

Washington Liberty High School ASL students present a song from the movie "Barbie" using sign language.

The Arlington Connection

ENTERTAINMENT, PAGE 8 ♦ OPINION, PAGE 9 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY SHIRLEY RUHE/THE CONNECTION

Rally Against Hate Supports Neighbors
PAGE 3

Investigation Rules Homicide-Suicide
PAGE 4

8 Languages And a Festival
PAGES 5-7

MARCH 13-19, 2024

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
PRINCE GEORGE	14124	641	MOODY ROAD	WALLS RUN	2/26/2024
TAZEWELL	18429	19	GOV.G.C.PEERY HWY	BLUESTONE RIVER	2/29/2024
SPOTSYLVANIA	30675	2302	WILLOW RIDGE WAY	STREAM	2/21/2024

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

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

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

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

"FLOURISHING AFTER 55"

Office of 55+ Programs
Department of Parks and Recreation
300 N. Park Dr., Arlington, VA 22203 703-228-4747

55+ Programs are in person at 55+ Centers unless otherwise noted. A 55+ Pass is required to participate starting at a \$20 annual fee. To join or register, go to registration.arlingtonva.us or call 703-228-4747.

Gentle Hatha Yoga classes begin Tuesdays, March 17- May 28, 11 a.m., Aurora Hills 55+ Center and Thursdays beginning March 14, 3 p.m., Madison Community Center. Taught by Jennifer Eubank. Twelve sessions each, \$60. Registration # 913103-05 (Aurora Hills) or # 913103-07 (Madison).

Travel gurus Barry and Marge Ginsberg will share recent travel experiences on an Adriatic Cruise, Wednesday, March 13, 1 p.m., Aurora Hills 55+ Center. Registration # 913400-18.

Deer in Arlington, presented by Arlington Regional Master Naturalist Volunteers, Wednesday, March 13, 2 p.m., Walter Reed 55+ Center. Discuss the history of deer in Arlington and consequences of an over populated herd. Registration # 913400-31.

History roundtable participants to discuss the impact of human migrations, Wednesday, March 13, 11:15 a.m., virtual. Registration # 913402-04.

The Fishing Forum, share fishing exploits, locations and tackle recommendations, Wednesday, March 13, 11 a.m., Lubber Run 55+ Center. Discuss small group fishing outings. Drop-in.

Opera appreciation group to hear musical selections from "La Clemenza di Tito" by Wolfgang Amadeus Mozart, with commentary by George Cecchetti, Wednesday, March 13, 1:30 p.m., Lubber Run 55+ Center. Registration # 913300-06.

Irish in America program presented by Bill Halpin, president of the Irish Cultural Society of Virginia, Thursday, March 14, 11:30 a.m., Lubber Run 55+ Center, registration # 913400-38 or virtual, # 913400-39.

Movie screening of "Barbie" (2023) (PG-13), Friday, March 15, 1 p.m., Arlington Mill 55+ Center. Registration # 913804-08.

Coffee House Live! featuring musical group DEMZ, Saturday, March 16, 7 - 9 p.m., Langston-Brown 55+ Center. Enjoy classic rock, folk and pop tunes from the 60s and 70s. Must pre-register, all ages welcome, no 50+ Pass required.

Enjoy the vibe of a 60s coffee house with live performances by the Calico Cloggers followed by

musicians Marcy Cochran and Lynn Hollyfield, Tuesday, March 19, 7 p.m., Walter Reed 55+ Center. Registration # 913301-02.

Road safety for both drivers and cyclists, essential tips for sharing the road safely presented by Mary Dallao, Director of Active Transportation with Arlington County Commuter Services, Monday, March 18, 1 p.m., Walter Reed 55+ Center. Registration # 913400-09 or Zoom presentation, same day, same time, registration # 913400-10.

Genealogy 101, Tuesday, March 19, 11:30 a.m., Lubber Run 55+ Center. Meet with fellow genealogy enthusiasts to share information and research tools led by genealogist Eileen Bogdanoff. Registration # 913402-01.

Give line dancing a try, Wednesday, March 20, 10:15 a.m., Walter Reed 55+ Center. Learn the basics, prepare for beginners line dance class. Taught by 55+ volunteer Hanni Cordes. Drop-in.

Why health directives are necessary, presented by Elder Law Attorney Ed Zetlin, Wednesday, March 20, 11 a.m., virtual. Registration # 913404-05.

Opera appreciation group to hear musical selections from "Ariadne auf Naxos" by Richard Strauss, Wednesday, March 20, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti. Registration # 913300-07.

Word games, bring your own game or choose from available games including scrabble, bananagrams, Thursday, March 21, 2 p.m., Arlington Mill 55+ Center. Registration # 913600-22.

Safety for home, parks and community spaces, presented by Cpl. Jonathan Burgess, Jr., Arlington County Police Department, Thursday, March 21, 11 a.m., Langston-Brown 55+ Center. Officer Burgess will give tips on how to be secure and avoid being a victim of a scam. Registration # 913400-13.

Dealing effectively with change, hear various strategies from Sallie Wiley, experienced trainer and career counselor, Thursday, March 21, 6 p.m., Lubber Run 55+ Center, registration # 913500-02 or

SEE FLOURISHING, PAGE 4
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PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Co-sponsors of Rally Against Hate, Rock Spring UCC senior pastor Rev. Dr. Kathy Dwyer and Mike Cantwell, President of Yorktown Civic Association



Rabbi Jeff Saxe, Temple Rodef Shalom



Rev. Dr. Kathy Dwyer, pastor of Rock Spring UCC

Rally Against Hate Supports Rock Spring Neighbors

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Arlington neighbors gathered March 1 at a Rally Against Hate held on the steps of Rock Spring UCC to show community support for neighbors whose properties had been defaced with racial slurs and swastikas on Feb. 19. The crowd of about 40 included local neighbors and community members, other faith communities, police, as well as representatives of the County School Board and County Board and NAACP and Challenging Racism.

The incident took place at the 5700 block of 27th Street where a white Lexus was spray painted with racial slurs and the driver's side of the second car had the wheels chained together. Up the street the neighbor had a swastika sprayed in the driveway.

Rev. Dr. Kathy Dwyer, senior pastor of Rock Spring UCC and a co-sponsor of the event, remembered several years ago when Rock Spring UCC had installed a Black Lives Matter banner which was defaced and had to be replaced three times.

"But this recent violation happened right outside their home which is supposed to be the safest place," Dwyer said it speaks to the truth beneath the surface in our community. It shows those of us who are white a wake up call; things happen right in our community that are not in alignment with our values."

Mike Cantwell, President of the Yorktown Civic Association and a second co-sponsor of the event, said the spray painting on people's cars and the sidewalk was disgusting. He said Hate Has No Place Here starts here in your heart. Cantwell speculated it was most likely teens in the community as captured on the ring camera. "It could be your teenager. Look people in the eye and ask where were you last night. Teens are trying to figure themselves out, but you need to make clear what is appropriate."

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Michael Hemminger, President Arlington NAACP



Susan Cunningham, Member Arlington County Board



Crowd of community supporters at Rally Against Hate in support of local neighbor

Susan Cunningham, representing the County Board, said we don't get it right all the time so when we don't, we should name it, show up for each other and repair the damage. She pointed out the police are here and working hard to find the culprits.

Bethany Sutton on the School Board enumerated what is happening in the



Neighborhood dog joins rally and somehow knew how to bark at appropriate times in the program

schools, how we are building our commitment. She said school is a place to learn and grow without shame or fear of otherness. She explained the school system is working on mandatory training for all staff on implicit bias and recognizing personal bias as well as a new initiative on hate speech training and proactive strategy on

peer to peer conversations.

Michael Hemminger, President of the Arlington NAACP, remembered we had just celebrated Black History Month but the American Nazi party was founded in Arlington and hatred is still here. He said institutional racism is wrapped into life and we have to rise up together as a community. "let this be a wake up call."

Rabbi Jeff Saxe from Temple Rodef Shalom pointed out the Jewish community is really hurting and "we don't want to be an isolated group." He pointed out as stated in Genesis no matter who we are, each of us is created in the image of God. "No matter who we are, we care about every life. We want to fight for justice for everyone."

Monique Bryant, Director of Challenging Racism, concluded the morning's remarks, "We will move ahead one compassionate conversation at a time. Our collective resolve is stronger than ever."

Dwyer closed with a prayer, "We pray that this small gathering will inspire us; we will stand up for hate wherever we see it." The group responded "Amen."



PHOTO CONTRIBUTED

PathForward's Siebert House

PathForward Receives Federal Grant for Siebert House

BY SHIRLEY RUHE
ARLINGTON CONNECTION

PathForward announced March 11 that it will receive \$1,342,704 in Federal funding for purchase of Siebert House. Siebert House is an 8-unit apartment building located in the Westover area of Arlington which currently houses chronically homeless people.

Betsy Frantz, President and CEO of PathForward, explains every homeless person has different needs, and they don't all do well in the same kind of housing. Some don't have the life skills to be independent; some don't do well in congregate settings; some don't qualify for certain services. And, she says, the shelter is not designed for long-term housing. The goal is to move every homeless person into an appropriate permanent housing solution.

Siebert House was opened in 2019 to meet the needs of a part of the homeless population who for whatever reason wouldn't qualify to be housed and need extra support. While the homeless person is at Siebert House, they receive support from a life skills coach who may assist with such needs as handling anxiety or everyday coping skills. The goal is for the person to gain stability and to establish a rental history that will appeal to a potential landlord.

Frantz stated, "Handing the keys to newly housed

clients is just the first step to stability and dignity for them. To remain housed, they require individualized services including regular medical and mental health-care and ongoing case management."

Frantz says these eight apartments are intended to house homeless clients until they have established a good rental history and are able to move into permanent housing. She says it helps more than eight people because they will be replaced by eight others "and we are just starting to see this turnover since Covid intervened after the first homeless had moved in."

Frantz says PathForward went to Congressman Don Beyer for assistance in the Federal appropriations process, "and he thought we had a good proposal. He has always been there for the most vulnerable. He is such a respected leader that it makes a big difference."

Frantz says with this Federal funding they will be able to pay off the debt on the apartment building and use the money they were spending to pay down debt on upkeep and repair of the building as it ages.

"It makes a big difference."

PathForward's mission is to transform lives by delivering housing solutions and pathways to stability for people experiencing homelessness in Arlington. They operate the Homeless Services Shelter which houses 50 clients as well as support homeless individuals who have transitioned to individual residences. PathForward was founded as A-SPAN in 1992.

Death Investigation Ruled a Homicide-Suicide

A death investigation in the East Falls Church neighborhood has been ruled a homicide-suicide following a determination of cause and manner of death by the Office of the Chief Medical Examiner.

At approximately 5:18 p.m. on Dec. 7, 2023, police were dispatched to the 2400 block of N. Powhatan Street for the report of a check on the welfare. Upon arrival, officers made entry into the residence and located an adult male and female deceased inside with signs of intentional carbon monoxide poisoning.

The deceased were identified as Maria Theista Macknight, 72, and Gregory Cunningham, 72, of Arlington, VA. They were married.

Following the discovery of the deceased, the Department's Homicide/Robbery Unit immediately initiated a death investigation. In March 2024, the Office

of the Chief Medical Examiner ruled the manner of Ms. Theista Macknight's death a homicide with cause being carbon monoxide poisoning. Mr. Cunningham's death was ruled a suicide with cause being carbon monoxide poisoning.

This remains an active investigation and anyone with information related to this incident is asked to contact the Arlington County Police Department's Homicide/Robbery Unit at 703-228-4180 or ACPD-Tipline@arlingtonva.us. Information may also be reported anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).

If you or someone you know needs support, call or text the Suicide and Crisis Lifeline at 988 or 911 in an emergency. Visit our website for additional community resources and contact information

"FLOURISHING AFTER 55"

FROM PAGE 2

Friday, March 22, 10 a.m., Lubber Run 55+ Center, registration # 913500-03.

History of Women in the Senate, presented by Kate Scott, associate historian of the U.S. Senate Historical Office, Thursday, March 21, 3 p.m., Lubber Run 55+ Center. Registration # 913400-35 or virtual, # 913400-36.

Writing and publishing your own memoir with tips from memoir writer Ellie Dasenbrook, Friday, March 22, 10:30 a.m., Arlington Mill 55+ Center. Learn how to use the Storyworth app which will send you weekly writing prompts. Registration # 913300-04.

Acoustic Hour at Aurora Hills 55+ Center, Friday, March 22, 1 p.m. with live music by PhEd Up with Phriends.

Registration # 913301-05.

Aurora Hills 55+ Center book club will discuss "Saving Yellowstone" by Megan Kate Nelson, Monday, March 25, 11:30 a.m. Drop-in.

Step-by-step painting demonstration by a Community Arts Programmer, Monday, March 25, 10:30 a.m., virtual. Picture and supply list to be sent prior to class. Registration # 913303-14.

Animals of Arlington, presented by Long Branch Nature Center Naturalist Bobbi Farley, Tuesday, March 26, 5 p.m., Walter Reed 55+ Center. Learn how native species survive in an urban environment in this presentation with hands-on materials and live animals. Registration # 913400-32.

Library books and dessert, join Arlington public library staff to learn about new and forthcoming titles in fiction, non-fiction and detective, Tuesday, March 26, 11 a.m., Langston-Brown. Registration # 913400-42.

Fire safety for older adults presented by Fire Station and Rescue 109 members, Wednesday, March 27, 11:30 a.m., Walter Reed 55+ Center. Tour of fire truck if weather permits. Registration # 913400-11.

Emergency preparedness, presented by Arlington County Dept. of Public Safety Communications and Emergency Management, Wednesday, March 27, 11 a.m., Langston-Brown

55+ Center. Tips on creating an emergency contact list, how to build an emergency kit including supplies for pets. Registration # 913400-12.

Women in the kitchen, in honor of Women's History Month Virginia Cooperative Extension Master Food Volunteers will demonstrate recipes from talented women chefs in history, Wednesday, March 27, 1:30 p.m., Aurora Hills 55+ Center. Registration # 913501-04.

Local history discussion, Wednesday, March 27, 1:30 p.m., Lubber Run 55+ Center. Recollect and learn about Arlington's history. Registration # 913402-14.

Absolute beginners art class starts Wednesday, March 27 - Wednesday, April 24, 10 a.m., Arlington Mill 55+ Center. Four two-hour sessions taught by Community Arts Programmer Jennifer Droblyen. Registration # 913303-09.

Let's talk gardening, meet fellow gardeners to discuss plants for spring and winter seed sowing, Wednesday, March 27, 5 p.m., Arlington Mill 55+ Center. Make plans to develop a community container garden at the 55+ center. Registration # 913401-02.

55+ Travel group will travel to Chadds Ford, PA to explore the "Jamie Wyeth: Unsettled" exhibit at the Brandywine Museum of Art, Wednesday, March 27. Cost \$110, Arlington resident; \$127, non-resident. Registration # 902403-10.

Friendly, no stakes poker games, Thursday, March 28, 2 p.m., Arlington Mill 55+ Center. All levels of experience welcome. No instruction provided. Registration # 913600-16.

Fraud alert: ways to reduce and prevent imposter scams, Thursday, March 28, 10:30 a.m., virtual and in-person at Walter Reed 55+ Center. Presented by VICAP and representatives from Senior Medicare Patrol, Arlington County Police Dept. and U.S. Securities and Exchange Commission. To register, call 703-228-1725.

Creating your next chapter, what to do after retirement, Thursday, March 28, 6 p.m., Lubber Run 55+ Center, registration #913404-06 or Friday, March 29, 10 a.m., Lubber Run, registration # 913404-07. Presented by career counselor Sallie Wiley.

APS Students Showcase Diversity of Languages



Elizabeth Harrington, Supervisor World Languages Arlington Public Schools (APS), moderated the Annual Celebration of Arlington’s World Languages, Diversity and Culture on Wednesday, March 6. She has been organizing this event since 2015 except for a break during Covid. Harrington said Arlington Public Schools offer 8 languages including American Sign Language (ASL), Arabic, Chinese, French, German, Japanese, Latin, Spanish and Spanish for Fluent Speakers. The event was sponsored by the Arlington Public Schools (APS) World Languages Office, Office of Academics and World Language Advisory Committee.



Washington Liberty High School ASL students present a song from the movie “Barbie” using sign language.

Languages	Students (6-12)
Arabic	238
ASL	695
Chinese	271
French	1,409
German	59
Japanese	123
Latin	524
Spanish	4,944
TOTALS	7,568

❖ 35 percent or 723 out of 2,045 of APS 6th grade students are enrolled in an introductory world language at HB Woodlawn, Jefferson Middle School and Swanson Middle School.

❖ 75 percent or 2,902 out of 3,873 of APS students in 7th and 8th grade are enrolled in high school credit-bearing world languages courses.

❖ 55 percent or 4,512 of 8,216 APS high school students are enrolled in world language courses.



Swanson Middle School French students sing “Aux Champs Elysées.” There are 1,409 students enrolled in French in grades 6-12 in Arlington Public Schools.



Yorktown High School and Arlington Career Center students perform music and poems from the Tang and Song dynasties, ending their performance with a deep bow.



Dorothy Hamm Middle School Chinese Class 2 students demonstrate a “Morning Exercise.” Harrington says when she was in China she saw school children doing the exact same thing. “The whole school gathers together in a big field between classes.” Today the audience is invited to join in, and some brave souls decide to follow along.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

LANGUAGE DIVERSITY

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



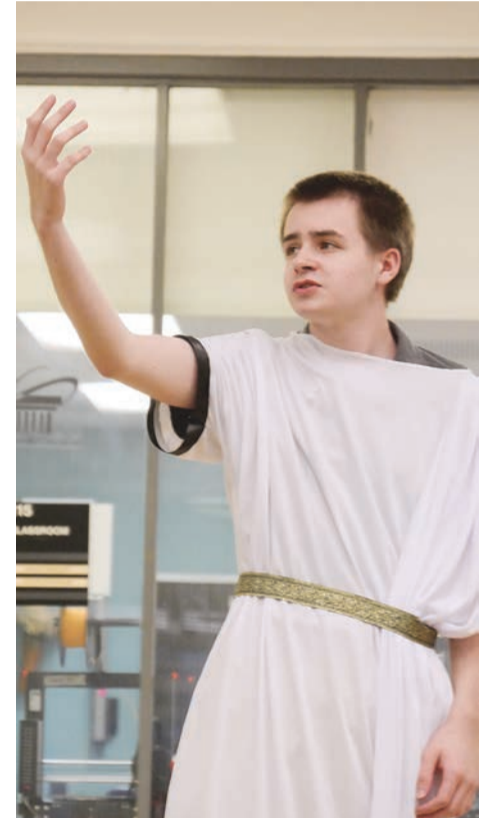
Washington Liberty High School International Baccalaureate students perform a traditional Chinese ribbon dance.



This Swanson 7th grade student recites a story from the myth of Niobe memory in Latin with great flair. He explains this is a tragic myth about a man who angered the gods by bragging about his 14 children. There are 524 students enrolled in Latin in grades 6-12 in Arlington Public Schools.



Yorktown High School Chinese students sing with great humor Dui Bu Qi Wo de Zhong Wen Bu Hao. This is the story of a person who was hungry and wanted dumplings but instead, by putting the emphasis on the wrong syllable, he said he wants to sleep. Harrington says this is the first year APS have had a Chinese instructor who teaches in the classroom.



A Yorktown High School Latin student performs a dramatic interpretation of Catullus who he explains was a teenager when he wrote his poetry. As a result he explains, most of what he wrote was about girls, including this poem.



Washington Liberty students from the Chinese Club perform "Little Apple," a modern Chinese dance. There are 271 students enrolled in Chinese in grades 6-12.



Two dual enrollment language students perform an original play about Romulus and Remus who are competing over which one would rule Rome. Harrington explains the dual language program enables students to earn college credits while enrolled in high school.

LANGUAGE DIVERSITY

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Washington Liberty High School students use ASL to tell a story about strangers on a bus living very different lives but who share their complaints about their work, their boss and their daily lives. In the end they discover they are really more alike than they imagined.

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.

LT. SPENCER NAMED VIRGINIA FIREFIGHTER OF THE YEAR

Lieutenant Henry Spencer of the Arlington County Fire Department has been named the Virginia Firefighter of the Year as part of the 2023 Governor's Fire Service Awards. The Governor's Fire Service Awards, established in 2002 as a formal recognition of excellence in Virginia's fire service, are facilitated by the Virginia Department of Fire Programs, in collaboration with the Virginia Fire Services Board. Lt. Spencer has demonstrated an ability for complex problem-solving, unwavering commitment, and a passion for the community throughout his seven-year tenure with the Arlington County Fire Department. His diverse background encompasses specialized

operations, continuous professional advancement, and active community engagement.

<cal1>Arlington Announces 2023 DESIGNArlington Winners

<cal2>The Arlington County Board honored 14 projects with the 2023 DESIGNArlington awards on Tuesday, Feb. 27, 2024. The biennial program recognizes excellence in architectural and landscape design and public art, showcasing the best of Arlington.

The winners include community and public facilities, commercial buildings, and housing communities. Images of the winning works can be found on the DESIGNArlington webpage.

WATCH: 2023 DESIGNArlington Winners

Excellence Awards give the highest recognition for projects that represent a comprehensive approach to high-quality design and execution. Merit Awards recognize outstanding projects that successfully integrate site context and design. Honorable Mentions honor projects that promote the expansion of Arlington County's goals in affordable housing, biophilic design, public art, historic preservation, or education.

Excellence Awards
Lubber Run Community Center
VMDO Architects, Bowman, Springpoint, CMTA, Oculus
1770 Crystal Drive Repositioning
Gensler
Clarendon West
WDG Architects, Parker Rodriguez
Landscape Architects
Merit Awards
Pierce Condominiums
Hickok Cole
Cardinal Elementary School
VMDO Architects, Bowman, CMTA, Silman, Waterstreet Studio
U.S. Marine Corps War Memorial
Comfort Station
Page, Rhodeside & Harwell
Centro
KGD Architecture, Oculus, Thought Barn
Fire Lines
David and Eli Hess, Penzance, Hickok Cole
Water Park
MGMA, Elkus Manfredi, Hoerr Schaudt, Bowman
Honorable Mention Awards
Education Center Arlington Public Schools
Studio Twenty-Seven Architecture
Ruthie's All Day
Bonstra | Haresign
Jennie Dean Park

LSG Landscape Architecture, IMEG Corp.
National Landing Parklet
ZGF Architects, Chapel Valley Landscape
North Larrimore Street and 9th Street North
Arlington County Department of Environmental Services – Office of Sustainability and Environmental Management

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.ourladyqueenofpeace.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 phar-

SEE BULLETIN, PAGE 11

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.

MARCH 4 TO APRIL 30

Arlington Artists Showcased. At Fashion Centre at Pentagon City, 1100 S. Hayes Street, Arlington. Over 35 local artists will display their work in a new exhibition at the Fashion Centre at Pentagon City. Over 50 pieces will be displayed in a case located near the Nordstrom store on the lower level of the mall featuring paintings, drawings, sculpture, and mixed media. Featured artists are members of the Arlington Artists Alliance, a nonprofit organization dedicated to creating a vibrant local arts community. All works of art are available for sale, with

accessible price points available to local community members starting at \$200 for paintings and drawings, and \$100 for ceramics.

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 watersheds 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.

WEDNESDAY/MARCH 13

Coffee and Conversations: Encore Creativity – Did you sing in your high school or church choir? Via Zoom. Are you the one who sings your college cheer songs the loudest at alumni football games? Are you looking for an outlet to share your singing voice? Then Encore Creativity might be for you. Encore is the nation's largest choral arts organization for adults over 55, with multiple choirs in the D.C. area. Josh Vickery, Chief Executive Officer will talk about the benefits of participating in a professionally-led choral arts program, and how you can get involved. Spoiler alert: you don't have to audition! Part of Coffee and Conversation with Arlington Neighborhood Village.

FRIDAY/MARCH 15

Introduction to Vegetable Gardening Part 2. 10:00 - 11:30 a.m., Online. Join Extension Master Gardener Faatimah Muhammad for a beginners' class on the many aspects of vegetable gardening. In Part 2, you will learn tips on how to care for your crops as they grow and how to harvest your fruits and vegetables. Free. RSVP at <http://mgvnv.org/rsvp-for-public-education-classes/> to receive a link to participate.

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@vhchealth.org

MARCH 16-17

32nd Annual Tossed & Found Rummage Sale. At 2100-B Crystal Drive, Arlington (inside Crystal City Shops at 2100). The Junior League of Washington (JLW) is offering quality, used merchandise at bargain prices. This two-day sale provides bargain prices on high-quality, gently used merchandise and creates opportunities for individuals facing economic hardship to purchase household items at near-rock bottom prices. The event is entirely volunteer-driven, and proceeds fund grants and programs that support pathways to opportunity across the greater Washington, D.C. metropolitan area. This includes partnerships with over 20 child and adult literacy programs including Calvary Women's Services, Horton's Kids, Bright Beginnings, Higher Achievement Program, and many others.

SATURDAY/MARCH 16

Arlington Chorale's "The Stranger." 5-6:30 p.m. At Westover Baptist Church, 1125 Patrick Henry

SEE CALENDAR, PAGE 10

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Equality Virginia: Finally, Marriage Equality is Codified in Virginia

Gov. Youngkin signs HB 174 which updates the Virginia Code to affirm marriage rights.

On March 8, Equality Virginia Advocates, the public policy and advocacy arm of the Commonwealth's leading advocacy organization for lesbian, gay, bisexual, transgender and queer (LGBTQ+) equality, applauded the signing of HB 174, a bill that updates the Virginia Code with an affirmative right to marriage for same-sex couples. Since marriage equality became the law of the land in 2015, the Virginia Code has not been updated to reflect that change, even though marriages for same-sex couples have been legal in the commonwealth for nearly a decade. Marriage equality is exceedingly popular in Virginia, with more than 70 percent of public support as of 2021. Gov. Glenn Youngkin signed the bill into law Friday, March 8, 2024.

"Two years into his term, Governor Youngkin has shown leadership and inclusivity, and has finally listened to his constituents with his signing of HB 174. The bill passed through the general assembly with support from both parties, at a time when more than 70 percent of Virginians support marriage equality," said Narissa Rahaman, executive director of Equality Virginia Advocates. "This change to the Code is a positive step forward, and shows how effectively LGBTQ+ couples, interracial couples, and our neighbors have been in sharing their stories and experiences relating to marriage in Virginia. Tonight, we honor the couples who never were able to enjoy this right, the currently married couples who can rest easier following this legal update and all those who will be able to get married here in Virginia for generations to come."

HB 174 does the following:

1. That the Code of Virginia is amended by adding a section numbered 20-13.2 as follows:

§20-13.2. Marriage lawful regardless of sex, gender, or race of parties.

No person authorized by §20-14 to issue a marriage license shall deny the issuance of such license to two parties contemplating a lawful marriage on the basis of the sex, gender, or race of such parties. Such lawful marriages shall be recognized in the Commonwealth regardless of the sex, gender, or race of the parties.

Religious organizations and members of the clergy acting in their religious capacity shall have the right to refuse to perform any marriage.

A 2021 poll from the Public Religion Research Institute found that 71% of Virginians support the right of same-sex couples to marry. This percentage has only increased since the question began being asked of voters. In 2006, 53% of voters supported the marriage ban.

Sine Die

BY SEN. ADAM EBBIN

"Sine die" is the language that marks the end of the regular session of the Virginia General Assembly. The term, originating from Latin, means "without fixing a day for future action or meeting," and it is the customary phrase uttered by the Clerks of the Senate and House of Delegates at the conclusion of the annual legislative session.

The term Sine die refers to the fact that the General Assembly is not scheduled to meet again until next year. The exception being, of course, the single day next month — April 17 — that we will reconvene to act on vetoes and amendments from the governor on legislation that we passed during our 60-day session.

While the words Sine die represent a finish line for this year's session, it marks the beginning of the final chapter of the legislative process. All told, Gov. Glenn Youngkin received 1,046 bills from the General Assembly this year. As of this writing, he has vetoed eight bills, amended 12, and signed 52 bills into law. The governor must act on all legislation by midnight on April 8, which is 30 days after adjournment of the General Assembly.

I was encouraged to see the governor's signature of HB 174 carried by Delegate Rozia Henson

Jr. (D-Woodbridge), which codifies the legal right to marriage between two consenting adults in Virginia, regardless of the sex, gender, or race of the parties. I introduced SB 101, the identical Senate version of the legislation, which received bipartisan support in both the Senate and House of Delegates and which awaits gubernatorial action.

Much will be speculated in the coming weeks about Gov. Youngkin's potential actions on individual bills, and on the state budget. At a hastily-convened press conference outside the Capitol last week, the governor announced his displeasure with the budget passed by the General Assembly. The governor's chief complaints include: (1) removal from the budget of the proposal to sell state-backed bonds to finance the relocation of two professional sports teams to Alexandria; (2) prohibiting the governor's effort to repeal Virginia's corporate polluter tax, the Regional Greenhouse Gas Initiative (RGGI); and (3) the blocking of the governor's fiscally irresponsible tax-giveaways to the wealthiest Virginians.

The governor's vetoes thus far present an unfortunate preview of



Adam Ebbin

the actions he could take on bills that await his consideration. In particular, I can only express concern and bewilderment with the governor's veto of SB 47, carried by Senator Barbara Favola (D-Arlington), and HB 46, carried by Delegate Elizabeth

Bennett-Parker (D-Alexandria), which would better protect family members of individuals who are temporarily prohibited from possessing firearms because they

are subject to a protective order or have been convicted of an assault and battery of a family or household member. I hope that the governor will heed the voices of the vast majority of Virginians and not stand in the way of additional state-level protections against gun violence in the coming weeks.

I look forward to updating you on the status of the budget and more than 1,000 bills, including 16 of mine, as we advance toward the April 8 deadline for the governor to act on legislation.

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

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Your name and town will be published with your letter; other personal information will not be shared. If you are a student, your school name, age and grade will also be published.

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CALENDAR

FROM PAGE 8
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.

SUNDAY/MARCH 17
"Forest Her: The Next Wave of Conservation" 1-3 p.m. at George Mason University's Van Metre Auditorium, Arlington. The screening is followed by a panel discussion featuring notable figures such as the director/producer Cheryle Franceschi, Melody Mobley — the nation's first African American woman forester, and Dr. Leah Nichols, Executive Director of the Institute for a Sustainable Earth at GMU. This event not only celebrates the groundbreaking work of these women but also aims to inspire ongoing dialogue and action towards gender equity in conservation.

TUESDAY/MARCH 19
Rain Barrel Workshop. 6:30-8 p.m. At Barcroft Elementary School, 625 S. Wakefield Street, Arlington. Build your own rain barrel at this hands-on workshop! Get ready for upcoming rains, have a water source close to your garden and help capture runoff from your roof. If you have two or more rain barrels, you can get a discount on next year's Stormwater Utility bill when you submit your information through the credit program! This workshop is part of the regional rain barrel program.

WEDNESDAY/MARCH 20
Coffee and Conversation. 10-11 a.m. Via Zoom Link. European Welfare Traditions: Author Thomas McStay Adams' new book, Europe's Welfare Tradition Since 1500, traces the history of welfare back to Europe in 1500, when many city governments adopted a model that collected citizen's contributions in a common chest and allocated this fund according to household need. He tells the story through a mosaic of microhistories that highlight an evolving response to need. Tom will provide an overview of Europe's welfare tradition and invite discussion about what we in the U.S. might learn from European experience as we face our own challenges of providing for essential human needs. Part of Coffee and Conversation with Arlington Neighborhood Village (ANV).

FRIDAY/MARCH 22
Orchids 101. 10-11:30 a.m. Online. Did you know there are more than 28,000 species of orchid and that they are present in every biome on earth except for glaciers? Orchids inspire awe and admiration for their beauty and stately elegance. They can also be intimidating for new growers. Yet many orchids are very low-maintenance, high-impact plants for spaces where many other common houseplants can't survive. Join Extension Master Gardener

SEE CALENDAR, PAGE 11

CALENDAR

FROM PAGE 10

Benton Murphy as he shares tips and tricks on helping your orchids thrive both indoors and outdoors! During the session you will learn about what makes orchids unique, tips on managing pests and disease, and an overview of commonly encountered species (including Virginia natives!) and how to correctly care for them. Free. RSVP at <http://mgvnv.org/rsvp-for-public-education-classes/> to receive a link to participate.

SATURDAY/MARCH 23

Diverse Romantic Visions: Florence Price and Brahms. At Gunston Arts Center, Theatre 1, 2700 South Lang Street, Arlington. This program reflects the National Chamber Ensemble's commitment to diversity in music and pays tribute to a truly gifted American composer, Florence Price. The evening also includes some short works for clarinet and Johannes Brahms' famous Clarinet Quintet, a work by one of the great romantic European composers. NCE is also thrilled to welcome back classical star clarinetist and crossover artist Julian Milakis. Program/Ticket info: 703 685-7590.

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), Swimming pool chemicals

Unaccepted Materials: Asbestos, Explosives and ammunition, Freon, Medical wastes, Prescription medications, Radioactive materials, Smoke detectors

Electronics: Electronics including computers, printers, keyboards, scanners, copiers, cellphones and televisions (no large wooden console TVs) will be collected curbside from residential trash/recycling/yard waste customers with an online request for electronics pickup or by calling 703-228-5000 Monday through Friday, 7 a.m.-7 p.m.

APRIL 2-26

Cindy Donohoe's Inspired by Nature Solo



A Civil War Nurses Walking Tour takes place on Friday, March 22, 2024 at Arlington National Cemetery.

Civil War Nurses Walking Tour

11 a.m. to 12 p.m. At Arlington National Cemetery, Tanner Amphitheater, Arlington. In honor of Women's History Month, Arlington National Cemetery is excited to be hosting a special new walking tour focused on the pioneering Civil War nurses buried at the cemetery. For too long, the stories of these courageous women have been overlooked. Visit their graves and honor their contributions to the military. No registration is necessary. Meet at the Tanner Amphitheater, dress for the weather, wear comfortable walking shoes, and bring plenty of water.

Show. At Gallery Underground, 2100 Crystal Drive, Arlington. Local artist Cindy Donohoe's first solo show, *Inspired by Nature*, captures special moments from nature in her oil paintings. The show, held at the Gallery Underground's Focus Gallery in April 2024, reflects her travels near and far, including several plein air trips to France, Eastern Shore, and Ohio. Cindy is pulled toward water and reflection, finding inspiring color, light, shadow, form, line, and life in nature. Opening Reception: Friday, April 5, 2024, 5-7 p.m.

SATURDAY/APRIL 6

Free Spring Social. 2-3:30 p.m. At Potomac Overlook Regional Park, 2845 Marcy Road, Arlington. Come out and catch up with old ASNV friends or make some new connections! Live animal guests will include Smoke, an Eastern Screech Owl and Sugar, a Corn Snake. This is a great opportunity for a close-

up look at some local wildlife. NOVA Parks Roving Naturalist Matt Felperin will give a brief presentation on Eastern Screech Owls, a beautiful and elusive bird that lives right here in northern Virginia.

MONDAY/APRIL 15

AAUW Recognizes Science Fair Winners. 7 p.m. Via Zoom. Presentations by the high school and middle school young women whose projects at the Northern Virginia Regional Science and Engineering Fair in March 2024 received awards for excellence by judges from the Arlington Branch of AAUW. Also speaking will be Jennifer Swann, Director of Information Security at Bloomsburg Industry Group, who will discuss the pros and cons of using AI/ChatGPT. To receive a link to the Zoom meeting, email Susan Senn at sennsu@gmail.com.

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FROM PAGE 7

macies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqveland at 703-228-0913 or esiqveland@arlingtonva.us or visit health.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.dementiaconnections.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 topics.arlingtonva.us/lgbtq-resources.

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews 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/agingmatterswera 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 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://arlingtonrotary-club.org/>

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

A Shoe Has Dropped



By KENNETH B. LOURIE

Well, you asked for it. By virtue of reading this column regularly, I am here to tell you that the scan results came in. Indeed, it will be a, as titled on my 2/28/24 column "Rocky Road Ahead" (since I'm between a rock and a hard place), "a spot of bother," as the Brits' say. Treating the thyroid cancer damages the kidney (has damaged the kidney), not treating the cancer sort of stops the damage to the kidneys — which is a huge thing because I am perilously close to becoming a dialysis patient. However, stopping the cancer medicine enables the cancer to then go untreated. (I can't see how that's good thing.) And as of this morning, the immediate future seems to be not to restart my cancer medicine. Which is sort of a problem because the results on the scan indicated some tumors grew while others were stable. (Typically, when on the medication, the tumors have been stable.) Now what? I suppose I might get some answers later this week when I meet with the nephrologist (kidney specialist) for the first time. But I think I know what the outcome/upshot will be. Given the levels on this week's lab work (along with the scan showing simultaneous growth/movement of the tumors in my lungs), which had multiple indicators that my kidneys are suffering (down to 25% of normal — and there's no way to reverse the decline), the immediate future looks bumpy indeed. There's a famous sports' line that applies here: "You can't stop him/her, you can only hope to contain him/her." I hope I can maintain them (the kidneys) because should the kidneys continue their decline, it will be "Katie bar the door," as we say in New England, which means trouble, and trouble means d, d, dialysis.

At least my oncologist and the nephrologist are talking; trying to coordinate a path forward that offers me some hope and quality of life. (My oncologist has always been concerned with my 'quality of life') The problem is, my wife and I have started reading online about my situation: patient being treated for thyroid cancer with side effects damaging the kidney is not unusual. In fact, it reads to be downright predictable. Predictable in that the doctors know the side-effect consequences of treating thyroid cancer. Unfortunately, there may not be much they can do to slow down the negative impact. It doesn't seem likely that the thyroid cancer will go into remission by itself. I guess I'll have to be happy with the knowledge that the doctors know what's happening and why and try not to be miserable that they may not be able to do much about it. To invoke Joseph Heller: it's a bit of a "Catch 22." And to invoke Alan Arkin's reply: "That's some catch, that catch 22." (Meaning: Damned if I do, damned if I don't.)

Still, it's probably keeping me alive by stopping the cancer medicine and not making a bad situation worse. And while the medicine is adversely affecting the kidneys, I must hope the slow-moving cancer will be — while not on any medication, as slow-moving as it has been since late Feb. 2009. But, to quote the Brits again: "It's early days." However, I wouldn't say it's a preliminary finding. Hardly. Nor would I say it's cast in stone but it's rocky from where I sit. And though the recliners that I'll likely be sitting in at the dialysis center are themselves comfortable, the reason I'm sitting there is quite uncomfortable: my body is incapable of performing a major bodily function. So much so that I'll need help from a machine multiple hours and days per week. Quality of life? Well, dialysis sure beats the alternative.

However, until I'm in that chair for all those hours and days, I will refrain from going down any rabbit holes. Heck, I haven't even been officially diagnosed/referred yet. And not that I believe in miracles, but I remember a very comforting bit of encouragement I regularly received from my late brother, Richard, all those years ago and during various intermittent medical stops along the way while being treated for non-small cell lung cancer — and not dying: when invariably I had to change my regimen for one health reason or another: "Whatever they've tried with you, you've always done better than they expected. You're the exception that proves the rule." And that will be my attitude going forward: to think positive about the negative. As one of The Stooges said years ago: "Rome wasn't built in a day. And neither was Milwaukee." I must be patient (pun intended) and take it one day at a time. As Yogi Berra so famously said: "It ain't over till it's over."

I'm just afraid, quite frankly. I've survived so much longer than the original "13 month to two-years" prognosis (15 years and counting, hopefully still counting) I was given at the beginning. I had no idea treating the cancer would sort of lead me down the garden path so that one day, if I lived long enough, I might have kidney problems — due to the very medicine I was taking to treat the cancer (what I refer to as my underlying disease). But now, at a much older age than I was in 2009 — with a weakened immune system to boot, somehow, I must try to "keep on keepin' on." I suppose it's possible. Not sure if it's probable though. As the doctor in Miles City told Augustus McRay ("Lonesome Dove") when Gus refused to allow the doctor to amputate his leg: "I assure you sir, the alternative is grim."

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



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