

The Arlington Connection

Celebrating Holi with Joy

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Food Scraps for the Environment

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From right to left, Samir Rahman, Krishna Dodia, Sofi Plotkin and Lily Plotkin, celebrate Holi, the Hindu rite of Spring. "Playing" Holi involves donning white clothes (easier to wash the color out and good for hot weather) and throwing colored powder at each other, or dabbing it politely on the head and face. It is also called the "festival of colors."



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
FAIRFAX	6767	645	CLIFTON RD	SANDY RUN	2/23/2023
GILES	8436	635	BIG STONY CK RD/RTE 635	LAUREL BRANCH	2/22/2023
ROANOKE (M)	21702	118	RTE 0118	BRANCH	2/22/2023
LOUISA	11554	714	HORSESHOE FARM RD	SMALL BRANCH	2/21/2023
ROANOKE (M)	21611	0	RTE 0000	MUDLICK CREEK	2/21/2023
ROANOKE (M)	21731	221	RTE 0221	BRAMBLTN AV O MURRAY RUN	2/21/2023
CULPEPER	5642	628	HAZEL RIVER RD	STREAM	2/16/2023
WYTHE	19508	0F044	EAST LEE HWY	LITTLE PINE RUN	2/14/2023
PATRICK	13283	631	DOE RUN RD/RTE 631	ARARAT RIVER	2/14/2023
BLAND	2980	61	WOLF CREEK HWY	SPRING BRANCH	2/13/2023
BLAND	2982	61	WOLF CREEK HWY	SPRING BRANCH	2/13/2023
WYTHE	19774	701	OGLESBY RD	STREAM	2/10/2023
ROANOKE	15011	620	MILLER COVE RD/RTE 620	TROUT CREEK	2/10/2023
WYTHE	19710	649	ATKINS MILL RD	SPILLER BRANCH	2/9/2023
MONTGOMERY	12235	629	BRADSHAW RD/ RTE 629	BRADSHAW CREEK	2/7/2023
BEDFORD	2798	680	MURRELLS GAP RD	SHEEP CREEK	1/31/2023

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

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

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

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

"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.

Who are the Windsors? Explore the House of Windsor with the Library of Virginia's Outreach Specialist Ashley Craig, Thursday, March 16, 2 p.m., virtual. Registration # 913400-24.

Filmmakers interest group meets with video enthusiast Nick Englund to learn more behind and in front of the camera, Thursday, March 16, 3 p.m., Lubber Run 55+ Center. Registration # 913403-07.

Join preschoolers for a rainbow scavenger hunt along the Lubber Run nature trail, Thursday, March 16, 10 a.m., registration # 913106-15 or Friday, March 17, 10 a.m., registration # 913106-16. Leave from Lubber Run 55+ Center.

History of the Irish in America with Bill Halpin, pres., Irish Cultural Society of Virginia, Thursday, March 16, 11:30 a.m., Lubber Run 55+ Center, registration # 913890-01 or virtual, # 913890-02. Program also includes personal greetings from the Embassy of Ireland.

St. Patrick's Day celebration with light refreshments, games and fun, Friday, March 17, 11:30 a.m., Walter Reed 55+ Center. Registration # 913890-03.

St. Patrick's Day luncheon and festivities including wearing green attire, Irish trivia and food, Friday, March 17, 12:30 p.m., Aurora Hills 55+ Center. Fee \$10 (cash only). Registration # 913890-04.

Technique secrets of famous artists revealed by Community Arts Programmer Jennifer Droblyen, Monday, March 20, 10:30 a.m., virtual. Registration # 913302-04.

View and discuss a short documentary, "The Next Black" (2014), Monday, March 20, 1:30 p.m., Aurora Hills 55+ Center. Registration # 913402-01.

Advanced line dance practice group, Monday, March 20 and Wednesday, March 22, 10 a.m., Arlington Mill 55+ Center. Drop-in.

Genealogy 101, learn how to research family roots with experienced genealogist Eileen Bogdanoff, Tuesday, March 21, 11:30 a.m., Lubber Run 55+ Center. Registration # 913402-04.

Acoustic Café, enjoy the vibe of a 1960s coffee house with live performances by local musicians, Tuesday, March 21, 7 p.m., Walter Reed 55+ Center. Open to all ages. Registration # 913301-01.

Card making workshop, supplies and instruction provided, Tuesday, March 21, 11:30 a.m., Madison Community Center. Drop-in.

Local history group will hear Annette Benbow give a talk on the Ball-Sellers House, the oldest structure in Arlington, Wednesday, March 22, 1:30p.m., Lubber Run 55+ Center. Registration # 913402-07.

Read and discuss current articles reported in popular magazines, Wednesday, March 22, 11 a.m., Aurora Hills 55+ Center. Facilitated by librarian Vicky McCaffrey. Registration # 913402-20.

Open rehearsal of the Rocking Chairs, a grown-up garage band with a playlist of rock-n-roll hits from the 50s through the 70s, Wednesday, March 22, 10 a.m.- 1 p.m., Madison Community Center. Drop-in.

Open art studio accommodates artists who work at their own pace and share thoughts and ideas, Wednesday, March 22 and Friday, March 24, 10 a.m. - 12 p.m., Arlington Mill 55+ Center

Afternoon of live acoustic music performed by Arlington residents Phil Rosen, Ed Girovasi and Judy McVerry, Wednesday, March 22, 2 p.m., Langston-Brown 55+ Center. Registration # 913301-05.

Presentation on "The Life and Legacy of Enslaved Virginian Emily Winfree" with author Dr. Jan Meck, Thursday, March 23, 1:30 p.m., virtual. Registration # 913400-19.

Current events impacting the Latino community, discussion in Spanish, Thursday, March 23, 6 p.m., Lubber Run 55+ Center. Registration # 913402-17.

Columbia Pike Nature and Pie Walk led by an Arlington Regional Master Naturalist, one mile urban nature walk finishing at a local pie shop, Friday, March 24, 2 p.m., Walter Reed 55+ Center. Registration # 913106-19.

Social Ballroom Dance at Arlington Mill 55+ Center, Friday, March 24, 1 p.m. Dances include tango, waltz, foxtrot and swing. No instruction, just dance for fun. Drop-in.

Introduction to line dancing, newcomers welcome, learn basic steps in a fun environment, Friday, March 24, 10:15 a.m., Aurora Hills 55+ Center. Drop-in.

Ukulele Recital, Tuesday, March 28, 5 p.m., Walter Reed 55+ Center. Performed by students in the 55+ Program's ukulele class taught by Sandy O'Shea. Registration # 913304-07.

Samba card game teams forming at Walter Reed 55+ Center, fun variation of canasta, beginners welcome, Tuesday, March 28, 1 p.m. Drop-in.

55+ Travel group will attend a matinee performance of "Ragtime" at the Riverside Center for Performing Arts in Fredericksburg, Wednesday, March 29. Cost is \$87, Arlington resident; \$100, non-resident. Meal included. Registration # 902303-10.

Learn about amphibians, harbingers of spring, Wednesday, March 29, 11 a.m., Aurora Hills 55+ Center. Program provided by a Gulf Branch Nature Center naturalist. Registration # 913400-09.

Update on the Arlington Neighborhood Village movement and how to get involved by executive director Wendy Zenker, Wednesday, March 29, 11:30 a.m., virtual. Registration # 913303-03.

Final event recognizing Women's History Month, "Hello Girls," virtual program presented by a historian from the National Museum of the Army, Thursday, March 30, 1:30 p.m. Registration # 913400-20.

Library of Virginia's genealogy series features Women in WWI and WWII, Thursday, March 30, 2 p.m., virtual. Presented by Community Outreach Specialist Ashley Craig. Registration # 913400-32.

Affordable Connectivity Program Fair, a government program to help low income households pay for internet services, Thursday, March 30, 10 a.m.-1 p.m., Walter Reed 55+

SEE FLOURISHING, PAGE 5

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NEWS

Marymount Students Celebrate Holi

PHOTOS BY EDEN BROWN/THE CONNECTION

Festival of color marks the end of winter for many around the world.

BY EDEN BROWN
THE CONNECTION

If you happened to cross the Marymount University campus last week after playing Holi with some wary strangers in the park, you would have been thrilled to stumble on Marymount's celebration of Holi, where white T-shirts were laid out with bags of colored powder for revelers to enjoy getting thoroughly saturated in color, gleefully throwing it at each other in a rite that symbolizes the end of winter and the beginning of spring, and then the hot season, in India. On campus, unlike in the park, Holi was fully embraced and joyfully celebrated, on people and poodles alike, a multicultural party that, like Halloween, is open to all.



From right to left, Samir Rahman, Krishna Dodia, Sofi Plotkin and Lily Plotkin, celebrate Holi, the Hindu rite of Spring. "Playing" Holi involves donning white clothes (easier to wash the color out and good for hot weather) and throwing colored powder at each other, or dabbing it politely on the head and face. It is also called the "festival of colors."



Sofi Plotkin, on Marymount's campus, enjoyed adding two poodles, Juno and Strawberry, to her Holi celebration. The green powder visible in the air next to her has just been launched by a friend. Holi marks the last full-moon day of the lunar month and celebrates the beginning of spring and the victory of good over evil.

Education Advocates Gather at Mount Vernon

Rally precedes hearing on Youngkin administration's proposed revised 2023 History and Social Science Standards of Learning.

BY MIKE SALMON
THE GAZETTE

Before the speakers took to the stage, the rally out front near the parkway was alive with messages and a megaphone: "Whose education? Our education," was the rally chant as the group marched toward a gathering spot at the foot of the hill leading up to the gate of the Mount Vernon Estate.



The protestors out front demanded inclusion. "Asian, Black, Brown, LGBTQ+, Indigenous voices," says this sign.

"Our Asian American communities deserve better," said Mitch Chan, addressing the crowd with a megaphone.

Virginia Board of Education held public hearings on the Proposed Revised 2023 History and Social Science Standards of Learning. The Standards of Learning identify the essential content, processes, and skills for grade levels and subject courses to be used in Virginia public schools. On Tuesday, March 14, the public hearing was held at: George Washington's Mount Vernon: Rubenstein Leadership Hall at the Library.

Mount Vernon school board representative Karen Corbett Sanders

stood at the gate waiting for the Mount Vernon officials to open it. She urged another version be drafted.

"The proposed standards are not appropriate and will have to undergo changes," she said, standing at the gate.

Rachna Sizemore Heizer, chair of the Fairfax County School Board, tweeted: "Proud to speak on behalf of the school board against the proposed changes to Virginia's social studies standards, changes that minimize the history of people of color, women, LGBTQIA. Studying the good and the bad of history means we can learn from our mistakes, not repeat them."



Mitch Chan was at the megaphone alongside Emily Yen from the Virginia Education Association. "#Teach the Truth."



Representatives from the Hamkae Center, based in Annandale that organizes Asian Americans in Virginia for social, racial, and economic justice.

COMPOSTIBLES

Pitch in Some Food Scraps

Four reasons to embrace Arlington's Compostables.

BY EDEN BROWN
ARLINGTON CONNECTION

No, Virginia, salt in Arlington's compost won't kill your plants. And yes, the compost from food scraps is made available to Arlington residents, but it is also sold elsewhere in the DMV area. And no, dog poop and diapers cannot be included in the compostables bin. And yes, putting food scraps in the green bin helps a lot more than you realize.

These were real concerns raised by Arlington residents, some of whom believed the compost was either unavailable or unusable; neither is true. What is true: Arlington has a forward-thinking effort to address soil depletion and climate change and not enough people are participating. It is so easy. And it does make a difference.

We are losing topsoil at such a high rate that in 60 years, according to scientists, we won't have enough to grow crops on. Compost equals healthy soil. So how do we get residents to compost the food they otherwise throw in the garbage?

Arlington's Department of Environmental Services statistics show a consistent percentage of residents put food scraps in their green bin, but that 23 percent participation has plateaued, and it is not enough. Walk down most Arlington streets and the only two carts out for collection are blue and black. Time to get the real dirt on this program so people understand its value.

Rich Riedel, marketing director at Freestate Farms, is part of the private side of a public/private partnership with Prince William County that processes the compostables — food and garden waste — collected by DES every week.

"Arlington has done such a cool thing," Riedel said. "At the time they launched it, I think this was the largest curbside collection program on the east coast." (It has now been overtaken by Brooklyn, Queens and on the west coast, San Francisco, which mandates both residential and commercial composting of food scraps.)

Riedel continued: "Our composting facility was a \$20 million private investment that lets us recycle 80,000 tons of food and yard waste per year into a really good and consistent compost. But we have operating costs. So the finished compost is sold around the region to large scale retailers, resellers, construction companies,

garden centers, landscape contractors, and homeowners."

"We purchase approximately one-to-two tractor trailers of compost in the spring and fall as these are the two times of year in which most residents use compost," said Adam Riedel (no relation), Environmental Management Specialist for DES in Arlington. "We supplement this throughout the year with compost we make in our in-vessel composter in the Earth Products Recycling Yard (EPRY) at the Trades Center in Shirlington. The compost made at EPRY is from the food scraps collected in our county drop-off locations."

Rich Riedel, can talk compost with a passion usually reserved for music or good wine. He listened to the concerns some residents have expressed about recycling food scraps, but explained there are too many benefits from composting food scraps to opt out of the program. "We all have to move in a greener direction. I think composting is an incredible way to help make our local community more sustainable," said Riedel. "Composting and using finished compost helps us improve air quality, increase soil health and plant growth, and minimize water use and pollution into the Chesapeake Bay."

Everything in the black garbage bin is incinerated at Arlington's recently upgraded facility. But this is not as sustainable as composting. Riedel cited the Environmental Protection Agency's Food Recovery Hierarchy, stating composting food scraps is preferred to landfill/incineration, which is considered the "last resort."

"Food scraps have a lot of nutrients in them. Instead of losing those nutrients in a landfill or incinerator, composting recycles those nutrients back into our local soils," said Riedel. "Additionally, carbon capture is one important way to fight against climate change, and compost can help. Industrial agriculture and fossil fuels have dramatically increased the amount of CO2 in our atmosphere. When you have organic material (compost) in your soil, you capture and store carbon from the air (carbon sequestration). There have been interesting studies looking at large-scale use of this, but we can do it with our own gardens and lawns by using compost."

"As a more immediate benefit to us gardeners, I think finished compost is one of the best things we can do for our plants because it adds microbes. There are more life forms in a handful of healthy soil than there are people in the world.



Compost box at the Arlington Center.

In 2012, Denton Baldwin operated a Virginia business that supplied healthy, local crop products to area farm-to-table restaurants. Baldwin struggled to procure consistent sources of high-quality, nutrient-rich soil that could be used on his farm. He founded Freestate Farms. Denton also began working with current Freestate Farms CEO, Doug Ross, who brought significant expertise in leveraging organic waste to produce clean energy, and helped with financing structures available to develop commercial-scale facilities. Soon after, they won a public solicitation for an opportunity to work with Prince William County to expand the area's existing compost facility.

Microbes (tiny living things) turn materials in the soil into the nutrients that plants need to grow. You can give your garden a fish (fertilizer), or you can teach your garden how to fish (compost)."

"Lastly," Riedel said, "compost helps with water use and pollution. Because compost can hold 20 times its weight in water, you don't have to water plants and grass as much or as frequently. Additionally, compost helps improve water quality by retaining and/or breaking down pollutants, like heavy metals from rain or oil from driveways and parking lots," said Riedel. "We've added state-of-the-art technology to make composting more efficient and consistent but, at its core, composting is just nature's circular process, and we can all help return natural things to nature."

The County also recognizes the important role soil health plays in our environment. Arlington has a new regulation as of September

2021 regarding soil decompaction. Put forth by Virginia Tech as a recommendation to stem the tide of soil depletion and help manage stormwater runoff from development, regulation LDA 2.0 requires for any "land disturbance" in excess of 2500 square feet, builders must dump compost and topsoil back onto the land so that the top 12 inches contain organic material. Put simply, undisturbed land with all its organic soil intact does a lot more to protect communities than most of us realize. (See box.)

But is the compost safe to use? Isn't there too much salt in it from all the processed food that goes into the bin?

"This is safe to use!" Riedel said. "I use our compost two times a year in my garden. All of our compost goes through a Process for Further Reduction of Pathogens (PFRP) We want to kill any bacteria associated with dairy or meat. We want to kill watermelon seeds so no random watermelon shows up."

"We are a regulated industry and must meet certain EPA (Environmental Protection Agency) and DEQ (Department of Environmental Quality) specifications. As part of this process, we test our compost monthly at an approved, independent laboratory, and we pass. We also voluntarily participate in the US Composting Council's Seal of Testing Assurance (STA) program, and our compost is approved for all uses—trees and shrubs, flower and vegetable gardens, and lawns—as part of their Consumer Use Program."

"I'm not worried about salts," he added, "In fact, it's the first time I've been asked that. Salty food is a tiny fraction of the material we accept. More scientifically, we test our compost monthly and our salt levels come back low. I know some plants are sensitive to salts and, if people are having trouble with soil salinization, it may be because of improper irrigation or using too much fertilizer."

FAQs: Does it help the garden grow?

An informal poll of several gardeners in Arlington indicates no negative effect from compost from the Arlington County site; some who use it believe it has a positive effect. And it's free. Riedel said he personally sometimes grows in 100 percent compost. "Our independent lab testing also includes seed emergence and vigor rates — this is just looking at 'does a seed start growing and does it grow quickly' and we're consistently at high percentages. At the end of the day, we're trying to grow things in gardens — not only does our compost grow stuff, it does it really well."

Does using the compostable bin and composting in general attract rats or raccoons?

Although Freestate Farms could not comment officially, others who use compost either don't see an issue, don't put the compost out until day of curbside collection, or bungee cord the green bin shut to avoid scavengers. Adam Riedel believes green bins are not the cause. "Either the black bin is attracting scavengers or sometimes use of bird seed can attract mice and other critters."

If this is a concern, some people keep the compostables in the freezer until trash day, or layer them between yard debris to cut down on possible odors."

Why can't we put dog poop in the green bins?

SEE PITCH IN SOME, PAGE 5
WWW.CONNECTIONNEWSPAPERS.COM

NEWS

Arlington Fire Department Rescues Person Struck by Train

On March 9 at 8:25 p.m., Arlington County Fire Department units were dispatched to the Crystal City Metro station for a report of an individual struck by a train. Units arrived on scene quickly and found one patient underneath a train, conscious and alert. Crews immediately began rescue operations, sending personnel onto the track bed and underneath the train to safely remove the patient. The patient was successfully extricated from beneath the train just before 9 p.m. and loaded onto an awaiting ambulance. The patient was transported to an area hospital in critical condition.

“Rescue operations like the one our crews faced on March 9 can be extremely challenging,” said Arlington County Fire Chief David Povlitz. “I am extremely proud of our responders and WMATA safety partners for their ability to perform such a technical operation safely, proficiently, and quickly.”



Arlington fire department personnel headed onto the track bed and underneath the train to safely remove the patient.

Pitch in Some Food Scraps

FROM PAGE 4

Although dog poop — and even human manure — can be made into compost, Freestate Farms is not permitted to take human waste and does not accept manure or animal waste. “Our current composting process is really focused on giving food and yard waste a good home,” said Rich Riedel.

Is the compost organic?

“We aren’t currently OMRI (Organic Materials Review Institute) certified. We worked with George Mason University on their zero-waste initiative, and they are only purchasing certified, compostable foodware that we know can break down in our composting process. These compostable items are not organic in the OMRI program. Unfortunately, there are a lot of look-alike ‘compostable’ items as well as certified compostable items that don’t break down in our system. It’s really hard to tell the difference

and I even get confused sometimes. As a result, we don’t currently accept these from anyone other than GMU.”

Does Arlington County use the compost on its own landscaping work?

“We do not currently use it in any County projects,” said (Adam) Reidel. “The compost we purchase is most appropriate for planting, such as gardens. Arlington County Public Schools does not have a large need for planting compost, however they do use a large amount of the mulch we produce at EPRV.”

For information on Free State Farms see:

<https://www.freestatefarmsva.com>

For more on Arlington’s compostables program, see:

<https://www.arlingtonva.us/Government/Programs/Recycling-and-Trash/Residential/Organics-Waste/Food-Scraps-Collection>

“FLOURISHING AFTER 55”

FROM PAGE 2

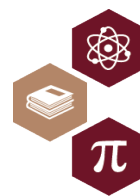
Center. Vendors will be onsite to assist with enrollment. Registration # 913899-01. Name that Tune, a fun event with musician Carl Gold, guess the title of songs from the 50s -70s era, Friday, March 31, 2 p.m., Langston-Brown 55+ Center. Registration # 913304-11.

Spring Fling fashion show presented by Blossom Boutique and modeled by 55+ participants, plus a silent auction, Friday, March 31, 1 – 3 p.m., Lubber Run C55+ Center. Cost \$5 (cash only). Registration # 913899-02.

Classic and modern movies at Aurora Hills 55+ Center. See “Mrs. Harris goes to Paris” (2022) (PG), Friday, March 31, 12:30 p.m. Registration # 913804-01.

Telling Time with professional astronomer Jennifer Lynn Bartlett, Friday, March 31, 11 a.m., Langston-Brown 55+ Center. Explore factors that produced current conventions for telling time. Registration # 913400-12.

Just beneath the surface of works by three artists, presented by Community Arts Programmer Jim Halloran, Friday, March 31, 10 a.m., virtual. Registration # 913302-02.



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Legals

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CALENDAR



The National Chamber Ensemble with Lowell Liebermann will perform on Saturday, March 18, 2023 at Marymount University in Arlington.

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.

WEDNESDAY/MARCH 15

Spring Sip & Mingle. 5-7 p.m. At Punch Bowl Social, 4238 Wilson Blvd., 2nd Floor, Arlington. Enjoy scratch-made dishes, sip a selection of brews and wines, and play games while networking and engaging with the Ballston business community. Free for Ballston employees; \$20 non-employee entry.

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 Brahms most beloved works. Call 703-685-7590 for information.

WEDNESDAY/MARCH 22

Tomato Love. 6:45 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Part of Garden Talks 2023. Tomatoes are a popular crop in home gardens. Learn how you can grow and maintain tomatoes to make the most of your crop.

FRIDAY/MARCH 24

Common Native Ferns of the Mid-Atlantic. 10:00 – 11:30 a.m. Online. Join Extension Master Gardener Elaine Mills to discuss the unique lifecycle and distinctive physical characteristics of ferns as well as the many reasons to consider planting them in your garden. Details will be provided for 16 commonly grown native ferns, including their distinguishing features, growth habits, light and soil preferences, support for wildlife, and uses in the landscape. Free. RSVP at <https://mgmv.org/rsvp-for-public-education-classes/> to receive a link to participate.

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.

SATURDAY/MARCH 25

Nova East Odyssey of the Mind Tournament. At Wakefield High School, Arlington. Some 86 teams of students from schools in Arlington, Alexandria, Falls Church and parts of Fairfax County will come together to showcase their problem-solving skills. Odyssey of the Mind is a creative problem-solving competition that challenges students to think outside the box and use their imaginations to solve unique problems. Students form teams and

work together to create solutions to the given problems, which range from building mechanical devices to creating skits and performances. The event will be held at Wakefield High School and teams will start performing at 9:00 a.m. Teams will present their solutions to a panel of judges throughout the day, with the awards ceremony taking place in the evening. The tournament is open to the public, and spectators are encouraged to attend and support the participating teams. It's an exciting and inspiring event for all ages, and the public is welcome to come and see the creative problem-solving skills of the students. Visit <https://novaeastodysseyofthemind.wordpress.com/> or contact novaeastodyssey.treasurer@gmail.com

WEDNESDAY/MARCH 29

Water Where It Counts. 6:45 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Part of Garden Talks 2023. Irrigation, rain barrels and ollas (in-ground vessels) deliver water where and when it is needed to help your vegetables survive our hot and humid summers.

SATURDAY/APRIL 8

Comedy Karaoke Trivia Funtime Show. 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. The Capital City Showcase, which produces some of the best events in the DC area, returns with its new one-of-a-kind blend of entertainment! 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 experience features comedy from the DC area's finest comics. The headliner for April's show is the hilarious musical comedy duo Griefcat!

APRIL 14-16

Spring Artful Weekend. At Fort C.F. Smith Park, 2411 24th St. N, Arlington. Show Hours: Friday, April 14, 2023, 4 p.m.-8 p.m.; Opening Reception 6 p.m.-8 p.m.; Saturday, April 15, 2023, 10 a.m.-6 p.m.; Sunday, April 16, 2023, 10 a.m.-4 p.m. The Arlington Artists Alliance is thrilled to return to the historic Hendry House at Fort C.F. Smith Park for "Spring Artful Weekend." Spring Artful Weekend features artwork by 30+ talented Arlington Artists Alliance members and has been an annual show for the Arlington-based arts collective for over 20 years! With a large variety of art genres to choose from—paintings, ceramics, jewelry, sculpture, glasswork, artist's cards, and more—this show is perfect to kick-off Spring! This event is free and open to the public. Visit <http://www.arlingtonartistsalliance.org>

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.

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We Need Your Help Again

We are sincerely grateful and thankful to you for helping in 2021 to save one of America's oldest newspapers, the Alexandria Gazette Packet, publishing continuously since 1784



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Potomac ALMANAC

CENTREVIEW

Thank you to the hundreds of supporters who helped to keep all your Connection Newspapers alive throughout Alexandria, Fairfax County, Arlington County and Potomac, Md. along with affiliated websites and digital media. Now we need help again in 2022.

Each local newspaper's mission aspires to provide greater community service, and we do know that our communities are better off if we continue to publish. Last year's financial support from readers and supporters like you bridged the shortfall before Federal PPP funding arrived, and both made our survival possible. We now await a decision for a grant from Rebuild Virginia in early February that we hope will help us in 2022 and beyond. But we need help to survive the first quarter, always a brutal time for cash flow in weekly newspapers. Thank you.

Please, help save these historical papers.

All gifts will be used to fund our printed newspapers and websites and to meet obligations to our loyal and patient employees, writers, contractors and suppliers.

The ongoing pandemic continues to crush many newspapers across the country, and our newspapers continue to be at risk. The Northern Virginia area's best read and most trusted source for community news includes the Alexandria Gazette Packet, Mount Vernon Gazette and all Con-

nection Newspapers in the metropolitan region.

The pandemic has hit small businesses hard, which in turn has reduced advertising revenue that keeps these local newspapers alive to provide hyper local news to residents. It feels like no small miracle to be looking forward into 2022.

The pandemic has been a bear, financially and otherwise. Revenue plummeted at the beginning in 2020. Some beloved advertisers have stayed the course supporting us throughout, and many more have done what they can. In the fall of 2021 we saw the return of some advertising for events and Grand Openings, but now omicron clouds the horizon in so many ways. Revenue still remains short of expenses despite our greatly curtailed costs.

Connection Newspapers has been offering these local newspapers to residents for over 200 years. Countless residents have grown up with these papers covering significant moments in the lives of family and children, news, community events, school activities, and even pictures of your dogs and cats. Internet news and large national newspapers cannot provide the local connection or historical connection that local papers like Connection Newspapers and the Alexandria Gazette Packet provide. If your child, dog, mother, father, neighborhood, school has been featured, you understand the value of local community newspapers.

Visit connectionnewspapers.com or <https://www.gofundme.com/f/help-keep-your-newspaper-printing>
Connection Newspapers... Alexandria Gazette Packet, Mount Vernon Gazette, Centre View, Potomac Almanac
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Joie De Vivre



By KENNETH B. LOURIE

I guess it's time. Ever since my brother Richard's semi unexpected death on Dec. 3rd, to re-work an old B.B. King standard, the thrill has been gone. The joie has been missing from my vivre. For those of you unfamiliar with this French phrase, it means the joy of living, or more generally, "the joy of anything one might do." It's not exactly one's reason for living (raison d'être), it's more about the intangible element that puts a proverbial bounce in your step and enables you to see the world (and your place in it) as full of possibilities. It's reminiscent of Maverick's (Tom Cruise) inability to "engage," the storyline throughout "Top Gun" after the accidental death of his "radar intercept" officer, "Goose," as played by Anthony Anderson. Maverick felt responsible for the accident and for much of the film was unable to pull the trigger, literally. Eventually, he got sorted, as the Brits say, and the result was "Top Gun: Maverick." Not so much a do-over. More like a do-it-again. As for me, here in the real world, I am not at all responsible for my brother's death, but because of it, I have been unable to engage (live with any joie and take an interest in my vivre).

Unfortunately, in this example anyway, Hollywood and where I live: Burtonsville, don't have much in common. And in so far as my brother's death is concerned, it wasn't make-believe. My inability to engage however, is real. Quite simply it's about loss. The loss of the person with whom I shared my life with for 68 years, who looked out for his younger brother (me), who I respected and looked up to and who often guided (if asked, sometimes without being asked) me on more occasions that I could possibly count.

I had no other siblings, so I didn't have to share. Though we were both married, the dynamic between us never really changed. And with both of us living in the Washington DC Area (having migrated from Newton Centre, Ma. to attend college locally), our worlds intersected regularly which enabled our relationship to evolve, even mature.

Now, due to his passing, the party is over, so to speak. Many of the expectations I took for granted, concerning my brother always being there, especially after getting a "terminal" diagnosis in 2009, haven taken a turn – for the worse. After I was given that "13 month to two years" prognosis, I figured, even though Richard was five years older than me, I'd predecease him. And these last 14 years have/had done nothing to change my thinking. But he has died and I'm now living a life I never anticipated.

My brother's oldest friend spoke at Richard's memorial service on Dec. 10. He was shocked when Vanessa, Richard's wife, called him to tell him that Richard had died. Though he lived in Boston, he was in regular contact with both Richard and Vanessa during my brother's hospitalization and his at-home recovery as well. He had spoken to Richard and thought he was doing better (which he was). Norman said he never expected to receive that call from Vanessa. He expected, given my health situation, that the call he'd receive would be from Richard telling him that I had died.

Richard was my best friend. He was also the Best Man at my wedding. For the past few years, he's been my employer as well. Not only have I now lost one of the two most important people remaining in my life, but I have also lost my main source of income. A trifecta: brother, best friend, employer. Try recovering from that during a cancer diagnosis. Speaking of which, Richard was diagnosed with colorectal cancer in June. Now adding to all that we shared, laughed, and cried about, you can now add cancer to our mix. It was odd; him asking me all sorts of questions about what to expect with treatment, side effects, scans, et cetera; my area of expertise, you might say. We grew even closer because he was more than a brother or a friend or even a co-worker, he was now a fellow cancer patient. An unfortunately ever-increasing group, but because of his diagnosis, I was more invested in him – and his outcome, than ever. As I've written before, Vanessa and I visited him every day for nearly two months. Our relationship, as difficult as the circumstances made it, didn't suffer at all. On the contrary, it was better and stronger than ever, and we were all looking forward. Now I'm forced to look backward and think what could have been and what will never be again.

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

ENVIRONMENTAL BRIEFS

FOUR MILE RUN CLEANUP

Arlington County Park Rangers invite volunteers to join them in the annual cleanup of Four Mile Run Stream on March 18, 10 AM - 1 PM.

Three locations:

- ❖ Arlington Mill, Main courtyard
 - ❖ Barcroft - Main pavilion located at the rear of the park
 - ❖ Glencarlyn - 3rd Street entrance
- Volunteers should wear waterproof boots and bring gloves. An adult must accompany volunteers under 18 years old. Bags will be provided.

For more information, please call 703-228-0052 or email bcaviness@arlingtonva.us.

E-CARE

E-CARE, Arlington's twice annual environmental friendly drop-off event, returns on Saturday, April 15, at Wakefield High School, 8:30 a.m. to 3 p.m. Residents can safely and quickly dispose of household hazardous materials and old electronics. For more details and a list of what is accepted, visit the County website at <https://www.arlingtonva.us/Government/Programs/Recycling-and-Trash/Household-Hazardous-Materials-HHM/E-CARE>.

The event is for Arlington residents only and no commercial waste will be accepted. Materials accepted include: Automotive fluids, Batteries, Car care products, Compact fluorescent light bulbs (CFLs), Corrosives (acids/caustics), Fire extinguishers, Flammable solvents, Fluorescent tubes, Fuels/petroleum products, Household cleaners, Lawn and garden chemicals, Mercury, Paint products (25-can limit), Photographic chemicals, Poisons (pesticides), Printer ink/toner cartridges, Propane gas cylinders (small hand-held or larger) and Swimming pool chemicals.

SPRING ARTFUL WEEKEND AT FORT C.E SMITH PARK SHOWCASES LOCAL ARTISTS

Where: Fort C.F. Smith Park
2411 24th St N, Arlington, VA 22207
Show Hours: Friday, April 14, 2023, 4pm-8pm, Opening Reception 6pm-8pm
Show hours: Saturday, April 15, 2023, 10am-6pm
Show hours: Sunday, April 16, 2023, 10am-4pm
The Arlington Artists Alliance returns to the historic Hendry House at Fort C.F. Smith Park for "Spring Artful Weekend." This show is a perennial favorite in the Arlington community, drawing hundreds of visitors annually. Spring Artful Weekend features artwork by 30+ Arlington Artists Alliance members and has been an annual show for the Arlington-based arts collective for over 20 years. With a large variety of art genres to choose from—paintings, ceramics, jewelry, sculpture, glasswork, artist's cards, and more—this show is perfect to kick-off Spring. This event is free and open to the public.

The Arlington Artists Alliance and Gallery Underground are supported in part by Arlington County through Arlington Cultural Affairs, the Virginia Commission for the Arts, the National Endowment for the Arts, Amazon, the National Landing BID, JBG Smith, and Sotheby's.

Visit <http://www.arlingtonartistsalliance.org>

NORTHERN ALEXANDRIA

NATIVE PLANT SALE

Saturday, April 29, from 9 a.m. to 2 p.m. in the parking lot of The Church of St. Clement at 1701 N. Quaker Lane. (Masks are no longer required, but free masks will be available if you want one.)

Come find native perennials, shrubs, and trees for sun or shade. Nine or more vendors from Virginia, Maryland, and Pennsylvania will be at this event, the largest native plant sale in the D.C. metro region.

Vendors are listed on the sale website at www.NorthernAlexandriaNativePlantSale.org. The sale is organized and run by volunteers. Questions? Contact Scott Knudsen at 571-232-0375 or cscottknudsen@gmail.com.

MASTER GARDENERS OF NORTHERN VIRGINIA APRIL 2023 PUBLIC EDUCATION PROGRAMS

VCE-MGNV Virtual Classroom public education events for April 2023 are online and open to all. RSVP online at <https://mgmv.org/rsvp-for-public-education-classes/> to receive the link to participate. Click on the event titles to RSVP for each event. If you can't join a live online presentation, video recordings of the sessions will be posted to <https://mgmv.org/mg-virtual-classroom/>.

April is the month to plant and celebrate TREES! No need to wait for Earth Day (April 22nd) or Arbor Day (April 28th) to select and plant a tree to enrich your home landscape. The fact sheets on native trees within the MGNV Tried and True Native Plant Selections for the Mid-Atlantic are a rich online resource. After you have planted your tree, watch "Best Bets: Native Plants for Shade" on April 21 for ground covers that will protect your tree's roots as well as providing their own beauty.

FRIDAY, APRIL 14, 10:00 11:30 AM, ONLINE

CASE STUDIES IN LAWN REPLACEMENT

Have you been thinking about reducing the size of your lawn? Or switching it from grass to something more environmentally friendly? Join Extension Master Gardeners Alyssa Ford Morel and Carolyn Vincent to see examples of similar efforts by several Extension Master Gardeners. They will share how the process went in their own Northern Virginia yards and what lessons were learned. Free. RSVP at <https://mgmv.org/rsvp-for-public-education-classes/> to receive a link to participate.

FRIDAY, APRIL 21, 10:00 - 11:30 A.M., ONLINE

BEST BETS: NATIVE PLANTS FOR SHADE

Gardeners often consider it a challenge to plant in the shady parts of their gardens, but home landscapes with trees can bring welcome relief from the increasing summer heat we are experiencing in our region. Join Extension Master Gardener Elaine Mills to learn how to make the most of your shady yard. After discussing degrees of shade, the importance of using layered vegetation, and techniques for building your soil, she will introduce a variety of native plants from trees and shrubs

to wildflowers, ferns, and ground covers that will bring beauty through the year while providing important support to local wildlife. Free. RSVP at <https://mgmv.org/rsvp-for-public-education-classes/> to receive a link to participate.

FRIDAY, APRIL 28, 2023, 10 - 11:30 A.M., ONLINE

BROWSERS IN THE GARDEN BUFFET: STRATEGIES FOR DEALING WITH DEER

Do deer consider your landscape to be an all-you-can-eat buffet? These beautiful but ravenous creatures are a problem in many of our gardens. Join Extension Master Gardener Kathie Clements to learn strategies for coping with deer. Deer pressure requires that we think creatively about our home landscapes. She will discuss deer behavior and how it can help you develop ways to better protect your garden. Creative hardscape options as well as resourceful use of shrubs and smart plant placement will be covered. Find out about exclusion tactics such as barriers, repellants, and scare devices. Advice for making wise plant choices and recommended resources to guide your selection of plant materials will be shared. Free. RSVP at <https://mgmv.org/rsvp-for-public-education-classes/> to receive a link to participate.

ON LOCATION - APRIL EVENTS WITH MASTER GARDENERS

SUNDAY, APRIL 23, LANGSTON

BOULEVARD EARTH DAY CELEBRATION

11 a.m. 5 p.m., Langston Blvd between Woodrow St and Woodstock St, Arlington

Meet VCE Master Gardeners who will answer your questions about planting, soil health, water control, and native plants for your outdoor space. The VCE Small Trees, Big Canopies project will be conducting a free native tree giveaway! This is the second year for this popular event, with music, food and free family fun! For more information go to <https://www.langstonblvdalliance.com/>

Sunday, April 23, 12 noon - 4 pm

Del Ray Garden Fest

Bean Creative Field, 2207 Mt Vernon Ave, Alexandria

VCE Master Gardeners will be on hand to provide all the information you need to have a healthy garden this yearhow to test your soil, what to plant, and how to improve your vegetable harvest. Fun, food and activities for all! For more information go to <https://www.visitdelray.com/>

Sunday, April 30, 10 am - 3 pm, Glencarlyn

Library Community Garden

Glencarlyn Library Community

Garden Spring Celebration & Plant Sale

300 S Kensington St, Arlington 22204

Join the VCE Master Gardeners of Glencarlyn Library for their annual celebration of all things Spring! Tour the garden in all its Spring beauty, learn what plants will flourish in your garden, sip an herbal drink and munch plant-themed goodies while shopping at native plant vendors. A perfect weekend activity for all. For more information email to: glencarlynlibrarygarden@gmail.com

Wednesdays, April 5. 12, 19, 26
6:30 - 7:45 pm, Arlington Central Library

1015 N Quincy St, Arlington

Arlington Central Library Talks

Join Arlington/Alexandria VCE Master Gardeners and other expert speakers as they provide information on a variety of garden topics each Wednesday. April topics are: 4/5-Bees and Beekeeping; 4/12-Edible Landscaping/Growing in Small Spaces; 4/19-Top 10 Vegetables; 4/26-Container and Balcony Gardening. Programs will continue on Wednesdays through September.

APRIL 2023, VARIOUS EVENTS, VIRTUAL AND IN-PERSON

ALEXANDRIA EARTH DAY

Join us as we commemorate the 53rd anniversary of Earth Day with a month full of environmentally focused events, activities, and online initiatives that center on the Eco-City Vision in which Alexandria's residents, businesses, and City government participate in a vibrant community that is always mindful of the needs and lifestyle of the generations to come. We all need to do our part and what better way than through fun, educational, and engaging opportunities. For more information go to: <https://www.alexandriava.gov/EarthDay>

CHECK OUT OUR PLANT CLINICS

- ❖ The Arlington Central Library Plant Clinic at 1015 N Quincy St, Arlington opens on Wednesday, March 29 from 6 - 7:45 pm.
- ❖ The Alexandria Old Town Farmers Market Plant Clinic at 301 King St, Alexandria opens Saturday, May 6 at 7:00 - 9:30 am.
- ❖ The Arlington Farmers' Market at N 14th and N Courthouse Roads opens Saturday, April 22 at 8 - 11 am.
- ❖ The Del Ray Farmers' Market Plant Clinic at Oxford & Mt. Vernon Avenues, Alexandria opens Saturday, May 6 from 8:30-11 am.
- ❖ The Fairlington Farmers' Market Plant Clinic at 3308 S Stafford St, Arlington, opens Sunday, May 7 at 9 11 a.m.

EXTENSION MASTER GARDENER HELP DESK

The Extension Master Gardener Help Desk is open for your emails, phone or walk in questions. We welcome your garden-related questions, including those related to plant and insect identification. If emailing, please include photos to assist us with identification. The Help Desk is open weekdays from 9 am to 12 noon. Contact us at mgaralex@gmail.com, phone us at 703-228-6414, or stop by 3308 South Stafford St, Arlington 22206. If planning to come in person, give us a call ahead of your visit to ensure the Help Desk has volunteers available.

MGNV.ORG

Also check out the resources on our website, mgmv.org. You'll find Gardening Basics for Arlington & Alexandria, VA listing our hardiness zone and frost dates, a list of problem plants and better alternatives, and an extensive compilation of Tried and True Native Plants for the Mid-Atlantic Area, complete with great color pictures and descriptions. Our schedule of gardening programs is posted on this website, so be sure to check it often

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

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

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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 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 Siqueland at 703-228-0913 or esiqueland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness/ for available training sessions.