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News

Breaking Into Light Provokes Discovery

BY SHIRLEY RUHE
ARLINGTON CONNECTION

ev. Laura Martin wrote her first poem in 2013. "In the kitchen with Mama God. She calls us to stir bowls of light." She posted her poem on Facebook, and requests came for more.

That was the beginning and was followed by winning a "moving words" contest that ended up with her poem on the side of an Arlington ART bus.

Wild angels are my favorite kind.

They have no idea where they left their haloes,

and they let their robes run through fresh mud.

Instead they show up and change tires on highways,

Sit down and have a beer and listen.

They come to hospital rooms to tell bad jokes,

To food pantries when it's the end of the month

And the money has run out. They believe in Revelation unfolding,

in the sacred scripture we write between each other.

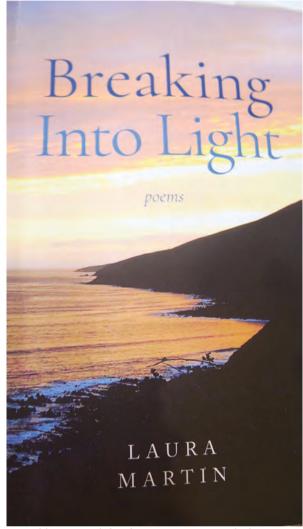
Now a book of her poetry, "Breaking Into Light," has just been published by Prose and Poetry bookstores.

"Breaking Into Light" imagines not breaking apart into fragmentation but breaking apart into light. In a time of apocalyptic backdrop of climate change, racial injustice and the selling out of lives to the God of profit, the poems point out that this time is also defined by those who work for the good and who choose recovery or repair or compassion. "This book is meant to look at all that devastates, all that breaks, and to proclaim still that the greatest is always the Love."

The poems go back to about 2017 and Martin wrote them over the span of a few years. "But at the time I didn't have the idea of a book." Martin said she really got the idea when she took her sabbatical last year from Rock Spring United Church of Christ (UCC) where she serves as Associate Pastor. She says she was at Rehoboth Beach and started sorting through her poems to figure out which ones she liked and wanted to include—"what were the recurring themes, the experience of being human."

She sent out her first proposal with a few examples in late May 2022 and then the full book later. She says she had had some flat out no answers, some who didn't respond and some who did respond but wanted to restrict her.

"I chose Poetry and Prose Bookstore bewww.ConnectionNewspapers.com



"Breaking Into Light" by Rev. Laura Martin just published.

cause I could keep my own voice and not be tied to any doctrine." She explains that she has a Christian voice but not necessarily an Orthodox approach. Martin says some of her poems have been sent to India where there are Buddhists; the poems can speak across traditions. God is still speaking is a huge component of my faith."

She said another advantage was that the publication process went rapidly at Prose and Poetry where a lot of publishers routinely take several years. In September 2022 Prose and Poetry accepted her small proposal and wanted to see the rest. Her final submission was in October and by December she had back the first proof to make corrections.

The book is organized in five sections beginning with The Sacred Daily where the first poem is Alternate Headlines which begins:

Let your news be also that peaches are ripe, that a lost dog was found, tired and wagging his tail, and taken back home.

Her section on "Grief: Yours, Mine and Ours" acknowledges a collective grief such as deaths in the pandemic as well as each of us in our lives lose people we love. "Grief





Rev. Laura Martin, author of "Breaking Into Light".



Laura Martin's "moving words" poem on the side of an ART bus in Arlington.

had so many textures. I don't believe in the five stages of grief. It can be multiple at once." She explains, "You can feel absence and presence at once. You can hear a song and the memory can take you back."

Martin says she has always loved words and was an English major in college. "I will keep writing after this book. It is no surprise that my favorite part is writing. It is a lot of work to get a book ready, that side of things.

"And then hearing what a poem has meant to somebody, where it has traveled— when I can hear how words can find people, how the spirit travels with them." She says her poems have been read at the scattering of ashes, at weddings, at the times that are significant in people's lives. "Sometimes they tell me 6 months later. In any small way, if the poems can keep people going."

Martin says she will keep writing and see "how they can be used. My hope is that if you have lost somebody you loved, somebody has been diagnosed with cancer or fired from their job or just left an abusive relationship, or trying to figure out what comes next—looking for different ways to think about life."

She concludes, "God urges us. We are always being called by Good and we can choose to tune in."

Martin has several local conversations including book signings scheduled to discuss her book.

The book is available from Martin at laura@lauramartin.com, Rock Spring UCC where some of the proceeds go to the church or Prose and Poetry Bookstores. For more information check out her website.

PathForward Awarded Historic Transitional Housing Grant

Arlington Connection

athForward, in partnership with Arlington County, has been awarded a grant for \$1,275,746 from the U.S. Department of Housing and Urban Development (HUD) for non-congregate transitional housing for people experiencing homelessness in Arlington.

Betsy Frantz, President and CEO of Path-Forward says, "I can't tell you how excited I am." Frantz thinks of it as an additional form of housing, the step between the shelter and permanent housing. "It takes different tools to house people. By giving people the opportunity to live free from the threat of homelessness, we will change lives.'

Arlington is one of 46 communities to receive a grant in the United States and currently only one of two to be announced in Virginia. PathForward partnered with Arlington County's Continuum of Care to create the application and will manage the project. Frantz says, "We have to get it finally through HUD, hire two

By Shirley Ruhe case managers, and later on find the housing." A ballpark guess to have the project up and running would be late spring, she said.

> The grant will be spread over three years and will focus on housing with supportive services for people who are currently unsheltered homeless and who could not achieve or maintain housing without the accompanying support. "It will allow people to be in transitional housing for up to 24 months with wrap-around services.

> "Each component has a little bit of worry on my brain." But she adds, "We are so lucky to have the people in Arlington who are serious about understanding and how they can be a part of our effort."

> Currently Path Forward operates a homeless shelter with a Homeless Services Center and has 80-90 clients around Arlington in permanent housing. The grant will allow PathForward to provide an additional form of transitional housing with 27 scattered sites to help people move from the shelter to permanent housing. "It is great news for the community."

> Frantz says they also are partnering with Doorways, a community-based organization

supporting survivors escaping abuse.

"With these resources and thorough our partnership with Arlington County, we can alter the trajectory for many of our most vulnerable neighbors." For people living on the streets, under overpasses and bridges, in encampments, and in other settings unfit for human habitation, both physical and mental health can rapidly deteriorate until they become a crisis. People who are unsheltered are twice as likely to have a heart attack or stroke, three to four times more likely to die prematurely with most not living into their 50s. "This grant allows us the opportunity to provide them a path to safety, stability and housing.'

PathForward's mission is to transform lives by delivering housing solutions and pathways to stability for people experiencing homelessness in Arlington. They currently operate a 24/7, 365 days a year Homeless Services Center which provides shelter, meals, and case managers with mental health counseling and job assistance as well as a full-time nurse practitioner and availability of five respite beds. Visit www. pathforwardVA.org for more information.

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NEWS DEPARTMENT: arlington@connectionnewspapers.com

Mary Kimm

Editor and Publisher mkimm@connectionnewspapers.com

Shirley Ruhe

Contributing Photographer and Writer slrbc@aol.com

Eden Brown

Contributing Writer arlington@connectionnewspapers.com

ADVERTISING:

For advertising information sales@connectionnewspapers.com 703-778-9431

Debbie Funk Display Advertising/National Sales 703-778-9444 debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant 703-778-9431 dgriffin@connectionnewspapers.com

Classified & Employment Advertising

703-778-9431

Editor & Publisher

Mary Kimm mkimm@connectionnewspapers.com @MaryKimm

Publisher

Jerry Vernon 703-549-0004 jvernon@connectionnewspapers.com

Art/Design: Laurence Foong

Production Manager: Geovani Flores

CIRCULATION

circulation@connectionnewspapers.com



Arrest in Courthouse Shooting

rlington County Police Department's Homicide/Robbery Unit made an arrest in a shooting that occurred in the 1300 block of N. Courthouse Road on Feb. 15, 2023. Chester Dunican, 69, of Waterford, CT, is charged with Felon in Possession of a Firearm, Discharge Firearm in Public and False Police Report. He is being held without bond in the Arlington County Detention Facility.

At approximately 1:57 a.m. on Feb. 15,, police were dispatched to the report of a shooting inside a parking garage in the 1300 block of N. Courthouse Road. Responding officers located an adult male suffering from a gunshot wound and immediately began rendering aid. He was transported to an area hospital with injuries considered serious but non-life-threatening.

The suspect initially reported to police that he was placing items into his vehicle when an unknown male wearing a ski mask approached, demanded his wallet and shot him. During the course of the investigation,



Chester Duncan

pect's account of the incident and evidence recovered. The investigation ultimately determined the suspect shot himself and tried to make it appear as though an attempted robbery had occurred. He was taken into custody on the afternoon of Feb. 27, 2023, after his release from the hospital for injuries sustained during the incident.

detectives uncovered numerous

inconsistencies between the sus-

Bulletin Board

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.

Donations Needed. Our Lady 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,

Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit

www.ourladyqueenofpeace.org for

TUESDAY, FEBRUARY 7, 2023

Casual Adventure, is holding the following in-store event Adventure Kidney: Dave Ashley's Story of Everest and Beyond, on Tuesday, February 7, at 6 p.m. Casual Adventure, 3451 North Washington Blvd, Arlington, VA 22201. Dave Ashley became the first living double organ donor to climb all Seven Summits in under 12 months. Ashley will present on his preparations for and exper ences of his record setting trek, his enthusiasm for endurance sports, and shed light on the importance of considering organ donation. RSVPs through our Facebook event page https://www.facebook.com/ events/718505153126229

ONGOING

Submit civic/community announcements at ConnectionNewspapers.com/Calendar.

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, virtually. Registration is free and highly recommended to reserve spots, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email bdesai@ seniorhelpers.com. Visit www.dementiacareconnections.com/memory-cafe or www.seniorhelpers.com/ arlington-alexandria-va for more.

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.

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

Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyon 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

SEE BULLETIN. PAGE 12

"FLOURISHING AFTER 55"

Office of 55+ Programs Department of Parks and Recretion

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.

Arlington Senior Golf Club gearing up for a new season, April through October, members play at 26 different courses. For more information, contact membership chairman Dennis MacDonald at dkmacdonald@att.net or visit www.arlingtonseniorsgolfclub.org.

An update on keeping your brain healthy to reduce risk of dementia, Thursday, March 2, Lubber Run 55+ Center. Hear about new research from neuropsychologist Dr. Nicola Wolfe, PhD and adjunct professor of psychology at George Washington University. Registration # 913500-01.

March is Women's History Month. To celebrate join fellow 55+ participants for a screening of "Hidden Figures" (2016) (PG), Thursday, March 2, 6 p.m., Lubber Run 55+ Center. Registration #913804-09.

Arlington Philharmonic's conductor Scott Wood will highlight music to be played at an upcoming concert, Thursday, March 2, 1 p.m., virtual. Registration # 913300-01. Free concert to be held Sunday, March 5, 4 p.m., Washington-Liberty High School.

WhatsApp is a free message app for smartphones. Learn the ins and outs of how to download the app, make calls, send texts and more, Thursday, March 2, 2 p.m., Arlington Mill 55+ Center. Bring your phone to class. Registration # 913403-04.

The Arlington Spellbinders, volunteer storytellers workshop, Friday, March 3, 9:30 a.m., Langston-Brown 55+ Center. Discuss the art of telling a story to intergenerational listeners. Newcomers welcome. Drop-in.

55+ Travel group will attend the Philadelphia Flower Show at the Pennsylvania Convention Center, Saturday, March 4. Cost \$97, Arlington resident; \$112, non-resident. Registration # 902303-02.

Morning art activity, paint and draw using materials found around the house with Community Arts Programmer Jennifer Droblyen, Monday, March 6, 9 a.m., virtual. Registration # 913303-14.

Reading Buddies, seniors are paired with Lubber Run Creative preschoolers to read stories twice a month beginning Monday, March 6, 10 a.m., Lubber Run 55+ Center. Books provided by preschool teacher. Registration # 913301-08.

Start your week with a game of Jeopardy, Monday, March 6, 2 p.m., Aurora Hills 55+Center. Regwww.ConnectionNewspapers.com

istration # 913600-09.

Langston-Brown 55+ Center's book club members will discuss "The Girl with Seven Names" by David Johns, Tuesday, March 7, 1:30 p.m. Drop-in.

Two bootcamp exercise classes with DMV fitness trainers, begin Tuesday, March 7, 7:30 a.m., Lubber Run 55+ Center, 12 sessions, \$60, registration # 913100-01 and Thursday, March 9, 8:30 a.m., 11 sessions, \$55, registration # 913100-02.

Learn about the Senior Community Service Employment Program (SCSEP), which provides workbased job training for low-income unemployed seniors, Wednesday, March 8, 10 a.m., Lubber Run 55+Center. Details explained by Linda Siam, project director. Registration # 913400-01.

Genealogy course offered in three parts beginning with research, Wednesday, March 8, 1 p.m., Aurora Hills 55+ Center. Taught by experienced genealogist Susan Court. Registration # 913400-31.

History roundtable members will discuss interesting presidential elections, Wednesday, March 8, 11:15 a.m., virtual. Registration # 913402-10.

The study of words and the history of English language, Wednesday, March 8, 10:30 a.m., Lubber Run 55+ Center, registration #913402-23 and virtual, registration #913402-24.

Getting your home market ready, tips from Realtor Nancy Murphy, Wednesday, March 8, 11 a.m., Langston-Brown 55+ Center. Registration # 913404-01.

Unknown impressionist artists, Wednesday, March 8, 1 p.m., Aurora Hills 55+ Center. Presented by art historian Joan Hart. Registration # 913302-01.

Karaoke Night at Lubber Run 55+ Center, Thursday, March 9, 6 p.m. Registration # 913304-08.

Beginner quilling, learn how to create raised images from coils of one-eighth inch wide paper strips, Thursday, March 9, 1:30 p.m., Lubber Run 55+ Center. Cost \$18. Registration # 913310-05.

Gyrokinesis classes offer a unique method to coordinate movement, breathing and mental focus beginning Thursday, March 9, 8 a.m., 9 sessions, \$45. Registration # 913100-03.

Recreate artworks on display at area museums from the comfort of your home with Community Arts Programmers, Thursday, March 9, 10 a.m., virtual. Registration # 913303-10.

Movie and munchies at Walter Reed 55+ Center, Thursday, March 9, 3 p.m., "King Richard" (2021) (PG13). Registration #913804-06.

See Flourishing, Page 11





Dr. Whyte's New Book

Released February 14, 2023



HEART DISEASE RISK



Heart disease is the leading cause of death among Americans. You have the power to reduce your risk, and WebMD's Dr. John Whyte, MD will show you just how easy it is to do it.

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- An exercise guide to help you move your body without needing to purchase fancy equipment
- Discussion of various digital tools and apps and whether they're worth the money

Despite advances in diagnosis and treatment, heart disease remains a major cause of illness and death. However, by proactively living a heart-friendly lifestyle, you can mitigate your risk for years to come.

...and this book will show you just how easy it is.

Order this and Dr. Whyte's other books on Amazon.com



Iwo Jima Survivors

They Will Never Be Forgotten'











"The Greatest Generation may be getting smaller, but we need to make sure they will never be forgotten." — Marine Corps Commandant, Gen. David Berger

Members of the Arlington County police department pose for a photo with survivors of the Battle of Iwo Jima Feb. 17 at the Marine Corps War Memorial in Arlington. The officers provided a motorcycle escort for the veterans during their visit to the memorial, which marked the 78th anniversary of the battle.

Survivors gather to mark 78th anniversary of Iwo Jima.

By Jeanne Theismann THE CONNECTION

he morning of Feb. 19, 1945, dawned eerily quiet as Dale Faughn made his way toward the shores of the remote Japanese island of Iwo Jima. But in an instant, the 20-millimeter dual purpose guns buried in the side of Mount Suribachi exploded, erupting into one of the bloodiest battles in U.S.

Faughn, just 18 years old, was one of the first Marines to land on the tiny Pacific Island, where he would remain until the battle ended in late March. Trained as a Scout sniper, he served with the 5th Division, 26th Regiment.

"We expected the battle to last five or six days," Faughn said. "Instead it went on for weeks. I wish I could tell you some hero stories but vors to gather in Arlington over er at the 75th reunion," said Da-I was not a hero. The most mem- President's Day weekend to mark vid Fields, a board member of the orable thing about Iwo Jima was the 78th anniversary of the Battle Iwo Jima Association of America not what I did there but what being of Iwo Jima. there did for me."

6 ♦ Arlington Connection ♦ March 1-7, 2023



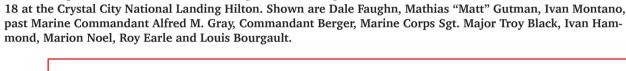
Dale Faughn, right, recounts his experiences in the Battle of Iwo Jima as fellow survivors Juan Montano and Mathias "Matt" Gutman look on. The veterans panel discussion took place Feb. 18 at the Crystal City National Landing Hilton marking the 78th anniversary of the battle

Faughn was one of eight survithan 50 Iwo Jima survivors gath-

that sponsored the gathering. "This "Three years ago we had more year only eight veterans were able

See Survivors, Page 8





Marine Corps Commandant Gen. David Berger, center left, gathers with survivors of the Battle of Iwo Jima Feb.

'We Are in Their Debt'

Iwo Jima veterans have shaped my life.

Special to The Connection

eb. 19 marked a solemn and historic day. Seventy-eight years ago, nearly 80,000 brave American souls began a 36-day saga to capture the island of Iwo Jima. The anniversary was marked with a reunion which eight survivors were able to attend. Five Marines. Three sailors. All in their mid- or late-90s, they gathered to share memories of that life-changing event. They recollect with each other, and with the younger generations in whose hands is placed the task of honoring their legacy.

I am 26 years old. At minimum, I am 6-8 years older than the average Marine infantryman at Iwo Jima. Many, if not most, were in their late teens, with a 23-year-old considered an old man. They faced a tenacious enemy in the entrenched Japanese defenders, but they conquered Iwo's volcanic sands with a perseverance that comes from within.

My great-uncle was a Colonel in the 5th Amphibious Corps, which was comprised of the 3rd, 4th, and 5th Marine Divisions. He died at age 100, three years before I was born. In 2016, I found cause of someone I never met, I was blessed be- Iwo Jima veterans.

yond measure to be befriended by kind, witty, tremendously enjoyable men who have shaped me during the most formative time in my life. Without knowing it, they filled a void which came when my grandfather passed away when I was 13. By their convictions, conduct, and their forthright strength of character, they have passed on wisdom only they can impart.

I have made and lost many dear friends since that first reunion. With tears in my eyes I remember the memories I have made with members of "The Old Breed." E. B. Sledge's prolific nickname rings true. The accounts of a combat few can fathom still boggles my mind. We are in their debt for the life we live today, with all its modern conveniences and the air of freedom. My life has been forever changed because of them, for having

Nearly 7,000 Americans gave their lives to conquer Iwo. Let us bow our heads and give thanks. To the Marines and Corpsmen especially, Semper

Dean Laubach is a 26-year-old graduate student now serving as web developer for the 5th Marine Division Association. He traveled five hours from myself attending this reunion in his memory. Be- his home in Pennsylvania to attend the reunion of

Survivors of the Battle of Iwo Jima pose for a photo following a wreath laying Feb. 17 at the Marine Corps War Memorial to mark the 78th anniversary of the battle. Flanking MGySgt Roger Roll, holding the wreath, are veterans Dale Faughn, Juan Montano, Ivan Hammond and Louis Bourgault.

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Arlington Connection ❖ March 1-7, 2023 ❖ 7

Iwo Jima Survivors

Survivors Gather to Mark 78th Anniversary of Iwo Jima



Ivan Hammond holds a funeral card for his wife at a reunion of survivors of the Battle of Iwo Jima Feb. 17 in Arlington.

FROM PAGE 7 to return."

The Battle of Iwo Jima was an intense, 36-day battle that became one of the major turning points in WWII. The raising of the American flag on Feb. 23, 1945, atop Mount Suribachi was immortalized in a Pulitzer-Prize winning photograph by Associated Press photographer Joe Rosenthal.

"We don't call them the Greatest Generation for nothing," said Marine Corps Commandant David Berger. "They have done so much more after they fought against a determined foe. They have inspired generations of Marines, soldiers, sailors and airmen. They forged the spirit of this nation and today they embody the American spir-



Roy Earle, 99, talks about the Battle of Iwo Jima during a reunion of survivors Feb. 17 in Arlington.

it.

Approximately one-third of all Marines killed in action during World War II were killed on Iwo Jima. More than 100,000 Americans fought there and 6,821 died as a result — 5,931 of them Marines.

Former Marine Corps Commandant Alfred Gray was presented with the IJAA's Woody Williams Award, named in honor of Herschel Woodrow "Woody" Williams, a Marine survivor of Iwo Jima and the last living Medal of Honor recipient from WWII prior to his death in 2022.

The four-day series of events for the reunion included a veterans panel, a visit to the National Museum of the Army at Fort Belvoir and wreath-laying ceremonies at the



Marine Lt. Gen. Norman Smith (ret), center, visits with Ivan Hammond, and Juan Montano at a gathering of survivors of the Battle of Iwo Jima Feb. 17 at the Crystal City National Landing Hilton.

WWII Memorial and the Marine Corps War Memorial.

Iwo Jima veterans attending the reunion at the Crystal City National Landing Hilton included Ivan Hammond, Louis Bourgault, Juan Montano, Marion Noel, Dale Faughn, Roy Earle, Mathias "Matt" Gutman and Ted Below.

"I took in the third wave of Marines, when

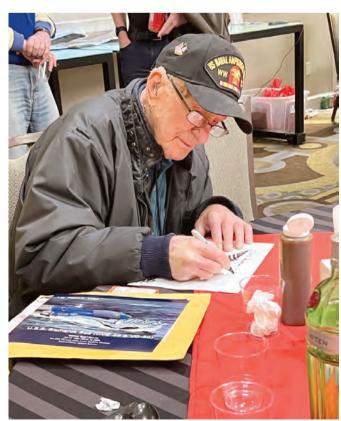
the Japanese opened fire," said Montano, who piloted one of the landing vehicles. "Marines were dying getting off my boat. Then I turned around and took our casualties back to the hospital ships."

Marion Noel, 98, was on LST 779 which provided the flag raised on Mount Suribachi.

SEE 'THEY WILL NEVER', PAGE 8



Marion Noel, 98, right, shows VFW Post 609 Commander Jerry Krueger where he landed on the shores of Iwo Jima in 1945 during a reunion of survivors Feb. 17 at the Crystal City National Landing Hilton marking the 78th anniversary of the battle.



Ivan Hammond signs a photo from the Battle of Iwo Jima at a reunion of survivors Feb. 17 at the Crystal City National Landing Hilton.



Marine Corps Commandant David Berger, left, poses for a photo with Iwo Jima survivor Mathias "Matt" Gutman Feb. 18 at the Crystal City National Landing Hilton.

Iwo Jima Survivors

'They Will Never Be Forgotten'

Theodore "Ted" Below came ashore in the first wave on Iwo Jima, where he was pinned down on the beach before eventually working to destroy the elaborate cave system built by the Japanese.

Mathias "Matt" Gutman served 22 years in the U.S. Navy and the U.S. Navy Reserves beginning with World War II where he served in six invasions including Iwo Jima.

Preston White, a Plebe at the U.S. Naval Academy, traveled from Annapolis to meet the Iwo Jima veter-

"I saw this was happening and wanted to come be a part of it," White said. "Hearing the stories from Iwo Jima, Okinawa and other Pacific battles gives you a sense of the personal cost of war. It drives home how important it is to remember their sacrifice."

Seeing the flag raising inspired Faughn to embark on a writing career, which included poetry and his being named as the Poet Laureate of Kentucky in 1986. He closed the veterans panel with a reading of his poem "I Met the Flag on Iwo Jima."

"I was so moved by what I saw it became the genesis of my poetry writing," Faughn said.

"While we know who these men are here tonight, we need to make sure our children and grandchildren know their stories," Berger said. "We need to talk more about it and not just on Memorial Day or Veterans Day. These stories can't stop with them."

Berger recognized and praised the younger veterans in the room as he closed out his remarks at the reunion gathering.

"From the beaches of Iwo Jima all the way to Af-



Photo by John Bordner/The Connection

Marine veteran David Fields prepares to lead the Iwo Jima veterans panel with Mathias "Matt" Gutman.

ghanistan — every story has the power to inspire the young people who will lead us into the future," Berger said. "The Greatest Generation may be getting smaller, but we need to make sure they will never be forgotten. Thank you for courage, sacrifice and ideals of freedom. We will make it our mission to make sure that your legacy doesn't stop here."



Surrounding a photo of Marion Noel is a display of Iwo Jima ephemera at a reunion of survivors Feb. 17 in Arlington.



Naval Academy midshipman Preston White, center poses for a photo with Iwo Jima survivors Ivan Hammond and Mathias "Matt" Gutman.

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Announcements

Announcements

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PUBLIC NOTICE

Legals

AT&T proposes to collocate antennas (tip heights 210.2', 213', 228.7', & 231.5') on the building at 1001 19th St N, Arlington VA (20230090). Interested parties may contact Scott Horn (856-809-1202) (1012 Industrial Dr., West Berlin, NJ 08091) with comments regarding potential effects on historic properties.

Be a part of our:

Wellbeing pages, the first week of every month.

Delight in our HomeLifeStyle sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus**: **Education**, Learning, **Fun** pages, the third week of every month.

Senior Living, fourth week of every month.

Questions?

E-mail sales@connection newspapers.com or call 703-778-9431





connectionnewspapers.com/Calendar

CALENDAR

FRIDAY/MARCH 3

Scale Control: Crape Myrtle, Holly and More. 10:00 – 11:30 a.m. Online. Scale insects are among the most injurious and most common insect pests in our landscape. Join Kirsten Conrad, Extension Agent for Arlington County and City of Alexandria, to learn about these sap sucking insects, their particular host plants, their life cycles, and optimal timing and methods for controlling them. Find out how you can work with and encourage natural predators to keep your landscape plants healthy and free of these pests. Free. RSVP at https://mgnv.org/rsvp-for-public-education-classes/ to receive a link to participate.

SATURDAY/MARCH 4

The Comedy Karaoke Trivia Funtime Show. 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. 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 Christian Hunt, this amazing experience features stand-up comedy from the DC area's finest comics. The new headliner for March's show is the hilarious Kasha Patel!

SATURDAY/MARCH 4

2023 Spring into Gardening Kickoff. 10 a.m. to 1 p.m. At Arlington Central Library, 1015 N Quincy St, Arlington. Sponsored by Friends of Urban Agriculture, Arlington Public Libraries, Plot Against Hunger and VCE, this program provides information and support to those planning to grow food for local food banks. Speakers, demonstrations, a tool swap and free seeds and seedlings are featured. RSVP to https://arlingtonurbanag.org/2023-springgarden-kickoff/

WEDNESDAY/MARCH 8

Start Your Veggies Right. 6:45 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Part of Garden Talks 2023. Plant your seeds and seedlings so they'll happily grow for you, and learn when and how to start seedlings from experienced gardeners.

SATURDAY/MARCH 11

Fitting In. Saturdays at 10 a.m. and 11:30 a.m.
At Theatre on the Run, 3700 S. Four Mile Run
Drive, Arlington. Through clowning, movement, and original music, three performers

will transform everyday objects into something extraordinary. Together, we can find the magic hidden inside the world around us! Fitting in is also touring to Alexandria preschools weekdays: March 14th-28th, 2023. If you are interested in booking a performance at your school, email info@artsonthehorizon. org for more information. Visit the website: https://www.artsonthehorizon.org/fitting-in.html

WEDNESDAY/MARCH 15

Vegetable Garden Design. 6:45 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Part of Garden Talks 2023. Make the most of your growing space throughout the seasons with proper placement, timely planting, crop rotation, companion planting, and soil testing.

SATURDAY/MARCH 18

National Chamber Ensemble. 7:30 p.m. At
Marymount University Ballston Auditorium,
1000 N. Glebe Road, in Arlington. Join the
National Chamber Ensemble (NCE) and
world renowned pianist and composer, Lowell
Liebermann, pianist, composer, conductor
and musical master, for an evening of his
original music, and one of Johannes Brahams
most beloved works. Call 703-685-7590 for
information.

MARCH 25 TO APRIL 8

"Singing in the Rain." At Thomas Jefferson Community Theater, 125 S. Old Glebe Road, Arlington. Show times are Fridays and Saturdays at 8 p.m.; Sundays at 3 p.m. Presented by the Arlington Players; screenplay by Betty Comden and Adolph Green; songs by Nacio Herb Brown and Arthur Freed. Based on the classic Metro-Goldwyn-Mayer film.

THURSDAY/APRIL 27

AFAC Shining a Light on Hunger. 6:30-9:30 p.m. At Army Navy Country Club, 1700 Army Navy Drive, Arlington. This is AFAC's largest annual fundraising event held on Thursday, April 27, 2023 at Army Navy Country Club. Please join them at the spring celebration for great food, drink, music, laughter and fun. Your support for this event will help AFAC provide weekly groceries to all families. If you prefer to pay by invoice or check, or have any questions, contact Jolie Smith at Jolie.Smith@afac.org.

–"Flourishing After 55"

Hear a pre-recorded lecture for the U.S. Supreme Court Historical Society by Helen Knowles, author of "Making Minimum Wage: Elsie Parrish v. West Coast Hotel Company," Thursday, March 9, 11:30 a.m., virtual. Registration # 913400-18.

Virtual tour of the Library of Virginia, Thursday, March 9, 2 p.m. by Community Outreach Specialist Ashley Craig. Registration # 913400-35.

Cooking demonstration of recipes for Tasteful Tea Parties, Thursday, March 9, 11 a.m., Walter Reed 55+ Center. Presented by Virginia Cooperative Extension Master Food Volunteers. Registration # 913501-02.

Stroke prevention, symptoms and causes, Friday, March 10, 11 a.m., Langston-Brown 55+ Center. Presented by Dr. Edward Allcock, D.O., medical director, Virginia Hospital Center Inpatient Rehabilitation Center. Registration # 913500-03.

Step-by-step painting demonstration by a Community Arts Programmer, Monday, March 13, 10:30 a.m., virtual. Picture and supply list sent prior to class. Registration # 913303-12.

Learn how to play Mexican Train Dom-

inoes, Monday, March 13, 9:30 a.m., Walter Reed 55+ Center. Registration # 913600-15.

Beginner bridge course, 10-part series taught by experienced bridge player Susan Court begins Monday, March 13, 1 p.m., Aurora Hills 55+ Center. Registration # 913602-01.

Eating green for St. Patrick's Day, cooking demonstration of festive green dishes by Virginia Cooperative Extension Master Food Volunteers, Tuesday, March 14, 11 a.m., Lubber Run 55+ Center. Registration # 913501-03.

Medicare fraud and abuse, how to avoid becoming a victim, presented by a panel of experts, Tuesday, March 14, Walter Reed 55+ Center, registration # 913503-01 or virtual, registration #

Reading Buddies, seniors pair up with preschoolers twice a month to read books provided by preschool teacher, Tuesday, March 14, 10 a.m., Lubber Run 55+ Center. Registration # 913301-09.

Understanding forms of ownership, presented by Elder Law Attorney Ed Zetlin, Wednesday, March 15, 11 a.m., virtual. Registration # 913404-02.



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"Burton" For Certain



By KENNETH B. LOURIE

'Burton" is the name we gave the new golden retriever puppy that my wife, Dina surprised me with, on Sat. Oct 8, 2022. And 'certain' is the fact that had I not had a puppy to monitor – and take out, constantly, I likely would have wallowed to an unfamiliar depth after my brother died on Dec. 3. If puppies need anything, especially when they're not yet house-broken, it is constant supervision. If you allow them an inch, they will create a mile of misbehaving damage. And remember, dogs, puppies, particularly golden retrievers because they're smart, need guidance and lots of positive reinforcement - and most of all: consistency. Had Burton arrived during the 10 weeks or so when I was visiting my brother daily in the hospital and/or rehab center, he wouldn't have received the hands-on (literally) training he has from me and my wife, Dina. But because of the timing of his arrival, a few weeks after my brother was discharged from the rehab center, he did. It gave the three of us (Burton, Dina, and me) ample opportunity to live and learn - and love together. And the love you give a dog is returned 100-fold.

Having established the context of Burton's arrival; the addition and minute-by-minute awareness of a puppy in the house, and that same puppy outside the house without a fenced-in yard focusing your attention and energy 100% of the time, leaves very little time for non-puppy considerations. And so, unintentionally, but most fortuitously, having Burton in my life has enabled me to reduce/manage (not minimize though) the emotional loss that my brother's passing has caused me to carry. Looking into Burton's dog eves and then having him shake on command - with both paws, doesn't exactly make me forget the tremendous loss I've suffered (It's not just me. It's worse for Vanessa, Richard's wife/now widow.) But Burton does force me to get up and at'em and out of the house every morning. Otherwise, I might simply remain in bed flipping the cable searching for something, anything, that might motivate me to want to live long and hopefully prosper. Richard may not exactly have been the reason for my living, but he sure was the reason for a lot of other things I need in my life. Moreover, he sort of represented a kind of order/predictability in my life that has now disappeared. I didn't exactly take it for granted that I would outlive him, but I figured once I was diagnosed with a terminal form of lung cancer in Feb. 2009 (non-small cell lung cancer, stage IV), all bets were off, especially for anyone who took the over. And yet, here I am.

Though Burton's addition to the family (Richard referred to Burton as his nephew; they met once on Oct. 28, Richard's 73rd birthday) wasn't intended for emotional support (he was secretly purchased by Dina in mid-June 2022, way before my brother's July 16th admission to the hospital), he has been all that and more, especially from Dec. 3rd on, the day of my brother's death. It's no accident that golden retrievers are often selected and trained for this very situation: emotional support. You often see them advertised on television as "support" dogs; as an example, for veterans suffering from P.T.S.D., "battle buddies" as one veteran describes his companion. And you'll see programs where the goldens are visiting patients in hospitals and residents in nursing homes, and they're even used by ski patrol for avalanche rescue. There's nothing quite like a cold nose and a friendly paw to lift you up when you're down. And I sure was. Now being the sole survivor in my immediate family is a role, oddly enough, that I never envisioned for myself.

I wouldn't say Burton has saved my life, or made everything OKAY, but I would say, he did just about everything else. He gave me renewed purpose and responsibility for another life when I was at one of the lowest points in mine.

It's impossible not to smile when greeted by your dog. Their exuberance and excitement at seeing you, after any kind of separation, along with the affection they exhibit almost makes everything all right. Well, for a few minutes it does. Still, my life will never be the same without my brother in it. He was my 'battle buddy.' I imagine now he's looking out for me from a different, more permanent place. I guess there's some solace in that. And let's not forget the healing power of dog saliva.

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

President Carter: Thank You to a Remarkable Man

By Barbara Ianniello

t is time to raise our hats to Jimmy Carter. He was not a perfect president. He was not infallible. Without question, he is a principled moral man, who as the nation's chief executive, consistently took action which he thought was in the best interests of the country.

It was the summer of 2013 when my son decided to write his college senior thesis on President Carter and his role in enacting Comprehensive Energy Legislation. We ventured to the Carter Library. I assumed I would sightsee in Atlanta while he toiled away in the library. Instead, upon reconsideration, I joined him for the first day of our three-day trip to see how this research expedition might unfold. I never left.

We came across a treasure trove of documents. With a team approach, I became my son's research assistant as we embarked on this journey. What a gift, to have access to original official White House documents and to be more than a mere bystander to history. We focused on Carter's leadership in the introduction and enactment of Comprehensive Energy Legislation. In the research process, however, we also expanded our knowledge of the inner workings of the White House while working with Congress and the extensive breadth of legislation that was completed during the Carter Administration. This included legislation focused on the creation of the Department of Energy, Public Works Jobs, Youth Employment, Clean Air Amendments, Emergency Natural Gas Act, the enactment of the Panama Canal Treaty and much, much more.

The Energy Act was passed during an energy crisis in our country. Having run his presidential campaign against Washington, Carter had a very difficult initial transition after assuming office. Many of his staff were outsiders. Despite relationship challenges, the documents showed the Administration's methodical approach and success in guiding and assisting the passage of historic energy legislation. Through key parts of the development of a comprehensive energy policy and legislation, President Carter received input from the public to help develop an effective plan. He educated the public about the issues surrounding energy use, how Americans can be less dependent on foreign oil and how Americans can conserve energy. He planted many seeds that have remained important in our country's current energy

President Carter's one term deserves a re-evaluation of his many important achievements. Since leaving the White House in 1980, President Carter has been a remarkable example of our best ambassador. He left an indelible mark throughout the world through his tireless and selfless acts promoting peace, supporting Habitat for Humanity and other worthy causes.

President Carter taught us how to be better energy consumers, and how to be better citizens of our communities, this country and of the world.

Thank you, Mr. President, for making the world a better place and reminding us about humanity and the human condition. You set a high bar for all of us. His wife, Rosalynn, has been a steadfast partner and team member at every stage. Thank you for sharing him with us.

> Barbara Ianniello, **Great Falls**



Cabins at Natural Tunnel State Park



Tent camping at Fairy Stone State Park.

Virginia State Park Campgrounds Open on March 3

irginia State Parks campgrounds will open on March 3, 2023. Full-service campgrounds with bathhouses are open from the first Friday in March through the first Monday in December, with the exception of Douthat, Hungry Mother, Pocahontas and Shenandoah River state parks, which have full-service campgrounds open year-round. Due to a campground

renovation project, camping at Claytor Lake State Park will not open until April 1.

Spring is right around the corner and whether you are looking for a week long retreat or a restful weekend getaway, Virginia State Parks camping options are plentiful and vary from cabins and bunkhouses to yurts and primitive camping. Each park offers different scenic camping options, so be sure to do your research before booking

Visit the camping web page for more details about reservations, cancelations and severe weather procedures. If you are traveling with horses, be sure to visit the equestrian camping page for all the policies dealing with horses while camping. https://www. dcr.virginia.gov/state-parks/camping

Reservations can be made online https:// reservevaparks.com/web/ or by calling

1-800-933-PARK (7275) and choosing option 5. You can make lodging reservations up to 11 months in advance or, for camping, up to 2 p.m. on the day of

All parks with campgrounds now offer site-specific reservations for campsites. This new reservation system allows a camper to view an interactive map and choose an available site to reserve.

BULLETIN BOARD

From Page 5

by attending a REVIVE! training. Contact Emily Siqueland at 703-228-0913 or esiqveland@arlingus/opioid-awareness/ for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details. 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 nomelessness and nousing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth - such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit topics.arlingtonva.us/ lgbtq-resources.

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

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 or help with essential tasks. No experience necessary.

Public Financial Fraud, Waste and Abuse Hotline. Arlington County launched a new public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse.

Anyone can submit a complaint to the hotline at 1-866-565-9206 or at arlingtonva.ethicaladvocate.com. The hotline website is available in can be taken in many languages.

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.

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