

# The Arlington Connection

Winnie Catherine Coleman, 4, was happy to provide her full name, and spell it, and she provided her parents names too: "My mommy is named mommy and my daddy is named daddy."

## Happy On the 4th

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300 N. Park Dr., Arlington, VA  
22203 703-228-4747  
7-6-22 Contact: Judy Massabny,  
[jmassa@arlingtonva.us](mailto:jmassa@arlingtonva.us)

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](http://arlingtonva.us) or call 703-228-4747.

NVSO: Registration is open for the 2022 Northern Virginia Senior Olympics to be held Sept. 10-24. Check the website, [www.nvso.us](http://www.nvso.us) for full details including events, full schedule, rules and more. Registration fee is \$20 for unlimited events. Participants must be 50 years of age by Dec. 31, 2022 and live in a sponsoring jurisdiction. Registration is online only. For additional information, email Sidney Reid, Arlington's representative on the NVSO Committee at [sreid@arlingtonva.us](mailto:sreid@arlingtonva.us).

Understanding Medicare enrollment, Monday, July 11, 11 a.m. Virtual presentation by Margo Steinlage, Steinlage Insurance Agency. Registration # 914503-01.

Controlling pest, bugs and fungus, Monday, July 11, 11:30 a.m., Walter Reed 55+ Center. Presented by expert gardener Pete Jones. Learn basic practices that can minimize problems. Registration # 914401-04.

Zumba Gold, fun cardio-dance class for active adults looking for a lower intensity Zumba workout, Monday, July 11, 10:30 a.m., 4 sessions, \$20, registration # 914100-06; 4 p.m., 4 sessions, \$20, registration # 914100-07. Both at Arlington Mill 55+ Center.

55+ Travel group going to National Museum of the Marine Corps in Triangle, VA, Monday, July 11. Tour and lunch on your own. Cost \$10, Arlington resident; \$12 non-resident. Registration # 902207-02.

55+ Travel group will visit the National Gallery of Art, D.C., Tuesday, July 12, to view "The Woman in White" exhibit. Cost \$11, Arlington resident, \$13, non-resident. Registration # 902207-03.

Samsung phone help, Tuesday, July 12, 1 p.m., Arlington Mill 55+ Center. Class offers Samsung basics. Bring phone and device-specific questions. Registration # 914900-34.

Preventing or delaying dementia, Tuesday, July 12, 11 a.m., Lubber Run 55+ Center. Presented by Dr. Melinda Power, dir., George Washington Institute for Brain Health and Dementia. Registration # 914500-07.

Virginia Cooperative Extension Master Food Volunteer to present "Wild About Watermelon," Tuesday, July 12, 11 a.m., Walter Reed 55+ Center. Registration # 914501-05.

Building a professional team for loved ones, to assist with health needs, assets and finances, Wednesday, July 13, 11 a.m. Presented virtually by elder law attorney Ed Zetlin and financial planner Mark Friese, Registration # 914404-04.

History roundtable discussion, the impact of the 16th and 17th centuries, Wednesday, July 13, 11:15 a.m. Virtual. Registration # 914402-11.

The study of words, history of English language, share phrases and expressions, Wednesday, July 13, 10:30 a.m., Lubber Run 55+ Center. Registration # 914402-22.

Home fire prevention and management, Wednesday, July 13, 1 p.m., Aurora Hills 55+ Center. Presented by Fire Dept. and EMS personnel from Fire Station 5 in Crystal City. Registration # 914401-05.

Using a phone's wallet App, Wednesday, July 13, 6:30 p.m., Walter Reed 55+ Center. How to use Apple Pay, SmarTrip, plane and train tickets and more. Bring your phone to class. Registration # 914403-04.

Movie night at Lubber Run 55+ Center, "West Side Story" (2021), Thursday, July 14, 6 p.m. Registration # 914804-03.

Ballroom bootcamp, common steps to a different dance each week, Thursday, July 14, 2:30 p.m. Lubber Run 55+ Center. Drop-in.

Movie discussion, "The Imitation Game," on Netflix, Thursday, July 14, 3 p.m. Virtual. Registration # 914402-05.

A caregiver's guide to finances, how to prepare for future care costs and benefits of early planning, Thursday, July 14, 1 p.m., Arlington Mill 55+ Center. Presented by Dan Cronin, Alzheimer's Association. Registration # 914404-05.

Afternoon piano lounge, relaxing music by pianist Daniel Austin, Friday, July 15, 2 p.m., Aurora Hills 55+ Center. Registration # 914301-07.

Social ballroom dance, spacious dance floor, no instruction, have fun with fellow 55+ members, Friday, July 15, 1:45 p.m., Lubber Run 55+ Center. Drop-in.

"A Caregiver's Guide to Medicare," Monday, July 18, 10:30 a.m. - 12:30 p.m. Virtual. To register, email, [MedicareHelp@arlingtonva.us](mailto:MedicareHelp@arlingtonva.us) or call 703-228-1725.

Continuum of care options, Monday, July 18, 1 p.m. Professionals discuss services and answer questions about costs. Virtual. Registration # 914500-18.

Current events, discuss local and world news, informal, volunteer led, Monday, July 18, 10 a.m., Walter Reed 55+ Center. Registration # 914402-14.

Ukulele class to learn basic strumming, Tuesday, July 19, 4:30 p.m., Walter Reed 55+ Center. Registration # 914304-02.

55+ Travel group to visit the Library of Virginia in Richmond, Tuesday, July 19. Lunch at Carytown, Registration # 902207-05. Cost \$19, Arlington resident, \$22, non-resident.

Container gardens, information offered by Master Gardener, Virginia Cooperative Extension, Tuesday, July 19, 11 a.m., Langston-Brown 55+ Center. Registration # 914401-06.



## ‘Pied BagPiper’ Leads Children on July 4th

Albemarle parade remains a one block burst of red, white, and blue joy.

BY EDEN BROWN  
ARLINGTON CONNECTION

There is nothing quite like a patriotic four year old, decked out in everything red, white and blue, and so excited to be in a parade that standing still was an effort. Or in the case of the 9-year-old boys, anxious to show off new bike skills

and “win” the parade. They could hardly wait for the Grand Marshal to give the signal to begin, as his pipes were lifted to blow the reedy march. There is nothing quite like that patriotic 4 year old, or 9 year old ... except for that patriotic 74 or 84 year old, who’s seen the big parades, and still likes this small one-block burst of red, white and blue joy.



Paul Belanger, hired by Dee Vinchey Entertainment to entertain the kids at the end of the parade, showed off his unicycle skills, showing almost as much enthusiasm for the Fourth of July as the kids.



Campbell Foster Reed making good use of his flag.



Theresa and Jerry Keehner escort their grandson Campbell Foster Reed down Albemarle Street in North Arlington on July 4th. Campbell took the wheel of his vehicle like a pro. With a name like that, one resident suggested, he was likely to be a future president, or at least an ambassador. “Yes,” said his grandmother, “or a major league baseball player.”



Austin Middleton, Grand Marshal of the parade, only took up the bagpipes a little over a year ago, according to his father, Carl, who said he bought a single pipe, mastered the reed blowing and then moved on to a bag of pipes. Middleton got the Scottish ballads down last winter, with the rousing “Men of Harlech” echoing over the oak trees around his father’s house. A few Christmas songs and “Auld Lang Syne” piped out the old year in December. He has been practicing patriotic tunes from his father’s porch most of the last two weeks. He definitely added a touch of class to the annual children’s parade.



Winnie Catherine Coleman, 4, was happy to provide her full name, and spell it, and she provided her parents names too: “My mommy is named mommy and my daddy is named daddy.”



Carl and Austin Middleton. Carl Middleton is a veteran of the U.S. Marine Corps. After completing law school, he asked to be assigned to the infantry (where he would’ve served in Vietnam.) When he was turned down for the infantry, he tried to work for the CIA to work in a unit that collected intelligence behind enemy lines, but he was once again told the Marine Corps had other plans for him. After completing military service, he tried to join the foreign service, but to his chagrin, he was considered “too anti-communist” to represent the U.S. abroad. Middleton had stories to tell, and in many of them, love of country was front and center.

PHOTOS BY EDEN BROWN/THE CONNECTION



## JULY 4TH



Gabe McPhail and his father Matt have been coming to the Lyon Village 4th of July parade since 2010. Matt has a large boom box attached to his back and says, "We come because this parade needs a band." Gabe, who is headed to college in the fall, says they never miss one since they live in the neighborhood. "Oh boy, I remember starting out riding my bike with a couple of flags taped to it. I love being able to come. There is always some level of excitement to a parade." Matt adds, "I like how little it changes."



Emily Dunn lines up with Alexandra, 3, and Mira, 7-1/2, as they wait for the Lyon Village holiday parade to begin on Key Boulevard. It will wind its way down the street and end up at Lyon Village Park.



Long time residents Lynne and Larry Pilot with current Civic Association president John Carten (in the middle) remember all the parades over the years in the neighborhood. Lynne says, "When we moved here 52 years ago we were the only young people, and we had no children. Back then we had to import children for ours to play with. The children are now 51, 49 and little Brad, 43, who always comes with his children. It's a big change with all of the young families here now."



Neighbors line the parade route with their chairs and coolers waiting for the picnic at Lyon Park at the end of the parade.

# Patriotism Alive in Lyon Village on 4th



Three-year-old Alexandra Dunn blows hard on her red, white, and blue windmill trying to get it to spin around as she waits for the annual Lyon Village parade to begin.

PHOTOS BY SHIRLEY RUHE/  
THE CONNECTION

The Lyon Village parade traditionally starts with an Arlington County Fire Department truck with siren blaring through the neighborhood followed by antique cars like this TR6.



Local Lyon Village residents march at the beginning of the parade with the flag banner that signals the kids on decorated bikes, riding in wagons and strollers and skipping in time to the music are soon to follow.



## OPINION

# New Changes To Marijuana Laws

## Possession of up to an ounce still legal in Virginia.

BY SEN. ADAM EBBIN AND  
DEL. PAUL KRIZEK

One year ago legal possession of marijuana became law in Virginia, making us the first state in the South to allow for the legal simple possession of up to an ounce of cannabis in public. Much of the 210 page legalization bill from the 2021 session dealing with the legal sale and licensing of cannabis required additional legislation during the 2022 session. After passing the Virginia Senate, this legislation disappointingly died in a House Subcommittee on a party-line vote. While much work remains in order to stand up a safe, equitable, and regulated retail cannabis market in the coming year, several important changes to marijuana policy went into effect last week, on July 1.

Three important changes were added into the biennial budget bill which was signed into law by Gov. Glenn Youngkin on Tuesday, June 21.

The first is a new misdemeanor or penalty for possession of over four times the current legal limit (four ounces of marijuana in public). The budget language states that public possession of over four ounces, but less than one pound of cannabis is a Class 3 misdemeanor or punishable by a \$500 fine; second or subsequent offenses will be treated as class 2 misdemeanor punishable by up to 6 months in jail and/or a \$1,000 fine.

The second amendment removed several legal gray areas relating to personal cultivation of marijuana. As of last summer, Virginians are allowed to cultivate four marijuana plants in their home so long as they tag those plants with their name and driver's license number, shield them from public view, or prevent access by those under 21. However, violations of this law could lead to harsh penalties — up to a class six felony. We were glad to include a provision in the budget to clarify that possession of cannabis in one's residence for personal use is not subject to penalty and reduce the class six felonies related to personal cultivation to simple \$25 fines for minor infractions.

The third change included in the budget is focused on the proliferation of synthetic cannabinoids

which have recently popped up for sale in gas stations and convenience stores (products like delta-8 and delta-10 THC). The budget language prohibits the retail sale of any product containing THC that is ingestible "orally or by inhalation" to those under 21 and prohibits packaging products to look like common brand name products.

The General Assembly also took an important step to improve medical cannabis patient access. Current law requires the Virginia Board of Pharmacy to approve all medical patients before they can begin to receive treatment. This has led to an unnecessary backlog of patients waiting for several months for their certification before they can receive treatment. Especially for those using cannabis for pain and nausea management while in late-stage illness or palliative care, this backlog was unacceptable. Legislation signed earlier this year eliminates the requirement that patients register with the Board of Pharmacy after receiving their written certification from a registered practitioner. Patients will only need their written certification to shop at one of the state's medical cannabis dispensaries. Patients can now purchase medical cannabis at the newly opened "Beyond Hello" dispensary located at the former location of the Great American Steak Buffet at 5902 Richmond Highway in Mount Vernon.

As members of the Virginia Cannabis Oversight Commission, we will continue to work in the interim to craft legislation which stands up a well-regulated retail marijuana industry which prioritizes consumer safety, public health, and social equity, as well as build a strong tax base for investments in historically underinvested communities, education, and public health.

### Let Us Know Your View

Connection Newspapers welcomes views on any public issue.

Letters must be signed. Include home address and home and business numbers; we will only print your name and town name. Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors.

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## FIREFLIES

### Fireflies need leaves and dead plant material for winter cover.

BY GLENDA BOOTH  
THE CONNECTION

Not only did fireworks light up the skies over the July 4th weekend, nature is putting on a light show too. As night falls, fireflies are twinkling in the dark in some areas across Virginia.

Fireflies, which many people call lightning bugs or glow-worms, are not flies nor true bugs, but are beetles found all over the world, with 2,200 species documented worldwide. There are 165 species of fireflies in the United States and Canada. The flashing species occur mostly east of the Mississippi River, experts say. The flashing firefly, the most familiar nocturnal species, emits short, bright flashes of light at night. Some firefly species do not flash.

Why do some species flash? This process, called bioluminescence, is thought to discourage predators by signaling toxicity. It is also a way for adults to attract mates and communicate. Firefly experts can identify their types of flashes very specifically as a “glow,” a “flash” or a “flicker.”

Fireflies undergo complete metamorphosis in four stages: egg, larva, pupa and adult. For most species, females lay eggs in the summer in the ground. Eggs hatch in late summer and the larvae usually persist until the following spring. They pupate underground, in rotting logs or in tree bark furrows. Firefly adults typically emerge in late spring or early summer. Flashing adult fireflies spend most of their day on the ground and become active at dusk.

The mid-Atlantic and southeastern states have the most species diversity, according to Sara Lewis, author of *Silent Sparks: The Wondrous World of Fireflies*. In the U.S., fireflies thrive in wooded areas, marshes and fields near water.

### Some Are in Decline

While acknowledging the need for more data, a 2021 study in the *PLOS One* journal, revealed that one-third of firefly species in the U.S. are “doing well,” wrote Lewis, but at least 18 species “face some risk of extinction.” Many of these are in the mid-Atlantic, Southeastern or Southwestern U.S.

July 2-3 was World Firefly Day, when around 200 scientists from over 20 countries in the Fireflyers International Network raised awareness of threats to the world’s fireflies, largely human activities.

### How to Help Fireflies

A 2020 study published in *Bioscience* concluded that habitat loss is the most serious threat to fireflies, followed by light pollution and pesticides, all attributed to people’s behavior.

Fireflies need moisture-retaining organic material like leaf litter or decaying branches



Fireflies and flowers.



Fireflies at night.

# Fireflies Light Up Summer Nights

Leave the leaves  
Turn off the lights  
Don’t spray pesticides



Eastern firefly in Rock Creek Park.



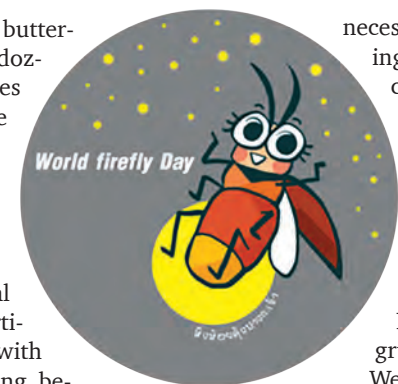
Firefly.



Photinus pyralis, common eastern firefly.

to the survival of moths, butterflies, snails, spiders and dozens of arthropods.” Leaves are not litter. Leave the leaves, he recommends.

Artificial lighting, such as street and security lights, signs and billboards “disrupts natural process in many nocturnal insects,” wrote Wolfe. Artificial light can interfere with communication and mating because fireflies rely on their luminous signaling system in the dark. Turning off un-



necessary lights at night, installing light motion sensors and closing window curtains and blinds can help.

Pesticides, including lawn chemicals and mosquito sprays, can harm firefly larvae and other insects, degrade habitat and reduce prey populations. Fireflies naturally control grubs, slugs and snails.

We can save these “jewels of the night” if we choose to, say firefly scientists.

### Catching Fireflies

In a long-established rite of summer, many youngsters delight in catching fireflies and watching them glow or flash in a jar. While scientists do not consider this to be a serious threat to fireflies, they advise caution. Use a net. Handle them gently, make sure any jar lid has an opening and add a moistened unbleached coffee filter or paper towel for a humid environment. Do not confine them longer than a day or two and release them at night when they are most able to avoid predators. On the other hand, about their favorite beetle, the Fireflyers International Network advises, “Watch us, don’t catch us.”

### More Information

<https://www.xerces.org/publications/brochures/firefly-conservation-guide-to-protecting-jewels-of-night>  
<https://www.iucnredlist.org/>



# Deliberation on Major Housing Proposal Enters Homestretch

County proposes county-wide change from single to multi-family zoning.

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

Competing signs and loud vocalizations characterized the deep divide between the proponents and opponents of the Arlington County Missing Middle Housing Study: Expanding Housing Choice at the June 18, 2022 County Board meeting. It recommended the Board approve a countywide change from single to multi-family zoning, allowing up to 8-plexes in all residential areas that do not already permit it. Currently in 79 percent of the County's residential land area, only single detached housing is permitted.

Large groups sat on opposite sides of the room waiting a turn to speak in the public comment period before the regularly scheduled Board meeting. Due to the rules governing County Board meetings specifying one speaker per topic, few speakers were able to be heard and one speaker cut off before she could speak about the impact of the draft proposal on the tree canopy.

Opinions ranged widely from those who support the proposed zoning change to those who support additional housing for seniors, young families and essential workers but not necessarily this approach. Many want additional study of the impact of storm sewage, loss of tree canopy, additional school students and increased density before the zoning changes, instead of afterwards. Others criticize the process which they say broke promises about the direction the County was heading and surprised community members with the recommendation.

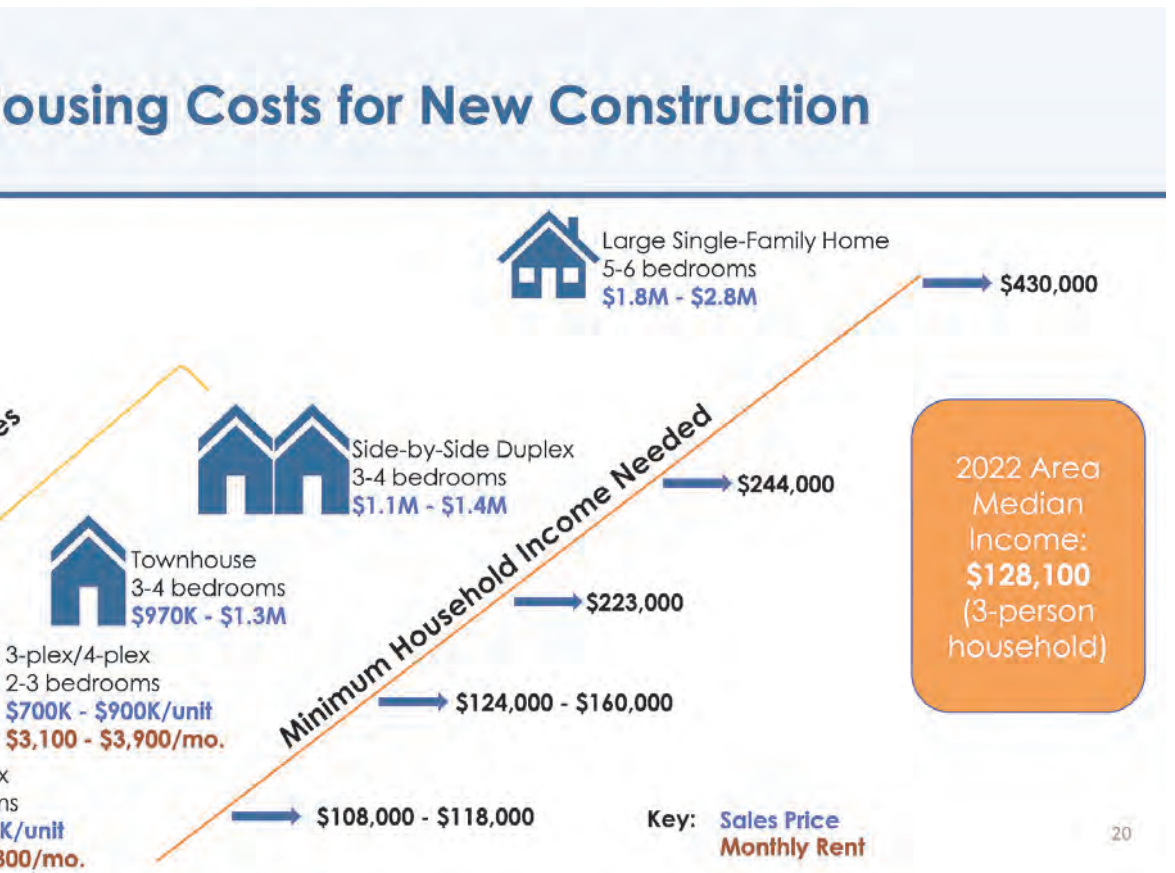
**MISSING MIDDLE HOUSING** is defined as housing choices between single family housing and high rise apartments. The efforts to review missing middle housing and whether and how it might work for Arlington began with the announcement on Dec. 18, 2019 of a three-phase study. The framework "will start from a blank slate with no proposed policy or zoning changes. A county-led team will use inclusive public engagement process, a cross-disciplinary team of experts, extensive data collection and analysis and an iterative design process to create study recommendations for the Board to consider."

County staff's report to the County Board emphasized that "neither an across-the-board re-

zoning nor an elimination of single-family zoning would be the right fit for Arlington."

On April 28, 2022 Arlington County released its Missing Middle Housing Study (MMHS) Phase II report with a priority to reduce housing costs, add more housing supply and add housing options that reflect the needs of the whole community. The presentation indicated "expected outcome is a wider range of housing types at lower prices than what is currently available; new housing types would be attainable for households with incomes \$108,000-\$200,000 ... . MM could be attainable to up to 39% of Black or African American households, 39% of Hispanic or Latino households and 60 percent of Asian households in the Washington Metro area."

Jane Green, President of YIM-BYS (Yes in My Backyard) of NOVA, says they very much support this Missing Middle proposal. She thinks it will serve a lot of young people who are in an apartment not quite big enough for their families who want to stay in Arlington and retirees who don't need a 4-5 bedroom house anymore. "Many people feel stuck in the house they have because they can't find anything available. We need more flexibility to create what people want." She says this changes how we view multi-family buildings.



Housing costs for new construction paired with minimum household income needed to afford each housing type (p 20)

## Missing Middle Housing Study: Expanding Housing Choice

### Meeting a Wider Range of Housing Needs



Illustrative housing options on Arlington lots of varying sizes.

Green says she thinks people who are established — whiter, richer and older — think they should be able to determine what happens. "I think we should look forward to who's coming." Green adds that this is part of a nationwide effort to address exclusionary zoning and rethink it.

Peter Rousselet, on the lead-

ership team of Arlingtonians for our Sustainable Future (ASF), an anti-density advocacy group, says this plan does zero to bring the diversity many people seek or to provide options for essential workers in Arlington who currently live outside the county because they can't afford to live in Arlington. The income level which would

be required to live in these units is above what teachers, police and firefighters make, he says. It will allow housing for people in mid-level law firms and higher levels of Amazon and other tech companies. It will goose the bottom line of developers.

A chart was released as part of SEE COUNTY, PAGE 9



# County Proposes County-wide Change From Single to Multi-family Zoning

FROM PAGE 8

the County Board April 28 presentation illustrating smaller lots of 5,000-8,000 square feet more likely to accommodate duplexes and triplexes, medium lots of 8,000-12,000 square feet more likely to accommodate 3-unit townhouses and 4-unit multiplexes and larger lots of 12,000-15,000 square feet more likely to accommodate 6- to 8-unit multiplexes. However, there are no prohibitions to keep a 8-unit multiplex being built on a smaller lot as long as it meets the height and setback requirements that would apply to a single family home on the lot. Many cite concerns that developers will take full advantage of this opportunity to build as large as possible to maximize the profits.

Julie Lee, President of the Glen Carlin Civic Association and a leader in the Civic Association effort says, "We were absolutely shocked at this proposal allowing rezoning of single family lots county-wide. Katie Cristol expressed to us in March 2020 that there would not be an across-the-board zoning. Other board members had said that, too. Cristol said very explicitly there wouldn't be a process to eliminate single family zoning." Lee says the Civic Associations were also told specifically to hold off on their comments until Phase II was announced "so we did. Imagine our surprise April 28." Lee says she had been involved weekly with this issue for all these months and had no idea this was coming.

Katie Cristol, Chair of the Arlington County Board says there had been no earlier proposal that was changed on April 28. She says she thinks there has been a lot of misunderstanding about this as well as some deliberate misleading comments.

Many complain about the process. They have expressed concerns that the presentation does not indicate there will be further opportunities for community engagement before the July 12 drafting session where the board considers what kind of ordinances would be needed to put the proposed changes into place.

Cristol says there will be continued opportunities for community input. The first phase was talking to the community about needs and getting feedback from the community. She says bulletins and an informational toolkit provided facts and numbers about current hous-

ing in Arlington as background for community input.

After the online feedback form with specific questions was closed on May 27, the County posted an open-ended comment form, and the comments received through June 30 will be compiled for the July 12 meeting. They have also been receiving comments from community members, civic associations, and community groups via the website on the postcard sent to Arlington residents April 28. She adds that by law zoning changes require two hearings before the Planning Commission and two before the County Board where there will be unlimited two-minute comments.

Cristol says she has been on the road meeting with civic associations and has met with half a dozen in the last 2-3 weeks. "In addition I have a meeting on Saturday with a group of Latino leaders and just met with a group of faith leaders on climate issues. We're trying to make sure we make ourselves available."

She explained, "The staff said they wouldn't be able to do staff presentations for all 50-60 civic associations and that got interpreted as no further input."

Lee did say their group of Civic Associations have been meeting regularly with Board members and although they haven't had their questions answered yet, "I am very pleased with the dialogue and that they have been willing to meet and speak with us."

Lee says, "I want to make absolutely clear that we're not saying we shouldn't have more reasonably priced and affordable housing." But she doesn't like the way the process has unfolded. A decision this large should have thorough and thoughtful discussions. She complains It is announced with a 30-day comment period, and most of the Civic Associations don't meet during the summer months. She feels there should be a more thorough and thoughtful discussion about housing alternatives with studies of the impact on tree canopy, parking, transportation.

Rousselet says his group was formed in the middle of 2019 with the arrival of Amazon and seeing the increased accelerated pace of density all over Arlington. He comments Arlington was going into turbo change with development and falling further and further behind. "We believe there



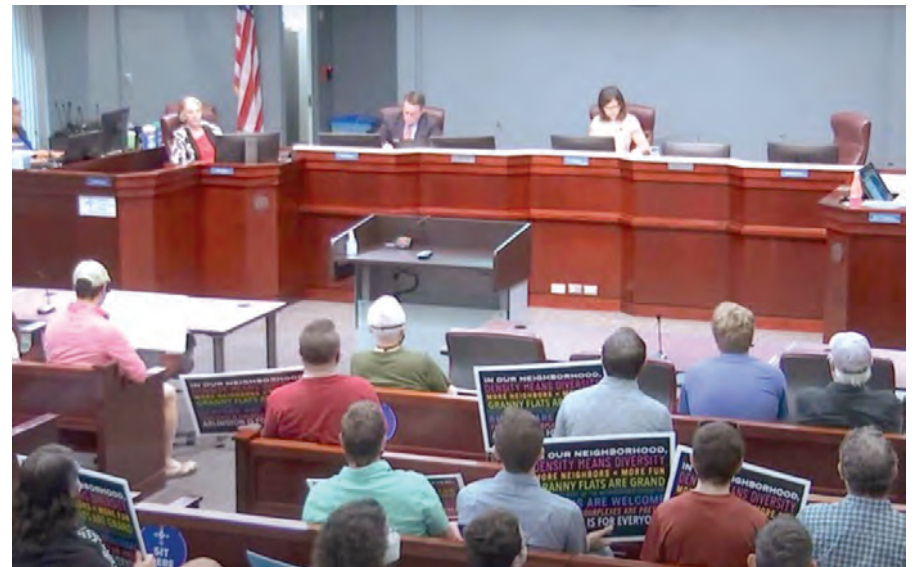
Opponents of Missing Middle Housing Proposal hold signs, "No upzoning; no duplex here."

should be cost-benefit projections of the impact of MM so we can weigh the alternatives before the zoning change, not the impact after it has happened. In addition, some of the current measurements such as storm water mitigation understate the cost. And finally the County should have a 10-year operating budget.

Cristol points out that the County does have an overall long-term plan which is systematically updated with new information. She says the storm water management plan made it into the proposed framework, and the forest and natural resources plan is about to come out. "We can't update every time we add 150 people" but she explains the County is continually updating to reflect new information, changing circumstances and needs.

Others voice concern about the school enrollment figures which project 9-13 net new students the first year. "I don't understand how you could only have 9 new students with the study's projection of 20 new lots the first year with 94-108 units. How do we know they won't build 100 new lots the next year? It just doesn't make sense. How can we accommodate the potential explosion of students in the Arlington school system. There is no long term plan."

APS says this estimate of 9-13 net new students is based on the study consultant's estimated pace



Contentious Arlington Board Meeting April 18 where groups opposing Missing Middle Housing proposal displayed their signs during public comment period.

of housing growth and applying APS's Fall 2021 Countywide student generation rates for different housing types. Because there are very few buildings with 3-8 housing units, the student rates for market rate garden apartments and garden condominiums were used for these housing types.

In addition APS points out, this is a net increase in student generation based on 18-22 students living in the estimated 94-108 missing middle housing units built per year offset by a decrease of 9 students estimated for the 19-21 single detached houses that are re-developed.

Frank Bellavia, Director of Communications for APS points out "our current 10-year projections don't account for the proposal to expand housing types allowed in Arlington because the proposal is still under review and has not been adopted by the County Board. If new zoning rules are adopted, the County would account for any increase in housing development in

the housing estimates they send to APS annually as part of the enrollment processesprocesses processes.

The next step is the July 12 County board working session. One Arlington resident points to the map which shows the majority of the the multiplexes would not be built along Columbia Pike close to transportation options but could be built off Military and Glebe right in her neighborhood. "All my family has worked at the polls.They have all said they will not be able to advocate for the current board members until this is resolved."

Rousselet (Arlingtonians for our Sustainable Future) says only a tiny number of people in Arlington now know this proposal exists but as they are learning more and more, they are horrified at the gaps in logic. "They can tell the Board what they think and if enough get energized they can rise up because when this is done we can't undo it."



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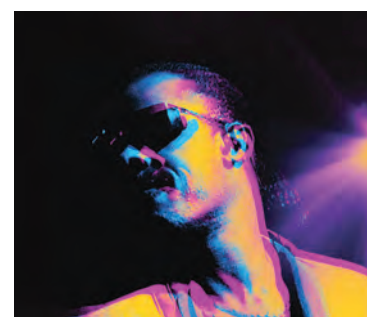
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## CALENDAR



**Hotter Than July: Stevie Wonder will be featured at Signature Theater from July 5-17, 2022 in Arlington.**

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

**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](http://www.synetictheater.org).

**LIVE PERFORMANCES AT LUBBER RUN AMPHITHEATER, ARLINGTON**  
July 8 @ 8 p.m.: The Fuss -- This ska and rocksteady band from Washington, D.C. pays tribute to the music of 1960's Jamaica and the British Mod scene, while putting modern slant on the timeless styles.  
July 9 @ 8 p.m.: Joe Keyes & The Late Bloomer Band -- The ensemble of young musicians along with late-bloomer Joe Keyes are equally adept at playing the funk, R&B, soul, rock and jazz flavors.  
July 10 @ 11 a.m.: Cody Clark Magic -- Railroad Submarine! will magically explore all the possibilities that lie within the ocean.

**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.

**THURSDAY/JULY 21**  
The Crossword Show. 7 p.m. At Arlington Drafthouse, 2903 Columbia Pike, Arlington. The Crossword Show is a live comedy performance hosted by Zach Sherwin in which a panel of celebrity guests solves an actual crossword puzzle onstage in front of an audience, with everything displayed on a big screen so the crowd can follow along. Visit <https://www.arlingtondrafthouse.com/>



## WELLBEING

# Preventing Teen Summer Suicide

What to look for and where to go for help.

By MARILYN CAMPBELL  
THE CONNECTION

**S**leepaway camp, trips to the beach or marathon video gaming sessions are some of the hallmarks of summer for many teens. For those who struggle with anxiety, depression and suicidal ideations, this time of year can mean a loss of mental health resources and monitoring by school psychologists, guidance counselors and teachers.

"[Summer] can sever important linkages for children and families that are reliant on schools for social work support," added Kurt Larrick, Assistant Director, Arlington County Department of Human Services.

"Though suicide happens in all age groups, it is the ... 2nd leading cause of death for youth [between] 10-14," added Lisa Jackson-Cherry, Ph.D., who is Professor and Director, School of Counseling at Marymount University, and co-author of the book, "Crisis Assessment, Intervention, and Prevention."

While families with health insurance have access to a variety of resources, local health departments want parents and caregivers to know that there is free or low-cost mental health assistance as well as the warning signs that such intervention might be needed.

"At my agency, the DHS Children's Behavioral Healthcare Bureau provides a wide range of services to children and their families experiencing mental health and substance use issues," said Larrick. "We focus mostly on youth from low-income and uninsured households whose needs cannot be met elsewhere and who do not have alternative resources."

Local health departments offer mental health assistance to teens, parents are caregivers. "Our agency has counselors, workshops, trainings and other resources to help reduce youth suicide and substance use," said Lisa Flowers, Director of Communications and Public Information Officer, Fairfax-Falls Church Community Services Board.

In addition to knowing that there are resources for mental health services, parents should be aware of the signs that a child needs help, advises Stephanie Will, LCPC, Mental Health Services Program Manager, Montgomery College.

"Adults should be looking out for signs of withdrawing from loved ones and usual interests, feelings of hopelessness and helplessness, engaging in risky behaviors like substance abuse, unsafe sex, driving too fast, acting out, giving away prized possessions, and saying goodbye through notes,

## Get Help

The toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week. The service is available to anyone. All calls are confidential. <http://www.suicidepreventionlifeline.org>

### ARLINGTON COUNTY

❖ Children's Behavioral Healthcare at 703-228-1560.

❖ Arlington County's Behavioral Health Emergency Services line: 703-228-5160.

❖ Arlington has a partnership with Community Regional Crisis Response for rapid crisis response. Call 844-627-4747 to access help

texts, or social media posts," said Will. "Other signs to look for include self-harming behaviors like cutting or burning their skin and significant changes in mood.

Most importantly if someone tells you they are thinking about suicide, believe them and get them help."

"There is not one specific profile or checklist of a suicidal individual," added Jackson-Cherry. "Some mental health concerns that may increase suicidal risk are a history of mood disorder, including bipolar and major depressive disorder; anxiety, schizophrenia, eating disordered behaviors, and substance use."

Create an environment that can mitigate some of the mental health issues that lead to suicide include several tools, advises Jackson-Cherry. "It is also important to know

that there are protective factors that include a strong family and social support system, access to resources, sense of belonging and acceptance, sense of pur-

pose, hopefulness, ability to problem solve and work through prior conflicts."

Be sure any suicidal person does not have access to firearms.

According to the National Institute of Mental Health, in 2020 suicide was the second leading cause of death among individuals between the ages of 10-14 and 25-34, the third leading cause of death among individuals between the ages of 15-24, and the fourth leading cause of death among individuals between the ages of 35 and 44.

In 2020, there were nearly two times as many suicides (45,979) in the United States as there were homicides (24,576). In 2020, firearms were the most common method used in suicide deaths in the United States, accounting for over half of all suicide deaths (24,292).

**Suicide is the second leading cause of death for youth ages 10-14.**



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## Progressively More Irritating



By KENNETH B. LOURIE

Recently, after years of radio and television advertising/sponsorships, I blinked. I switched from one frequently advertised auto insurer to another. And sure enough, there was savings to be had. More than enough in fact to compensate me for the time spent on the phone comparing policies, provisions, premiums, et cetera. Every month when I make my new payment, I feel the joy. The joy being that I saved so much money that I was nearly able to pay for my new homeowner's policy without increasing the cash flowing out.

Part of the inducement to make the change was the prospect of additional savings in a few months. That inducement by way of a device to be installed in my car/under the driver's dash, which measures – presumably, my driving tendencies (speed, acceleration, aggressive stops and so forth) in some algorithmic way to evaluate the driver's actual risk to the insurer. On paper, as a careful between-the-lines driver, I saw no downside (actually, I'm not sure if my rates can increase if my driving fails to match expectations) so I agreed and have installed the devices in both our cars. I suppose I'll know in six months if there is damage yet to be done. I kind of remember a timeline but can't recall if there were any potential rate-type consequences. No matter, overall, it sounded reasonable, and the savings were enticing so the change was made.

Off paper, there have been consequences, and they have nothing to do with price. They have to do with people. One of those consequences involves my wife, Dina and the other involves me (actually, they both involve me). The part which specifically involves my wife is the part of the device that beeps three times if it doesn't like the stopping speed/braking pressure. The beeping serves as a friendly reminder to the driver to moderate some aggressive tendencies and to drive more defensively. The beeping also serves to bring attention to the passenger – usually my wife, Dina, of my driving skills or lack thereof – according to her, and therein lies the problem. What was once unseen/unnoticed/lost in the shuffle of every day traffic has now become front and center/in my wife's face, and in turn in my ear and as a result, has now become the bane of our driving togetherness. That damn beeping is interfering with our driving compatibility – which was never great to begin with, is now worse than ever. Previously, it had more to do with getting lost and my having a poor sense of direction than it did with yours truly stopping short or accelerating through a yellow light. Now my driving indiscretions – which I didn't really think I had, have been laid bare not simply to me, but to my wife. And for those of you who share regular time in your vehicles with a significant other with whom you've already shared a significant amount of time/life together, there might be a slight risk of too much of good thing is not a good thing anymore.

The emotional issue aside, I wonder if there will be rate consequences when my new rate is renewed after this initial six-month trial-type interval has ended. Will that new rate be based on actual real-time data, or will it continue be on than favorable presumptions/lower rate which enticed me to change carriers in the first place? I suppose I can always switch to yet another carrier if there are rate consequences. There's certainly enough of them around and one insurer's experiences are different than another's so my past indiscretion might not be so obvious. But for me, the real problem isn't the insurer, it's the passenger.

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



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