

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.

Save water, save money, tips and tricks to conserve for the planet, Thursday, April 20, 11 a.m., Langston-Brown 55+ Center. Presented by Virginia Cooperative Extension Volunteers. Registration # 913400-07.

Filmmakers interest group, learn how to do more either behind or in

front of the camera, Thursday, April 20, 3 p.m., Lubber Run 55+ Center. Led by video enthusiast Nick Englund. Registration # 913403-08.

Paint along with community arts programmers and recreate artworks on display at area museums, Thursday, April 20, 10 a.m., virtual. Registration # 913303-11.

Sing-along featuring favorites from the 50s through the 70s, led by musician Carl Gold, Thursday, April 20, 4 p.m., Lubber Run 55+ Center. Registration # 913304-14.

55+ Travel group will travel to Charles Town, WV and enjoy the Hollywood Casino, Friday, April 21. Cost \$9, Arlington resident; \$10, non-resident. Registration # 902304-07.

EarthFest 2023 at Arlington Mill 55+ Center, Friday, April 21, 1-4 p.m., open to all ages. Create recycled art, enjoy health and wellness demos, learn about composting and energy efficiency. No 55+ Pass required. Registration # 913899-04.

Social art swap, bring an art piece or create one onsite (some materials available) to trade with other participants, Sunday, April 23, 2-4 p.m., Arlington Mill 55+ Center. Drop-in.

Reading Buddies, seniors pair up with preschoolers to read together, Monday, April 24, 10 a.m., Lubber

Run 55+ Center. Registration # 913301-11.

Aurora Hills 55+ Center's book club members will discuss "A Man Called Ove" by Fredrik Backman, Monday, April 24, 11:30 a.m. Dropin

No waste dinner, learn how to repurpose food normally thrown out such as banana peels, Tuesday, April 25, 6:30 p.m., Walter Reed 55 + Center. Unique cooking demonstration by Center Director Jennifer Weber. Registration # 913501-08.

Rock music by legends Little Richard and Jerry Lee Lewis, discussed and played by local musicians Carl

Gold and Rob Sprouse, Tuesday, April 25, 1:30 p.m., Arlington Mill 55+Center, registration # 913400-38 or virtual, registration # 913400-39.

Learn about Arlington Spellbinders, volunteer storytellers, at a new Story Circle information session, Tuesday, April 25, 10 a.m., Walter Reed 55+ Center. Registration # 913301-14.

Empowering older drivers, presentation by Mike Perel, retired U.S. National Highway Traffic SafetyAdministration, Wednesday, April 26, 10:30 a.m., Arlington Mill 55+ Center. Hear keys to safe driving and how to benefit from advanced automobile technology. Registration #913400-03.

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Applications for the IUOE Local 99
Apprenticeship Program will be
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News



The plaque explains why the USS Arlington was named after 9-11 to honor those first responders who went to the Pentagon to save lives.



One of the "stops" on the open house tour was this pop-up announcing an upcoming seminar on housing.



The USS Arlington model on display in the lobby of the Bozman government center.



One of the more popular stops on the tour was the Ranked Choice Voting display, providing residents with an explanation of RCV and why Arlington has it.

People-centered Renovation for Arlington's Bozman Center

Innovative programs – and pride – were on display Wednesday.

By Eden Brown and Shirley Ruhe
Arlington Connection

tate and national representatives, Arlington County public officials, as well as musicians, poets, librarians, children, and even a ship's captain and a "Harlem Globetrotter" gathered on Wednesday, April 12 to celebrate the opening of the renovated and reimagined Bozman Center at 2100 Clarendon Blvd.

The open house gave visitors the opportunity to stop by the new full-service Courthouse Library and investigate the new Permit Arlington Center while the children concentrated on story telling time or produced a craft.

In addition, the USS Arlington Community Alliance and the Arlington Historical Society unveiled a full model of the USS Arlington.

Visitors could learn about Ranked Choice Voting, take NARCAN training, tell Car Free Diet staff what they didn't like about the area around Courthouse in terms of parking or pedestrian crossings, and learn about consumer-oriented programs. For those who like ribbon cutting, especially with giant scissors, there were two opportunities during the afternoon. And there were cupcakes.

The Center had been dedicated to Ellen Bozman, a well known community leader, on April 28, 2018. The Wednesday event marked the renovation of the space into a new center offering a variety of public services. Arlington County owns the land the government center sits on and it leases the building from owner JBG Smith. The \$4.8 million renovation was funded by a tenant improvement allowance from JBG Smith folwww.ConnectionNewspapers.com



Photo by Ryan Hudso

The ribbon cutting by County Board Chairman Dorsey aided by several other board members and staff.

lowing the least renewal in 2018.

Ellen M. Bozman was a long-time Arlington community leader and activist who served Arlington through decades of growth. At the time she was the longest serving County Board member with 24 years of public service from 1974 to 1997, serving as chair six times. Bozman was known as a visionary who helped guide Arlington's growth for decades during important transformative years. She was known for advocating for fair housing and integrated social services programs, her efforts at public transit and her early advocacy for LGBTQ rights. Bozman held a strong belief in open, inclusive, competent government.

Her plaque reads: The Honorable Ellen M. Bozman, 1925-2009

Role Model-Visionary-Trailblazer "A distinguished civic leader who dedicated her career to the community she loved."



Alex Sanchez is delighted to see his father playing the ball game so well as his mother looks on.



The newly configured reception area now has an attractive desk and new security measures.



Spencer Johnson, nicknamed "Spinny" held children and parents in thrall as he did tricks with a basketball and then engaged the children to take part. Johnson has worked with the Harlem Globetrotters among others, and inspires youngsters to believe in themselves.

Stay Safe, Get Rid of Those Drugs

BY SHIRLEY RUHE
ARLINGTON CONNECTION

lean out your medicine cabinet, old purse, car glove compartment, drawers and shelves. Check under the bed, and bring your unused and expired prescription

drugs to one of the 4 permanent drug-take back boxes in Arlington where community members can anonymously dispose of unwanted and potentially dangerous drugs with no questions asked.

Arlington statistics report opioid overdoses up from 10 in 2014 with four fatalities to 88 in 2022 with 17 fatalities. In 2023 as of April 13 there have been 18 opioid overdoses reported with six fatalities.

Community members have reported they are often surprised at the unneeded supply of medications around their house when they start looking around. Emergency room doctors report they often see teenagers who have raided their parents' medicine cabinets and hold skittles parties where they randomly try everything at the party.

The Arlington County Police Department (ACPD) calls attention to the need to routinely dispose of unwanted prescription drugs on National Prescription

Drug Take-Back Day on Saturday, April 22. However, while this day serves as a reminder, the public can safely dispose of prescription medications 24 hours a day, 7 days a week, 365 days a year at the following locations:

- ❖ Fire Station #2 4805 Wilson Blvd.
- ❖ Fire Station #5 1750 S. Hayes Street
 - ❖ Fire Station #9 1900 South Walter Reed Drive
 - ❖ Arlington County Police Department 2000 block of 14th Street N

Items accepted include: vitamins, over-the-counter drugs, prescription drugs, ointments and patches, and pet medications. Items not accepted include: needles, inhalers, thermometers, lotions or liquids and hydrogen peroxide.

National Drug Prescription Take-Back Day is a partnership with the Drug Enforcement Administration (DEA) and is held all across the United States on the same day. ACPD used to man sites across Arlington County to accept the drugs which ACPD bundled up in large

plastic bags and delivered to the DEA at the end of the day where they were weighed and incinerated. Now ACPD offers permanent sites which are available round the clock.



ACPD now offers safe disposal of prescription medications anytime in four permanent disposal sites around Arlington. This has replaced past in-person collection (shown here) at specific sites on National Prescription Take-Back Day.

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ARLINGTON

COUNTY

DRUG DROP OFF

Permanent prescription dispos-

al site at Fire Station number 2

on Wilson Blvd.

PRESCRIPTION

PHOTO BY SHIRLEY RUHE

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News



From left, Deputy Police Chief Latasha Chamberlain, Arlington County Board vice chair Libby Garvey, Culpepper Garden Executive Director Marta Hill Gray and Board Chair Peter Kant stand beside first responder poster autographed by members of the community at official dedication of the Gibboney Walk Garden on April 12.

Flowers Bloom Just in Time to Honor First Responders

BY SHIRLEY RUHE
ARLINGTON CONNECTION

ulpepper Garden ordered a perfect spring day for its dedication to Arlington First Responders of the Gibboney Garden Walk on Wednesday, April 12.

Members of the Arlington community joined representatives from the fire department, police department, sheriff's department, and community leaders and elected officials to dedicate the garden to those who came before, who are present today and who will serve in the future.

Marta Hill Gray, Executive Director of Culpepper Garden said, "There is no better group to honor than these outstanding individuals who bring their professionalism and compassion with them every time they step into our buildings. We know when we see their vehicles, whatever the circumstance, they are there to serve and support."

Special guest Rep. Don Beyer (D-8) shared that his dad had been an Army MP so he knows the sacrifice and dedication it takes to be in this line of work. He said, "Whether it is a Capitol Police officer protecting me and my colleagues, a 9-1-1 operator, or a driver engineer, your work is truly valued." He added that later on Wednesday he would be partic-

ipating in an event at the Arlington government center to dedicate space that "honors the USS Arlington named after the horrible events of 911 which we will never forget."

Gray concluded,
"The First Responder Garden will be
a place of beauty,
refuge, continued
growth, improvement and investment." She said
Culpepper Garden
plans to hold a yearly event each spring



U.S.Rep. Donald Beyer (D-8) addresses crowd at Arlington First Responders Gibboney Walk Garden dedication at Culpepper Garden.

to honor the first responders with a BBQ lunch and brief ceremony to review the progress of the gardens.

Culpepper Garden is Arlington's sole retirement community for low-income seniors. It provides 346 affordable living units with services for 365 low-income seniors over age 62. Its affordable assisted living wing was the first in the U.S. and the only one that exists in Arlington.





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at 7:00 - 9:30 a.m. The Arlington Farmers' Market at N 14th and N Courthouse Roads opens Saturday, April 22 at 8:00 - 11:00 a.m. The Del Ray Farmers' Market Plant Clinic at Oxford & Mt. Vernon Avenues, Alexandria opens Saturday, May 6 from 8:30 - 11:00 a.m. The Fairlington Farmers' Market Plant Clinic at 3308 S Stafford St,

Arlington, opens Sunday, May 7 at 9:00 - 11:00 a.m.

WEDNESDAY, APRIL 19, 26,

Calendar

The Alexandria Old Town Farmer's

Market Plant Clinic at 301 King St, Alexandria opens Saturday, May 6

CHECK OUT THE

PLANT CLINICS

Expert Garden Speakers. 6:30 - 7:45 pm, Arlington Central Library, 1015 N Quincy St, Arlington. Arlington Central Library Talks. Join Arlington/Alexandria llVCE Master Gardeners and other expert speakers as they provide information on a variety of garden topics each Wednesday. April topics are: 4/19-Top 10 Vegetables; 4/26-Container and Balcony Gardening. Programs will continue on Wednesdays through September.

WEDNESDAY/APRIL 19

Growing Top 10 Vegetables. 6:45 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Part of Garden Talks 2023. Your favorite veggies can be successes for your eating pleasure and sharing with friends and food pantries alike, and give superfood nutrition.

THURSDAY/APRIL 20

Craft Brew Dinner. 7-9 p.m. At The Commentary Social House, 801 N. Glebe Road, Arlington. Guests can once again enjoy their favorite beer and seasonal dishes while receiving expert tips on how to pair delicious craft beers with their next meal. A portion of Craft Brew Dinner proceeds will again be donated to Save the Children. The third dinner of the series will be in partnership with Aslin Brewing. Tickets are \$75 for general admission.

FRIDAY/APRIL 21

Best Bets: Native Plants for Shade. 10:00 - 11:30 a.m., Online. 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://mgnv.org/rsvp-for-public-education-classes/ to receive a link to participate.

FRIDAY/APRIL 21

10:00 - 11:30 a.m., ONLINE. 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







"Flip the Script" can be seen at Theatre on the Run from April 28 to May 7, 2023.

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://mgnv.org/ rsvp-for-public-education-classes/ to receive a link to participate.

SUNDAY/APRIL 23

Langston Boulevard Earth Day Celebration. 11:00 a.m. - 5:00 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

Del Ray Garden Fest. 12 noon – 4:00 pm, 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 year—how 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/

WEDNESDAY/APRIL 26

Balcony? Patio? You Can Still Grow Your Favorites. 6:45 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Part of Garden Talks 2023. You don't need a yard to grow your own herbs and vegetables. Find out how container gardening can work for you.

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.

FRIDAY/APRIL 28

Garden Buffet: Strategies fo Dealing with Deer. 10:00 - 11:30 a.m. Online. 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://mgnv.org/ rsvp-for-public-education-classes/ to receive a link to participate.

APRIL 28 TO MAY 7

"Flip the Script." At Encore Stage & Studio, Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. The award-winning children's theatre, Encore Stage & Studio, is honored to present an original play, Flip the Script – From Nauck to Green Valley: Transforming a Community. Encore's Flip the Script program works with local student writers to develop original theatre pieces focused on Arlington, Virginia's African American voices and encourage community conversations. Inspired by the Green Valley neighborhood, formerly known as Nauck, this play looks at the history of one of the county's oldest African American communities through the eyes of four fictional characters. The cast is comprised of student performers between ages 9-18 including some residents of the Green Valley neighborhood. This contemporary story explores and celebrates the entrepreneurial spirit that thrives there today.

APRIL 29-30

Spring Party. Saturday from 5-8 p.m.; Sunday from 2-5 p.m. At Columbia Pike Artist Studios, 932 S. Walter Reed Drive, Second Floor, Arlington. Columbia Pike Artist Studios, an artist cooperative, in Arlington, will host an open studio of 19 artists working across media: painting, drawing, printmaking, mixed media, and sculpture. A group exhibition of member artists will be installed in the gallery and will be open during the open studio event. Participating artists include: Karen Bland, Rhys Conlon, Larry Currence, Helen Ginberg, Anne Hancock, Paula Lantz, Barry Lindley, Sharon Malley, Nan Morrison, Bridget Murphy, Robbie Namy, Morgan Johnson Norwood, Marta Sewall, Margaret Stewart, Monica Stroik, Alice Whealin, Bobbi Wolcott, Vladimir Zabavskiy, and Ghada Zaytoun. Visit the website: www. columbiapikeartiststudios.org

SATURDAY/APRIL 29

Free Bike Skills for Kids. 10 a.m. to 12 p.m. At The Woman's Club of Arlington Parking Lot, preschool children and older. Bring your child and their bike to participate in: Safety Helmet Check; Bike Maintenance Check; Games to Teach Basic Biking Skills; Two riding courses of varying levels; and Balancing bikes available for preschooler use. Contact The Woman's Club of Arlington at 703-553-5800 or womansclubarlington@gmail.com.

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The Dog's **Honest Truth**



By KENNETH B. LOURIE

Since we'll be out of town for a few days - and can't take our new puppy Burton with us, arrangements for his away-from-home accommodations have been made. For the first time in over five months, dog and owner will be separated. I am not looking forward to it. Burton will be spending the next two days and one night staying with fellow dog owners, Jen and Murph. Rather than subject Burton to the stress of being caged at his veterinarian's kennel, he'll be overnighting instead in Huntington, Maryland in a big single-family house. He'll have run of that house and when he needs to go outside, he'll have a large fenced-in yard to explore and even better, he'll have another dog, Cooper, to occupy him. Besides, he's not quite old enough, and/ or vaccinated completely yet to risk exposing him to a kennel environment where a miscellaneous disease or a virus might exist. I know Burton will be in excellent, loving hands, but that's not my problem. My problem is me and the logistics of the drop-off. Because of schedules and availability, we'll still be at home without Burton for nearly a day before we leave.

As I write this in real time, I'm still at home without Burton, and I miss him terribly. A dog is such a full-time responsibility that not having him around is extremely noticeable. I feel like I'm not doing something I should be doing with him: walking, playing, petting, wrestling, ball-throwing, stick-fetching, feeding, treating, et cetera. Moreover, until we leave later today, for the time that I'm being dogless, I am lonely and bored, even though there are still four cats and one wife in the house. In addition, not having any dog-centric responsibilities for the next few days is triggering some other feelings that subconsciously I've buried (having been so preoccupied with Burton): my brother, Richard's surprising (but not shocking) death on Dec. 3rd.

On Dec. 3rd, Burton was four months old and not yet housebroken. As such, me and my wife, Dina have been taking him out constantly, especially since he's a puppy, throughout the day and overnight as well, trying to reinforce certain dos and don'ts. Also, it seemed like every week, one of us was taking him to the vet for one puppy shot or another: distemper, DHPP, rabies, para influenza. It's not overwhelming or anything as we're familiar with the drill (requirements). Nonetheless, it's easy to get preoccupied. Then (not suddenly), we have no dog anything for two-plus days, one day of which was half at home, now.

Left to my own devices, with no distractions (not that Burton is a distraction, but you know what I mean, right?), I began to feel my brother's death more substantially again. Not that I hadn't learned to live with it, but I had found a place for it, I thought. It wasn't top of mind. It was middle of mind. And it seemed to be in a good place. After I dropped Burton off and came home - with no dog responsibilities, Richard's death became top-of-mind, sort of unexpectedly. Here I thought I was coping and assimilating his loss into a new routine. The only routine I was assimilating was life with a puppy. With Burton away for the weekend, I've had no distraction. And it has become painfully obvious that my brother's death is still weighing on me. Once again, the loss felt palpable. Almost as if I was experiencing it for a second time. I hadn't assimilated anything after all. I was too busy with the dog to realize it. Now, I realize it. My brother is dead. And I'm extremely sad.

At least my brother got to meet Burton once (his nephew as he called him) on his birthday in late October. Richard was doing so well. I never imagined (anticipated is probably a better description) that that would be the last birthday and the second to last time I would see my brother alive. And the fact that Burton was involved with Richard, even for a little bit, gives me some comfort. It created a connection of sorts between them that helps me to smile about an otherwise horrible situation. I can recall how happy Richard was that night when we brough Burton, kennel, and all, into the house. We positioned Burton's kennel on the floor in the dining room right next to Richard so they could be physically close. Dogs have a wonderful capacity to spread joy wherever they go. And this evening was no exception. As minimal as their interaction was nonetheless, it was a happy memory I have and will continue to have of my brother. And I need as many of them as possible. And thanks to Burton, I have an extra-special one. One for which I am forever grateful.

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

Arlington's E-Care Event Saw Lower Turnout

Smoothly run event kept more than 33 tons of waste out of landfill.

By Eden Brown The Connection

t was a gorgeous day at Wakefield High School Saturday morning, and the staff of Arlington County, MXI and Securis, made the E-CARE recycling event run like clockwork. "It was one of the best run e-care events I've been to," said one resident.

Austin Robbins, Facility Manager at MXI, said MXI had put extra people on duty for the event to make sure it would go well. He said the turn-out was not as good as the previous year, however, and attributed the circa 50 percent drop in participation to the new location. "The old site was in the northern part of the county," he said. "This is a new site. We hope to see more folks at the Fall event and we look forward to serving the community again then." Robbins said 753 cars came through the high school parking lot and about 40,000 pounds of latex paint and other hazardous materials from households were collected.

Paul Allen, Chief Operating Officer at Securis, was managing the collection of electronic materials with a practiced eye. Securis is a provider of information technology asset disposal (ITAD) services, including ultra-secure electronics recycling, auditing, and hard drive shredding. He said his company collected 13 tons of electronic waste on Saturday. Everything will be recycled.



Joel Peterson, an MXI employee, loaded paints and relished the beautiful weather on Saturday.



Paul Allen, Chief Operating Officer at Securis, ran a tight ship, unloading cars and directing staff how to separate different items.



Austin Robbins of MXI, an Energy, Utilities & Waste company in Abingdon, VA, managed the collection of household waste like paints, light bulbs, batteries, hazardous materials, fire extinguishers and fluorescent lights.



Before recycling and E-care became a bi-annual event in Arlington, these batteries would have gone to the landfill.



There were electronics of all sorts being discarded - including old TVs, old video cassette players, and not so old TVs.



Hundreds of fluorescent lights were collected on Saturday. Many people throw these in the trash bin, but this way, they will be recycled.

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