

The Arlington Connection

SENIOR LIVING, PAGE 4 ♦ OPINION, PAGE 5 ♦ ENTERTAINMENT, PAGE 7

PHOTO BY SHIRLEY RUHE/THE CONNECTION



George Long and Sabrina Long of the "Way Too Longs" entertain with blues and R&B at the "Feel the Heritage" Festival Saturday.

You Can Feel The Heritage

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Kidding Around at Westover

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FEBRUARY 28 - MARCH 5, 2024

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

BULLETIN BOARD

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

REAL ESTATE GIANT COSTAR GROUP CHOOSES ARLINGTON FOR ITS HEADQUARTERS

Arlington Economic Development is pleased to announce CoStar Group will move its global headquarters to Rosslyn. CoStar Group, a leading global provider of online real estate marketplaces, information, and analytics in the property mar-

kets, has purchased 1201 Wilson Boulevard, a 560,000-square-foot office building known as Central Place Tower, and will move into the location in late 2024. CoStar Group will occupy 150,000 square feet of commercial office space and employ 650 workers in Arlington. Included in the S&P 500 Index and the NASDAQ 100, CoStar Group employs over 6,200 globally and is comprised of notable industry products and online marketplaces covering all aspects of real estate, including CoStar, LoopNet, Apartments.com, Homes.com and STR. Governor Glenn Youngkin approved

a \$1.25 million grant from the Commonwealth's Opportunity Fund to assist Arlington County with this project. The Governor also approved \$3.5 million in funds from the Virginia Economic Development Incentive Grant.

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/s2FuFdaYWdZm4t-Pw2.

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.ourladyqueenof-peace.org for more.

ONGOING

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 Siqveland at 703-228-0913 or esiqveland@arlingtonva.us or visit arlingtonva.us/opioid-awareness/ for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

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.dementiacare-connections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

Arlington County, in partnership with the Human Rights Commission's Equality Task Force, has launched a web page with resources for the LGBTQ community. The new webpage compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth — such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit arlingtonva.us/lgbtq-resources.

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

Volunteer Bike Repair Night. First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary.

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

SEE BULLETIN, PAGE 6

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NEWS

'It Was a Labor of Love'

Pierogi burgers spur donations to World Central Kitchen for work in Ukraine.

By Shirley Ruhe
Arlington Connection

It was 1:30 pm on Saturday, and Sloppy Mama's Barbeque had already sold 17 Varenky burgers. Sloppy Mama's on Langston Boulevard in Arlington combined cultures over the weekend when it offered its Varenky Burger on Saturday and Sunday to support World Central Kitchen as a fundraiser for Ukraine.

The Varenky (pierogi) burger was made with two potato and cheese Varenky "buns," two 4-ounce prime beef smash patties, grilled onions and dilly sour cream. 100 percent of the proceeds from the sale of each burger were donated to the World Central Kitchen.

Joe "Hogsmoker" Neuman, owner of Sloppy Mama's, says his wife and business partner, Mandy, made the pierogis. "It took her about 9 hours to make 30 of them because it was our first time doing it and we don't do it every day. It was a labor of love." If you'd waited until Sunday to try the burger, you

were out of luck. Neuman said the burgers were sold out by the end of Saturday. This effort was part of ChefsForUkraine restaurant week.

Neuman said he got an idea from a friend in South Bend, Indiana who was making something similar in a Polish market but Newman put his own twist on it. He says it is about standing up for free people in the face of dictatorship "because that is what is happening" and standing up to Russia as well.

Neuman adds he has a connection because he grew up in the army and they were stationed in Germany several times. "And my dad commanded infantry and was in the front line of defense during the Cold War."

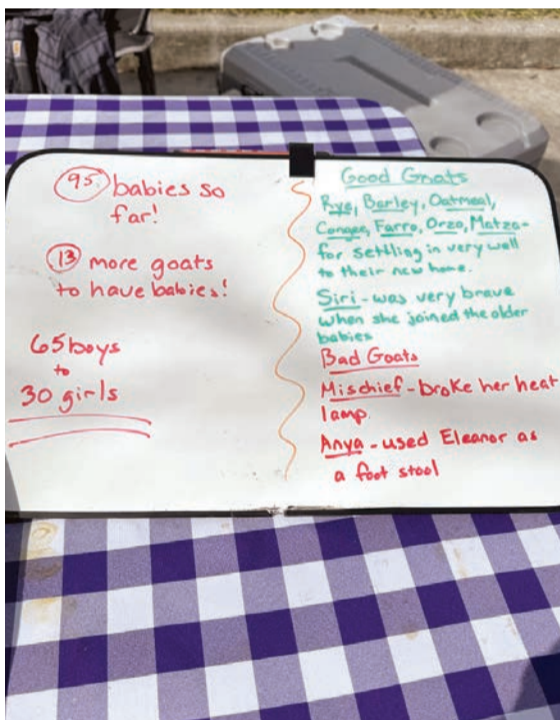


PHOTO BY SHIRLEY RUHE

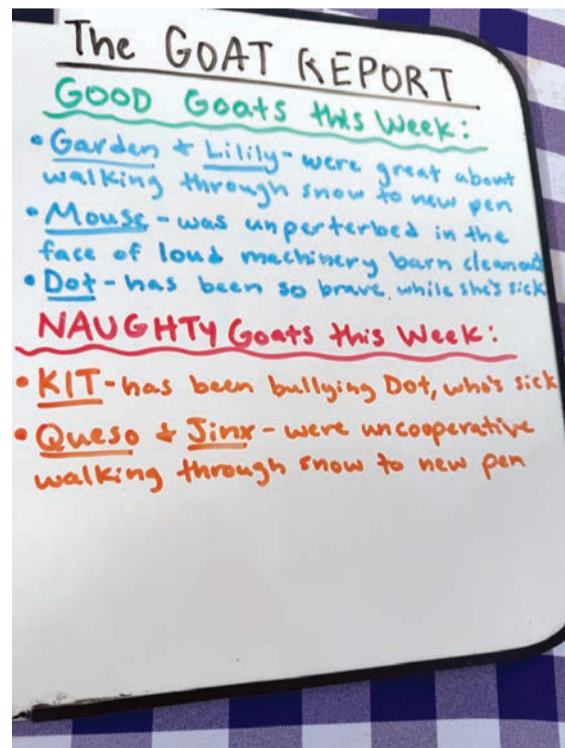
Varenky burger at Sloppy Mama's Barbeque.

Just Kidding: 95 Baby Goats and Counting

PHOTOS BY EDEN BROWN



Customers stopped by the Faerie Springs Goat Cheese stand at the Westover Farmers Market to check on how the goats were doing. Kate Hemphill had said it was "kidding" season on the farm, and cheese would be in short supply while the goats gave birth.



The intriguing "behavior report" on the goats, their names, and their crimes, remind Arlingtonians there is another world outside suburbia and animal behavior can be the best antidote to taking yourself too seriously.



Kate Hemphill at her Faerie Springs Goat Cheese stand. Hemphill has a large following of people who love her cheeses and enjoy the goat behavior reports.

Two farmers in Mercersburg bring a little good nature to Westover.

Kate Hemphill and Abbey Konzen collaborate on the task of ... well ... kidding. Kate helps the "does" kid, and Abbey milks the goats, pasteurizes the milk, and prepares their bottles. So far this kidding season, 95

baby goats or kids have been born. Thirteen more mother goats, or "does," are due to deliver.

"It works," says Hemphill. "I like the birthing but Abbey finds it less fun; she likes the milking job."

Hemphill had warned customers that cheese would be in short supply during the two weeks when birthing is at its height. Several customers came by to check on the progress of the mother goats, to give hugs, and to get the weekly "behavior" report Hemphill puts on the table. In just a few years, the Faerie Springs goat cheese table has become an Arlington tradition, and people are grateful for the 1

hour and 40 minute drive the farmers take to get to Arlington every week. Checking up on the goats is a way to stay in touch with the rhythms of a farm and its animals.

Why feed baby goats bottles when their mothers are right there to suckle from? Hemphill explains, first of all, when you let nature take its course, the runts often don't do well. They get squeezed out and unhealthy. It's rare that a baby goat who is too thin and scrawny is okay. They just get shoved out by the crowd. Sometimes, you get twins and triplets and sometimes a quad of kids - four at a time - and the mother goat simply

can't feed that many at a time. If it weren't for their bottle feeding, many kids might not do well. As a result of this TLC, almost all the goats survive and thrive. And then, Hemphill says with a smile, there is the fact that baby goats who are bottle fed are just sweeter. One of these, "Siri," was a very scrawny kid and is now growing up very well, and very sweet.

The two farmers work the Faerie Springs Farm in Mercersburg, Penna., and drive down on Sundays

to the Westover Farmers Market to sell goat cheese and goat fudge. They make excellent feta cheese, fresh chevre, and other cheeses.

They raise Nubian, Saanen, Alpine and Lamancha goats, and milk 90 goats twice a day. They will do the Lubber Run market when it opens, and the Shirlington market later in the season. Right now, though, they are busy just kidding around.

For more, see www.fairiesprings-farm.com

Six in 10 People with Dementia Will Wander

Alzheimer's Association offer tips to prepare for this emergency situation.

On March 7, 2023, Fairfax County Police on alerted on Twitter: "#Missing 79-yr-old Catherine Hudgins last seen 1:20 pm leaving the 2200 block of Colts Neck Rd in Reston. 5'7", 162lbs, grey hair, brown eyes, gray jacket, blue jeans, gray sneakers. Endangered due to mental &/or physical health concerns. Call 703-691-2131. #FCPD"

The alert was like a bolt of electricity throughout Northern Virginia where so many people know and love the former Hunter Mill Supervisor Cathy Hudgins. Fortunately, a police license plate reader led authorities to a bus driver who had seen Hudgins. The information led to finding her safe and returning her to her home.

While many episodes of wandering don't get farther than the driveway or a helpful neighbor, not all end happily.

Wandering and getting lost is common among people living with Alzheimer's or other dementia and can happen during any stage of the disease. Six in 10 people living with dementia will wander at least once; many do so repeatedly. Although common, wandering can be dangerous — even life-threatening — and the stress of this risk weighs heavily on caregivers and family.

According to the Alzheimer's Association, on Feb. 8, Judy Hollon, a woman with dementia, wandered from home and was found deceased in the North Fork of the Shenandoah River. Just a few weeks earlier, Eucharia Eleweanya, also a woman with dementia, wandered from her home in Prince George's County and was found deceased a week later.

"Anyone who has memory problems and is able to walk is at risk for wandering," said Cindy Schelhorn, senior director of communications and marketing with the Alzheimer's Association National Capital Area Chapter. "Even in the early stages of dementia, the person can become disoriented or confused for a period of time and may not remember his or her name or address."

Behaviors that may indicate an increased risk of wandering include:

- ❖ Forgetting how to get to familiar places
- ❖ Talking about fulfilling former obligations, such as going to work
- ❖ Trying or wanting to "go home," even when at home

The stress experienced by families and caregivers when a person living with dementia wanders and becomes lost is significant. Planning ahead and being prepared is critical when this dangerous — and potentially fatal — situation occurs. When preparing an emergency plan, be sure to:

- ❖ Ask neighbors, friends and family to call if they see the person alone.
- ❖ Keep a recent, close-up photo and cur-

rent medical information on hand to give to police.

- ❖ Know your neighborhood and any dangerous areas nearby, i.e. bodies of water, dense foliage, bus stops or busy roads.

- ❖ Create a list of places where the person may wander, including past jobs, former homes, places of worship, or a favorite restaurant.

- ❖ Consider enrolling the person in a wandering response service.

"When a memory-impaired person goes missing, don't wait. Begin looking immediately," said Schelhorn. "Many people who wander are found within 1.5 miles of where they disappeared. If the person isn't located within 15 minutes, call 911 and report that a person with Alzheimer's disease or dementia is missing."

Wandering situations can happen even to the most diligent of caregivers. Following are strategies to help lower the chances of a wandering incident:

- ❖ Identify the time of day the person is most likely to wander. Plan activities, such as folding laundry or preparing dinner, to keep the person engaged and reduce anxiety, agitation and restlessness.

- ❖ Reassure the person if he or she feels lost, abandoned or disoriented. If the person wants to "go home" or "go to work," use communication focused on exploration and validation. Refrain from correcting the person.

- ❖ Ensure all basic needs are met, including toileting, nutrition and hydration.

- ❖ Avoid busy places that are confusing and can cause disorientation.

- ❖ Use devices that signal when a door or window is opened. This can be as simple as a bell placed above a door or as sophisticated as an electronic home alarm.

- ❖ Do not leave someone with dementia unsupervised in new or changed surroundings. Never lock a person in at home or leave him or her in a car alone.

- ❖ If the person is no longer driving, remove access to car keys — a person with dementia may not just wander by foot. The person may forget that he or she can no longer drive. If the person is still able to drive, consider using a GPS device to help if they get lost.

The Alzheimer's Association can provide families and caregivers with additional guidance on keeping people with memory issues safe. For more information, call the Association's free 24/7 Helpline at 800-272-3900 or visit alz.org/safety.

About the Alzheimer's Association

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia.

"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.

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.

Give line dancing a try, learn the basics prior to joining a beginners class, Wednesday, Feb. 28, 10:15 a.m.,
Walter Reed 55+ Center. Drop-in.

How snakes and humans can co-exist, presented by Rachel Joffey, Park Naturalist at Gulf Branch Nature Center, Wednesday, Feb. 28, 2 p.m., Langston-Brown 55+ Center. Registration # 912400-26.

Local history discussion, Wednesday, Feb. 28, 2 p.m., Langston-Brown 55+ Center. Registration

#912402-08.

Current events discussion in Spanish which are impacting the Latino community, Wednesday, Feb. 28, 11 a.m., Lubber Run +55 Center. Facilitated by 55+ Center Director Ashley Gomez. Registration # 912402-18.

Bilingual Trivia in English and Spanish, Thursday, Feb. 29, 3 p.m., virtual, registration # 912600-18.

Arlington's Halls Hill, presented by lifelong resident Sandra Green who will recap the history of the neighborhood and her experiences, Thursday, Feb. 29, 1:30 p.m., Langston-Brown 55+ Center. Registration # 912400-30.

Fortunes in the attic, find out by sending a photo of an item to sash-ton@arlingtonva.us prior to program, Thursday, Feb. 29, 8:30 a.m., virtual, registration # 912400-10. Community Arts Programmer Jennifer

Droblyen will research the item plus explain how to identify authentic antiques.

Traveling with grandchildren, tips from Jacque Fallert, Road Scholar Ambassador Program, Thursday, Feb. 29, 11:30 a.m. via Zoom at Lubber Run 55+ Center. Registration # 912400-17 or virtual, # 912400-18.

Stay Active and Independent for Life (SAIL), 24 one hour sessions beginning Monday, March 4, 1 p.m., Lubber Run 55+ Center. No fee. Program includes exercises to improve strength, balance and fitness and reduce risk of falls. Presented by Northern Virginia Falls Prevention Alliance. Registration # 913502-01. Repeated, 20 sessions beginning Friday, Mar. 8, 1 p.m., Aurora Hills 55+ Center. Registration # 913501-02.

Memoir writing, five two hour sessions with experienced memoir writer Mims Placke, begins Monday, March 4, 10:15 a.m., Langston-Brown 55+ Center. Informal sessions to write, exchange ideas and share memories. Registration # 913300-03.

55+ Travel group will have Tea at Reynolds Tavern in Annapolis, Monday, March 4. Cost \$79, Arlington resident; \$91, non-resident. Registration # 902403-03.

Inclusion means everyone, program from Arlington County's Robyn Mitchell, Therapeutic Recreation Office,

to discuss how the Americans with Disabilities Act (ADA) and the 55+ community can ensure that all are included, Tuesday, March 5, 1 p.m., Walter Reed 55+ Center. Registration # 913400-07.

Wingspan, a card-driven, en-

gine-building, illustrated board game for bird enthusiasts, Tuesday, March 5, 5:30-8 p.m. Beginners welcome. Walter Reed 55+ Center. Registration # 913600-01.

Brain health as you age, learn what to expect, what is normal and when to seek medical attention, Wednesday, March 6, 11 a.m., Langston-Brown 55+ Center. Presented by Melissa Long, Insight Memory Care Center. Registration # 913500-01.

Becoming a genealogist. Ten session series begins Wednesday, March 6, 1 p.m., Aurora Hills 55+ Center. Taught by experienced genealogist Susan Court. Registration # 913400-40.

55+ Travel group will venture to Philadelphia for its annual Flower Show, Wednesday, March 6. Breathtaking exhibits crafted by the world's leading floral, garden and landscape designers. Cost \$116, Arlington resident; \$133, non-resident. Registration # 902403-04.

Cooking demonstration of winter soups by Master Food Volunteers from Virginia Cooperative Extension, Thursday, March 7, 11 a.m., Langston-Brown 55+ Center. Registration # 913501-02.

A matter of balance, eight two

hour weekly programs on Thursdays beginning March 7, 1 p.m., Langston-Brown 55+ Center. Practical strategies to reduce fear of falling, led by Northern Virginia Falls Prevention Alliance. Registration # 913502-03.

The art of downsizing, presented by realtor Philippa Main who will provide decluttering tips and expert insight on market trends, Thursday, March 7, 3 p.m., Lubber Run 55+ Center, registration # 913404-01 or virtual, registration # 913404-02.

ChatGPT and AI, presentation by David Herlihy and Holly Hartell, Arlington County's Dept. of Technology Services. Learn about the purpose of artificial intelligence (AI) and how to use it, Thursday, March 7, 3 p.m., virtual. Registration # 913403-01.

Five artists, five works, hear and see a common thread as described by Community Arts Programmer Jennifer Droblyen, Thursday, March 7, 8:30 a.m., virtual. Registration # 913302-01.

Triskele paper globes, learn to create a 3D globe in the shape of a triskele,, a symbol made of three spirals

originating from a single point, Thursday, March 7, 10 a.m., Walter Reed 55+ Center. Class taught by volunteer Carolyn Bainer. Registration # 913310-01.

Bills to the Governor

Governor can sign, veto, amend or take no action on bills that reach his desk. Read on to see what happens next in each case.

BY SENATOR ADAM EBBIN

With the last two weeks of session finally upon us in Richmond, the Senate and House are hard at work. More than 400 bills have passed through both chambers, and more than 700 are still under consideration. In the waning days of the session, the bills passed by the Senate and House will be transmitted to Governor Youngkin.

The governor has provided little in the way of a preview of what legislative actions he may take, including whether he will sign, amend, or veto bills that would increase the minimum wage and better protect communities from gun violence. Like most Virginians, I hope Governor Youngkin will allow these important bills to become law this year.

As part of the legislative process, the Governor of Virginia can take four actions on bills that reach their desk:



❖ **Sign:** Legislation that is signed into law by the governor will go into effect on the next July 1st, unless otherwise provided for in the bill.

❖ **Veto:** When a governor vetoes a bill, it is transmitted back to the legislative chamber in which it was introduced. That chamber, whether the Senate or the House, may vote to approve, or reject, a veto from the governor by a simple majority vote in both chambers. At least two-thirds of the members elected to a given chamber can vote to enact a bill notwithstanding a veto from a governor (a.k.a., an override of the veto). In the Senate, this requires at least 27 Senators; in the House, at least 67 votes are required. Because of the high threshold voting requirement, and the near evenly-divided General Assembly, overrides of gubernatorial vetoes are rare in recent Virginia history.

❖ **Amend:** If a governor wants to change legislation that has reached his desk, they can propose an amendment to that bill. If they so

choose, the bill is then transmitted back to the legislative chamber in which it was introduced. That chamber, whether the Senate or the House, may vote to approve or reject the proposed amendment from the governor by a simple majority vote. If the amendment is rejected, the House and Senate can also vote to pass the underlying legislation notwithstanding the objection, or amendment, of the governor. Such an action requires approval of at least two-thirds of the members elected to each legislative chamber, akin to a veto override.

❖ **Take No Action:** Though historically rare, the Governor of Virginia need not sign a bill in order for it to become law. As a matter of fact, any bill sent to the governor's desk will become law if it is not acted on.

As the work of the 2024 session continues towards its end point, please keep in mind that the final step in the process is the governor, who must take action — or take no action — on all bills within 30 days of adjournment of the General Assembly.

The General Assembly will then reconvene on April 17 to vote on any vetoes and amendments proposed by Governor Youngkin. I look forward to updating you further on these and other bills as we move toward the end of the legislative session.

It is my continued honor to serve the residents of the 39th Senate District.

The **Arlington**
Connection

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NEWS

St. Patrick's Day SoberRide

A local nonprofit organization will sponsor free safe rides to would-be drunk drivers throughout the Washington-metropolitan area during St. Patrick's Day celebrations.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the 2024 St. Patrick's Day SoberRide program will be in operation beginning at 12 p.m. noon Sunday, March 17 (St. Patrick's Day) and operate until 12 a.m. midnight on Monday, March 18 as a way to keep local roads safe from impaired drivers during this traditionally high-risk period.

During this twelve-hour period, area residents 21 and older celebrating with alcohol may download the Lyft app to their phones then enter the SoberRide code in the app's 'Payment' tab (under the 'Add Lyft Pass' option) to receive their no-cost (up to \$15) safe transportation home. WRAP's 2024 St. Patrick's Day SoberRide promo code will be posted at 11 a.m. on Sunday, March 17 on www.SoberRide.com.

"Nearly half of U.S. traffic fatalities during St. Patrick's Day involve drunk drivers according to the National Highway Traffic Safety Administration," said Kurt Erickson, WRAP's President.

During the 2023 St. Patrick's Day campaign, over 900 people in the Washington-metropolitan area used WRAP's SoberRide program rather than possibly driving home impaired. The charity also offers its SoberRide program on Cinco de Mayo, Independence Day, Halloween and the winter holidays through and including New Year's Eve.

BULLETIN BOARD

FROM PAGE 2

the hotline at 1-866-565-9206 or at arlingtonva.ethicaladvocate.com. The hotline website is available in English and Spanish. Phone calls can be taken in many languages. Created by the Arlington Initiative to Rethink Energy (AIRE) in partnership with the Arlington Public Library, the nation's First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools such thermal imaging cameras, energy meters and books play a vital role in achieving a "greener" home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit library.arlingtonva.us/locations/central-library or call 703-228-5990.

Arlington Rotary Club Lunches. Thursdays, 12 - 1:30 p.m. now on Zoom. Organization brings together political and business leaders for humanitarian services. Listen to guest speakers on various topics of interest. Visit <https://arlingtonro->

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WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT

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 Synetic 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, Synetic Theater's Romeo and Juliet presents a unique and stunningly visual interpretation of a classic story, capturing emotion with every movement. Visit www.synetictheater.org.

FRIDAY/MARCH 1

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

WEDNESDAY/MARCH 6

Coffee and Conversation with Arlington Neighborhood Village. Via Zoom. A History of St. Andrew's. In January, ANV moved its office to the Renehan Center at St. Andrew's Episcopal Church. Lloyd Starns and Jane

Massant, longtime members of St. Andrew's, will share information on the church's 73-year history and the impact that it has had on the community. Through additional discussion of ongoing ministries and outreach, they hope to explore ways in which this new partnership with ANV can develop.

FRIDAY/MARCH 8

Introduction to Vegetable Gardening Part 1. 10:00 - 11:30 a.m. Online. Have you thought of growing your own vegetables but are not sure how to begin? Join Extension Master Gardener Faatimah Muhammad for a beginners' class on the many aspects of vegetable gardening. In Part 1, you'll learn how to select a site, improve your soil, plan your garden, and obtain seeds, plants, and equipment. This is a two-part course on learning how to grow a vegetable garden. Free. RSVP at <http://mgnv.org/rsvp-for-public-education-classes/> to receive a link to participate.

SATURDAY/MARCH 9

FOUA/Plot Against Hunger Spring Garden Kickoff. 10:00 a.m. 1:00 p.m., Arlington Central Library, 1015 N. Quincy St., Arlington. The Arlington Friends of Urban Agriculture (FOUA)/Plot Against Hunger 2024 Spring Garden Kickoff will feature panel discussions, speakers from participating gardens and food pantries, seed giveaways, demonstrations and more. For more information and to register go to <https://arlingtonurbanag.org/2024-spring-garden-kickoff/>

SATURDAY/MARCH 9

Benchmark Laser Engraving Event. 10 a.m. to 6 p.m. At Casual Adventure, 3451 Washington Blvd., Arlington. Back by popular demand, Casual Adventure will be hosting a free Benchmark laser engraving event. Bring your own Benchmark knife or buy a new one - either way, get laser engraving absolutely free. Plus all Benchmark knives will be 20% off (in store, in stock only).

SATURDAY/MARCH 9

Comedy Karaoke Trivia Funtime Show. 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. Bring a team or fly solo and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle. Hosted by Christian Hunt, this amazing experience features comedy from the DC area's finest comics. The headliner for March's show is the hilarious Jay Agbon. Visit capitalcityshowcase.com

WEDNESDAY/MARCH 13

46th Annual EcoAction Meeting. 6:30 p.m. 46th Annual Meeting: We All Live Upstream, At Washington Liberty High School Cafeteria. The 46th annual membership meeting of EcoAction Arlington will celebrate protecting

our waterways with a featured presentation, an overview of EcoAction Arlington programming for 2024, the election of our board of directors and exhibits from local organizations. Light refreshments will be served. Free. All paid members are eligible to vote. Registration requested.

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 Dietitians 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@vhhealth.org

SATURDAY/MARCH 16

Arlington Chorale's "The Stranger." 5-6:30 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.

SATURDAY/MARCH 23

Spring 2024 E-CARE. 8:30 a.m. to 3 p.m. At Wakefield High School, 1325 S. Dinwiddie Street, Arlington.
Accepted Materials:
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)
Small metal items (returning to E-CARE for 2024)

A Rocky Road Ahead



By KENNETH B. LOURIE

According to my most recent lab work, which depending on the month/cycle may include orders from four doctors: internal medicine, endocrinology, oncology and now nephrology (kidney specialist) as well, my health is in play, if you know what I mean?. As a result, I am getting some kind of medical assessment every four weeks. These results have been particularly scary for the past few months as I have been off my cancer medicine as if I were in remission. But I haven't been nor am I. I may be in trouble (not as amazingly healthy as I mostly have been these last 15 years) though.

It appears I may be sliding down that slippery slope that I've written about in recent columns: stage IV chronic kidney disease is now complicating my stage IV papillary thyroid cancer. And why this combination is so bad, so far as I understand, is the medicine I take (have taken daily for over three years) which has kept the thyroid cancer in check has been/is damaging my kidneys. Damaging enough that to avoid renal failure/ needing to go on dialysis, I'm off my daily pill. Which means that my thyroid cancer is not being treated anymore. And untreated cancer is generally not going to maintain the stable status quo that I've come to appreciate (as I've said repeatedly over the years: "stable is my new favorite word. Stable is not the problem"). Due to this totally expected kidney side effect, my thyroid cancer is now being viewed/described as the underlying disease. Cancer as the 'underlying disease,' that can't be good. Cancer is typically the "big dog." Now there is another 'big dog' (figuratively speaking) on "the porch." chronic kidney disease. Unfortunately, most porches are not made to handle two dogs - if you get my drift?

A major problem of kidney disease is that it can't be reversed, it can only be maintained. The damage is irreparable. Right now, my kidney function is 25% of normal. And that's significant enough to stop the medicine that, despite its success in treating my thyroid cancer, it's simultaneously leading me down the garden path pass the porch to God probably knows where. What happens next, most immediately is another lab appointment, a PET scan - moved up from its previously scheduled early June appointment, and a first-time, face-to-face appointment with a nephrologist I've never met and who is new to my presumptive medical team. In the interim, the nephrologist has told me to reduce my daily fluid intake to two liters in an attempt to reduce the stress on my kidneys by minimizing their workload, so to speak. A workload that has been overwhelmed by years of chemotherapy for non-small cell lung cancer stage IV, which didn't exist while a slow-moving thyroid cancer went unknown/untreated. And if you didn't know, chemotherapy, if filtered through the kidney (some aren't, most are) is extremely damaging to the kidneys. But a diagnosis of cancer often comes with a heavy dose of chemotherapy. The doctors sort of must let the chips lie where they may because they have to treat "the big dog," first and foremost, and cancer is the biggest dog around, on or off the porch. It's sort of a "damn the torpedoes, full speed ahead." type mindset.

Oddly enough, I am living proof. Despite the doctors' worst efforts, I likely was infused with the wrong chemotherapy for nearly 10 years and though I have lived to bemoan it, I am nonetheless finally "side-effected" by it and the consequences at this late date are discouraging. (You can't undo the ravages of chemotherapy either. As Curly Howard of The Three Stooges said in an episode when they were tree surgeons: "We kill or cure.") As it appears recently, I am not cured, far from it in fact. I mean, a positive attitude can only do so much, and after surviving 15 years I may have hit the limit.

I guess you could say, to what I know to be the truth: I am between a rock and a very hard place. It reminds me of another Three Stooges line. In an episode when the Stooges were to be executed for something, Curly was asked how he like to die; either to be burned "at the stake or have his head chopped off." His answer was in a column a few weeks ago which is not relevant here. What is relevant is the bad choice he had. Regardless, it was going to be an unhappy end. And I fear that my end, having to choose between thyroid cancer and chronic kidney disease will be unhappy as well. For the moment though, life goes on, and I'm definitely happy about that.

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

BULLETIN BOARD

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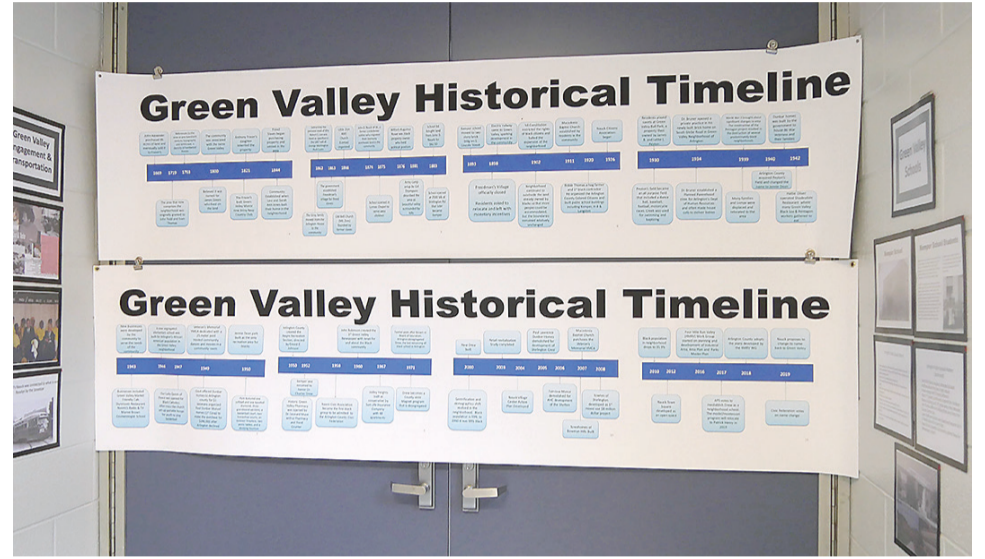
taryclub.org/
Job Seeking Help. 5-9 p.m at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit www.arlingtonva.libcal.com.
Arlington PFLAG Community Group. 7:30-9 p.m. on the second Tuesday of each month, PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgender people and their families. Meets at the Unitarian Universalist Church of Arlington, 4444 Arlington Boulevard. Contact arl.pflag@gmail.com for more or go to www.pflagdc.org
Helmsmen Toastmasters meet Thursdays, 7:30-8:45 a.m. at Pentagon Library and Conference Center. Toastmasters is an international organization that helps everyone speak, think, lead and listen

better. Most clubs are meeting online at this time. Contact Carl Sabath carl.e.sabath.civ@mail.mil or 703-695-2804 or Elizabeth Femrite elizabeth.m.femrite.civ@mail.mil or 571-256-8674.
Soil Testing. Virginia Cooperative Extension is offering soil testing services to analyze soil and determine what is needed to condition soil for plantings. The routine soil test is all one normally needs for a fertility evaluation. Pick up soil sampling box at the Virginia Cooperative Extension Arlington office, 3308 S. Stafford St., 8 a.m.-5 p.m. Monday-Friday. Send filled soil sample box with form and fee to the Virginia Tech Lab for analysis. Fees vary, visit www.soiltest.vt.edu/Files.
Alzheimer's Association Support Group has meetings currently conducted online. They are open to people with Alzheimer's, their caregivers, family members and friends. Free. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900

before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be found at https://www.alz.org/nca/helping_you/support_groups.
Lifeline Personal Alert System. Virginia Hospital Center Senior Health staff locally manage the personal emergency response system. Help is available 24 hours a day, seven days a week. Monthly cost starts at \$42. Call 703-558-6859 for more.
Pentagon Legacy Toastmasters meet Tuesdays 5:15-6:30 p.m. in the Pentagon Main Cafeteria/food court, left of Dunkin Donuts. Most clubs are meeting online at this time. Toastmasters is an international organization that helps people speak, think, lead and listen better. Call 703-695-2604 www.toastmasters.org.

Green Valley 'Feel the Heritage' Festival Celebrates 30 Years

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Portia Clark, President of the Green Valley Civic Association, has put together a picture collage as well as a timeline of the growth and development and major events of the Green Valley neighborhood for the 30th year of the “Feel the Heritage” Festival celebrating Black history and culture. The timeline begins with the purchase of 46 acres of land by John Alexander in 1669 and continues to the 1898 official closure of Freedman’s Village; 1947 when Our Lady Queen of Peace Catholic Church opened for Black Catholics; 1958 when Nauck Civic Association was the first Black Civic organization to be admitted to the Arlington County Civic Federation; 2012 when Nauck Town Square was developed as open space; and finally 2019 when the Civic Association voted to change the name of Nauck back to Green Valley.



Peter Vaselopoulos, Board member of the Arlington Historical Society, takes pictures of festival visitors in historical costume. His display focuses on Matthew Brady, one of the earliest and best known photographers who is most famous for his Civil War pictures. He explains Brady invested a lot of money at the beginning of photojournalism to bring photos into Civil War camps. Brady produced cartes de visites which he sold to soldiers who didn’t know if they were going to live and wanted a memento to be sent home. Vaselopoulos explains Brady went to Bull Run where he was captured by the confederacy and given a sword to protect himself on his way out. Vaselopoulos says the link of photojournalism to Arlington is real with studios all over Arlington at the beginning of the war.



Six-year-old Alfred LaField savors his fried whiting lunch from the buffet line at “Feel the Heritage” Festival.



George Long and Sabrina Long of the “Way Too Long” entertain with blues and R&B at the “Feel the Heritage” Festival Saturday.



Three-year-old Bleu Copeland sits with her grandma, Beverly Wilson, watching Seven Steps dance performance on the stage nearby at Drew Elementary School.



An Arlington park employee just inside the door at Drew Elementary School introduces a 35-year-old resident box turtle from Long Branch Nature Center to the curious attendees at Saturday’s Festival.

Volunteers dish up ribs, pulled pork, fried whiting, jerk chicken yellow rice, collards, cornbread and more at the buffet line at the Festival held at Drew Elementary on Saturday, February 24. Levette Hancock (right) says the most popular dish has been the ribs with the mac and cheese for kids.

