

# Opera Opportunity

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# The Arlington Connection

Isabelle Schweiter in her lead role in Elf. She will attend Opera NOVA Summer Institute.

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PHOTO BY EDEN BROWN/THE CONNECTION

JULY 13-19, 2022

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# Household Pets Flee Violence, Too

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

**C**leaning supplies, sheets, garbage bags and cat beds. Doorways has a wish list for the occupants of their Domestic Violence Safehouse which includes the residents as well as their pets. Doorways is the only shelter in Virgin-

ia and one of nine in the country who offer safe shelter for people and pets fleeing violence. The all weather kennel has heat and air conditioning and indoor and outdoor areas.

"We know that leaving a pet behind is a barrier to fleeing domestic violence," says Joy Myers, Doorways chief development officer. She adds Doorways also partners with

the Animal Welfare League of Arlington which can help with veterinary care, training and behavioral care and in some cases short-term foster families. She remembers a giant German Shepherd who enjoyed breaking out of the kennel. "We worked with AWLA on a safe space for him while his person was in the shelter."

Currently the shelter houses a

cat named Mena and a dog named Gloria.

The playful Border Collie and chihuahua have moved out. In addition, several of the families in the Safe Apartments have pets. Some of the most urgent continuing needs for pets are cat litter, litter boxes, dry and wet cat food, pet beds and cat scratchers. In the longer term Myers says they have some larger repairs and renovations to the kennel and are accepting donations toward the \$20,000 project.

Doorways offers shelter from domestic abuse to women, men and those who identify as LGBTQIA+. In addition, Doorways provides

supportive and educational wrap-around services to help families and individuals begin a new life of dignity and self sufficiency. Doorways operates an emergency temporary shelter as well as a shelter for homeless families. The family home has 10 bedrooms with 22 beds and houses 6-9 families. About 60-80 adults and children in imminent danger are helped each year with safe temporary housing in the emergency shelter.

More information including how to help: <https://www.doorwaysva.org/>

24 Hour Domestic and Sexual Violence Hotline 703-237-0881.

## BULLETIN BOARD

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

### FRIDAY/JULY 15

Climate-Conscious Gardening. 10-11:30 a.m. Online. As our changing climate brings more unpredictable weather patterns, gardeners play an increasingly important role in serving as stewards of the environment. Extension Master Gardeners Elaine Mills and Elizabeth Collaton will present five categories of practical actions homeowners can take in their own backyards to either mitigate or adapt to changes in our climate. Free. RSVP at <https://mgnv.org/rsvp-for-public-education-classes/> to receive link to participate.

### GIANT FOOD ANNOUNCES LOCAL PRODUCE BOXES

Giant Food announces the relaunch of its Local Produce Boxes featuring locally sourced, in-season produce sold exclusively through Giant Delivers. Available throughout the summer without a subscription or commitment, the boxes retail for \$20.00 and contain six or more items from local farms in Maryland, Virginia and Delaware. For more information and to purchase a local produce box, visit <https://giantfood.com/pages/giants-local-best>.

### METRO TRANSIT POLICE TO USE BODY WORN CAMERAS

The Metro Transit Police Department will equip officers with body worn cameras (BWC), adding a new tool to MTPD's crime fighting initiatives. The program is designed to create an additional layer of transparency for sworn officers who protect Metro customers and employees. MTPD is in the initial stages of developing the program, supported by a grant award from the U.S. Department of Justice (DOJ) of approximately \$905,000.

### VIRGINIA ABC EXTENDS CLOSING HOURS IN 31 STORES

To provide greater customer convenience, the Virginia Alcoholic Beverage Control Authority (ABC)

has extended Monday through Saturday closing hours from 7 p.m. to 9 p.m. in 31 stores. Customers are encouraged to visit Virginia ABC's website at [www.abc.virginia.gov](http://www.abc.virginia.gov) to search for stores and view operating hours, as well as order spirits online for in-store or curbside pickup, or home delivery in select areas.

### NEW LAWS GOING INTO EFFECT JULY 1

Several new laws become effective across Virginia on July 1. This includes legislation pertaining to health care, transportation, economic development and law enforcement. Below is a summary of laws that may be relevant to residents in Arlington County: Human Services and Health Care Marcus Alert System (HB 1191/SB 391): Extends the date for localities to establish voluntary databases with relevant mental health and emergency contact information to be made available to 9-1-1 and the Marcus Alert system to July 1, 2023. This helps create coordination to provide appropriate response from law enforcement when addressing a behavioral health situation.

Emergency Custody and Temporary Detention (SB 268): States that law enforcement may immediately transfer custody of individuals under an emergency custody order or temporary detention order to an alternative transportation provider (as ordered by a magistrate) to receive behavioral health support at a temporary detention facility. Housing for Adults in Foster Care (HB 349): Directs local social services departments to provide housing support for individuals between ages 18 to 21 and who were in foster care under the custody of a local department at the time they turned 18.

Transportation Funds for Cost-Reduced Fare Programs (HB 142/SB 342): Changes the percentage of funds that can be allocated from the Transit Ridership Incentive Program (TRIP) to a minimum of 25% until July 1, 2024, to support implementation of reduced and/or zero-fare initiatives for low-income individuals. It also

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## 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 |
|---------------|--------------|---------|--------------------|--------------------------|-------------|
| KING & QUEEN  | 10620        | 628     | SPRING COTTAGE RD. | MATTAPONI RIVER          | 6/30/2022   |
| KING & QUEEN  | 10595        | 602     | WARES CHURCH RD.   | DRAGON RUN               | 6/30/2022   |
| KING WILLIAM  | 10671        | 629     | ACQUINTON CHURCH R | ACQUINTON CREEK          | 6/30/2022   |
| KING WILLIAM  | 10649        | 600     | W. RIVER RD.       | AYLETT CREEK             | 6/30/2022   |
| LANCASTER     | 10683        | 3       | MARY BALL RD.      | BELLWOOD RUN             | 6/30/2022   |
| GRAYSON       | 8690         | 58      | WILSON HWY         | BIG WILSON CREEK         | 6/29/2022   |
| WASHINGTON    | 18877        | 58      | JEB STUART HWY     | STRAIGHT BRANCH          | 6/29/2022   |
| KING GEORGE   | 10576        | 625     | PRIM RD.           | MATTOX CREEK             | 6/29/2022   |
| ESSEX         | 6156         | 629     | BATTERY RD.        | MOUNT LANDING CREEK      | 6/28/2022   |
| ESSEX         | 6183         | 684     | HOWERTON RD.       | WHITE MARSH CREEK        | 6/28/2022   |
| CAMPBELL      | 4347         | 738     | ENGLISH TAVERN RD. | TRIBUTARY FLAT CREEK     | 6/25/2022   |
| WASHINGTON    | 18878        | 58      | JEB STUART HWY     | STRAIGHT BRANCH          | 6/22/2022   |
| CAROLINE      | 4464         | 632     | EDGEHILL ACADEMY R | MATTA RIVER              | 6/22/2022   |
| ESSEX         | 6152         | 620     | CHEATWOOD MILL RD. | HOSKINS CREEK            | 6/22/2022   |
| CAROLINE      | 4359         | 1       | JEFF. DAVIS HWY.   | STEVENS MILL RUN         | 6/21/2022   |
| CAROLINE      | 4409         | 301     | NBL A.P. HILL BLVD | N FORK PEUMONSEND CREEK  | 6/21/2022   |
| CAROLINE      | 4411         | 301     | RICHMOND TPKE      | POLECAT CREEK            | 6/21/2022   |
| CAROLINE      | 4367         | 17      | TIDEWATER TRAIL    | GOLDENVALE CREEK         | 6/21/2022   |
| ARLINGTON     | 110          | 1       | JEFF DAVIS HWY.SBL | 110, I-395NB & I-395 EXP | 6/15/2022   |
| PRINCE EDWARD | 13930        | 612     | SANDY RIVER RD.    | LITTLE SANDY RIVER       | 6/11/2022   |
| LEE           | 10734        | 58      | BUSINESS RTE 58    | BRANCH                   | 6/6/2022    |
| MIDDLESEX     | 12085        | 17      | NBL GEO. WASH. PWY | DRAGON RUN               | 6/2/2022    |
| KING GEORGE   | 10566        | 615     | BERRY WARF RD.     | DEEP CREEK               | 6/1/2022    |
| MATHEWS       | 26970        | 609     | BETHEL BEACH RD.   | GARDEN CREEK CANAL       | 6/1/2022    |

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](mailto: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.



## Too Much Zucchini? Share with the Needy

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

**E**xtra zucchini, cabbage, beans? As of July 5th, gardeners around Arlington have donated 1,400 pounds of fresh produce to the Friends of Urban Agriculture (FOUA) program's bagging/collection site at Rock Spring United Church of Christ (UCC).

Each week the tally has climbed from the site's opening in mid-May where radishes, lettuce, turnips, beets and carrots were dropped off for bagging by volunteers and delivery to local church pantries. Now produce is more often zucchini, kale, onions, potatoes and cucumbers and even some horseradish.

Dianne Vandivier drops off her most recent supply of kale from her small side plot on July 11. "I'm overrun with kale. My son and I started this as a volunteer project last year. We grew food to donate to the pantries and worked in a FOUA Plot Against Hunger community garden, and with a new license my son delivered to the pantries. He's going off to college so now it's just me."

Any amount of produce is welcome and gratefully received by the food pantry clients. They suggest anyone leaving on vacation can pick what they have and drop it off before they go. Gardeners all across Arlington including businesses, churches, schools, individuals and community-based plots provide vegetables for the FOUA effort to help needy neighbors. FOUA also requests you bring along any extra paper bags which are used to transport produce to food pantries.

The Rock Spring site is open Mondays from 1-3 p.m. for gardener drop off as well as volunteer bagging of the produce. Volunteers may create a volunteer profile and sign up at [arlingtonurbanag.org](http://arlingtonurbanag.org). Produce is delivered the same day to Our Lady Queen of Peace Catholic Church, St. Charles Borromeo Catholic Church, Arlington Assembly of God and Glebe Elementary School.

The Rock Spring site will also be open from 1-3 p.m. on Thursdays from August-October. Additional pantries will also receive produce during the summer as the number of vegetable donations increases. If you are unable to deliver the produce on Monday, check the website for other food pantries accepting produce on other days of the week.

In addition, gleaning trips to local farms to pick surplus harvest for the food pantries will begin toward the end of July, usually on Tuesday and Thursday mornings. See [arlingtonurbanag.org](http://arlingtonurbanag.org) for information and details about how to sign up.

FOUA adds that it's not too late to plant crops for harvesting in the fall. This includes the same crops that traditionally grow in the spring such as lettuce, beans, broccoli, carrots. The Produce Bagging Center is located at Rock Spring UCC on 5010 Little Falls Road.



Dianne Vandivier drops off a supply of kale from her small side garden plot on July 11. Sometimes she also volunteers as a bagger on Mondays.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Jay Fellows is the volunteer supervisor for the bagging on July 11. He says this is his third year working with this program. He weighs each contribution of vegetables before assigning it to one of the six tables of volunteers.



Sandy Newton (left) and Kathy McGarril are putting zucchini and cabbages in large plastic bags to serve a family of four. McGarril says, "These zucchini are large. One of them should serve a family of four." Newton adds, "and one cabbage for four."



Rock Spring UCC is the drop off site for garden produce Mondays 1-3 p.m. for the Friends of Urban Agriculture Plot Against Hunger program.





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Wild Birds Unlimited features tickets to Ukrainian band DakhaBrakha as a fundraiser for Ukrainian children.



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**Get Tickets Online or at the Show!**  
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 All proceeds will be donated to the  
United Nations Children's Fund for Ukraine

PHOTO BY SHIRLEY RUHE/THE CONNECTION

PHOTO CONTRIBUTED

Four youth sopranos create a concert to support Ukrainian children. From left: Mary Claire Mea, Sophia Parfomak, Michelle Stein, Kate Stewart.

# Arlingtonians Reach Out to Support Ukraine

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

Michael Zuiker, owner of Wild Birds Unlimited on Harrison Street, is holding a raffle with the prize of two tickets to see DakhaBrakha, a Ukrainian band who have performing around the U.S. Zuiker says he discovered the band several years ago and fell in love with their music. "I have since learned about the people behind the music, their families of young children and the scary sit-

uation they have found themselves in."

Zuiker says during July each \$10 donation will enter you in a drawing to attend the DakhaBrakha concert on August 6 at 8 p.m. at the Music Center at Strathmore in Bethesda. All of the proceeds will go to support the band and their families. He says stop in the store where he has a video set up where you can see the band performing. "Maybe you will get wildly addicted like I have. There is just something about their music. I try to see as many of their concerts as I

can." You can also watch the band and donate online.

Another Arlington effort will take place July 22 when four youth sopranos from the NOVA community will perform at Walker Chapel UCC to raise funds for Ukrainian children. The idea for the concert came from Sofia Parfomak, a rising senior at Bishop O'Connell High School, whose grandmother fled from Malynsk, Ukraine when she was six-years-old during World War II. The concert will be held at Walker Chapel UCC on Glebe Road at 7 p.m.

The benefit concert, sponsored by Opera NOVA and Walker Chapel, was designed by the four sopranos who will perform songs from such Broadway shows as "The Mystery of Edwin Drood," as well as TV's "High School Musical" and Tchaikovsky's tragic Ukrainian opera "Mazeppa." Tickets for the concert are \$25 with all proceeds donated to the United Nations Children's Fund: Ukraine Appeal. UNICEF states "One hundred days of war in Ukraine have left 5.2 million children in need of humanitarian assistance."

## BULLETIN BOARD

FROM PAGE 2

requires that at least 25% of TRIP funds be used to support regional transit initiatives.

**Fines for Parking in Electric Vehicle Spaces (HB 450/SB 278):** Prohibits parking in spots clearly designated for electric vehicle charging stations and establishes a fine structure that penalizes parking of non-electric vehicles or electric vehicles that are not in the process of charging. Arlington County would need to pass a local ordinance to enforce the provisions of this law.

**Bicycle Right of Way (SB 362):** Prohibits individuals riding side by side on bicycles, e-scooters, motorized skateboards and other electric-powered mobility devices from interrupting the normal movement of traffic and requires them to move into a single-file formation as quickly as is practicable.

**Economic Development Alcohol To-Go Program (HB 426/SB 254):** Extends delivery program for alcohol and cocktails for off-premises consumption until July 1, 2024.

**Law Enforcement Loud Exhaust Systems (HB 632):**

Makes it a primary offense to drive a vehicle on a Virginia highway with an exhaust system that is not in good working order, to prevent unusual or excessive noise levels. Violations are punishable by a fine of no more than that provided for a Class 4 misdemeanor.

**School Safety Training (HB 873):** Requires law enforcement agencies in localities that do not employ school resource officers to designate a law enforcement officer to receive training on school safety and to serve as the liaison for administrators in elementary and secondary schools.

Find more bills approved or enacted during the Virginia General Assembly's 2022 Legislative Session.

## OFFICERS GRADUATE FROM TRAINING ACADEMY

Family, friends and colleagues gathered on June 22 to celebrate the achievements of Arlington County Police Department's 12 newest officers as Session 146 graduated from the Northern Virginia Criminal Justice Training Academy.

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# Sing the Summer Away

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

**I**t's never too early to begin your opera career. Opera NOVA is once again offering its Summer Institute for talented youth performers August 3-11.

The week of intensive opera training and education will include stage presence, diction, early training, theory, music history and voice lessons. The course will take place at Walker Chapel UCC in Arlington from August 3-11 from 9 am-3pm daily.

Isabelle Schweiter says she took the class the first time three years ago when she was going into eighth grade, then COVID hit but she was back in 2021. She plans to attend the Institute again this year. "I have so much more to grow. All of the teachers are experts and every time I leave better. Last time my voice shot up half an octave and I learned to work my throat better."

Schweiter says she remembers her first day in 2019. "I was super nervous. I had never been crazy about opera and I was one of the youngest there but the opportunity was awesome and the teachers were qualified." She said it was so much fun and they made her feel com-



Isabelle Schweiter in her lead role in Elf. She will attend Opera NOVA Summer Institute.

the importance of vocal warm up and a full body stretch."

Schweitzer says she started singing at about 10-years-old. "I thought I wanted to be a dancer but I got a good role in 5th grade and decided I wanted to sing." She says she has been involved with Christian Youth Theatre ever since and had some pretty serious roles in musicals. "I played the lead in Elf."

Dawn Hernandez, a former student says, "Being able to attend a program like this was a once in a lifetime experience. After the program, I left with a better understanding of the voice and industry, as well as the passion of the people who work in it. No words could honestly describe how grateful I was for the opportunity, especially coming from a background like my own where these things aren't sought out or could even be realized."

Instructors for the Institute include Opera NOVA's Artistic Director Jose Sacin along with Alex Alburquerque, Eduardo Castro, Israel Lozana and accompanist Tania Loisha. For live auditions contact Alex Alburquerque at 240-543-4540. The Institute will conclude with a performance on August 11 at 7 pm at Walker Chapel.

fortable. "They gave us sheet music to see what we knew. I thought it was Latin but it turned out I was singing Italian. I learned

## BULLETIN BOARD

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During the graduation, the officers took their solemn oath to serve and protect the Arlington community and safeguard the Constitutional rights of all. Graduation from the Academy is a significant milestone in the new officers' journey to becoming solo police officers in Arlington County, a process that spans approximately one year. As part of their ongoing training cycle, the newly graduated officers will now complete local and field training programs.

The officers who make up Session 146 are reflective of the Department's commitment to seeking individuals from all backgrounds who possess the necessary qualifications to serve Arlington's diverse and inclusive community. The class, which is made up of seven women and five men, all hold higher education degrees, including one with an advanced degree. Three officers are military veterans with two having served in the Army and one having served in the Air Force. Two of the officers also speak Spanish. The class hails from six different states and two are native Arlingtonians who graduated from Yorktown and Wakefield High Schools.

Session 146 excelled at the academy in academics, physical fitness and leadership. They were recognized with the following additional achievements at graduation:

Officer N. Jacuzzi served as the class Vice

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# What Makes Ted Run

It’s not all about running for Arlington’s 100-Marathon Man.

By ASHLEY SIMPSON  
ARLINGTON CONNECTION

Having just crossed the finish line of the Wild Atlantic Way Marathon in Ireland on Sunday, June 12, Ted Hobart has officially run 100 marathons. That’s 2,620 miles of both triumph and pain, which the long-time Arlington resident has covered over 18 years.

As he announced on the ManiacFanaticsMadness blog upon finishing the race, “I did it – I completed my 100th marathon today at the Donegal Wild Atlantic Marathon in Killybegs, Ireland.”

Marathons have always been about more than just running, accomplishment, and medals for Hobart. He’s always run them in tandem with fundraising for a non-profit organization, and to raise awareness for important causes.

“I ran my first marathon in 2004, as part of a charity team raising money for [a now defunct national AIDS non-profit organization]” Hobart said. “And, although this foundation doesn’t exist anymore, I’ve continued running marathons as a member of various fundraising teams and for causes and organizations that mean something to me.”

For example, after his first three marathons, he began fundraising – as well as working full-time for – Walker-Whitman Health, a non-profit health organization that focuses on HIV/AIDS healthcare and advocates for the LGBTQ community.

And, representing Whitman-Walker both as an employee and volunteer runner was life-changing for Hobart.

“It was a year after my first marathon that I came out as a gay man,” Hobart said, “and I really couldn’t have done this as a part of any other charity.”

### The Biggest Purpose Behind Hobart’s Running

There are a lot of poetic things about Hobart’s running journey. Perhaps the most poetic part of his running is the way he devotes all of his races to his fallen friends, Lollie Winans and her girlfriend Julie Williams. The two young women were brutally murdered during a



Ted Hobart in his hotel after completing his 100th marathon, this one in Ireland.

Ted Hobart with the race director at the finish of his 100th marathon, the Donegal Wild Atlantic Marathon in Killybegs, Ireland.

long hiking trip along the Appalachian Trail on June 12, 1996.

And yes, Hobart intentionally completed his 100th marathon on the very day that marked the 26th anniversary of Lollie’s and Julie’s deaths – the still-unsolved murders were deemed the nation’s first federal hate crime.

“It is suspected that Lollie and Julie were killed because they were a lesbian couple,” Hobart

he consistently feels that he shares with Lollie.

“Running a marathon is never easy for me – it’s always difficult,” Hobart said. “But, Lollie – who had become a part of my family almost immediately after meeting her – is always on the back of my mind when I run.”

Every year, June 12 is an unavoidably difficult day for Hobart,

but he didn’t think twice about planning it as the date of his centennial marathon this year. He was fueled by the idea that, in running a hallmark race awareness to the still-unsolved double homicide.

Even before this momentous marathon, Hobart had been running in honor of Lollie and Julie for more than a decade.

“The first marathon that I officially did in honor of Lollie in Julie in 2005 — the Vermont City Marathon” Hobart recalled. “[Lollie and Julie had special ties to Vermont], and that’s why I did that for them;

it was their memories that brought me to that part of the world to run.”

### Hobart’s Hurdles en Route to Running for Lollie, Julie, and Himself

Hobart had to clear many hurdles before getting to the point of accepting the tragedy and loss. The hurdles were also there on his way to finding pride and joy in living his own life.

“I met Lollie in 1991 when she had just graduated from Sterling College in Vermont,” Hobart said. “She became a part of my family, and was in all my family photos ... Then, in 1995, she and Julie were hiking the Appalachian Trail and were due to visit me in North Carolina — where I was attending Warren College at the time — during their travels.”

That year, he was so looking forward to Lollie’s visit. However, all the plans he had for the reunion fled from his mind after receiving a chilling phone that he’ll never forget.

“This FBI agent kept calling for me, leaving messages on my voicemail,” Hobart said. “I found out they were calling everyone in Lollie’s address book because she

and Julie had been killed in the Shenandoah Mountains in Virginia. I just couldn’t believe this. You read about people getting killed, but you never think it’s going to be one of your best friends who dies. It’s just one of those moments you’re never prepared for – especially not in your twenties. You realize, you’re not as immortal or immune to these things as you think you are.”

A m o n g all the ways this tragedy affected Hobart, it also prevented him from publicly accepting himself as a gay man – something he said Lollie had helped him find the courage to do.

“Before Lollie’s death, I was feeling on top of the world – ready to come out as a gay man and stop having to keep that part of myself from people,” Hobart said. “Lollie was someone I could have talked about this with. I was so ready to



The scenic course of the Donegal Wild Atlantic Marathon in Killybegs, Ireland.

just be open with it all, and then after Lollie died, it all came to a crashing halt. It pushed me so much farther into the closet that I didn’t even come out until 2005.”

### Not Running from Grief, but Moving Forward One Step at a Time

The first marathon that Hobart ever ran was in 2004 – the Mardis Gras Marathon in New Orleans just eight months after breaking his leg (and about eight years after Lollie and Julie were killed).

“I had to ride the metro everywhere, and I kept seeing this sign on the train about training for your first marathon,” he said. “When I told my orthopedic surgeon about it, he looked me up and down like I was crazy. I wanted to prove him wrong.”

So, he trained – and ultimately finished the Mardis Gras Marathon as his first of what is now one hundred.

Hobart added that after Lollie’s death, he was likely running these

crazy distances as a way to avoid his grief and other inner turmoil.

Then, running became something entirely different – something far more positive – when he ran his first Vermont City Marathon. It was through the training and fundraising processes for this race that he became comfortable and proud publicly identifying as a gay man – as well as a prolific runner. And, although no longer with him physically, Hobart maintains that Lollie still played a role in this personal transformation.

“Running in Lollie and Julie’s memory and raising awareness about them and what happened to them was the motivation that kept me going,” he said. “I paired with Outright Vermont, an LGBT youth nonprofit in Burlington to raise money for them in that first marathon ... and I ended up doing four Vermont City Marathons. It was after those four that I went to San Francisco, where I found out about this crazy bunch of people who ran marathons in every different state.”

And ultimately, Hobart became a proud, happy, and accomplished member of this wonderfully crazy bunch of 50-state marathoners – one reason he had to go to another continent to run his centennial marathon.

### What’s Next for Hobart

Hobart is only 55 years old and

has already accomplished more than most people have in a lifetime.

He ran his first marathon at the age of 37 and has no plans to stop tackling them – and sprinting to those finish lines. And, in doing so, he’s showing his community – the world, even – that the sky really is the limit when it comes to accomplishing goals, especially in the name of wonderful causes.

“Running a marathon is never easy for me – it’s difficult,” Hobart said. “I need something to push me through those challenges, and a lot of times it’s Lollie and Julie.

“Also, I work in mental health and I’m surrounded by patients who are diagnosed with many different challenging illnesses and other conditions. With all this in mind, I try to remain very calm and focused to persevere and push through and finish that marathon... it’s a lot like life in general.”

So, how has Hobart learned to successfully complete both a mind-boggling number of marathons and thrive amid the many other things that life has thrown in his direction?

“I’ve found that if you focus on happy moments instead of what’s hurting, then anything is possible,” Hobart said. “If you focus on happy moments instead of where you’re hurting, you can always put one foot in front of the other.”

### “FLOURISHING AFTER 55”

Office of 55+ Programs  
Department of Parks and Recreation  
300 N. Park Dr.,  
Arlington, VA 22203  
703-228-4747

Contact: Judy Massabny, jmas-sa@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 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 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.

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 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.

Smartphone videography, learn all about the video capabilities of a smartphone, Tuesday, July 19, 2 p.m., Arlington Mill 55+ Center. Meet tech guru Nick Englund. Registration # 914403-09.

Genealogy 101, share information and research tools, Tuesday, July 19, 11:30 a.m., Lubber Run 55+ Center. Registration # 914402-08.

Rock music legends, part two of the British Invasion featuring music by The Who and The Animals, Tuesday, July 19, 1:30 p.m., Arlington Mill 55+ Center, registration # 914400-26 or virtual, same time, registration # 914400-27.

Breast cancer prevention, presented in both English and Spanish, Tuesday, July 19, 10 a.m., Lubber Run 55+ Center. Presented by Mirian Campos, Virginia Hospital Center’s Cancer Research Center. Registration # 914500-16.

55+ Live! Talk Show, new episode, Tuesday, July 19. Visit youtube.com/virtualprograms.

Harper’s magazine articles discussed, Wednesday, July 20, 11 a.m., Aurora Hills 55+ Center. Facilitated by Librarian Vicky McCaffrey. Registration # 914402-18.

Opera appreciation group to hear musical selections from “La Cenerentola” (Cinderella) by Italian composer Gioachino Rossini, Wednesday, July 20, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti. Registration # 914300-04.

Afternoon of acoustic music with Ed Girovasi and Phil Rosen, Wednesday, July 20, 2 p.m., Langston-Brown 55+ Center. Registration # 914301-03.

Bilingual Bingo, Wednesday, July 20, 10 a.m., Lubber Run 55+ Center. Registration # 914600-02.

Movie discussion, “The Tender Bar” (2022), Thursday, July 21, 1 p.m., Arlington Mill 55+ Center. Registration # 914804-05.

“The Rise of Vladimir Putin,” Thursday, July 21, 1:30 p.m., via Zoom at Lubber Run 55+ Center, registration # 914400-14 or virtual, registration #

SEE FLOURISHING. PAGE 9



## Dismayed

Dear County Board:

I am a Lyon Village resident, and I am dismayed about the so-called Missing Middle housing proposal and the County's apparent decision to limit citizen input and feedback. Public comment on important issues should not be restricted to electronic means; county officials should hold in-person public hearings on issues with wide-ranging effects.

As I understand it, the proposal would eliminate current zoning in many residential zoning districts to enable multifamily dwellings on virtually all lots in existing single-family residential zoning districts. The current mix of single-family homes, garden style and midrise multifamily buildings plus some middle units resulted in Arlington's growth and prosperity over decades, yet this proposal would create sweeping changes in mere months, with limited input from Arlingtonians. (This is not equitable as not everyone has electronic access and others cannot use it easily or conveniently, nor is electronic communication the preferred or optimal communication method for many elderly and disabled persons.)

Few doubt the necessity of increased housing, and more affordable housing, particularly in close-in suburbs like Arlington. However, I do not agree that the solution is to wedge multifamily homes into small lots, which will create more congestion, parking problems, noise, environmental damage, while endangering pedestrians (including children) and trees. Moreover, zoning existing single family lots for multifamily development will incentivize homeowners to sell, benefitting real estate developers whose business it is to maximize financial returns, not provide solutions to housing shortages. In the worst case scenario, the proposed zoning changes will provide little or no significant increase in middle-or-affordable housing, create a financial windfall for property developers, and diminish quality of life factors for Arlingtonians. Our neighborhoods will not have the high quality of life that we enjoy today, instead they will be characterized by helter-skelter development.

I strongly urge the County Board to do several things before proceeding: (1) prepare a brief (1-2 page), accurate, plain language summary of what is proposed, including its benefits, its intended beneficiaries and its foreseeable drawbacks (and make it available in English and Spanish); (2) develop a timetable for evaluation and adoption; (3) publicize a reasonable period for public comment, including in-person hearings, electronic communications, and other means of outreach as appropriate; (4) solicit the input of all community associations and commit to review everything received, with public responses.

I am a Lyon Village resident. I am opposed to the proposal of the Arlington County Board to upzone those communities currently zoned for single-family homes. This is a serious issue with significant ramifications for those of us who live in neighborhoods with single-family homes. We deserve more time to comment and to do so via in-person public hearings. I do not understand the urgency to begin this upzoning. If such a rezoning is merited, then the County Board should be able to provide arguments to support its case and be willing to listen to other points of view and openly discuss possible compromises. What has happened to the vaunted "Arlington Way" whereby differences were discussed until an acceptable resolution was reached? I agree with the concerns expressed by the Arlington County Forestry and Natural Resources Commission about "the rush to change zoning rules county wide in ways that can't easily be undone, when all alternatives have not apparently been considered, and when concrete policies to protect our natural environment and urban forest have not been developed." I agree with their request that County Board members extend the public comment period and undertake a more robust community discussion.

There is a large amount of information provided in the background reports about the Missing Middle Housing Proposal that many Arlington County residents are unlikely to have the time to read and seriously consider. Therefore, I urge the County Board to do the following before proceeding:

❖ Prepare and widely distribute a brief and clear summary of what is proposed, highlighting the benefits and drawbacks;

❖ Establish a time table for evaluation and adoption of the proposal;

❖ Publicize a reasonable period for public comment, including in-person hearings, electronic communications, and other means of outreach as appropriate;

❖ Solicit the input of all community associations and commit to review everything received, with public responses.

I moved to Arlington County over 40 years ago from the Midwest and have lived in two neighborhoods within walking distance of the Metro Stations at Virginia Square and Clarendon. We have all seen the continued growth, new investment and corporate headquarters relocations to Arlington, and have also seen the dramatic increase in housing costs County-wide. I fully appreciate the challenges this has created for critical public service employees and other middle income residents who protect us, teach us and provide a wide range of public services.

In the 1980s, Arlington admirably created a public/private dialogue to frame how the Rosslyn-Ballston Metro corridor could absorb new growth and density, while also protecting the character and scale of Arlington's beautiful residential neighborhoods. The planning effort and resulting policies have made Arlington a national model for Transit-Oriented Development and have managed balanced growth over time and through multiple economic cycles. Unfortunately, this model of a public planning process is in stark contrast to the proposal to address middle income housing issues in Arlington. The "Missing Middle" study by Arlington County Planning has NOT provided the same kind of public/private process to build a genuine consensus, nor has the process created a mutual dialogue that can incorporate public opinions that are vitally necessary to make good policy.

The study and recommendations have not allowed sufficient public meetings and have instead focused on on-line commentary, without any measure or indication of how public opinions are being transmitted to you, our elected officials.

The study has not documented how the 'naturally' affordable housing units along Langston Highway and in other areas (created in older, small scale units that line many transit/traffic corridors) will be replaced. Upzoning these areas will result in their demolition and loss forever, in hopes that developers will include some more affordable units in far more dense projects. Why not work to preserve these existing units with assistance to their owners so they are retained, not destroyed?

The principles of the 'Missing Middle' proposal suggest that developers will create new infill housing throughout the County, but without sufficient underlying documentation or examples of where this concept has worked.

The proposed policy has been put forth without a clear understanding of the underlying real estate economics of Arlington, nor with consideration for the stunning sweep of a County-wide rezoning/upzoning with extraordinarily limited public involvement.

The process to create public outreach, conduct public review and gather a broad base of comments has been rushed and inadequately informed. Why is County Planning staff rushing this process?

A proposal this sweeping in scope is far too broad to be adopted with the limited time, detail and consideration of the full implications and mechanisms needed to create successful outcomes.

To become part of the various Arlington neighborhood contexts, County Planning should be suggested.

SEE LETTERS, PAGE 11

Barbara A. Smith  
Arlington

## No Process To Build a Genuine Consensus

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# BULLETIN BOARD

FROM PAGE 5

President  
Officer M. Rahaim received the Award for Physical Fitness (Females) – 1st place  
Officer J. Majors II received the Award for Physical Fitness (Men) – 2nd place  
Officer M. Rahaim received the Award for Academic Excellence – 2nd place  
Officer J. Ferrufino received the Award for Academic Excellence – 3rd place  
Officer G. Etheredge received the Guardian Award. The Guardian Award is awarded to one academy recruit each session for their exemplary efforts in defensive tactics, control tactics and tactical scenarios, which all emphasize de-escalation techniques.  
Officer J. Majors II was the recipient of the prestigious Thomas L. Shaw Award, one of the NVCJA's highest honors. The award is named in honor of Thomas L. Shaw, a leader in the field of criminal justice training in the Northern Virginia region. For more than half of his 36-year career, from 1982-2000, Mr. Shaw served as the executive director of the NVCJA. The award recipient is selected by the basic training staff as the officer who they feel best exhibits the potential to meet the standards for professionalism, dedication and leadership set forth by Mr. Shaw during his career.  
Additionally, Corporal K. Domfe, who is currently assigned to the academy as an instructor, received the David Vice Award for Instructor Excellence in recognition of his compassion and commitment to training.

## 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](https://goo.gl/forms/s2FuFdaYWdZm4tPw2).

## ONGOING

Online Salary Negotiation Workshop. AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important?

AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit [salary.aauw.org](https://salary.aauw.org).  
Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit [audubon-at-home-1/](https://audubon-at-home-1/) for more.  
Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqveland at 703-228-0913 or [esiqveland@arlingtonva.us](mailto:esiqveland@arlingtonva.us) or visit [health.arlingtonva.us/opioid-awareness/](https://health.arlingtonva.us/opioid-awareness/) for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit [www.chrisatwoodfoundation.org/nalox-one](https://www.chrisatwoodfoundation.org/nalox-one) 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](mailto:bdesai@seniorhelpers.com). Visit [www.dementiacare-connections.com/memory-cafe](https://www.dementiacare-connections.com/memory-cafe) or [www.seniorhelpers.com/arlington-alexandria-va](https://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](https://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](https://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 or help with essential tasks. No experience necessary.  
Public Financial Fraud, Waste and Abuse Hotline. Arlington County launched a new public hotline that offers a confidential and secure way to report suspected incidents of financial

fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at [arlingtonva.ethicaladvocate.com](https://arlingtonva.ethicaladvocate.com). The hotline website is available in English and Spanish. Phone calls can be taken in many languages.  
Created by the Arlington Initiative to Rethink Energy (AIRE) in partnership with the Arlington Public Library,the nation's First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools such thermal imaging cameras, energy meters and books play a vital role in achieving a “greener” home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit [library.arlingtonva.us/locations/central-library](https://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](https://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](mailto:arl.pflag@gmail.com) for more or go to [www.pflagdc.org](https://www.pflagdc.org)  
Helmsmen Toastmasters meet Thursdays, 7:30-8:45 a.m. at Pentagon Library and Conference Center. Toastmasters is an international organization that helps everyone speak, think, lead and listen better. Most clubs are meeting online at this time. Contact Carl Sabath [carl.e.sabath.civ@mail.mil](mailto:carl.e.sabath.civ@mail.mil) or 703-695-2804 or Elizabeth Femrite [elizabeth.m.femrite.civ@mail.mil](mailto: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](https://www.ourladyqueenofpeace.org) for more.  
Soil Testing. Virginia Cooperative Extension is offering soil testing services to analyze soil and determine what is needed to condition soil for plantings. The routine soil test is all one normally needs for a fertility evaluation. Pick up soil sampling box at the Virginia Cooperative Extension Arlington office, 3308 S. Stafford St., 8 a.m.-5 p.m. Monday-Friday. Send filled soil sample box with form and fee to the Virginia Tech Lab for analysis. Fees vary, visit [www.soiltest.vt.edu/Files](https://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 Help-

line 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](https://www.alz.org/nca/helping_you/support_groups).  
Pentagon Legacy Toastmasters meet Tuesdays 5:15-6:30 p.m. in the Pentagon Main Cafeteria/food court, left of Dunkin Donuts. Most clubs are meeting online at this time. Toastmasters is an international organization that helps people speak, think, lead and listen better. Call 703-695-2604 [www.toastmasters.org](https://www.toastmasters.org).  
The Friends of the Planetarium Visit [www.friendsoftheplanetarium.org](https://www.friendsoftheplanetarium.org) to find up-to-date show times, a schedule of future events, information about Friends of the Planetarium membership, astronomy news and events, the history of the David M. Brown Planetarium, a link to the Friends' store, and more.  
The Northern Virginia Regional Park Authority announces that cyclists and pedestrians will now have access to the W&OD Trail beyond normal daylight hours. The new W&OD Trail hours are from 5 a.m. to 9 p.m., from Shirlington in Arlington County, to the western town limit of Herndon in Fairfax County.  
Lifeline Personal Alert System. Virginia Hospital Center Senior Health staff locally manage the personal emergency response system. Help is available 24 hours a day, seven days a week. Monthly cost starts at \$42. Call 703-558-6859 for more.  
Musical Instruments Wanted. Instruments of any type or size — from a piano to a piccolo, in response to school's needs. Donations are tax exempt. Contact Miriam Miller, Opera NOVA for pick up. 703-536-7557; [mcdm1@verizon.net](mailto:mcdm1@verizon.net); [www.operaguilddnova.org](https://www.operaguilddnova.org).  
**VOLUNTEERS NEEDED**  
RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers an array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at [chubicki@volunteerfairfax.org](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403-5360. To learn more about RSVP, visit [www.rsvpnova.org](https://www.rsvpnova.org).  
Food Distribution Volunteers. 2:30-5:30 p.m. at Columbia Grove Apartments, 1010 S. Frederick St. Weekly volunteers are needed every Tuesday to assist with food distribution. Work includes set up, distribution and break down. Sign up at [volunteer.leadercenter.org](https://volunteer.leadercenter.org).  
Volunteer Drivers needed to help senior citizens get to their medical and therapy appointments at the Shepherd's Center of McLean-Arlington- Falls Church. To find out more about the Shepherd's Center and how to volunteer to provide transportation and other services, call the Center at 703-506-2199 or e-mail the Center at [info@scmafc.org](mailto:info@scmafc.org).

## "FLOURISHING AFTER 55"

914400-15. Presented by Steven Barnes, Director of Russian and Eurasian Studies at George Mason University.

Acoustic hour in Virginia Highlands Park with musician Carl Gold, Friday, July 22, 1 p.m. Bring your own chair or blanket. Registration # 914301-04.

Hands on heart CPR, part 2, easy to learn life saving techniques, Monday, July 25, 10 a.m., Walter Reed 55+ Center. Registration # 914400-19.

County Fair information, what,

how and when to submit entries in the competitive exhibits, Monday, July 25, 2 p.m., Lubber Run 55+ Center. Registration # 914400-22.

Aurora Hills 55+ Center book club members will discuss “The Nightingale” by Kristin Hannah, Monday, July 25, 11:30 a.m. Drop-in.

55+ Travel going to Potomac Mills outlet center, Woodbridge, Monday, July 25. Cost \$11, Arlington County resident, \$13, non-resident. Registration # 902207-07.

Escape rooms at Walter Reed 55+ Center, Tuesday, July 26, 5:30 p.m.,

registration # 914601-01; 7:30 p.m., registration # 914601-03. Escape rooms are games that comprise a series of puzzles to solve.

Dementia 101, latest progress in science and medicine, Wednesday, July 27, 1 p.m., Arlington Mill 55+ Center.Registration # 914500-08.

Smart home automation devices, overview by tech expert Nick Englund, Wednesday, July 27, 11 a.m., Lubber Run 55+ Center. Registration # 914403-05.

Financial caregiving essentials, Thursday, July 28, 1:30 p.m. Presented

by Lisa Schifferle, Consumer Financial Protection Bureau. Virtual. Registration # 914404-07.

Natural solutions through essential oils, Thursday, July 28, 11 a.m., Langston-Brown 55+ Center. Registration # 914500-20.

Ballroom Bootcamp, learn common steps to a different dance each week, Thursday, July 28, 2:30 p.m., Lubber Run 55+ Center. Drop-in.

55+ Travel group to visit the Museum of the Bible, D.C., Friday, July 29. Cost \$22, Arlington County

resident, \$25, non-resident. Registration # 902207-08.

Fast paced walking group, two to five mile loop, some hills, Friday, July 29, 8 a.m., Aurora Hills 55+ Center. Drop-in.

Movie showing at Aurora Hills 55+ Center, “Belfast” (2021), Friday, July 29, 12:30 p.m. Registration # 914804-09.

Social dance party, informal, meet fellow 55+ friends, Friday, July 29, 2 p.m., Lubber Run 55+ Center. Registration # 914890-01.



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Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) proposes to replace an existing light pole with a 19-foot, 11.5-inch light pole, install two lights along with a wireless communications antenna and associated equipment at an overall height of 22 feet, 8.75 inches at the approx. vicinity of 4801 15th Street N, Arlington, Arlington County, VA 22205 (38-53-16.228 N, 77-07-20.175 W). Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: Trileaf Corp, Yvelande, y.raymond@trileaf.com, 1051 Wind-erley Place, Suite 201, Maitland, FL 32751, 407-660-7840.

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Synetic Theater presents "A Midsummer Night's Dream" now through July 24, 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>

## NOW THRU 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).

## NOW THRU JULY 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/>

## LETTERS TO THE EDITOR

FROM PAGE 8

gesting reasonable design and planning standards well beyond deleting side- and rear-yard setback requirements. That alone will be inconsistent and chaotic, and will result in loss of tree cover, increased impervious ground areas and other negative outcomes.

\* We need guidance and real planning explorations, not a massive upzoning 'hammer'.

Creating more affordable housing in a small land-restricted place like Arlington County is far more complex than a massive one-dimensional re-zoning can address.

This needs to be broken down into manageable increments and implemented in creative, multi-faceted ways. If providing middle income housing were as easy as just a rezoning, developers would already be doing it. Simply shifting density across broad areas is an oversimplified (and, so far, largely unproven) premise.

The opposition to this sweeping proposal is likely to be enormous, if rapidly organized (in response to the rushed County Planning timetable). Do not

adopt this insufficiently documented planning concept as proposed -- a massive County-wide rezoning is too much, too soon and with too many potential unresolved characteristics to be carried out as proposed. Please instead identify a range of neighborhood demonstration areas and allow incremental housing changes to occur under a managed analysis. Instead of throwing the entire County into the pot at one time, why not try real examples of infill options and see how the process works/doesn't work.

The County Board has an obligation to reflect the interests of ALL Arlingtonians, and I fully support a County commitment to solutions for our serious middle income housing needs. BUT, the 'Missing Middle' approach is not the policy or strategy to undertake in a single, County-wide step. Please do not adopt this proposed policy -- it is insufficient to solve the middle income housing problem.

Tom Moriarity  
Arlington

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## Back in the Cancer Business



By KENNETH B. LOURIE

Not that as an active cancer patient still undergoing treatment you're ever out, but occasionally, there are intervals where you are less in/have less frequent cancer-centric activities. And it's important to never let these intervals pass without elevating their importance. A break/brake in any cancer-related action is welcome relief and acknowledging its occurrence is paramount. When you're living in the cancer world, you must find ways to find the most positive element of your rather negative experience. And if the most positive element of that experience is that absolutely nothing happened/is happening, don't ever take it for granted. Take it for every advantage, rationalization, and accommodation possible. Any port in a storm is how many of us cancer patients roll, and the more often the roll, the better.

And for those of you who have unfortunately been effected/associated with cancer, you know the storm of chaos and disruption that its diagnosis causes. Talk about upheaval. Your orderly world goes topsy-turvy and everything you knew/understood before the diagnosis no longer applies. There's the pre-cancer you and the post-diagnosis you. In many cases, you're different people. It's as if your brain is rewired. Moreover, assimilating a cancer diagnosis into your regular routine is hardly for the weak of mind. Unless you find a way to incorporate cancer into your life and minimize its deleterious effects, especially emotionally, the sooner some of the more debilitating physical challenges can be relegated somehow.

It's not simply taking the good with bad -- or vice-versa, it's taking it all in stride and being grateful for any morsel of good news/lack of cancer activities whereby you can try to forget you have cancer and live as normal and rewarding a life as your deficits allow. It's not exactly making lemonade, but you're definitely making something. And what's that something? Peace, that's what. Acceptance and comfort. Learning to live within your cancer confines (lab work, treatment/medication, side effects, scans, miscellaneous doctor's appointments, and a pre-occupation with your own mortality) and treat it like any other day -- or interval of time. It may be your life, but it doesn't have to define you.

If you have minimal cancer stuff, celebrate it. If you have maximum cancer stuff -- as I do in 10 days, give in to it. There's nothing to be done about it other than adhere to the schedule. Once you have cancer and are scheduled into the various ongoing/recurring appointments/responsibilities, unless you make light of it, the weight of it will crush you. Cancer is an equal opportunity villain. It goes after everybody everywhere with seemingly no rhyme or reason or sometimes, all the reasons (family history, environmental, smoking/second-hand smoke). It's not inevitable, but it is undesirable. Avoiding it altogether would be best. If only it were that simple.

Often cancer is in control even as your doctors are treating it/you. Finding a way to balance the ebb and flow, and to not take the lows too hard and try to keep an even keel when there is some good news (it's hardly a guarantee of future results, it may even be temporary; it's a tease almost) seems the only logical pursuit. What you can't control, you need to accommodate, and in that accommodation, you must find your level, a way to remain level-headed throughout your ordeal. (And cancer is nothing if not an ordeal.) Otherwise, you'll make an excruciatingly bad situation worse, if that's even possible. And believe me, it's possible, and there's no future in that.

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



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