

The Arlington Connection



Jean Tarascio at Casual Adventure lugged several huge clothing donations to the volunteer's car.

Arlington Guarantee Succeeds
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Glenn Ward Turns 100 at Hooters
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Pop Up Free Swap
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ENTERTAINMENT, PAGE 7 ❖ CLASSIFIEDS, PAGE 6

PHOTO BY EDEN BROWN/THE CONNECTION

"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.

Manatees off the coast of Virginia, Park Naturalist Rachel Joffey will discuss manatee biology, their migration plus other information, Wednesday,

Feb. 21, 2 p.m., virtual. Registration # 912400-25.

Navigating Medicare, presented by Dr. Salama Freed, assistant professor of health policy and management, GWU, Wednesday, Feb. 21, 11 a.m., Lubber Run 55+ Center. Discussion includes enrollment options and the latest changes. Registration # 912503-01.

Opera appreciation group to hear musical selections from "Macbeth" by Giuseppe Verdi, Wednesday, Feb. 21, 1:30 p.m., Lubber Run 55+ Center. Professional commentary

by George Cecchetti. Registration # 912300-07.

Piano lounge and sing-along with pianist Valerie Welsh focusing on love songs, Wednesday, Feb. 21, 4 p.m., Lubber Run 55+ Center. Registration # 912304-17.

Cornhole practice, keep your skills sharp for 2024 Northern Virginia Senior Olympics or just come and game, Wednesday, Feb. 21, 9:30 a.m., Walter Reed 55+ Center. Registration # 912205-02.

Paint and sip from your home while you recreate artworks on display

at area museums with Community Arts Programmers Jim Halloran and Jennifer Droblyen, Thursday, Feb. 22, 10 a.m., virtual. Registration # 912303-15.

Introduction to basic Spanish vocabulary, grammar and conversational phrases, Thursday, Feb. 22, 12:30 p.m., virtual. Taught by 55+ Center Director Ashley Gomez. Registration # 912650-06.

Navigating the 55+ Guide efficiently, sign up for one-on-one advice and questions answered Wednesday, Feb. 21, 1:30-3 p.m., registration # 912400-37 or 3-4:30 p.m.,

registration # 912400-38. Both at Langston-Brown 55+ Center.

55+ Travel group to visit D.C.'s Textile Museum and its "Fights for Freedom" exhibit showcasing D.C. figures and historical moments from anti-slavery campaigns to the Civil Rights movement, Friday, Feb. 23. Cost \$10, Arlington resident; \$12, non-resident. Registration # 902402-07.

Get moving with Dance Bingo, fun game that combines cardio dancing with luck of the draw bingo, Friday, Feb. 23, 11:15 a.m., Walter Reed 55+ Center. Registration # 912600-06.

Movie matinee, "A Love Song" (2023) (PG), Friday, Feb. 23, 12:30 p.m., Aurora Hills 55+ Center. Registration # 912804-07.

Just beneath the surface of three artists, learn their history and techniques, Friday, Feb. 23, 10 a.m., virtual. Presented by Community Arts Programmer Jim Halloran. Registration # 912302-06.

Mood disorders and physical health, program provided by Emma Stapp from George Washington Institute for Brain Health and dementia, Monday, Feb. 26, 10 a.m., Lubber Run 55+ Center. Registration # 912500-07.

Scale down, a weight loss support group, Monday, Feb. 26, 1:30 p.m., Langston-Brown 55+ Center. Drop-in.

Short story reading and discussion of "The Man Who Was Almost a Man" by Richard Wright, Monday, Feb. 26, 1 p.m., Aurora Hills 55+ Center, registration # 912402-26 or virtual, 912402-27.

Aurora Hills 55+ Center book club participants will discuss "The Color of Water" by James McBride, Monday, Feb. 26, 11:30 a.m. Drop-in.

Secrets revealed of famous artists including secretive techniques, presented by Community Arts Programmer, Jennifer Droblyen, Monday, Feb. 26, virtual. Registration # 912392-09.

Getting a good night's sleep strategies for developing better sleep habits, presented by Kate Chutuape, Virginia Hospital Center, Tuesday, Feb. 27, 11 a.m., virtual. Registration # 912500-08.

It takes a village, hear Arlington Neighborhood Village's director Wendy Zenker describe the village concept and ways to get involved, Tuesday, Feb. 27, 11:30 a.m., via Zoom at Lubber Run 55+ Center, registration # 912400-01 or virtual, # 912400-02.

Escape Room, a team activity to solve a series of clues and puzzles in order to "escape", Tuesday, Feb. 27, 7:15 p.m., Walter Reed 55+ Center, registration # 912600-02 or virtual, # 912600-03.

55+ Travel group will visit the National Museum of the United States Army at Fort Belvoir which encompasses the Regular Army, the Army Reserves and the Army National Guard, Wednesday, Feb. 28. Cost \$11, Arlington resident; \$13, non-resident. Registration # 902402-08.

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NEWS

Arlington's Guarantee Pilot Declared a Success

BY SHIRLEY RUHE
THE CONNECTION

The Arlington Community Foundation in partnership with the Arlington County Department of Human Services just released the results of Arlington's Guarantee. This guaranteed income pilot project supplemented the income of 200 Arlington households with children with \$500 a month in unconditional cash for 18 months with carve outs for 25 undocumented households and 25 people returning from incarceration.

The pilot was funded with \$2 million raised by the Arlington Community Foundation from private donors. It began in 2021 and ended in November 2023. Anita Friedman, Director of the Department of Human Services said this is an example of a public-private partnership at its best.

Arlington's Guarantee was designed in the short term to provide extra assets for very low income households struggling to make ends meet and in the long term to contribute to a national program of other pilots seeking to address wealth inequality and to inform public policy seeking to build a federal income floor. The purpose was to provide extra income,

increase the households sense of control over their decisions and increase their connection of belonging to the community.

Just over 24,000 people or over 10,000 households in Arlington make under 30 percent of the area median income (AMI) or about \$45,000 for a family of four. This pilot

developed out of the commitment of Arlington Community Foundation and Department of Human Services to focus on the existing disparities in the wealthy county of Arlington where child care providers, school aides, construction workers and school bus drivers make less than 30 percent of the AMI and can't afford to live in the county where they work. Current data shows the living expenses for this group average three times what they make.

The design of this pilot was to provide unrestricted funds in the belief that these households knew best what they needed. The demographics of the group included African-American 53 percent, White 23 percent, Asian 6 percent with 18 percent other. The preference language was English at 49 percent but included 22 percent Spanish, 11 percent Amharic and 7 percent Arabic. Most identified as people of color.

A control group was established with no supplemental funds provided. Most in the pilot had some housing stability so they could use the funds for other things. When asked what they had been able to do in the last six months, 38 percent indicated groceries, 29 percent bills and debts, 28 percent household essentials, 9 percent family activities, 22 percent for such things as medical and car repairs.

The pilot was designed with guard rails to assure that the extra income received by the households didn't count against their benefits eligibility and result in loss of any of their other benefits as a result of this temporary increase in income.

The impact of the pilot showed up in increased employment and income. Employment increased from 75 percent at baseline to 87 percent at final; monthly income from work increased from \$1,200 to \$1,640

monthly and median wage from \$15 per hour to \$16.50 an hour. But even with these increases, the participants were still making less than a living wage.

The pilot study took place during a time of great uncertainty with Covid adding to financial pressures, housing and child care expenses up and the eviction pandemic causing more pressure with the ending of the housing moratorium. So even with the extra income, there was continued instability and pressure facing the low-income families.

However, measures of physical well being indicated 84 percent felt they had more control over their future with reduced stress and anxiety. They indicated they had more hope. When asked how they were doing compared to 18 months ago, 73 percent said much better and 26 percent somewhat better. In contrast, in the control group 11 percent indicated they were

much worse, 14 percent somewhat worse and only 33 percent somewhat better.

Eighty-one percent in the pilot indicated they felt more included in the community while 91 percent took advantage of new opportunities that were possible with increased resources and increased their time with family.

Friedman says, "Some groups such as the undocumented and formerly incarcerated were less positive than overall. They had the highest levels of borrowing, the lowest levels of employment due to the barriers for employment for those returning from incarceration."

One of the program participants appearing before a recent presentation on the pilot said, "Now I just focus on what I need to do without stressing. Within 18 months I got 100 percent on point. I did the things that I needed. Am I loved?" His answer was yes. One participant said the money saved her after a break-in caused her to break her lease in order to move to a safer place and pay the financial penalty that she couldn't afford. "The money came at just the right time."

The next steps moving forward are to move beyond a temporary fix that cannot be sustained to a permanent legislative solution at the state and Federal level. In addition to Arlington's Guarantee, Richmond, Alexandria and Fairfax County are conducting similar pilots in Virginia with 144 pilots in 41 states. One hundred and thirty communities and 145 mayors and elected county officials are advocating for federal and state governments to codify unconditional cash with no strings attached to create an income floor for families in poverty.

For more information read the report at arlc.org or <https://www.arlcf.org/arlington-guarantee/>



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PROTECTION FROM BENEFITS LOSS
as Arlington's Guarantee income will not count as income toward benefits eligibilities



PROMOTES EQUITY
Realigning resources to those who need it most



ALLOWS BREATHING ROOM
Participants are able to better pursue more gainful employment, educational goals, and save money



CHANGES THE NARRATIVE
Instead of focusing on how people are spending the money, it asks how is it changing their lives



PHOTO BY SHIRLEY RUHE/THE CONNECTION

It's "swinter." This poor camelia couldn't decide which season was which when it came out in full bloom over the weekend just before the dusting of snow on Friday.

PHOTOS BY BONNIE HOBBS/THE CONNECTION



The Hooters “girls” blow a birthday kiss to Glenn Ward.

Ward Celebrates a Century with Family, Friends

War veteran feted on 100th birthday at Fairfax Hooters.

BY BONNIE HOBBS
THE CONNECTION

Hooters sports bar and grill is famous for its well-endowed waitresses in tight tops and short shorts. But Navy veteran Glenn Ward insists he goes there for the restaurant’s wings and spicy, 3-Mile Island Sauce – really.

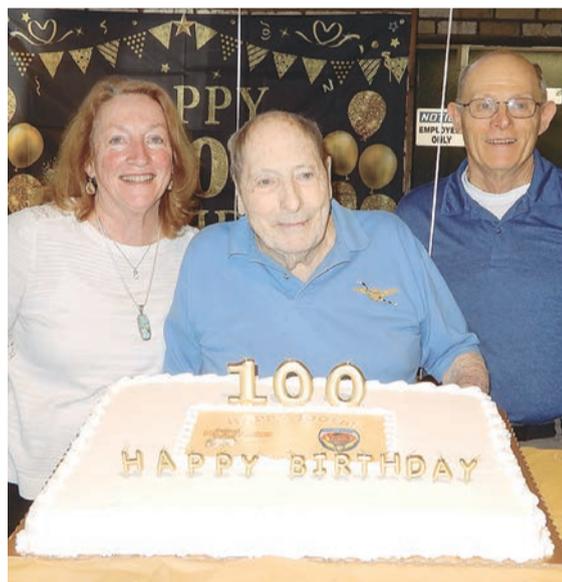
In fact, he likes the Hooters in Fairfax City so much that, for the past 10 years, he’s celebrated his birthday and Veterans Day there. And while that fact alone may not be noteworthy, since people often frequent their favorite restaurants, it is for Ward. That’s because, when he gathered there with friends and family last Saturday, Feb. 17, it was to celebrate his 100th birthday.

Some 50 people – many of them traveling from as far away as the West Coast – enjoyed the festivities with him. The event included food and drink, a specially decorated cake, photo collages, the Color Guard from American Legion Post 177 in Fairfax City, and a Hooters waitress singing the National Anthem. And of course, there were a slew of stories and reminiscences about Ward’s life and 30 years of service – including in three wars – in the U.S. Navy.

“Oh, I’m overwhelmed,” he said about the celebration. “I’ve been coming here for years for my birthday parties. But doing it when you’re 100 is really something.”

Ward’s daughter, Cindy Gibbs of Fairfax’s Mantua community, agreed. “It’s like a wake, but he gets to be here,” she said. “My dad has lived in North Arlington for 63 years, but he loves coming to this Hooters because he likes its spicy food.”

She also said her dad’s sharp as a tack. “He lives on his own, takes no medications and still drives,” said Gibbs. “He does two sudokus and two crossword puzzles every day and takes naps with his



Flanking Glenn Ward are daughter Cindy Gibbs and son Terry Ward.

dachshund Scooter. He’s had five dachshunds, all named Scooter. This one is Scooter V, but my husband calls him Cinco.”

Ward’s wife Phyllis died in 2008, just shy of their 60th anniversary. Besides Gibbs, they had a son Terry, four grandchildren and six great-grandchildren. And for Ward’s big birthday bash, family members and friends came from California, Nevada, Wisconsin, Michigan, Maryland, Wyoming, New Jersey, Virginia and Pennsylvania to celebrate with him.

Besides gifts from them, the restaurant gave Ward a signed Hooters hat and a token honoring his three decades of military service. The iconic Hooters Girls led everyone in singing happy birthday to the centenarian; and, while standing next to the Color Guard, Hooters waitress Britney Lee sang the National Anthem.

A 2019 Centreville High grad, Lee, 22, writes, sings and records her own music and performs at various venues in Old Town Manassas. “It was really an honor to sing the National Anthem today,” she said. “I

SEE GLENN WARD, PAGE 5



BONNIE HOBBS/THE CONNECTION

A collage of Glenn Ward’s life and family members.

Glenn Ward’s Remarkable Century of Achievement

Glenn Ward was born Feb. 16, 1924, in Tiffin, Ohio. Three years later,

his parents purchased a 6-acre, riverfront farm just outside the city limits – meaning no electricity or indoor plumbing.

Heating was by convection through a coal fired furnace. Lighting was by oil lamp or kerosene lantern. Water was hand pumped from a well outside the back door, and an outhouse stood about 30 yards from the house.

Cooking was done on a wood-fired stove or, in summer, a portable gas-fired stove. Electricity was hooked up in 1933 but the outhouse remained in use until 1947 when a bathroom addition was built.

Farm chores were a way of life, and the family sold chickens, eggs, butter, apple cider and clams (from the nearby Sandusky River). Ward walked a mile to attend a one-room school for grades one through eight and was in his high school’s second graduating class in 1941.

Military Career

After the Japanese bombed Pearl Harbor, and the U.S. entered WWII,

Ward dropped out of college and enlisted in the Navy. He reported for duty on December 26, 1941 – and by February 2, 1942, he was on board the battleship USS New Mexico, headed for the Pacific. Just 17, until then, he’d never traveled further than Ohio’s neighboring state of Pennsylvania.

His first battle-station assignment was loading 100-pound bags of propellant onto a hoist for transport to large artillery. He later trained as a radioman and was transferred to the USS Medusa – a floating repair station, providing rapid repairs to battle-damaged ships.

As a radioman, Ward worked two, four-hour shifts per day, seven days a week, sending and receiving code. After the war, he

SEE ACHIEVEMENT, PAGE 5

PEOPLE

Ward Celebrates a Century

FROM PAGE 4

felt a little emotional when our regional manager asked me to do it because my grandfather served in Vietnam.”

Ward’s son, Terry, flew to the party from Nevada. He said his dad was raised on a farm in Ohio with no electricity until he was 9 and no indoor plumbing until long after he’d moved away. As a child, he attended a one-room school, and it took him until the seventh grade to save up the \$25 he needed to buy his first bicycle.

With his dad coming from such humble beginnings and going on to lead an exemplary life of service and heroism, said Terry, “I’ve been in awe of him my whole life. To earn spending money as a kid, he sold onions and radishes from the farm, trapped muskrats for pelts and harvested freshwater clams to sell their shells to a button manufacturer. To go from that to being a commander in the Navy and running the flight deck of an aircraft carrier was pretty amazing.”

Ward was a college freshman when the Japanese bombed Pearl Harbor on Dec. 7, 1941. Within three weeks, on Dec. 26, he enlisted in the Navy at age 17 and went on to achieve a distinguished military career (see sidebar for details).

“Because of the Navy, he was often gone six months at a time,” said Terry. “So when he was home, we always did things together, like camping or visiting relatives. We always knew right from wrong, and he and my mom insisted both my sister and I go to college because they were the first in their families to go to college.”

Calling Ward “pretty incredible,” Terry said his dad could do anything. “He built a color TV from a kit, and he was always working on cars and doing house repairs and remodeling, like putting on a new roof,” said Terry. “And he always tried to teach me how to do things, too, and be self-reliant. He also influenced me to become a Naval aviator like him. He took me flying with him when I was really young.”

Terry said his parents loved to entertain and meet new people. “They had long-time friends they kept in touch with through the years, and so do my sister and I,” he said. “That’s why so many people turned out for my dad’s birthday. Even the daughter of a man he taught as a flight instructor is here.”

Among the guests was Ward’s goddaughter, Sue Richards Keller of New Jersey. “He’s one of a kind and has the best sense of humor,” she said about Ward. “His mind is so sharp, he’s active and he’s had an amazing life.”

Peter Savarino, a neighbor of Ward’s in Arlington, said Ward knew astronaut Neil Armstrong because their air squadrons “interacted together in one of the wars. Glenn and I chat with each other, and he loves to show me his memorabilia in his house. That includes a tailhook – the part of the plane that hooks onto an aircraft carrier during landings.”

“He also loves to tell stories, and I enjoy listening to them,” continued Savarino. “You don’t often meet someone who’s been in three wars and still has the mind to talk

SEE GLENN WARD, PAGE 7

Century of Achievement

FROM PAGE 4

resumed his education, graduating from Bowling Green State University in 1948. But before long, he returned to the military.

He re-entered the Navy as an officer and qualified as a pilot. During the Korean War, he deployed twice and flew 102 combat missions in the A-1 Skyraider aircraft. On his first deployment, his squadron lost 17 planes and seven pilots.

His squadron’s actions later inspired famed author James Michener to write the bestselling book, “The Bridges at Toko-Ri.” Although Michener took artistic license when writing, Ward flew on the actual mission that saw 12 aircraft from the USS Essex each drop a 2,000-pound bomb on North Korean air defenses before destroying critical railroad bridges.

Then, as a commander during the Vietnam War, Ward was the

air officer on the aircraft carrier Hornet, conducting combat operations off North Vietnam. He retired in 1974, after 30 years of service, with 4,300 flight hours and 287 carrier landings via tailhook, 183 on a straight deck.

For his distinguished career, he was awarded six Air Medals, plus two Navy Commendation Medals with combat V denoting valor and heroism. The aircraft he flew were as follows: SNJ Texan, F-6F Hellcat, F-8F Bearcat, F-4U Corsair, A-1 Skyraider, E-1B Tracer, E-2A Hawkeye, T-28 Trojan, C-45 Twin Beech Expeditor, and the Douglas R4D (DC-3).

Ward retired to Arlington and enjoyed planning reunions for Navy squadron mates and traveling the world with his wife Phyllis, until her death in 2008.

— TERRY WARD, GLENN’S SON

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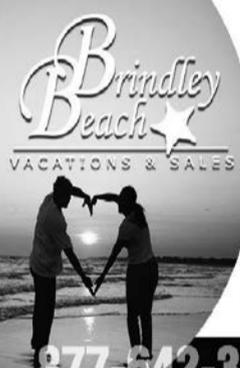
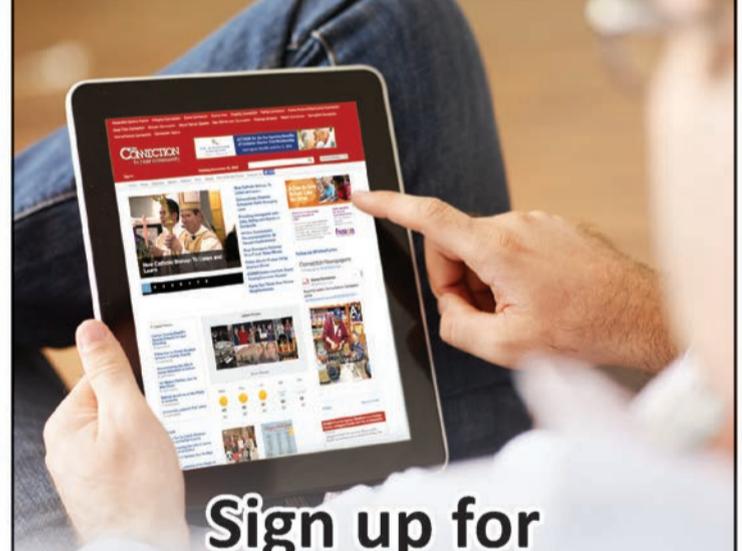
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ONGOING

MoCA Arlington's Innovation Studio + Store is now Open. At 525 14th Street South, Arlington. MoCA Arlington's Innovation Studio + Store is the museum's second location and is designed to connect visitors with contemporary art and artists! At this 1,500 sq. ft. retail space, you can shop, attend special programs and drop-in sessions, meet the artist-in-residence working within the studio, and make art of your own! The space complements the work of the flagship museum and will inspire you, while you experience contemporary art in an interactive setting. Visit anytime Tuesdays through Saturdays from 10 a.m. to 6 p.m.

FEB. 16 TO MARCH 24

"Romeo & Juliet." At Synthetic Theater, 1800 S. Bell Street, Arlington. Set amidst the whirring gears of a giant clock, Shakespeare's timeless tale of star-crossed lovers unfolds as a bitter family feud sends the pair on a race against an ill-fated destiny. With masterful physicality and choreography, Synthetic Theater's Romeo and Juliet presents a unique and stunningly visual interpretation of a classic story, capturing emotion with every movement. Visit www.synthetictheater.org.

SATURDAY/FEB. 24

Genealogy – Why and How. 10:30 a.m. – 12 p.m. at Lubber Run Community Center, 300 N. Park Drive, Arlington. Presented by Arlington AAUW. Speaker is Eileen Bogdanoff, genealogist and Ancestry.com expert.

MONDAY/FEB. 26

Black History Month Documentary. 6:30-7:45 p.m. At Arlington Central Library, 1015 N. Quincy Street, Arlington. An abbreviated screening of the documentary, *Brother Outsider: The Life of Bayard Rustin* (1912-1987). This documentary illuminates the life and work of Rustin, a visionary activist and strategist called "the unknown hero" of the civil rights movement.

FRIDAY/MARCH 1

Native Alternatives to Overused Foundation Plants. 10:00 - 11:30 a.m., ONLINE. Many of the shrubs used in typical foundation



Comedian Jay Agbon will appear at the Comedy Karaoke Trivia Fun-time Show on Saturday, March 9, 2024 in Arlington.

plantings, such as euonymus, cherry laurel, and Asian azaleas, have been overused, and others, such as privet, nandina, and burning bush, are considered invasive in Northern Virginia. Join Extension Master Gardener Elaine Mills to learn how to broaden your plant choices from a palette of alternative native shrubs that can add beauty and diversity to the landscape while providing nectar, pollen, seeds, and fruit for local insects and birds. Free. RSVP at <http://mgnv.org/rsvp-for-public-education-classes/> to receive a link to participate.

MARCH 1 AND 8

Free Chamber Concerts. 12 p.m. At St. George's Church, 915 N. Oakland Street, Arlington. The Friday Morning Music club will perform two free chamber concerts. The March 1 concert will feature works by Bartok, Ravel and Beach; the March 8, works by Hasty, Mangani, Mozart and Debussy. The one-hour concerts continue every first and second Friday of the month through May.

SATURDAY/MARCH 9

Benchmade Laser Engraving Event. 10 a.m. to 6 p.m. At Casual Adventure, 3451 Washing-

ton Blvd., Arlington. Back by popular demand, Casual Adventure will be hosting a free Benchmade laser engraving event. Bring your own Benchmade knife or buy a new one - either way, get laser engraving absolutely free. Plus all Benchmade knives will be 20% off (in store, in stock only).

SATURDAY/MARCH 9

Comedy Karaoke Trivia Fun-time 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 comedy from the DC area's finest comics. The headliner for March's show is the hilarious Jay Agbon. Visit capitalcityshowcase.com

FRIDAY/MARCH 15

Beyond The Table: A Holistic Look at Healthy Eating. 2 p.m. At Arlington Central Library, Arlington. Healthy eating starts with identifying safe and nutritious sources of food, creating balanced menus, practicing sound food safety and storage practices, as well as connecting with others at mealtime to nourish our souls. Join Alison Neov and Alex Freiman, Registered Dieticians with Goodwin Living, who will talk through a holistic approach to planning, eating & enjoying healthful meals. They will be providing a cooking demonstration of easy to prepare foods and recipes for the audience. Register: 703-558-6859 or seniorhealth@vhchealth.org

SATURDAY/MARCH 16

Arlington Chorale's "The Stranger." 5 p.m. At Westover Baptist Church, 1125 Patrick Henry Drive, Arlington. The Stranger: This musical journey was crafted to raise awareness for the plight of refugees worldwide and commissioned by the Together in Hope project, whose mission is changing lives through music with a purpose. Negin Khwalpak, an Afghan conductor, will be featured in this concert. The performance is presented in partnership with Lutheran Social Services of the National Capital Area, and will also include musicians from the refugee community.

Same Old Story. Thank God!



By KENNETH B. LOURIE

Not to be overly self-indulgent but, a 15-year anniversary of when I was originally diagnosed with non-small cell lung cancer stage IV (on Feb. 20, 2009), is worth mentioning, if I do say so myself. And I do. Moreover, that diagnosis came with a "13 month to two-year" prognosis. In effect a "terminal" diagnosis. I was age 54 and a half – and was just told I might not make it to age 56. Stunned doesn't begin to describe my reaction. A non-smoker my whole life with no cancer in my immediate family, the diagnosis seemed peculiar. Not that I ever woe is me but receiving this kind of prognosis led me to wonder what I did to deserve this devastating news. My oncologist couldn't offer an explanation as to why. Sometimes, there's no rhyme or reason – or no straight line from "normal" health to the slippery slope that I was now on. Cancer is not arithmetic. It didn't matter why. It only mattered that it was. My oncologist was more interested in treating my forward than he was in examining my past.

And so, it has been for almost 15 years, as I write this column on Sun. Feb. 18. I certainly remember the beginning, middle and end of the diagnostic process: eight weeks from start to finish. And when Team Lourie met – for the first time, the doctor/oncologist who would become the center of my apparently shrinking universe, we entered totally foreign territory. I had never spent a night in a hospital or even broken a bone. Yet here I was sitting across from an oncologist.

We sat in the waiting room until my name was called. We were led to the doctor's office. He was sitting down waiting for us. He stood up from behind his desk and introduced himself. After the usual pleasantries, we all sat back down, across from one another. The oncologist began by reading the reports/summaries from all the doctors I had visited while trying to determine the cause for my original discomfort in my left-side rib cage. Discomfort that forced me to go to the emergency room on Jan. 1, 2009. First came the report from the emergency room doctor, followed by the pulmonologist, thoracic surgeon, general surgeon (who preformed the biopsy), the pathologist (who evaluated the tissue sample), and the oncologist who summarized it all and thus had the grim task of telling me/Team Lourie what all the doctor's reports had indicated/confirmed: non-small cell lung cancer stage IV. Five opinions. I didn't think I needed a sixth.

As a result, a week later I had my first chemotherapy infusion. This would go on every three weeks for years. Each appointment lasted anywhere from two hours to six hours, depending on the chemotherapy infused. In addition, I was getting quarterly CT scans to monitor the tumors in my lungs characterized as "Too many. They're like weeds," by my oncologist. And what happened? I didn't die. I thrived even. My oncologist was perplexed. Non-small cell lung cancer stage IV is a killer. Yet here I was, years later, alive, and reasonably well. He called me his "third miracle."

As time passed – and I kept showing up for appointments, if you know what I mean, my oncologist occasionally reassessed my condition. But he didn't find enough convincing evidence to alter my treatment, re-stage my disease or even investigate too much further. It wasn't until I presented with a lump in my throat above my Adams apple that I was referred to an endocrinologist. I made the appointment and again Team Lourie showed up. It took the endocrinologist two seconds (I'm exaggerating. Maybe it was five seconds) to ask me about the lump in my throat. It took her another 10 seconds, after I explained that I'd had this lump for nine months or so – and it had never been biopsied (to her shock) to tell us that she was going to biopsy that lump then and there. (It was a needle biopsy, so it was quite manageable right in her office.) After the procedure, the endocrinologist told me she'd have the results of the biopsy in a few days. The next day I received a call from her. Apparently, in her opinion, I never had stage IV, non-small cell lung cancer. I had, according to her, - and since this was year 9/10, was very slow-moving papillary thyroid cancer. I wasn't anybody's miracle. Instead, I might have been somebody's error.

Now we got that sixth opinion: from the Lombardi Cancer Center at Georgetown University. We sent over my medical records and then set an in-person appointment to follow up with a thyroid cancer doctor. Again, we sat in an office across from the doctor who said quite simply and happily: "If you had lung cancer, we wouldn't be having this conversation." Meaning, if I had lung cancer, I wouldn't be alive. She confirmed the diagnosis and agreed with the medication I was taking and so we went home, as pleased as possible after receiving a cancer diagnosis. However, considering what our previous cancer diagnosis was compared to what the doctor thinks it is now, we felt, for the first time since the original diagnosis, hope.

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

Ward Celebrates a Century with Family, Friends

FROM PAGE 5

about them. And he's a neighbor you can always go to for advice or to borrow something; he's always very helpful." Delighted to be at Ward's milestone birthday celebration, Savarino said, "Glenn always gets a hoot out of coming to Hooters, and you don't have many guys like this still around."

Diane and Doug Smallwood visit Ward every year and flew out to his party from their home in Long Beach, Calif. "We met Glenn and Phyllis when we went on a South Pacific land tour, 45 years ago," said Diane. "There were just a few Americans, and we traveled by bus around Fiji, New Zealand, Australia and Tahiti. We taught Phyllis how to snorkel and were friends ever since."

A few years ago, said Diane, Ward was deciding whether to go to San Diego for what could be his Korean War squadron's last reunion. "His wife had already passed away, and he has grandchildren in San Diego, so he decided to go," she said. "And Doug and I came out here to house sit and dog sit for him while he did that. At the same time, he also got to visit what he lovingly called his 'grandcritters' [grandchildren]."

Reflecting on their long friendship, she said, "Glenn's so warm and has great stories, and he and Phyllis were always so welcoming and such good people. We just loved them. And they had friends from all over the world."

Stressing Ward's intelligence, Doug Smallwood said, "His college major was physics, and he does crossword puzzles in pen. It's wonder-

ful to be here for his 100th birthday; we promised him we would."

When asked what he was proudest of, Ward said, "My family. My daughter is a successful CPA, and my son was an airplane pilot with Delta after retiring from the Navy. And I had a very happy marriage."

So what's the secret to his longevity? "One thing keeping me in shape and alert is that I live in a two-story house with the TV on the lower level," he replied. "So I go up and down the stairs at least three times a day – and I'm convinced that's keeping me healthy."

His favorite TV shows are "Judge Judy," the national news and "Jeopardy." And when it comes to "Jeopardy," said Ward, "Eighty percent of the time, I know the answers."

First Free Pop Up Shop To Become Annual Event

Almost 2,000 pieces of clothing found new homes (instead of the landfill).

Once the donation boxes started overflowing, the biggest concern of the Students for Climate Action who organized the Free Pop Up Shop was: What if nobody comes? But they did come. Roughly 200 people came to Washington-Liberty High's cafeteria to "shop" for free gently used clothing in the first Pop Up Shop or Clothing Swap run by students, with the help of EcoAction Arlington and the Faith Alliance for Climate Action, NAACP, and Sierra Club volunteers. Most said they hoped the group would do another free clothing swap next year.

How do you measure the success of a Free Pop Up Shop upcycling used clothing? Easy. First of all, the community came together to do something positive for the environment and people. Clothes were donated, 45 students and adults volunteered. Second, about 1800 articles of clothing were upcycled, either to new wearers or for charitable donation.

Third, 13 students signed up to be climate activists, and many visitors had ideas on how we could better manage the environment. About 200 people walked away with free clothing, some who were students opting out of fast fashion, and many who were immigrants happy to find affordable clothing. Fourth, students got to showcase their organizational skills, short film skills, PowerPoint skills, and salesmanship, without which this event would not have been such a success.

Students who participated expressed real concern over the lack of progress being made towards zero waste, and as the post-it notes indicate, some major anxiety over the future of their environment.



PHOTO LAURA WATCHMAN

Students and volunteers gathered for a photo. The event proved to be fun for everyone, and 13 students signed up to join the Climate Action group.



PHOTOS BY EDEN BROWN

Kidus Zewde, Ahmed Abdulkadir, Eyob Tibebu and Henok Sentayhu volunteered at the Free Pop Up Shop, bringing in boxes of clothes that were collected around town.

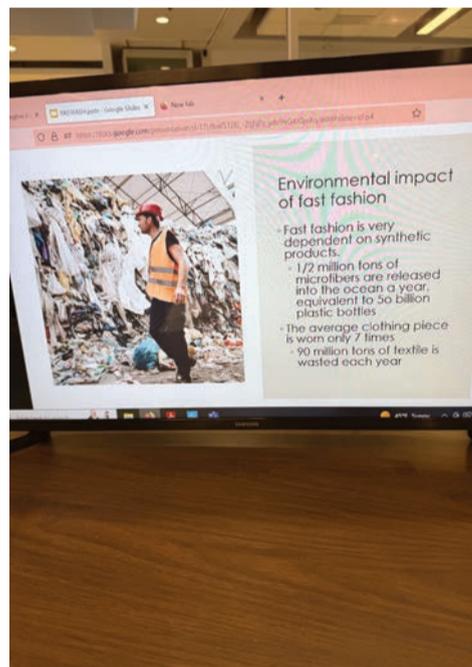


PHOTO BY LAURA WATCHMAN

Olivia and Ky from the Yorktown High School Environmental Club.



Barbara Lewis and Drea Finnegan tried to estimate the size of a Hong Kong tailored dress shirt for Finnegan's son. Lewis said, "This is a wonderful thing you are doing!"



The creativity of the students was impressive: Joe Kilmer did a short video on why clothing has gotten cheaper, made of more plastic, and worse for the environment, including a rap about climate impacts. Amana Sinha made a slide show detailing why fast fashion is bad for the environment.



My and Olivia Tran, mother and daughter, found out about the Pop Up on Arlington Online and were delighted with the selection of teen clothes, especially since teens can be so picky, said Tran. They asked if it would be held next year and if so, they would also donate clothes.



Kieran Gibbs, one of the Students for Climate Action, sorts men's clothes. Boys and mens clothes were high quality and one of the best sellers at the



Jean Tarascio at Casual Adventure lugged several huge boxes of clothing donations to the volunteer's car.