amy Bernstein, Lesner Hearing Center. Virtual. Registration # 914500-14.

55+ Travel offering a trip to Dutch Village Farmers Market in Upper Marlboro, MD, Friday, June 24. Cost \$7 (Arlington resident), \$8 (non-resident). Registration #

Movie matinee, "Lucy and Desi", Friday, June 24, 1 p.m., Lubber Run 55+ Center. Registration # 914804-01.

Social ballroom dancing, spacious dance floor, Friday, June 24, 1 p.m., Arlington Mill 55+ Center. Drop-in.

Classic movie showing at Aurora Hills 55+ Center, "West Side Story," Friday, June 24, 12:30 p.m. Registration # 914804-07.

55+ Travel offering a trip to the Hollywood Casino, Charles Town, WV, Saturday, June 25. Cost \$11 (Arlington resident), \$13 (non-resident). Registration # 902206-08.



Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
BEDFORD	2896	755	SIMMONSMILL ROAD/ROU	TE 755 BORE AUGER CREEK	5/26/2022
LUNENBURG	11662	671	REEDY CREEK ROAD	BRANCH OF REEDY CREEK	5/25/2022
WISE	19502	1321	INMAN ST.	POWELL RIVER	5/19/2022
WISE	19499	1308	ROUTE 1308	CALLAHAN CREEK	5/19/2022
WISE	19338	78	MAIN ST.	CALLIHAN BRANCH	5/18/2022
LOUDOUN	11255	673	FEATHERBED LANE	MILLTOWN CREEK	5/12/2022
TAZEWELL	24540	460	ROUTE 460 (EBL)	ROUTE 19	5/4/2022
SCOTT	16799	665	MANVILLE RD.	BLACK OAK BRANCH	5/2/2022

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth, but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit https://www.virginiadot.org and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730.

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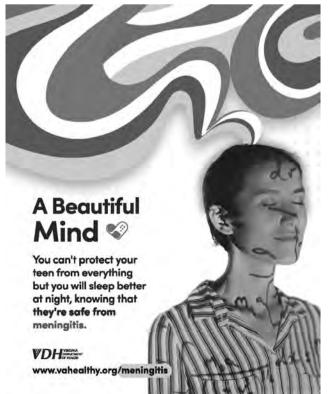














BULLETIN

From Page 8 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.

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.

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 esiqueland@ 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 webpage compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit topics. arlingtonva.us/lgbtq-resources.

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/agingmatterswera to listen to programs. MICHAEL W. SMITH Returns to The Birchmere, May 19, 2022, 7:30pm, Alexandria, VA.

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

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See Bulletin, Page II www.ConnectionNewspapers.com

News

Man Charged Following Incident At Thomas Jefferson Middle School

n Alexandria man has been arrested after damaging property in an attempt to gain entry into Thomas Jefferson Middle School during a school lockdown. The 25-year-old man, was charged with Destruction of Public Property and turned himself into police on the evening of June 10, 2022. He was subsequently released on an unsecured bond. The investigation into the incident is ongoing and additional charges may be sought at a later time.

At approximately 12:21 p.m. on June 10, police were dispatched to the report of an assault with injury involving a weapon inside a business in the 200 block of S. Glebe Road. In the interest of public safety, responding officers requested Thomas Jefferson Middle School be placed on a secure status due to its proximity to the business. Shortly after, the suspect arrived to pick up his relatives who are students at the school. Upon finding the school locked, the suspect called the Emergency Communications Center indicating he was armed and requested access to the school. At approximately 12:51 p.m., the suspect kicked the door, breaking the glass, and continued to try to force the door open. He was unsuccessful in gaining entry and left the scene prior to the arrival of officers.

During the course of the investigation, officers identified the suspect and made telephone contact with him. The preliminary investigation indicates the suspect received text messages from a relative inside the school stating they were in lockdown and he responded believing there might be an act of violence occurring inside.

This remains an active criminal investi-

gation and anyone with information that may assist with the investigation is asked to contact the Arlington County Police Department's Homicide/Robbery Unit at 703-228-4180 or ACPDTipline@arlingtonva.us. Information may also be reported anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).

Response, Communication During a Reported Active Violence Event

Police statement:

We understand community concerns regarding reports of active violence incidents, however, the incident that occurred at Thomas Jefferson Middle School could have had a tragic outcome. An unidentified individual attempting to force entry into a locked school could be perceived as an active threat.

The top priority of the Arlington County Police Department (ACPD) remains the safety and security of our community. In the event of an active violence incident reported at a school, the Arlington County Police Department along with our local, state and federal law enforcement partners will respond to address any threat and investigate the incident.

Arlington Public Schools (APS) and Arlington Police will communicate to the school community, as well as the broader community regarding the incident. Updates will include a request to avoid the area to allow public safety response, location of reunification with students/guardians, and other critical information. Updates will come through ACPD's twitter account, Arlington Alert and APS School Talk.

BULLETIN BOARD

FROM PAGE 10

or help with essential tasks. No experience

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

Helmsmen Toastmasters meet Thursdays, 7:30-8:45 a.m. at Pentagon Library and Conference Center. Toastmasters is an international or-

ganization 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.

www.ountaryqueenorpeace.org for infore.
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.



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One Small Step for Humankind ...



By KENNETH B. LOURIE

... One Giant Step for Yours Truly. I hope so, anyway. And what am I giant-stepping about? The Entenmann's selection at my local supermarket. After years of disappointment and of suffering in silence concerning the same old-same old choices, I am planning this week to introduce myself to the store's manager to inquire about the possibility of changing the Entenmann's selection to some varieties more to my liking. Specifically adding: the "Marshmallow Iced Devil's Food Cake" and the "Chocolate Chip Iced Cake," and any glazed "Holiday Sprinkled Pop'ems" as well.

To say I speak from experience goes without saying to anybody who knows me. For those of you who don't know me, know this: when it comes to chocolate desserts, I am a maven (Yiddish for expert). I wouldn't say exactly that I've written the book, but I can say I've contributed a few chapters. Thanks to my mother's feeling that her two boys needed to drink eight glasses of milk daily for healthy bones, she (don't call your mother 'she;" I can still hear my father admonishing) deduced that washing down dessert/chocolate with milk would be an excellent/recurring way to reach this goal. And boy was she right. We had dessert multiple times per day: after breakfast, packed with our school lunches, an after-school snack at home, after dinner and finally before bedtime, and always with a glass of milk. Five separate occasions. The product line: Hostess, Drakes, Nabisco; repeat.

And not that I'm the least bit undernourished or deprived by my local supermarket's poor Entenmann's selection. Hardly. If nothing, I'm flexible when it comes to chocolate desserts. However, I have my preferences, and the older I get – and possible even the less healthy I become, I'm going to want/need to treat myself/lift my spirits by eating delectable/ desired desserts. Because, at the end of the day (at the beginning too), as I was told many years ago by my publisher after she learned I had been diagnosed with lung cancer: "Kenny, it's all about you." And believe me, upon receiving a "terminal" diagnosis from my oncologist it wasn't much of a stretch to focus on me, myself, and I.

But as time has passed and I have not, I got away from my individual requirements and tried to blend in with whatever choices were available to me. In that time frame, I've purchased a wider variety of desserts, now to include Tasty Cake and Little Debbie to go along with the original big three. But over time, and not able to get over the disappointment in taste and preference of the usual suspects, I expanded my horizons to include Entenmann's products. And with the lack of diversity in my supermarket's Entenmanns' selections (except for the few and far between times when either of my preferences were available), I had become increasingly tolerant – until recently, since my store never has the varieties I crave, so finally, after months of complaining - to my wife, I'm going to get off my couch and try to do something about it.

As I contemplate more than my navel, I am salivating at the prospect of being able to pre-order and in effect, guarantee me that my favorites will be in-store, possibly even with my name on the package and a visible "Not for Resale" warning printed across the cardboard box. What joy this kind of control would bring a cancer patient who only wants to have a "Marshmallow Iced Devil's Food Cake" when I want it, not when it's available – which is never, at least at my local supermarket. This is not exactly a dying man's wish, but it is a wish nonetheless that if I'm going to succumb to my disease, before I die, I would like to have my

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

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