

The Arlington Connection

Melissa Azzam checks in a line of people waiting to get a free tax form prepared by certified AARP TaxAide volunteers.

ENTERTAINMENT, PAGE 7 ❖ CLASSIFIEDS, PAGE 6

PHOTO BY SHIRLEY RUHE/THE CONNECTION

Culpepper Garden Gets \$2 Million

PAGE 4

Ivy Be Damned

PAGE 8

Free Tax Help

PAGE 3

SENIOR LIVING

"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.

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 Hani 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 Cechetti. 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 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 creat-

ing 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. Regis-

tration # 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.

An overview of Uber and Lyft and other ride sharing apps, Thursday, March 28, 10 a.m., virtual. Presented by Tech Guru Nick Englund. Registration # 913403-03.

Matinee showing of "Living" (2022) (PG-13), Friday, March 29, 12:30 p.m., Aurora Hills 55+ Center. Registration # 913804-04.

Wildlife walk along the Long Branch Trail, led by Bobbi Farley, Long Branch Nature Center Naturalist, Saturday, March 30, 2 p.m., Walter Reed 55+ Center. Registration # 913106-17.

**Same Company, Same Employees,
Same Great Value - Now Celebrating 20 Years!**

TWO POOR TEACHERS Kitchen and Bathroom Remodeling



- Electrical (ELE)
- Gas Fitting (GFC)
- Heating Ventilation and Air Conditioning (HVA)
- Plumbing (PLB)
- Residential Building (RBC)


Fully Insured & Class A Licensed
Since 1999



Free Estimates 703-999-2929


Check if your contractor is licensed at the state level
<http://www.DPOR.virginia.gov>

Visit our website: www.twopoorteachers.com


Helping you Transition from
Hospital to Home

Subacute Rehab • Long Term Care • Memory Care
Respite Care • Pulmonary Care • Urgent SNF™

900 Virginia Avenue, Alexandria, VA, 22302
(703) 684-9100 | alexandriahc.com  





Tom Dwyer, AARP TaxAide volunteer with Marjorie Sauver who has come to get a free tax return prepared. Dwyer has been volunteering for 6-7 years “because it’s fun, you meet nice people and work with great people, too.”



Karen Miller, local coordinator for AARP Foundation TaxAide

Free Tax Returns Prepared Locally

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Karen Miller, local coordinator for AARP Foundation TaxAide in Northern Virginia says this week has been pretty quiet with people requesting assistance with their tax returns. But Melissa Azzam, who is checking in people at a front desk in the Central Library on Thursday morning, says there have been 13 people in the first hour with a waiting line in chairs along the wall.

Miller says it will pick up closer to the deadline for filing returns. “We generally do about 800 returns at our site.” She said maybe 5 percent have some kind of rejection that they have to fix.

The way it works is that when you arrive you will be interviewed by a tax counselor who will collect your information and then prepare your return. A second counselor will then review your return with you and answer any questions you may have. You will receive a printed copy of your return for your records and then your return will be electronically filed for you.

A number of documents are necessary to prepare a return including a social security card, photo ID for each taxpayer and spouse and all tax documents and information on other income earned. Miller says one of the big things that people may not bring is a 1095a if they have had any healthcare from the marketplace during the past year. IRS needs it to explain the health subsidy. “A lot of people have, even for a few months, and don’t know it. IRS will find it and reject the return.”

Another requirement is the identity protection pin number from IRS. If a person has been the victim of identity theft and requested an identity protection number from the IRS, they have to provide the number in order to have a valid tax return.

Miller says they do a lot of returns for retirees, food delivery and Lyft drivers.

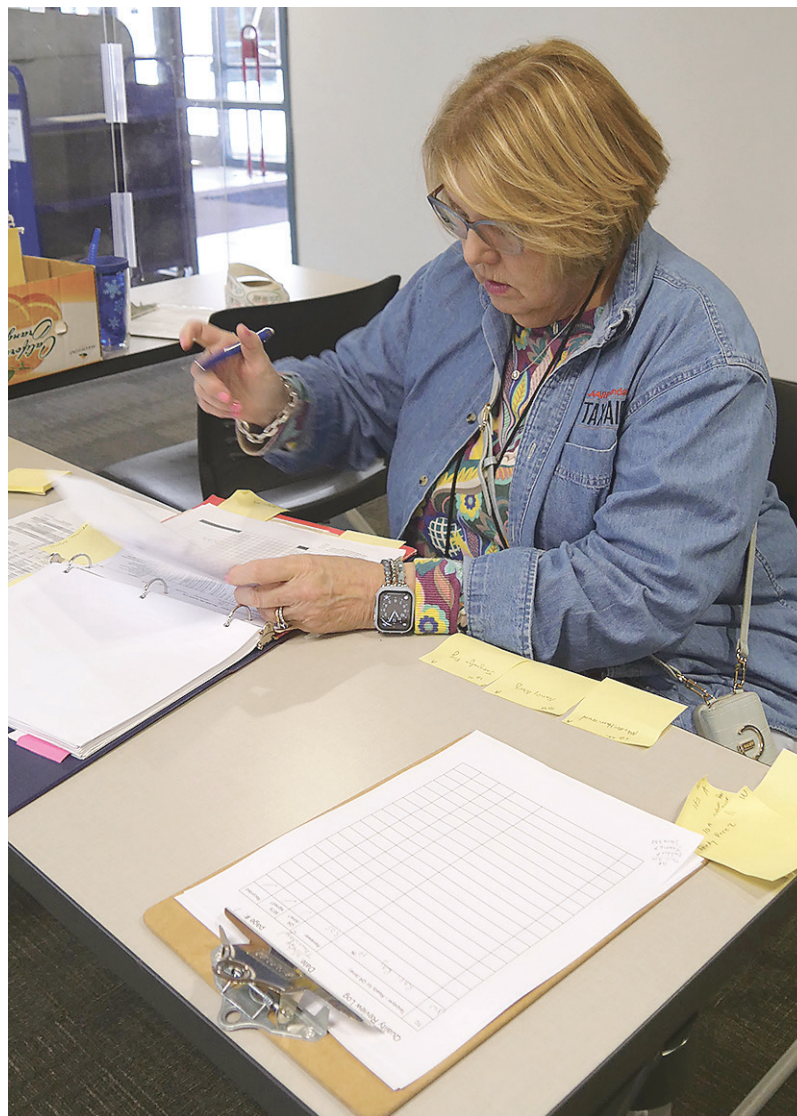
WWW.CONNECTIONNEWSPAPERS.COM

“One of the most complicated returns can be for a student who may or may not have to file or who gets a tax credit. But it can get complicated about whether the student or the parent is claiming the credit and how much they claim.” Miller says they may file separate contradictory returns. “We encourage the parents and students to come in together to be consistent. It is hard to clean up if they file differently.”

Marjorie Sauver had been getting her returns done through this program for “a bunch of years. “It’s good, it’s local and it’s free.” She says during Covid, she paid to have someone do her tax return and not only did it take longer but they made mistakes. “Here they have a record of previous years and it’s just easier.”

Miller says although some people think this is a program to assist low-income taxpayers, AARP Foundation TaxAide offers free tax preparation to anyone of any age. The fact sheet explains there is no income restriction but the priority is to assist those 50 or older or those who can’t afford paid tax preparation.

Although the volunteers receive extensive training, some of the returns are out of scope for the volunteers. For instance, they can’t prepare returns for self employed if there are employees or for complicated capital gains and losses or for



Melissa Azzam checks in a line of people waiting to get a free tax form prepared by certified AARP TaxAide volunteers.

some rental income. Miller says in order to become a TaxAide volunteer, you must take a course with five full days of training, complete several returns accurately and pass an IRS exam. A second year volunteer also

tell stories about our experiences.”

Also she remembers, “I have a picture I treasure of my dad doing taxes for someone. His picture was in the paper with his pencil and the old paper forms in front of him.”

ARLINGTON CONNECTION ❖ MARCH 20-26, 2024 ❖ 3

Federal Earmarks Awarded for Local Projects

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Culpepper Garden received \$2.03 million in the Transportation, Housing and Urban Development appropriations bill that was signed into law on March 9 as part of an appropriations package just hours before a shutdown deadline.

Marta Hill Gray, President of Culpepper Garden said she had been working with Sen. Mark Warner and Sen. Tim Kaine's offices since last February on this appropriations request. "Their staff came here and did a tour, and I showed them what we needed."

The Federal funding will help Culpepper Garden undergo a revitalization project that will make much needed updates to its Independent and Assisted Living wings. It includes a number of renovations to apartments, installation of elevators and walkways and more to improve the quality of living and accessibility for residents.

Gray says the garden pavilion will be in addition to the two pavilions currently in place and a continuation of the long term plan to expand the areas where the residents and guests can enjoy the grounds. It will join a walkway through an extensive daffodil dis-

play. The garden transformation began with the planting of 28,000 daffodils that were featured in the Inaugural Spring Garden walk with an additional 5,000 added later. Gray says the garden is one of her special projects to make things nicer for everyone and future plans include a koi pond, additional pavilions, picnic tables, and bird feeders.

Gray says, "We send our sincere thanks to Senators Tim Kaine and Mark Warner for advocating on our behalf to successfully secure this critical funding." She adds, "This is the first time Culpepper Garden has received a special Federal appropriation, and it comes at a crucial time for so many of our residents struggling to afford the housing care they need."

Low cost assisted living facilities are few and in high demand as the aging population continues to grow. Culpepper Garden is the only affordable housing community in Arlington serving financially vulnerable older adults.

In addition to this Federal earmark for Culpepper Garden, U.S. Rep. Don Beyer announced that he had secured funding for 15 projects in Virginia's 8th congressional districts including five in Arlington County.

The rules adopted by the House of Representatives allowed each

Representative to submit FY24 funding requests (earmarks) for up to 15 projects in their Congressional districts within a limited scope of federal accounts and direct funds to state and local government and select non-profits, and with each Member certifying that they and their family have no financial interest in any projects for which they request funding.

The Arlington projects included \$720,000 for Arlington Boulevard Trail South Side Improvements; \$1,323,575 for Mount Vernon Trail North Improvements; \$500,000 for Monroe Park Playground Replacement; \$1,500,000 for Doorways SafeStart; and \$1,342,704 for PathForward purchase of the Sibert House.

A Federal earmark is defined by the Office of Management and Budget as funds provided by Congress for projects or programs where the congressional direction (in bill or report language) circumvents the merit-based or competitive allocation process, or specifies the location or recipient, or otherwise curtails the ability of the Administration to control critical aspects of the funding allocation project. These have not been requested in the Administration's budget. Members of Congress request specific projects in appropriations bills to benefit their congressional district or state.



Culpepper Garden.

PHOTO BY SHIRLEY RUHE

Clean Out, Drop Off: E-Care on Saturday

Cet a head start on spring cleaning with Arlington's Environmental Collection and Recycling (E-CARE) event on Saturday, March 23. The free clean-out and drop-off event runs from 8:30 a.m. to 3 p.m., rain or shine, at Wakefield High School (1325 South Dinwiddie Street).

E-CARE is held twice a year for Arlington residents to safely dispose of old electronics and household hazardous materials. More than 35 tons of household hazardous materials and 12 tons of electronics were dropped off by over 1,300 residents at Fall E-CARE 2023 for environmentally safe disposal. The HHM Facility at the Water Pollution Control Plant also accepts drop-offs year-round (by appointment only).

Accepted materials include paint products (25-can limit); pesticides; motor oil and solvents; devices containing mercury; fluorescent bulbs; garden and swimming pool chemicals; old electronics; batteries; fire extinguishers; propane tanks; and some small metal items (returning to E-CARE for 2024).

The full, extensive list of accepted (and unaccepted) items is available at www.arlingtonva.us/E-CARE. Please note that business and commercial wastes as well as bicycle donations will not be accepted at Spring E-CARE 2024.

E-CARE drop-off is offered exclusively to Arlington residents; expect proof of address to be requested at check-in.

Residents are encouraged to coordinate with neighbors on combining loads to cut down the number of trips to the E-CARE site.

Vehicles should be packed in reverse order of drop-off: Household hazardous materials go first, then electronics. Place HHMs and electronics in separate cardboard boxes for easy handling and to prevent spills. The cardboard will be recycled.

E-CARE represents just one of the ways that Arlington County strives to be environmentally sustainable year-round. Check out local activities and events aimed at teaching about and protecting the planet leading up to and beyond Earth Day on April 22.

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.

ARLINGTON ANNOUNCES 2023 DESIGNARLINGTON WINNERS

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 Environ-
mental Management

DONATIONS NEEDED

Pet Food Bank. AWLA has established a Pet Food Bank to serve qualifying residents of Arling-

SEE BULLETIN, PAGE 5

BULLETIN BOARD

FROM PAGE 4

ton County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYwDZm4tPw2.

Donations Needed. Our Lady Queen of Peace Catholic Church, 2700 South 19th St., is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated, the pantry will rebag), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit www.ourladyqueenofpeace.org for more.

ONGOING

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 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.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 web-page 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 exper-

tise 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 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 communi-

ty, 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://arlingtonrotaryclub.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.
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.

You Deserve to Earn more

5.25 % APY*

7-month CD New Money Only**



PRESIDENTIAL BANK

Call 800-383-6266 for more information

Visit us at the Ballston Location
901 N. Stuart Street Arlington, VA 22203 or any of our other convenient locations.

Visit us at the Rosslyn Location
1515 Wilson Blvd. or any of our other convenient locations.

Monday – Friday / 8am–10pm Eastern Time

Visit www.presidential.com for additional terms, rates and details

*Annual Percentage Yield/ \$1000 Minimum to Open

**New money is defined as funds not currently held by

Presidential Bank and must be from an external source of funds

APY is accurate as of December 15, 2023. A penalty may be imposed for early withdrawal.

Member
FDIC

OUTER BANKS, NC - VACATION RENTALS



Over 500 Vacation Homes

Entire Outer Banks from
Corolla's 4x4 to Hatteras Island!
Family time is what it's all about!

Book NOW! *Weeks are filling up fast!*

877-642-3224 brindleybeach.com

Call today and receive a
FREE SHOWER PACKAGE
PLUS \$1600 OFF

SAFE STEP WALK-IN TUB

1-877-591-9950

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

EASE OF USE CERTIFIED | MADE IN TENNESSEE | BBB | LIFETIME LIMITED WARRANTY

FINANCING AVAILABLE WITH APPROVED CREDIT



**It's not just a generator.
It's a power move.**

Receive a free 7-year warranty with qualifying purchase* - valued at \$735.

Call 844-947-1479 to schedule your free quote!

GENERAC

*Terms and Conditions apply.

CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

**The Bath or Shower You've Always Wanted
IN AS LITTLE AS A DAY**

\$1000 OFF*
AND
**No Payments & No Interest
For 18 Months****
OFFER EXPIRES 3/31/24

BCI BATH & SHOWER

CALL NOW (844) 945-1631

*Includes product and labor; bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires 3/31/24. Each dealership is independently owned and operated. **Third party financing is available for those customers who qualify. See your dealer for details. ©2024 BCI Acrylic, Inc.

**Make the smart and ONLY CHOICE
when tackling your roof!**

ERIC Metal Roofs FREE ESTIMATE
1.844.902.4611
Expires 3/31/2024

Limited Time Offer!
SAVE!
Up to **50% OFF**
ON YOUR INSTALLATION
+
TAKE AN ADDITIONAL
10% OFF
Additional savings for military, health workers and first responders

New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Eric Construction Mid-West, Inc ("Eric"). Offer terms and conditions may apply and the offer may not be available in your area. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Eric or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on homeservices.compliance.com. All rights reserved. License numbers available at ericmetalroofs.com/eric-licenses/. VA License Number: 2705029944

MADE IN THE U.S.A.

LeafFilter GUTTER PROTECTION CLOG-FREE GUTTERS FOREVER

BEFORE LeafFilter | AFTER LeafFilter

THE NATION'S #1 GUTTER GUARD

EXCLUSIVE LIMITED TIME OFFER!

15% OFF + **10% OFF** + **0%**
YOUR ENTIRE PURCHASE | SENIORS & MILITARY | APR FOR 24 MONTHS**

USA | Promo Code: 285
FREE GUTTER ALIGNMENT + FREE GUTTER CLEANING*

CALL US TODAY FOR A FREE ESTIMATE **1-877-614-6667**

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST | A COMPANY OF LEAFHOME

**Wells Fargo Home Projects credit card is issued by Wells Fargo Bank, N.A., an Equal Housing Lender. Special terms for 24 mo. apply to qualifying purchases of \$1,000 or more with approved credit. Minimum monthly payments will not pay off balance before end of promotional period. APR for new purchases is 28.99%. Effective - 01/01/2023 - subject to change. Call 1-800-431-5921 for complete details. The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "1st rated professionally installed gutter guard system in America." For those who qualify: One coupon per household. No obligation estimate valid for 1 year. Offer valid at time of estimate only. See Representative for full warranty details. Manufactured in Plainville, Michigan and processed at LMT/Mercer Group in Ohio. AR #0366920922, CA #1035795, CT #HC0649905, FL #CBC056678, IA #C127230, ID #RCE-51604, LA #559544, MA #176447, MD #MHIC148329, MI #2102212966, #262000022, #262000403, #2106212946, MN #R731804, MT #226192, ND 47304, NE #50145-22, #138109953000, NM #428693, NV #0036950, NY #H119114, H-52229, OR #218294, PA #PA069383, RI #GC-41354, TN #7056, UT #10783658-5501, VA #2705169445, WA #LEAFFNW822JZ, WY #W056912.

Past issues of
THE CONNECTION NEWSPAPERS
back to 2008
are available at
<http://connectionarchives.com/PDF>

Employment

Art Advisor (Arlington, VA). Provide consulting to museums, artists, & private collectors about mgmt of paper-based East Asian artworks; analyze E. Asian artifacts, & create interpretive info on paper-based artifacts; respond to queries about paper-based E. Asian artworks; research & write on E. Asian art history & artifacts; plan & teach workshops on E. Asian art history & artifacts; collaborate w/ nonprofit partners to dvlp & organize art exhibitions for education; advise clients about acquisition & shipping method of paper-based artworks; assess preservation needs of paper-based collections & advise housing strategy; & manage co. website incl online mktg & write blog posts rtd artworks. At least MA deg. in Art History or closely rtd field. Send resume: Minah Song Art Services LLC, 3071 S. Buchanan St. #B1, Arlington, VA 22206. EOE.

Be a part of our:

Wellbeing pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Senior Living, fourth week of every month.

Questions?

E-mail sales@connectionnewspapers.com or call 703-778-9431

THE CONNECTION NEWSPAPERS



Let us know about an upcoming event

connectionnewspapers.com/Calendar

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

FRIDAY/MARCH 22

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 Cem-



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

etry 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.

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 Milkis. 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.

WEDNESDAY/MARCH 27

Coffee and Conversation: Bulk Up Your Diet: The Role of Fiber for Better Health. 10-11 a.m. Via Zoom. Lisa Muras of VHC Health will talk about the role of fiber for better health. Dietary fiber is an often overlooked nutrient that plays an important role in health. In this webinar, Lisa will address the benefits of adequate fiber in the diet, identify types of fiber, strategize ways to increase your daily intake of fiber, and review easy meal ideas.

Part of Arlington Neighborhood Village Coffee and Conversation.

APRIL 2-26

Cindy Donohoe's Inspired by Nature Solo 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.

WEDNESDAY/APRIL 3

Author Talk: Dr. Arline Geronimus: "Weathering: The Extraordinary Stress of Ordinary Life in an Unjust Society" 6:30 p.m. At Arlington Central Library and Online. Learn how the trauma and stress of structural inequities impact health outcomes. In her latest book, Dr. Geronimus explores the ways in which systemic injustice erodes the health of marginalized people. The event will be moderated by Library Director Diane Kresh and Arlington County Public Health Director (and AFC Community Council Member) Reuben Varghese.

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.

SUNDAY/APRIL 7

Four Mile Run Clean-Up Event. 11 a.m. to 12:30 p.m. At Barcroft Park, 4200 S. Four Mile Run Drive, Arlington. Help clean up litter along the Four Mile Run stream! NOVA Cleanups provides all the grabbers and gear for the event.

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.

Not Great News



By KENNETH B. LOURIE

"Not Great News." What kind of a moron am I? "Why," as Curly of The Three Stooges asked years ago in a typical two-reeler, "is there more than one kind?" If you've been following along recently (reading my column regularly), you might recall that I'm in a bit ('bit.' Isn't that the understatement of the year?) of trouble. After reviewing, my most recent scan, some tumors grew, some remained stable. In addition, my regular monthly lab work showed some kidney function at disappointing levels (another understatement). As a result, both my oncologist and nephrologist are beginning to use the dreaded "d" word: dialysis in our conversations/emails. And so, the prospect of kidney failure and dialysis loom large as the possibility of spending multiple hours a day, multiple days a week hooked up to a machine that will function as my kidneys moves ever closer to becoming my reality. 'Not great news' for sure. In fact, one might describe it as the worst possible news (considering my medical circumstances).

To be honest, I don't yet have the details. Never had I been told that dialysis was inevitable (given the side effects of the anti-cancer medicine I have been taking for three-plus years). What I have been told in the last two days by both my oncologist and nephrologist (kidney doctor) is fairly discouraging (yet another understatement). The likelihood that I'll be moving off this slippery slope and into a Barcalounger (at the dialysis center), a fear I've been compartmentalizing for years, may very well be in the offing. It seems the only straw that would suspend/re-think this treatment is if my thyroid cancer tumors began growing and moving and causing all sorts of complications. Since I'm presently not taking any anti-cancer medicine due to the adverse side effect to the kidneys, this seems likely. Inevitable? One more prediction the doctors can't/won't make.

And so, my body/organs, left to their own medical devices, have succumbed quicker to the cancer than they otherwise had. In this situation, no medicine means no luck. Even with my wife hanging horseshoes right-side-up (so the luck doesn't run out) at the horse barn she frequents, it may be that after 15 years of being my oncologist's "third miracle," the tide or the worm, depending on your preference, has turned. And turning in an unfavorable direction.

But so, what? I'll approach this next phase of my cancer journey as I have with all the others. I will remain positive about the negative. Throughout my years of treatment, I have often surprised my oncologist by my much-better-than-anticipated reaction to whatever he was prescribing.

Moreover, I've lived so much longer than the experts - who provide the figurative handbook of AMA-approved steps and procedures, expect their patients diagnosed with non-small cell lung cancer stage IV to live. Having exceeded my original "13 month to two-years" prognosis by over a decade, the standard steps sort of don't apply to me/haven't applied to me for many years. The "Hippocratic oath," (do no harm), has been invoked a time or two by my oncologist as I was no longer the norm, and so a lot of my treatment was common sense type measures/don't make the patient worse. And we all succeed beyond any of our wildest dreams to the point where I am now still living into year 16.

I can understand - and imagine, how certain medical treatment/protocols aren't necessarily suitable for long-term exposure, especially when you're diagnosed with cancer. As such, your orientation becomes more short term.

The present matters most. What happens in 15 years? The doctors are more concerned about what happened today and tomorrow. Considering how the patient's body will react to non-stop chemotherapy - while living so much longer than doctor's training and experience would have led them to believe, is sort out of the doctor's purview. By surviving so long, I may have become my own worst enemy (sort of outkicked my punt coverage, if you know football?). As for the medical side of it, certain organs aren't/weren't structured to endure so much chemotherapy. And because I am still an active patient, up until recently, having been on chemotherapy, targeted therapy and so forth for 15 years nonstop, I can speak from experience. And when I was asked regularly by my oncologist if I wanted to take a break from treatment, I always said "No." I was too afraid of what the cancer might do if left untreated. Well, I sure am going to find out now. Unfortunately, due to the kidney complication, I might never be able to re-start my cancer medicine. If that happens/continues and I'm off my thyroid cancer medicine for an extended period, I will be grateful for the extra time that I've earned, but I wouldn't bet the over. Having stage IV papillary thyroid cancer is bad enough, especially after having been treated for non-small cell lung cancer, also stage IV, for 10 years previously. I can't say it's totally been fun while it lasted. Nor will I say how much fun it's going to be living forward, given these recent complications. Nevertheless, it (life) has always beaten the alternative: death. With no guarantees, especially with respect to cancer treatment, one must be open to a maybe. I have been, and I still am. No maybes about it.

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



Nancy Herrman is a dedicated invasive plant warrior.



Rick Johnston is not intimidated by a thick patch of vines.



Gunnar Lucko wants to recruit others to help control ivy on the parkway's trees.

Saving the Parkway's Trees

National Park Service forests are at risk of failure in the national capital region and beyond.

BY GLENDA C. BOOTH
CONNECTION NEWSPAPERS

In just two hours, four Friends of Dyke Marsh volunteers rescued around 55 trees from invasive English ivy on Saturday, March 16. Ivy vines snake up many trees on the George Washington Memorial Parkway, attach to the bark and put trees at risk.

In an area between Park Terrace Drive and the parkway, just south of Tulane Drive, the volunteers cut a two- to three-foot "window" around the circumference of the trees to separate the vine from its roots. Eventually, the vines will dry out and die.

English ivy, brought to North America by English settlers, is one of the most invasive and destructive plants in the region. It creates a monoculture that has minimal habitat value, gives little support to native insects and other wildlife and destroys biodiversity. It forms a dense mat that smothers and outcompetes native plants for sunlight, water and nutrients. It blocks sunlight from the tree's bark and leaves and holds moisture that leads to rot. The vines' weight can help topple a tree in heavy wind or snow.

"While most people who buy English ivy have the best of intentions when they purchase it, what they might not know is that it often escapes into natural spaces and the dense monoculture it forms is really harmful to the environment," said Mireya Stirzaker, the parkway's natural resource specialist. Nevertheless, retailers sell it.

Youngkin Vetoes Bill

Del. Paul Krizek, Mount Vernon, introduced a bill, HB1167, in the recent General Assembly, to allow localities to ban the sale of English ivy. The bill passed in the House of Delegates 54-45, and passed in the Senate



Ivy's flowers turn into berries that birds disperse and spread the plant.

21 to 18. But on March 14, Gov. Glenn Youngkin vetoed the bill.

His veto statement said, "While the intent to regulate invasive species is praiseworthy, this bill proposes a prohibition on a single species, potentially establishing a precedent for banning other legal plant species in the future. Such a precedent could sow confusion and inconsistency in regulations statewide. The prospect of a patchwork of laws requires small business owners and garden enthusiasts to navigate complex legal landscapes. The most effective approach to addressing this issue is education and allowing the market to determine what is best for Virginians."

But there is more at stake than what's available at the garden store.

Delegate Krizek responded, "I am very disappointed that the Governor saw fit to not just veto this bipartisan legislation but to make it one of his first vetoes. This bill would not have stopped English ivy but it would have allowed local governments to have the option to ban its sale and thus educate people about its harm to the environment as one of the worst invasive plants still being sold. It takes down full-grown trees and harbors rats and mosquitoes."

Another bill, SB306, introduced by Del-

egate Holly Seibold and Senator Saddam Salim would require retailers to post signs indicating that plants are invasive. Youngkin has until April 8 to act.

Virginia's Natural Heritage Program has so far confirmed 90 invasive plants in the state (<https://www.dcr.virginia.gov/natural-heritage/document/nh-invasive-plant-list-2023.pdf>).

GWM Parkway Is a National Park

When the Parkway was planned, designers envisioned a unique roadway to preserve and enhance the Potomac River valley, to keep both banks of the river in public ownership and to create a grand gateway to the home of first U.S. President George Washington, Mount Vernon, at the road's southern terminus. They integrated the road's design with the undulating terrain following natural contours and winding in gentle curves, featured natural areas, scenic vistas, some forested areas and some grassy areas.

Forests Are in Trouble

Studies of National Park Service forests concluded that forests in almost all of NPS's 39 eastern parks are at risk due to invasive plants and overabundant white-tailed deer browsing (April 2023) (<https://doi.org/10.1002/eap.2837>).

National park forests in the eastern U.S., including the George Washington Memorial Parkway's forests, are regenerating at low levels. In 90 percent of Washington, D.C.-area parks, the tree regenerating rates are so low that researchers anticipate widespread forest loss in the next few decades. Threats

English ivy is one of the most invasive and destructive plants in the region.

include invasive insects and plants, deer browse and climate change.

Healthy forests sustain themselves when seedlings and saplings fill a gap in the canopy after a tree dies. NPS uses a measurement called a "stocking index." NPS says, "A park is considered to have healthy regeneration if the stocking index shows that 67 percent of its forest plots are adequately stocked with seedlings and small saplings. Since monitoring began, no [National Capital Region] park has reached 67 percent or even exceeded 30 percent. For the GWM Parkway south of the Potomac Gorge, only eight percent of plots are adequately stocked," concluded the report.

"Threatened by large populations of hungry white-tailed deer, invasive plant crowding and other factors, seedlings struggle to grow into saplings that can eventually replace canopy trees," the study asserts. "Over time, these stressors can reduce tree species diversity and density, negatively impacting forests and the plants and animals that rely on them."

It takes many years for seedlings to grow into saplings and saplings to grow into young trees. In cooperation with Virginia Tech foresters, GWMP is developing a plan for managing its forests, including both natural forests and planted trees.

Friends of Dyke Marsh volunteers work twice a month to control invasive plants. Sign up at www.fodm.org. People can also help by not planting and controlling invasive plants on private property. Invasive plants escape into forests with seeds spread by birds, wind, shoes and other methods.