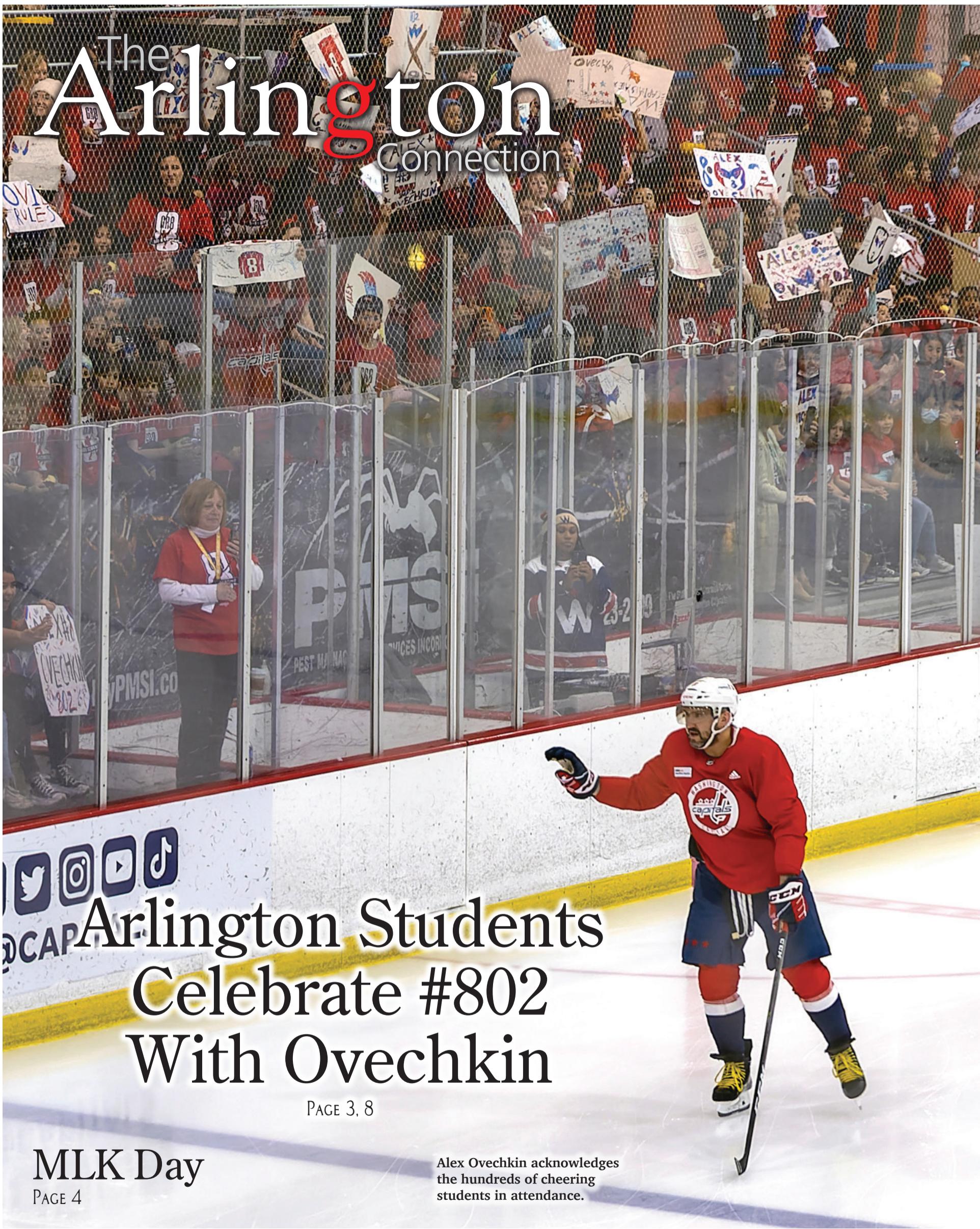


The Arlington Connection

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PHOTO BY TOM MANNING/THE CONNECTION



Arlington Students Celebrate #802 With Ovechkin

PAGE 3, 8

MLK Day

PAGE 4

Alex Ovechkin acknowledges
the hundreds of cheering
students in attendance.



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 |
|--------------|--------------|---------|-------------------------|---------------------------|-------------|
| DANVILLE | 20190 | 293 | RTE 293 | DAN RIVER | 12/31/2022 |
| MECKLENBURG | 12001 | 660 | OLD COX RD | BUCKHORN CREEK | 12/30/2022 |
| CHARLOTTE | 4833 | 40 | PATRICK HENRY HWY | TERRY'S CREEK | 12/29/2022 |
| HALIFAX | 9158 | 58 | PHILPOTT RD (58 WBL) | DAN RIVER | 12/29/2022 |
| PITTSYLVANIA | 13425 | 29 | MAIN STREET | SYCAMORE CREEK | 12/29/2022 |
| AMHERST | 1382 | 130 | ELON RD | NS RAILWAY | 12/28/2022 |
| APPOMATTOX | 1587 | 608 | STONEWALL RD | WRECK ISLAND CREEK | 12/28/2022 |
| CAMPBELL | 4236 | 630 | CHELLIS FORD RD | GOOSE CREEK | 12/28/2022 |
| SCOTT | 16832 | 681 | RTE 681 | CRACKERS NECK BRANCH | 12/21/2022 |
| RUSSELL | 16529 | 770 | OLD HWY 19 | INDIAN CREEK | 12/20/2022 |
| PATRICK | 13232 | 58 | JEB STUART HWY/RTE 58 | QUAKERFIELD BRANCH | 12/19/2022 |
| MECKLENBURG | 11942 | 92 | HWY 92 | JOLLY HOLLOW CREEK | 12/16/2022 |
| NEW KENT | 12740 | 631 | SOUTH GARDEN RD | BEARS HILL SWAMP | 12/16/2022 |
| CARROLL | 4612 | 221 | FLOYD PIKE/RTE 221 | BIG REED ISLAND CREEK | 12/16/2022 |
| PATRICK | 13242 | 103 | DRY POND HWY/RTE 103 | LONG BRANCH | 12/16/2022 |
| PATRICK | 13243 | 103 | DRY POND RD/RTE 103 | ELK CREEK | 12/16/2022 |
| PATRICK | 13198 | 8 | SALEM HWY /RTE 8 | NOEL CREEK | 12/16/2022 |
| LEE | 10857 | 640 | RTE 640 | LONG HOLLOW BRANCH | 12/15/2022 |
| BUCHANAN | 3833 | 602 | INDIAN CREEK RD | INDIAN CREEK | 12/14/2022 |
| FRANKLIN | 7817 | 602 | CALLAWAY RD/RTE 602 | ROARING RUN | 12/14/2022 |
| FRANKLIN | 7828 | 608 | FORK MTN RD/RTE 608 | BIG CHESTNUT CREEK | 12/14/2022 |
| FRANKLIN | 7974 | 768 | LIGHTHAVEN RD/RTE 768 | TOWNE CREEK | 12/14/2022 |
| FRANKLIN | 7978 | 778 | NICHOLAS CK RD/RTE 778 | NICHOLAS CREEK | 12/14/2022 |
| FRANKLIN | 7897 | 684 | BOONE MILL RD/RTE 684 | MAGGOODEE CREEK | 12/13/2022 |
| FRANKLIN | 7930 | 721 | PATTI RD/RTE 721 | LITTLE DOE RUN | 12/13/2022 |
| PATRICK | 13209 | 40 | CHARITY HWY/RTE 40 | ROCK CASTLE CREEK | 12/13/2022 |
| PATRICK | 13196 | 8 | SALEM HWY/RTE 8 | ROCKY BRANCH | 12/13/2022 |
| BEDFORD | 2705 | 620 | BATEMAN BRIDGE RD | NS RAILWAY | 12/12/2022 |
| BEDFORD | 2779 | 664 | GOSHEN RD/RTE 664 | ELK CREEK | 12/12/2022 |
| BEDFORD | 2740 | 643 | JOPLING RD/RTE 643 | STONY CREEK | 12/12/2022 |
| CRAIG | 5474 | 311 | RTE 311 | BRANCH OF CRAIG CREEK | 12/12/2022 |
| FLOYD | 7505 | 221 | FLOYD HWY S/RTE 221 | BR OF W F LITTLE RIVER | 12/12/2022 |
| PATRICK | 13199 | 8 | WOOLWINE HWY/RTE 8 | PUDGING CREEK | 12/12/2022 |
| FRANKLIN | 7914 | 703 | AYERS RD/RTE 703 | POPLAR CAMP CREEK | 12/9/2022 |
| FRANKLIN | 7858 | 635 | EDWARDSVILLE RD/RTE 635 | LYNVILLE CREEK | 12/9/2022 |
| FRANKLIN | 7877 | 643 | DILLONS MILL RD/RTE 643 | N FORK BLACKWATER RIVER | 12/8/2022 |
| FRANKLIN | 7839 | 623 | FAIRY STN P RD/RTE 623 | BEARDS CREEK | 12/8/2022 |
| FRANKLIN | 7991 | 798 | KNOB CHURCH RD/RTE 798 | MILL CREEK | 12/8/2022 |
| PATRICK | 13221 | 58 | JEB STUART HWY/RTE 58 | DAN RIVER | 12/8/2022 |
| PATRICK | 13200 | 8 | WOOLWINE HWY/RTE 8 | SYCAMORE CREEK | 12/8/2022 |
| BEDFORD | 2670 | 600 | PETERS CREEK RD/RTE 600 | BATTERY CREEK | 12/7/2022 |
| BEDFORD | 2774 | 657 | ROCKY MTN RD/RTE 657 | IVY CREEK | 12/7/2022 |
| FRANKLIN | 7861 | 637 | BRANDY OAK RD/RTE 637 | THARP CREEK | 12/6/2022 |
| FRANKLIN | 7862 | 637 | GRIFFIT HILL RD/RTE 637 | OTTER CREEK | 12/6/2022 |
| FRANKLIN | 7988 | 792 | LAUREL BLUFF/RTE 792 | RENNET BAG CREEK | 12/6/2022 |
| FRANKLIN | 7987 | 792 | LAUREL BLUFF RD/RTE 792 | RENNET BAG CREEK | 12/6/2022 |
| BEDFORD | 2874 | 737 | AYERS RD/RTE 737 | NS RAILWAY | 12/5/2022 |
| BLACKSBURG | 28885 | 314 | DUCK POND DR | STROUBLES CREEK | 12/5/2022 |
| FLOYD | 7500 | 221 | FLOYD HWY S/RTE 221 | BRANCH GREASY CREEK | 12/5/2022 |
| FLOYD | 7503 | 221 | FLOYD HWY S/RTE 222 | BRANCH HOWELL CREEK | 12/5/2022 |
| ROANOKE | 14946 | 221 | BENT MTN RD/RTE 221 | BR BACK CREEK | 12/5/2022 |
| NEW KENT | 12639 | 60 | WBL POCHONTAS TR | SCHIMINOE CREEK | 12/2/2022 |
| BEDFORD | 2897 | 755 | MORGANS MILL RD/RTE 775 | NS RAILWAY | 12/2/2022 |
| BEDFORD | 2697 | 619 | PENDLETON RD/RTE 619 | SHOCKOE CREEK | 12/2/2022 |
| PATRICK | 13245 | 103 | DRY POND HWY/RTE 103 | SANDY CREEK | 12/2/2022 |
| PATRICK | 13220 | 58 | RTE 58 | N.FORKOF POORHOUSE CREEK | 12/1/2022 |
| ROANOKE | 14809 | F880 | BRETHERN RD/RTE F880 | BRANCH OF BACK CREEK | 12/1/2022 |
| PATRICK | 13372 | 699 | HUGHES BROWN RD/RTE 699 | WHITE MUD CREEK | 11/30/2022 |
| ORANGE | 13030 | 666 | HAWFIELD RD | MOUNTAIN RUN | 11/29/2022 |
| FLOYD | 7506 | 221 | FLOYD HWY S/RTE 221 | BR OF DODD CREEK | 11/29/2022 |
| MONTGOMERY | 12131 | 11 | ROANOKE RD NBL/RTE 11 | POPLAR BRANCH | 11/29/2022 |
| MONTGOMERY | 12115 | 11 | ROANOKE RD WBL/RTE 460 | BR.SOUTHFORKROANOAKERIVER | 11/29/2022 |
| FRANKLIN | 8023 | 919 | GRASSY HILL RD/RTE 919 | TEELS CREEK | 11/28/2022 |
| FRANKLIN | 7866 | 640 | TURNER CREEK RD/RTE 640 | PIGG RIVER | 11/28/2022 |

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 [haulingspermits@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.

OPINION

Gun Violence Prevention Priorities

Get Involved

Please consider joining my colleagues and me at one of our legislative town halls to share your views on the session.

Saturday, Jan. 21

9 a.m., Walt Whitman Elementary
2500 Parkers Ln, Mount Vernon

Saturday, Jan. 21

1 p.m., Hayfield Elementary
7630 Telegraph Rd, Franconia

Saturday, Jan. 28

10 a.m., Alexandria
City High School
3330 King St., Alexandria

BY SEN. ADAM P. EBBIN

The second week of the 2023 legislative session began with what many groups refer to as "lobby day" – Martin Luther King Jr. Day, when school and work closures allow a wide range of constituents to visit the Capitol in Richmond. The halls of the Pocahontas building teemed with advocates for education, tenants rights groups, high school students on field trips, and parents with young children, many witnessing the process of representative government for the first time. The diverse viewpoints and perspectives shared throughout the halls of government all day on Monday were a reminder to my colleagues and me of the solemn duty of both representing our constituencies, and the complex interests of our entire Commonwealth here in Richmond.

Much agreement is found during these meetings, but sometimes, civil discourse on contentious topics does not come to a mutual resolution. One such issue, which we hear a great deal about is gun violence. Each year, advocates from the Virginia Citizens Defense League organize in Richmond on MLK Day to discuss their strongly held beliefs of an unlimited right to bear arms. While we disagree, often strongly, I always appreciate meeting with constituents with differing opinions and having robust debate over these issues.

I was glad to stand with a group of my colleagues including Senators Creigh Deeds (D-Bath), Jennifer Boysko (D-Fairfax), Chap Petersen (D-Fairfax), and Dave Marsden (D-Fairfax) to announce the roll out of the Senate Democratic Caucus's gun violence prevention priorities, which includes two bills I introduced. Our legislative agenda includes bills to ban

SEE GUN VIOLENCE, PAGE 6

The Arlington Connection

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NEWS

Alex Ovechkin Celebrates with Arlington Students

PHOTOS AND STORY
BY TOM MANNING
ARLINGTON CONNECTION

On Jan. 13, more than 800 school kids from Arlington County Public Schools celebrated Washington Capitals Captain Alex Ovechkin's 802nd career goal, which placed him second on the NHL's all-time goals list. Lucky fourth and fifth grade students from Barcroft, Discovery, Glebe, Key, and Long Branch elementary schools were invited to a special Capitals practice at the MedStar Capitals Iceplex where they celebrated Ovechkin's accomplishment.

SEE ALEX OVECHKIN, PAGE 8



Artistic signs congratulating Alex Ovechkin and his goals milestone fill the stands.



Key Elementary students hold up their colorful sign honoring Alex Ovechkin.



Key Elementary Principal Marleny Perdomo with students before the start of practice.



Students from Key Elementary cheer with 802 in Caps red, white, and blue.



Alex Ovechkin flashes a smile while being interviewed.



Ovechkin pauses during practice in front of a sea of students wearing Great 8 t-shirts.



Alex Ovechkin is "scoring his way through history" as he chases the NHL goals record of 894 set by Wayne Gretzky.



This enthusiastic student can't wait to see Ovi take to the ice.



Two girls proudly display their Ovechkin sign.



A group of girls cheer on Alex Ovechkin during practice.

Rev. Otis Moss Ignites Fire in MLK Celebration

BY SHIRLEY RUHE
ARLINGTON CONNECTION

The church organ notes bounce off the pews at Mt. Olive Baptist Church on MLK Day. "Mine eyes have seen the glory of the coming of the Lord. Hallelujah! His truth is marching on." The Beloved Community Celebration commemorating MLK's Legacy is about to begin.

Guest speaker is Rev. Dr. Otis Moss Jr., an influential religious leader who co-pastored the Ebenezer Baptist Church in Atlanta, Georgia with Martin Luther King. The pastor of Mount Olive Baptist Church, Rev. Dr. James Victor, asked for a warm welcome for Moss who was preaching his first time in Arlington. They had spent last night remembering days together and "excavating ghosts which they were not privy to share."

Moss begins, "The word today is about living and learning and serving from the life of a prophet of God. Of course that prophet is Martin Luther King." The Biblical text is Isaiah 61 and Luke 4. "The spirit of the Lord is upon me. God has sent me here to heal the broken hearted."

A voice from the congregation shouts Amen!

Moss tells the congregation to examine the text and allow the text to use you. He says, "I want you to help me out. Look at your neighbor. If you don't like your neighbor, we're going to pray for you until you love your neighbor. You will go through many changes and find



Pews fill up at MLK service at Mt. Olive Monday.

yourself growing strong in the broken places, and that is the lesson of MLK." A chorus of "yah yah" comes from the back pews.

He urges each person to put a hand across his chest and to pledge to make a difference. "Now put

both hands across your chest and pledge in this time, in this space, we can; we must; we will make a difference. Do you hear me?"

"Oh yeah."

Moss remembered during the bus protest when MLK stopped in



DeLisha A. Davis, Pastor of Calloway Methodist Church and President of the Arlington Coalition of Black Clergy.



Keynote speaker at Beloved Community Celebration Rev. Dr. Otis Moss.

had placed their confidence in his leadership. "This was the mission of MLK to make a difference."

Moss shared stories about MLK that concluded that in one way or another King had been responsible for electing six different Presidents, mostly from his jail cell.

Through prayers, scripture and the keynote address, the theme of community reinforced "living the faith we all preach but seldom experience." Sis. Candace Hunley's powerful voice moved the congregation to clapping, swaying and foot tapping as she sang hymns of spiritual inspiration.

Moss's career has led him around the world where he has advocated civil and human rights and social justice issues for most of his adult life. Moss began as pastor of Mount Olive Baptist church in LaGrange, Georgia from 1954-1959 and moved to several other congregations before serving as lieutenant to MLK. He was called to be pastor of the Olivet Institutional Baptist church in Cleveland in 1975, where he continues today.

Rev. Dr. DeLisha Davis, pastor of Calloway United Methodist Church and President of the Arlington Coalition of Black Clergy who sponsored the event concluded, "A fire has been ignited in each one of us to make a difference in the world." She led the group and the congregation joined in, "We are climbing Jacob's ladder. Every round goes higher and higher." She concludes, "We should all take that fire and use it to build a community the way we learned from a prophet of God".

PHOTOS BY SHIRLEY RUHE



MLK T-shirts and pins and other memorabilia available after Monday service.



Sister Candace Hunley engages the congregation with her powerful hymns.

BULLETIN BOARD

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

JASON R. JENKINS NAMED ASSISTANT FIRE CHIEF

The Arlington County Fire Department is proud to announce the hiring of Jason R. Jenkins for the position of Assistant Fire Chief. Chief Jenkins has over 26 years of experience in Fire and Emergency Medical Services (EMS), serving most recently as an Assistant Fire Chief with the Fairfax County Fire and Rescue Department.

Jenkins holds two Master's degrees – a Master of Science in Organizational Leadership and a Master of Science in Intelligence Analysis – both from Johns Hopkins University. He also holds an Executive Certificate in Public Leadership from the Harvard Kennedy School and is a graduate of the Homeland Security Executive Leaders Program from the Naval Postgraduate School. Additionally, Jenkins is a Certified Public Manager from George Mason University, and a graduate of the Leadership Fairfax Institute. Jenkins has earned such professional designations as MIFireE from the Institution of Fire Engineers and Chief Fire Officer, Chief EMS Officer, Chief Training Officer, and Fire Marshal from the Center for Public Safety Excellence.

Jenkins' professional experience includes the following local, regional, and state appointments: past plans manager for USA-1/VATF-1 Urban Search and Rescue

Team; Office of Foreign Disaster Assistance and Federal Emergency Management Agency; past gubernatorial appointment to Governor Terry McAuliffe's EMS Advisory Board; and past chair of the Metropolitan Washington Council of Governments Fire Chief's EMS subcommittee.

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/s2FuFdYWDZm4tPw2.

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

ONGOING

Online Salary Negotiation Workshop. AAUW (American Association of University Women) Work Smart is free online for anyone looking

to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit salary.aauw.org.

Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit audubonva.org/audubon-at-home-1/ for more.

Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good 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 Siveland at 703-228-0913 or esiveland@arlingtonva.us or visit arlingtonva.us/opioid-awareness/ for available training sessions.

The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

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.

"FLOURISHING AFTER 55"

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

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.

Vinyl records and rootbeer floats, sip a tasty treat while listening to favorite music, Thursday, Jan. 19, 6 p.m., Lubber Run 55+ Center. Bring some of your own records to share or just come to listen. Registration # 912801-03.

Movie showing, "Father Stu" (2022) (R), Thursday, Jan. 19, 1 p.m., Arlington Mill 55+ Center. Registration # 912804-07.

An explanation of the features and symbolism of the new Dwight D. Eisenhower Memorial in D.C. honoring the nation's 34th President and WWII Supreme Allied Commander, Thursday, Jan. 19, 1:30 p.m., virtual. Presented by a National Park Ranger. Registration # 912400-32.

Library of Virginia's Genealogy Series focuses on estate and inventory records, deeds and unclaimed personal property records, Thursday, Jan. 19, 2 p.m., virtual. Presented by Community Outreach Specialist from the Library of Virginia. Registration # 912400-37.

Recreate artworks on display at area

museums with Community Arts Programmers, from the comfort of home, Thursday, Jan. 19, 10 a.m., virtual. Registration # 912303-10.

Behind the scenes and beneath the surface of three famous artists, Friday, Jan. 20, 10 a.m., virtual. Presented by Community Arts Programmer Jim Halloran. Registration # 912302-02.

Acoustic Hour with music from the 50s and beyond provided by local musicians Carl Gold, Ed Girovasi and Phil Rosen, Friday, Jan. 20, 1 p.m., Aurora Hills 55+ Center. Registration # 912301-03.

55+ Travel group will lunch together at Peking Gourmet Inn, Friday, Jan. 20. Cost \$48, Arlington resident; \$55, non-resident. Registration # 902301-05.

Short story reading and discussion of "One Friday Morning" by Langston Hughes, Monday, Jan. 23, 1 p.m., Aurora Hills 55+ Center. Registration # 912402-22 or virtual, registration # 912402-23.

Filmmaker interest group, led by fellow video enthusiast Nick England, Monday, Jan. 23, 4 p.m., Lubber Run 55+ Center. Registration # 912403-13.

Secret techniques of famous artists revealed by Community Arts Programmer Jennifer Droblyen, Monday, Jan. 23, 10:30 a.m., virtual. Registration # 912302-05.

SEE FLOURISHING, PAGE 7

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OPINION

Gun Violence Prevention Priorities

FROM PAGE 2

the sale of assault-style weapons, create penalties for the negligent storage of firearms in homes with minors present; establish civil fines for leaving an unsecured firearm in a vehicle; establish standards of responsible conduct for the firearm industry in Virginia, and enacting clear criteria and parameters for judges to review when filing Extreme Risk Protective Orders, also known as red-flag laws.

My two pieces of legislation ban the sale of "ghost guns" and the open, public carry of assault-style semi-automatic weapons. Ghost guns are untraceable firearms which can be bought online, assembled from kits with ease, and function precisely like any other firearm. These weapons pose a serious and deliberate problem. Law enforcement report seeing a rise in the use of ghost guns in criminal acts and accidental shootings. The process of converting ghost gun parts — which can be purchased without a background check, license or record of sale, into a functioning firearm — involves just a few steps and can be completed without any special skill. They are particularly enticing to people who cannot pass a background check — domestic abusers, minors, organized crime, and those with a violent felony record. My legislation seeks to fix a loophole: manufacturers are required to put a serial number on finished firearms but not on individual parts. This bill requires manufacturers, dealers, and distributors to add a serial number, which legitimizes a weapon and makes it traceable if used in a crime.

My second bill bans the public carry of assault style weapons, whose definition closely reflects the highly successful 1994 assault weapon ban. Weapons of war have no place in civil society and certainly not on our streets where they frighten our families. Regular issue law enforcement service weapons aren't a match for these military weapons and their standard issue vests can't stop a high velocity bullet. This legislation is critical both to preserving safety in public spaces, but also to protect our public servants.

I look forward to a spirited debate on these important bills in the coming weeks.

It is my continued honor to serve the 30th District.

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CALENDAR

JAN. 2-27, 2023

Bright New Days. At Gallery Underground, 2100 Crystal Drive, Crystal City Shops, Arlington. First Friday Opening Reception: Friday, January 6, 2023, 5-7 p.m. The Focus Gallery of Gallery Underground will present Bright New Days, an all-member show celebrating all the possibilities of the coming new year. This exhibit will showcase the talent and diversity of art styles of the membership.

FRIDAY/JAN. 20

Caring for Your Native Plants Garden. 10 – 11:30 a.m. Online. In response to requests from viewers of our sustainable landscaping programs, Extension Master Gardener Elaine Mills will discuss gardening techniques with a focus on gardens with native plants. Following the cycle of the seasons, she will cover such tasks as dealing with winter storm damage and salt; doing a soil test and interpreting results; winter and summer pruning of native trees and shrubs; planting, dividing, and cutting back native perennials, grasses, and sedges; dealing with summer flooding and drought; and making use of fall leaves. She will also share information on making wise selections of plants and choosing lawn alternatives as well as year-long practices to encourage and support local wildlife. Free. RSVP at <https://mgnv.org/events/> to receive link to participate.

SATURDAY/JAN. 21

The Capital City Showcase, which produces events all over the DMV, is excited to announce our first three editions of The Comedy Karaoke Trivia Funtime Show in 2023! Bring a team or fly solo and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle! Hosted by the fantastic Christian Hunt! This event is every month at Highline RxR, located at 2010 Crystal Drive, Arlington. Upcoming events: Saturday, January 21st, at 7:30 p.m. featuring Dana Fleitman; Saturday, February 4th, at 7:30 p.m. featuring Damo Hicks; Saturday, March 4th, at 7:30 p.m. featuring Josh Kuderna.

SATURDAY/JAN. 21

Winter Light Reception. 5-7 p.m. At 5053 Lee Highway, Arlington. The show runs thru Jan. 28, 2023, and will feature 16 works from 12 artists. The featured artists are: Kay Bailey, Roberto Bocci, Jon Breeding, Jennifer Brewer Stone, Sarah Hardesty, Melanie Kehoss, Sharon Malley, Molly McCracken, Nan Morrison, Robbie Namy, Courtney Nguyen, and Alice Whealin.

"FLOURISHING AFTER 55"

FROM PAGE 5

Build your own veggie burger with three vital components, Tuesday, Jan. 24, 6 p.m., Walter Reed 55+ Center. Demonstration by vegetarian and 55+ Center Director Jennifer Weber. Registration # 912501-04.

55+ Travel group offers two indoor tours at the National Cryptologic Museum, Annapolis Junction, MD, Wednesday, Jan. 25. Tour One presents its history, Tour Two illustrates advances in technology. Cost \$11, Arlington resident; \$13, non-resident. Registration # 902301-06.

Arlington's rich past discussed with fellow history enthusiasts, Wednesday, Jan. 25, 1:30 p.m., Lubber Run 55+ Center. Registration # 912402-08.

Basics of genealogy, learn how to get started, Wednesday, Jan. 25, 11 a.m., Langston-Brown 55+ Center. Led by experienced genealogist Eileen Bogdanoff. Registration # 912402-03.

Flip the Script on Aging, four-part series begins with addressing fears, busting myths and lengthening life, Wednesday, Jan. 25, 1 p.m., Aurora Hills 55+ Center. Led by Christine Crawford, licensed occupational therapist and

FRIDAY/JAN. 27

Sustainable Landscape Design Part I: Putting Principles into Practice. 10:00 – 11:30 a.m. Online. Sustainable landscape design builds on the unique conditions of your yard to create a healthier and more ecologically friendly outdoor space. Join Kirsten Conrad, Extension Agent for Arlington County and City of Alexandria, to learn basic design principles and techniques used to create harmonious, functional, and pleasing landscapes. These two classes build on each other and participants are encouraged to attend both of them. Part II will focus on problem solving. Attendees are invited to submit photos, some of which may be selected to discuss particular design challenges. Photos may be sent by email to vceprogramresponses@gmail.com by Monday, January 23 and must include name, contact info, photo of a problem area, and information about the problem along with your question. Those sending photos must also register separately for the class. Free. RSVP at <https://mgnv.org/events/> to receive link to participate.

FRIDAY/FEB. 3

Sustainable Landscape Design Part II: Landscape Problem Solving. 10:00 – 11:30 a.m. Online. Sustainable landscape design builds on the unique conditions of your yard to create a healthier and more ecologically friendly outdoor space. In Part II of this two-part series, Kirsten Conrad, Extension Agent for Arlington County and City of Alexandria, will focus on solving landscape problems to help you create more harmonious, functional, and pleasing outdoor spaces. Attendees are invited to submit photos, some of which may be selected to discuss particular design challenges. Photos may be sent by email to vceprogramresponses@gmail.com by Monday, January 23 and must include name, contact info, photo of a problem area, and information about the problem along with your question. Those sending photos must also register separately for the class. Participants signing up for Part II are encouraged but not required to attend Part I. Free. RSVP at <https://mgnv.org/events/> to receive a link to participate.

SATURDAY/FEB. 11

"Broadway, Spirituals and More." 7:30 p.m. At Gunston Arts Center - Theatre 1, Arlington. What can you say about a program that pairs Broadway show tunes with Spirituals and Moore? How much more is there? Featuring Aundi Marie Moore of the Metropolitan Opera of New York. She will perform selections by African American composers, songs from Broadway musicals and more. The concert will also feature violinist/Artistic Director Leo Sushansky and piano virtuoso Carlos Cesar Rodriguez.

brain injury certified specialist. Series continues Feb. 1, 8, 15 and will cover a variety of topics. Registration # 912500-01.

Jeopardy Night at Lubber Run 55+ Center, Thursday, Jan. 26, 6 p.m. Center staff supplies the answers., will you know the questions? Registration # 912600-17.

"The Life of Queen Elizabeth II," how she became the monarch and her lasting effects on the world, Thursday, Jan. 26, 2 p.m., virtual. Presented by Ashley Craig, Library of Virginia. Registration # 912400-16.

China's Increasing Threat, presented by Lt. Col. Christopher Wilson, U.S. Army War College, Thursday, Jan. 26, 1:30 p.m., virtual. Registration # 912400-18.

Movie showing to recognize Black History Month, "Just Mercy" (2019) (PG-13), Friday, Jan. 27, 12:30 p.m., Aurora Hills 55+ Center. Registration # 912804-03.

Thrift finds and tips, share favorite spots to thrift including online sites, Friday, Jan. 27, 1 p.m., Walter Reed 55+ Center. Registration # 912400-09.

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Still Struggling



By KENNETH B. LOURIE

If any of you regular readers thought one week would be enough content for me to write any wrongs concerning my brother, Richard's premature death, you were mistaken. Given the depth of the loss – for me, and even more so for Richard's wife, Vanessa, one week of literary substance is not nearly enough (your real concern should be that writing forward, this space will become Richard-centric, brotherly drivel). Nevertheless, for this week at least, the subject of my brother's death is front and center, again.

Practically speaking, life goes on. Still, when one of your foundational pieces is destroyed (for lack of a better description) and replacing it is completely impossible, where does one go to rudder-the-ship back on track. Unfortunately, I don't think there's any place to go, and that's what scares me. Moreover, being the sole survivor of the Barry Lourie family (neither Richard nor I had natural-born children) carries a certain weight/ finality to it that seems awfully heavy.

If either of your parents are living, you feel connected to previous generations. However, when your surviving parent dies, you become – in essence, an orphan, and often your connection with the family is adjusted, sort of. It's just not the same. Combined with the passing of time – and simple geography in many instances, many of these connections don't stand the test of that passing time. I'm not adrift, exactly, but I'm something I wasn't prior to my brother's death: lonely. I'm not alone, but the loss/his passing is palpable. It's as if the connection to myself has been severed. And it will be impossible to reconnect. Because for me, being the one surviving sibling, is all it's cracked up to be: lousy. It's not as if there's any accrued benefit in surviving, as in a last-man-standing scenario where assets, associations, memories, et cetera, accrue – to some unspoken benefit. Granted, the memories are priceless, but I'd rather talk to him – in person, not remember him. It's almost an injustice to remember him, as if that's sufficient. It's not. He deserves so much more but there's nothing I can really do to change that. I must accept it. He's gone. Never to be forgotten, for sure. Nevertheless, it seems a hollow testament to a life well lived.

What bothers me as much as anything is the age when he died: 73. I thought that he (and I) would live at least as long as our parents did (presuming the succeeding generations live longer) who were 87 and 86 respectively, and who had minimal health problems until their final years. Yet, Richard has already passed at age 73 and yours truly, who is five years younger, has a "terminal" form of papillary thyroid cancer, which likely makes me mortality challenged as well and unlikely even to reach my brother's age at death. In summary: what a rip!

This column is not at all an admission that only upon my brother's death did I realize how lucky I was to have had Richard as my older brother/caretaker. I knew, very clearly during his life, how fortunate I had been to have Richard in my corner. As a few examples: when I was hospitalized for a week in early August 2015, my brother was at the hospital every day, all day – and I knew it. A few years ago, I was again hospitalized, for nearly another week due to elevated calcium, the aftereffects to a previous month's thyroidectomy. Again, every day, my brother was present at the hospital, advocating, when necessary, but mostly supporting. In the two most significant cancer-related hospital admissions (not to mention all the oncology appointments and infusions where he, as a founding member of Team Lourie, was always present and accounted for) my brother didn't just talk the talk, he walked the walk, on my behalf. When I had the chance, this past summer, to return the favor and commit to his welfare/recovery from sepsis, I was, along with his wife, Vanessa, likewise present and accounted for every day. I had learned from the best how to act in a family crisis.

And it's that commitment which makes his passing difficult to process. Vanessa and I put so much time and effort into his recovery (happily so) that it's hard not to feel cheated by his semi unexpected death. Certainly, we were aware/had been educated as to the severity of septic shock, which precipitated his emergency room visit that mid-July evening, and subsequently left him comatose for almost two weeks; still, his miraculous recovery made us all so proud and hopeful that since he endured the worst of it, perhaps we all might be rewarded with the best of it: his return to a normal-type life. We thought he had dodged a bullet and that his future was bright. When he died that early Dec. morning, we were surprised but not shocked. Still, it's been difficult to process. He was doing so well.

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

Alex Ovechkin Celebrates with Arlington Students

FROM PAGE 3

Afterwards, Ovechkin said, "I think it's probably the loudest practice since we made the Stanley Cup Final. It was fun." Leading up to the event, the kids incorporated Ovechkin's career goal tally into their classes by working on 800-related activities in their math, reading, and PE classes and making creative posters for Ovechkin. Each student received a commemorative Great 8 t-shirt, and each class had the opportunity to have photos taken with Ovechkin.

The Capitals and Ovechkin have other events planned to commemorate this milestone, including a donation to the American Special Hockey Association that will help cover costs for 100 special hockey rinks across the United States.

PHOTOS BY TOM MANNING
THE CONNECTION



Alex Ovechkin acknowledges the hundreds of cheering students in attendance.



A student from Barcroft Elementary recreated one of Ovechkin's other career highlights – hoisting the Stanley Cup after the Capitals won the championship in 2018.



The Washington Capitals eagle logo adorns this student's sign.



This student happily shows her support for Alex Ovechkin.



Capitals mascot Slapshot greets the boisterous students at the end of practice.



Alex Ovechkin with a large group of students from Glebe Elementary.



Ovechkin with students from Barcroft Elementary.



Alex Ovechkin with a small group of students from Discovery Elementary.



Students from Long Branch Elementary with Alex Ovechkin.



Students from Discovery Elementary with Ovechkin.



Key Elementary students with Alex Ovechkin.