

FLOURISHING AFTER 55. PAGE 2 ❖ ENTERTAINMENT. PAGE 4 ❖ CLASSIFIEDS. PAGE 6

PHOTO CONTRIBUTED

D-Day, 80th Anniversary

PAGE 8

Recycle Socks, Year 4

Give Your Old Socks

PAGE 3

Two newer additions to Casual Adventure's staff: Izzy Oliver and Adam Norrbom, next to the sock collection box.





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"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.

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 firetruck 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.

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.

55+ Travel group will visit "Composing Color: Paintings by Alma Thomas" at the Smithsonian American Art Museum in D.C., Saturday, March 30. Led by Community Arts Programmer Jennifer Droblyen. Feel free to bring a sketchbook and colored pencils. Cost \$11, Arlington resident; \$13, non-resident. Registration # 902403-11.

CANCELED: 55+ Travel group will explore the "Forces of Nature: Voices that Shaped Environmentalism" exhibit at the National Portrait Gallery in D.C., Monday, April 1. Fee \$11, Arlington resident; \$13, non-resident.

The Yarn Crafters of Aurora Hills 55+ Center knit and crochet items for Arlington charity organizations, Monday, April 1, 10a.m.- 12 p.m. Drop-in.

Jeopardy games with monthly themes, Monday, April 1, 2 p.m., Aurora Hills 55+ Center. Registration # 913600-13.

What is aquafaba? Walter Reed 55+ Center Director Jennifer Weber will explain it results from cooking legumes in water and can be used in plant-based recipes which she will demonstrate, Tuesday, April 2, 6:30 p.m. Dairy free and eggless chocolate mousse is on the menu. Registration # 913501-01.

Langston-Brown 55+ Center's book club will discuss "A Most Intriguing Lady" by Sarah Ferguson, Tuesday, April 2, 1:30 p.m. Drop-in.

55+ Game Room at Arlington Mill 55+ Center, Tuesday, April 2, Thursday, April 4, 10 a.m. – 12 p.m. Drop-in.

Volleyball, friendly co-ed games, all skill levels welcome, Tuesday, April 2, 3:30 p.m., Langston-Brown 55+ Center. Drop-in.

Spring ephemeral wildflowers, tiny flowers braving the chilly weather, Wednesday, April 3, 10 a.m., Aurora Hills 55+ Center. Learn more from Gabby Hrycyszyn, Gulf Branch Nature Center naturalist. Registration # 913400-26.

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NEWS

Arlington's Casual Adventure Seeks Socks to Recycle

Socks are one of the most thrown out clothing item, clogging landfills.

BY EDEN BROWN
ARLINGTON CONNECTION

Arlington's Casual Adventure outfitters is once again teaming up with Smartwool for their fourth consecutive year in an Earth Day-inspired recycling initiative. Now through April 22, residents can drop off their clean, used socks at the designated in-store collection site. Smartwool will repurpose the fabric into new socks as part of their "Second Cut" project.

Stern said, "Smartwool made dog beds from recycled socks the past few years. This year they have introduced the 2nd Cut Project Hike Sock. Smartwool said, 'The iconic fit and feel of our first sock, now with circular yarn made in the USA from a 50-50 blend of sock waste and responsibly sourced Merino wool.'"

In addition to promoting outdoor enthusiasm, Casual Adventure is committed to environmental sustainability through recycling efforts. As a single store, Casual Adventure has collected more socks in aggregate weight than any other participating vendor since the inception of this Smartwool recycling event.

This year, owner Eric Stern expressed his desire to break his past record by urging the entire community to participate, especially local youth sports leagues, scouts, schools, and outdoor organizations. "Spring cleaning is the perfect time to find a new home for all your mismatched, single, hole-ridden, or unused socks. If they're clean, bring them in so we can recycle

them. We've had a terrific response from our customers and the community over the past few years collecting several hundred pounds of socks."

Clean socks only, please (please, please)
All brands, colors, sizes, and materials welcome (we're not picky)

No rolled or paired socks, bags, rubber bands, paper clips (just single socks)

Bring your socks to Casual Adventure now through April 22, 2024

"It's crucial to recognize the significance of recycling initiatives like this. Socks are one of the most commonly discarded items of clothing, often ending up in landfills, where they contribute to the staggering 1.2 billion tons of greenhouse gasses released annually from textile production," said Stern. "Smartwool's efforts have already prevented thousands of pounds of waste from reaching landfills, showcasing the impactful role recycling plays in reducing environmental harm."

Casual Adventure has supported local causes and the environment for decades. They collect lightly used, clean clothing year round. "The donation closet is located in the lower room by the baseball section of the store, or their friendly staff can help if needed," said Stern. Although recently they donated to a clothing swap run by Eco-Action Arlington and Students for Climate Action, they regularly give the recycled clothing to the following organizations: clothing and footwear - Path Forward; youth clothing and footwear - The Clothesline; Sporting Equipment - Leveling the Playing Field; and Camping Equipment - Scouts BSA and Girl Scouts USA.

For more about Casual Adventure, see: Casual Adventure Outfitters

For more about Smartwool's efforts see: <https://www.smartwool.com/second-cut/sustainability.html>

CASUAL ADVENTURE
3451 Washington Blvd.,
Arlington, Va 22201
703-527-0600



Two newer additions to Casual Adventure's staff: Izzy Oliver and Adam Norrbom, next to the sock collection box.

"There is a tremendous enthusiasm for the whole repurpose movement. People love the idea of finding a new home or a new way to use something that would otherwise be discarded. Casual Adventure goes above and beyond to reach out to the community to make people more aware of the program. Year after year, people continue to find socks to bring in. Casual Adventure has always ranked in the top 10 nationally which is a win/win for everybody involved."

— Mitchell McGuinness, Smartwool Regional Representative

Wrap Up for March Board Meeting

Saturday, March 16, 2024 – Regular County Board Meeting.

Amendments to the Human Rights Ordinance (Chapter 31) – Item 7

The Arlington County Board approved amendments to the Human Rights Ordinance to include Source of Funds discrimination as a prohibited act in housing in Arlington and to allow the Office of Human Rights to investigate these complaints. The inclusion of source of funds as a protected class in the provision of housing in Arlington will provide residents that receive subsidized income, such as Housing Choice Vouchers or Housing Grants, protection against discrimination.

Funding Approval for Arlington Neighborhoods Program – Item 8

The Board approved over \$3 million of Ar-

lington Neighborhoods Program bond funds for four priority neighborhood projects to make improvements to the Woodstock Park in Waverly hills, and improvements to specific streets and sidewalks in the Cherrydale, Arlington Ridge, and Boulevard Manor neighborhoods.

The Arlington Neighborhoods Program (formerly the Neighborhood Conservation Program) empowers residents to collaborate on how to make improvements to their neighborhood and then directly engage the County with their ideas. To learn more about the process, please visit the Arlington Neighborhoods Program webpage.

Neighborhood Mini Grant Pilot Project – Item 11

The Board also approved a pilot for the

Neighborhood Mini Grant, a program designed to assist residents, community groups, civic and community-based organizations with engaging residents in their neighborhood in activities that strengthen the community. Applicants will be asked to use the County's Equity Lens when planning and developing their project/activity. \$10,000 in funding will be made available for these grants, with up to \$1,000 for each award.

Fairfax-Falls Church Community Services Board Funding – Item 12

The Board also approved and appropriated \$750,000 in one-time grant funds from the Fairfax-Falls Church Community Services Board to support recruitment and retention in the Regional Adult Mobile Cri-

sis Response/Community Regional Crisis program (known as CR2). 24 hours a day, 7 days a week--CR2 provides crisis response and stabilization services to those experiencing an acute behavioral health crisis or co-occurring behavioral health disorders.

Establishing a Firearms Buy Back Program (Chapter 71) – Item 21

The County Board approved an ordinance to establish a voluntary Firearms Buyback Program. The ordinance authorizes the County Manager to establish a firearm buyback program, in which unwanted or unneeded firearms may be surrendered by any resident of Arlington County or the City of Falls Church in exchange for gift cards, cash or vouchers. The ordinance also authorizes the County Manager to work with private entities to fund or sponsor the program.

SEE COUNTY BOARD MEETING, PAGE 7

ARLINGTON CONNECTION ❖ MARCH 27 - APRIL 2, 2024 ❖ 3

ENTERTAINMENT



The Monumental City Ancient Fife and Drum Corps will perform at the Ball-Sellers House Museum on Saturday, April 6, 2024.

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.

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 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.

APRIL 4-6

"Les Misérables School Edition." At Yorktown High School, Arlington. Yorktown High School's Spring Musical will run on April 4, 5, and 6, 2024. Epic, grand and uplifting, "Les Misérables School Edition" is a true modern classic featuring one of the most memorable scores of all time.

FREE CHAMBER CONCERTS

The Friday Morning Music club will perform two free chamber concerts in April at St. George's Church, 915 N. Oakland St., Arlington, adjacent to the Virginia Square Metro. The April 5 concert will feature works by Chopin, Mozart and Kapralova; the April 12, works by Schubert and Albeniz. The one-hour concerts continue every first and second Friday of the month through May. All concerts start at noon.

FRIDAY/APRIL 5

Vegetable Gardening in a Warming World. 10:00 - 11:30 a.m. Online. Climate change might mean that we can grow both heat tolerant cultivars of traditional food crops over a longer season but also experiment with more unusual crops like turmeric, agretti, and orach. Kirsten Conrad, Extension Agent for Arlington and the City of Alexandria, will provide tips and tricks for cultivation of food crops in hotter, wetter, and sometimes drier conditions. Free. RSVP at <http://mgmv.org/rsvp-for-public-education-classes/> to receive a link to participate.



"Agatha Christie's Murder on the Orient Express" will be featured March 23-April 13, 2024, at the Little Theatre of Alexandria. <https://thelittletheatre.com/performances/>



The 2024 Spring Garden Market at River Farm takes place April 12-13, 2024. <https://ahsgardening.org/about-river-farm/events-programs/springgardenmarket2024/>

SATURDAY/APRIL 6

Monumental City Ancient Fire and Drum Corps Performs. 1:30-2:30 pm. At Ball-Sellers House Museum in Arlington. The Arlington Historical Society is pleased to announce the beginning of its 2024 season at one of its free museums on Saturday, April 6 at 1 p.m. with performances of colonial music. The Monumental City Ancient Fife and Drum Corps will perform from 1:30 to 2:30 p.m., followed by Guillotine Theatre singing colonial songs and leading us in sing-alongs.

- ❖ Bring a chair and enjoy the show as re-enactors help transport you back in time.
- ❖ Tour the house with a docent who can tell you how it was built, how people lived, and trace all of Arlington history in this one house.
- ❖ Taste colonial era sweet treats
- ❖ See a colonial era garden, model bee hives, and a modern rain garden at work.
- ❖ You'll also see memorials to the three enslaved people who lived and toiled here in the 1800s. These are the first memorials in the county that honor the lives of the enslaved. All ages are welcome.

SATURDAY/APRIL 6

2024 Arlington Teen Summer Job Fair. 10 a.m. to 1 p.m. At Thomas Jefferson Community Center, 3501 2nd Street South, Arlington. Annual employment and volunteer expo serving 14 to 18 year-olds. Hundreds of summer job opportu-

nities and more!

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.

FRIDAY/APRIL 12

Fruit Trees for the Urban Gardener. 10-11:30 a.m. Online. Who says you need an orchard? Join Kirsten Conrad, Extension Agent for Arlington and the City of Alexandria and Extension Master Gardener Nicole McGrew to learn the basics and joys of growing your own fruit. They will cover trees planted in the ground and in containers, so there will be something for everyone. It promises to be a sweet class!

Free. RSVP at <http://mgmv.org/rsvp-for-public-education-classes/> to receive a link to participate.

APRIL 12-14

Spring Artful Weekend. At Hendry House at Fort C.F. Smith Park, 2411 North 24th Street, Arlington. Spring is the perfect time to refresh and revitalize your home or office with art from local artists! Over 30 members of the Arlington Artists Alliance present original works for every budget and occasion (great for Mother's Day), featuring paintings, mixed media, glass and ceramics, jewelry, shrink-wraps, notecards, and magnets. Opening Reception: Friday, April 12, 2024, 6-8 p.m.

SATURDAY/APRIL 13

Comedy Karaoke Trivia Funtime Show. 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. Bring a team or fly solo and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle. The headliner for April's show is the hilarious Daphne London.

SATURDAY/APRIL 13

EcoAction Arlington Earth Month Cleanup. 10 a.m. - noon. At Jennie Dean Park, 3630 27th Street South Arlington. Help us clean up litter along the Four Mile Run stream, S. Arlington Mill Dr, and throughout the park! This is a fun, family-friendly event that helps keep trash and debris out of our waterways. Registration required. Register at <https://www.ecoaction-arlington.org/2024-earth-month-cleanup/>

SATURDAY/APRIL 13

Arlington Mill Earth Fest. 3-5 p.m. At 909 S. Dinwiddie Street, Arlington. Join Extension Master Gardeners at Arlington Mill to celebrate EarthFest. Enjoy a variety of crafts, demonstrations, and projects designed to inspire us to live a little greener. Learn from experts on how to grow your own tomato garden or take a hike and remove invasive species growing along Four Mile Run Trail. This is a free community event the whole family will enjoy. Extension Master Gardeners will be there with other organizations to provide information and answer questions. For more information go to: <http://tinyurl.com/2978kf9a>

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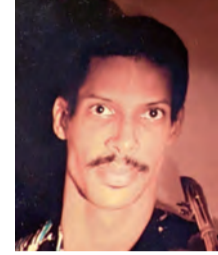
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Obituary



Robert Arthur Eldridge III was born on July 8, 1948, in Washington, DC to parents Mildred Brent Eldridge and Robert Arthur Eldridge Jr. He was the oldest of two children with younger sister Sheila Eldridge when the family moved to Arlington, VA. Affectionately known as "Bobby" he learned at an early age from his parents 'to stand up for what is right' when he was denied admittance to Patrick Henry Elementary School in 1958 because he would be the lone 'colored' student out of 600. One year later he was escorted by two police officers and his father making him one of the first African American students to integrate Arlington County Public Schools in Virginia on September 1, 1959. He peacefully made his final transition at his home and leaves behind to cherish his legacy, one daughter Disa Kjellman, , sister, Sheila Eldridge, nephew Brent Neighbors, cousins Brenda Blue, Tanya Coram-Hamilton, Dallas Howard and extended family and friends Raymond & Claudia Leak, son Taylor Hayes- Leak, Billy Pierce, and Cedric Lawson.

Celebration of Life Memorial Service Thu, April 18th, 2024, at Unitarian Universalist Church, 4444 Arlington Boulevard, Arlington, Virginia 22204, from 11:00am - 2:00pm.
<https://laytorestcremation.com/obituaries/robert-eldridge-III>

Legals

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Thickercloudzoutlet LLC trading as ThickerCloudz, 5021 Columbia PIKE, Arlington, Arlington, VA, 22204-2906. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Convenience Grocery Store license, for off-premises of beer, wine to sell or manufacture alcoholic beverages. Rahul Kataria, President. Suhas Kataria, Vice President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or (800) 552-3200.

CALENDAR

		1	2	3		
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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Arlington Doctor Who Illegally Flooded Region with Oxycodone Sentenced to 10 Years

An Arlington woman convicted of illegally prescribing and distributing over a million oxycodone pills was sentenced today to 10 years in prison.

According to court records and evidence presented at trial, Kirsten Van Steenberg Ball, 69, was a primary care physician who operated a medical practice out of her home in Arlington.

Ball directed her office manager, Candie Marie Calix, 42, of Front Royal, to recruit other individuals - including several of Calix's immediate family members - to become pain patients of Dr. Ball's so that she could prescribe large quantities of oxycodone to them. Calix, in turn, then sold the tens of thousands of oxycodone pills that Ball prescribed to them. Calix was herself a patient of Ball. Ball prescribed Calix approximately 50,000 oxycodone pills over 10 years.

It was common for Ball to prescribe her patients as many as 360 oxycodone 30-mg pills per month, although she would split the prescriptions into two 180-pill prescriptions to try to disguise the amount. Ball continued to prescribe oxycodone to patients showing blatant signs of drug dependence, abuse, diversion, and addiction; to patients that had been arrested and convicted for selling illegal drugs; and to patients who asked for early refills of oxycodone based on unsubstantiated claims of lost or stolen pills.

The government's investigation identified three of Ball's former patients who died of drug overdoses. Ball consistently overprescribed oxycodone to these patients and ignored signs of drug abuse, fueling their addictions.

For example, Ball concurrently prescribed a patient from Fauquier County large doses of both oxycodone and benzodiazepines, which when prescribed in combination with opioids significantly increases the risk of overdose. Ball repeatedly documented in the patient's chart that the patient was overusing or abusing her medication and had even been admitted to the local emergency room for a likely drug overdose, yet Ball continued to prescribe oxycodone to her. On July 22, 2016, Ball prescribed 240 oxycodone 30-mg pills. A few weeks later, the patient was found dead in her home of an oxycodone overdose.

In 2015, at the same time Ball was under investigation by state regulatory authorities,

Ball discharged a patient whom she knew was overusing his medication. Rather than referring the patient to a substance abuse clinic or another medical provider, Ball prescribed a total of 500 oxycodone 30-mg tablets, along with 90 diazepam 10-mg tablets, and 60 methadone 10-mg tablets, for the month of June 2015, even though she knew this was a dangerous combination of drugs. On July 14, 2015, Ball issued a final prescription to the patient for another 160 oxycodone 30-mg pills. In August 2015, the patient died of a drug overdose in his home. The Medical Examiner's report noted a "toxic level of oxycodone."

While under investigation by the Virginia Department of Health Professions (DHP) in 2014 and 2015, and again in 2021, Ball falsified records that she submitted to DHP to cover up the fact that she was prescribing oxycodone to patients for no legitimate medical purpose and outside the usual course of professional practice. Following the first DHP investigation, Ball directed Calix to use a false name in her capacity as office manager to hide the fact that Calix was receiving oxycodone from Ball.

The FBI introduced an undercover law enforcement officer purporting to be the nephew of an existing patient. In recorded conversations, the undercover told Ball that he was sharing pills with his family members. In response, Ball told the undercover that was "a felony," that she would simply not write it down in his patient file, and not to tell anybody else. She continued to prescribe escalating quantities of oxycodone to the undercover.

On Dec. 12, 2023, a federal jury convicted Ball on one count of conspiracy to distribute oxycodone, and 19 counts of distribution of oxycodone. On Sept. 28, 2022, Calix was sentenced to seven years in prison for conspiring to distribute oxycodone.

In addition to the 10-year prison sentence, the Court ordered Ball to forfeit \$750,000 and pay an additional \$50,000 in community restitution. The community restitution payment, which is the first of its kind in the Eastern District of Virginia, will go to two separate Virginia state entities, including the department tasked with receiving federal funds for substance abuse programs in the state.

County Board Meeting

FROM PAGE 3

Unwanted or unneeded firearms will be surrendered to and disposed of by law enforcement officers in accordance with federal and state laws.

Tuesday, Feb. 27, 2024 – Recessed County Board Meeting

Request to Advertise Speed Limit Decreases – Item 18

Finally, the Board approved a request to advertise a future public hearing on an ordinance to amend Chapter 14.2 (Motor Vehicles and Traffic) of the Arlington County Code, which will decrease the speed limit — from 30 to 25 miles per hour — in the following corridors:

Military Road from Nelly Custis Drive to Langston Boulevard;

North Carlin Springs Road from North Glebe Road to North George Mason Drive;

North George Mason Drive from North Carlin Springs Road to Arlington Boulevard;

Fairfax Drive from North Kirkwood Road to I-66 ramps; and

10th Street North from Washington Boulevard to Kirkwood Drive.

These changes are recommended after the Department of Environment Services' Division of Transportation conducted a study on each of these corridors and determined that a speed limit decrease was needed.

Requests to advertise are not final votes, and residents will have an opportunity to comment on this item at the April 20, 2024, regular board meeting.

Dad, I Need Your Help



By KENNETH B. LOURIE

I started writing this column on Sat. March 9, but stopped. I have already written/published three time-sensitive columns ("Rocky Road Ahead," "Not Great News," and "The Shoe Has Dropped") on the immediate (and I mean immediate) subject at hand: living with both stage IV chronic kidney disease and stage IV papillary thyroid cancer. Rather than put the figurative cart before the horse, I'm going to hold this column in abeyance (to use one of my late father's favorite words) and wait instead until we've seen the nephrologist (kidney doctor) on March 14. I imagine I'll be a bit clearer about my prospects – and expectations, after I've met – and spoke with this specialist, the likely point doctor of my care, especially if dialysis becomes my only option. (Side bar: I wish there' was more/regular communication between my oncologist and this recently referred-to nephrologist. They each seem to defer/refer to one another on the patient portal when I ask electronically about "this, that and the other" (to invoke Elaine Benes from Seinfeld), but I wish there was more togetherness. After all, it is my life at stake here. I am stopping now. I don't want to speak too much without thinking (a la Oscar Madison in "The Odd Couple" television show).

I am now restarting this column on Thurs., March 21. I can now write, with some knowledge of my medical situation since I've met the nephrologist and heard her recommendations: stop all the supplements, especially vitamins "d" and "k", stay hydrated but not to exceed 68 ounces per day, no colas or any dark liquids (ice tea is out), be aware of sodium, phosphorus and potassium as they stress out the kidneys. In summary, kidneys don't get better once they're damaged, as mine are (down to 25% of their normal function), and most importantly: no restart of my thyroid cancer medicine, as the damage to my kidneys is a direct side-effect-result of it (the graph of my levels shows a steady drop from stage III – where it had been the previous 10 years, to stage IV corresponding to the time three-plus years ago when I began my thyroid cancer treatment). Moreover, I should try to eat healthier, what they call a "renal diet." Lastly, she said that there is no medicine which is appropriate, given the cancer and chronic kidney disease and I'm not eligible for a kidney transplant. Other than that . . .

Where that leaves me is in "trouble with a capital t," to quote Robert Preston from "The Music Man," (1962) with "A Rocky Road Ahead" now that "A Shoe Has Dropped." Most of what I heard from the nephrologist is "Not Great News." So, my last three cancer-centric columns, as listed above have been the precursor to this reality check: what kidney damage has been caused by my thyroid cancer medicine is irreparable and after visiting (I use that word lightly) the nephrologist, I now know some of what she knows and all of what she feels: I am indeed between a rock and hard place. To quote my late mother (and many others I'm sure) concerning this kind of predicament: "Nobody gets out of this life alive." And that's what I'm afraid of. During my early cancer days I used to wonder if I was further from the beginning or closer to the end. I no longer wonder. A damaged kidney that prevents treatment for the underlying disease: that's what I call my thyroid cancer now (that's some "underlying disease") may be a bridge too far, unfortunately, to overcome.

I'm not down in the dumps, by any means. But hardly am I jumping for joy. Having faced similar obstacles previously, like being "prognosed" with "11 months to two years" to live - back in Feb. 09, (as I sit and type in year 16): I have certainly been down this road a time or two before. Nevertheless, two competing diseases where treatment for one damages the other and where no treatment at all damages the one may very well be, even for a positive thinker like me a bit of an emotional climb. For the moment though, my immediate focus is to stay off dialysis (just like Chris Rock would joke about his daughters "staying off the pole,") and see if the health chips fall in my favor again. I don't want to sound naïve and say since the chips very often have fallen in my way during the previous 15-plus years - from when I was originally given that terminal diagnosis, that they are like to fall again in my direction. Not. But who knows? Literally. Who does know? No one knows. As my father used to joke about similar conundrums: "I'm very seldom wrong but this time I'm right." That's my fear. Unable to get a straight answer. However, I don't think there will be anything funny about it.

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

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.

ANNUAL SPRING CLEANING FOR ARLINGTON PIPES BEGINS MARCH 25

Arlington County, the District of Columbia, and northeastern Fairfax will adjust their water treatment process starting Monday, March 25, as part of an annual practice that lasts through May 6, 2024. During this time, the year-round disinfectant chloramine will be temporarily swapped to chlorine to ensure water mains remain clean and clear of any flow issues.

Service will continue uninterrupted during the procedure, though customers may notice a slight change in taste or odor when getting water from the tap. This is normal and the water is still safe to drink thanks to the pu-

rification process. County staff will continually monitor chlorine levels to ensure water quality meets required standards.

Arlington and surrounding jurisdictions receive water from the Washington Aqueduct, operated by the U.S. Army Corps of Engineers. The Aqueduct initiates the annual disinfectant switchover typically in the spring to clean water pipes in its system as a standard water treatment practice. Arlington's water distribution network is made up of some 500 miles of pipes linked to homes, businesses and schools.

Concurrent with the disinfection switch, Arlington will conduct a system-wide flushing to enhance year-round water quality. Residents

may see open fire hydrants as part of the routine.

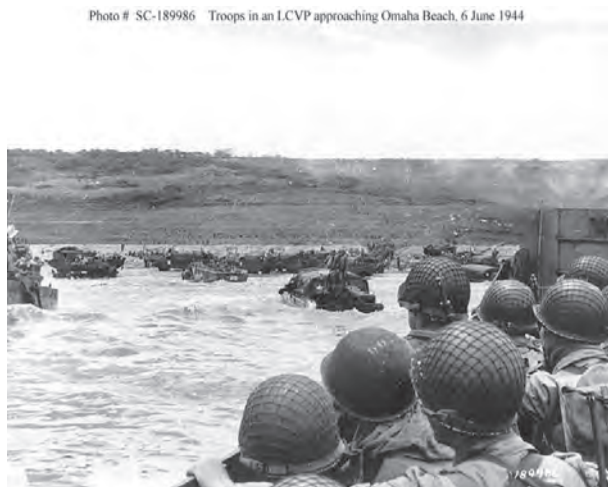
Here is what to expect between March 25 and May 6:

Customers who experience a chlorine smell or taste from the tap can run the cold-water line for 5-10 minutes until water runs clear; employ a filter system; or let the water sit in a container for an hour or two as the chlorine smell and taste dissipate.

Customers who take special precautions to remove chloramine from tap water during the rest of the year should continue such methods during the temporary switch to chlorine. As always, those with special concerns should consult their health care provider.



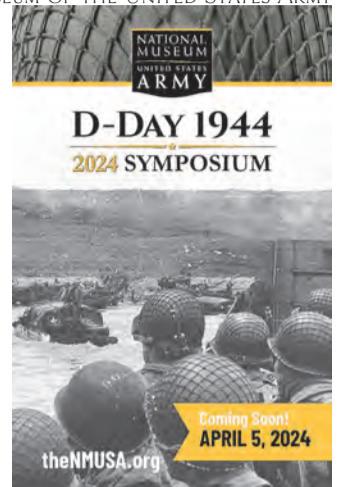
D-Day medals of honor are together for the first time in the exhibit.



80th anniversary of D-Day; exhibit opens April 6 at the National Museum of the U. S. Army.



80th anniversary of D-Day; exhibit opens April 6 at the National Museum of the U. S. Army.



Register for the virtual symposium at bit.ly/DDay2024.

Honoring Courageous Soldiers

Army Museum Commemorates D-Day's 80th Anniversary.

BY GLENDA C. BOOTH
CONNECTION NEWSPAPERS

If you ever fantasized about parachuting out of an airplane, check out the new D-Day exhibit at the National Museum of the U.S. Army at Fort Belvoir. But if you successfully land, you'll be in a Nazi-occupied country on D-Day in the heat of World War II.

To honor those who participated in the invasion of German-occupied France on June 6, 1944, when the multi-nation Allied Expeditionary Forces landed on Normandy, France's beaches, the museum will stage a D-Day exhibit and host many educational programs from April 6 to mid-November.

D-Day, code-named Operation Overlord, was one of the most complex land, sea and air opera-

tions ever at that time, the largest amphibious invasion in military history.

Historian David Ambrose wrote in his book, *D-Day*, "In one night and day, 175,000 fighting men and their equipment, including 50,000 vehicles of all types, ranging from motorcycles to tanks and armored bulldozers were transported across 60 to 100 miles of open water and landed on a hostile shore against intense opposition. They were either carried by or supported by 5,333 ships and crafts of all types and almost 11,000 airplanes ... It was as if the cities of Green Bay, Racine, and Kenosha Wisconsin, were picked up and moved – every man, woman, and child, every automobile and truck – to the east side of Lake Michigan in one night."

Led by General Dwight D. Eisenhower, the Supreme Allied Commander, the military alliance had meticulously planned the unprecedented invasion. The troops

crossed the English channel, secured Normandy's beaches and went on to liberate Paris. Many credit the historic battle with turning the tide against the Nazis, lead-

"I have full confidence in your courage, devotion to duty and skill in battle. We will accept nothing less than full victory."

– General Dwight D. Eisenhower

ing to the defeat of the Axis Powers led by German chancellor Adolph Hitler.

For the war, the United States had grown the U.S. Army from 170,000 men in 1940 to 7.2 million by 1944. U.S. factories had doubled their capacity between 1939 and 1944, manufacturing airplanes, boats, ships, tanks and weapons, Ambrose wrote.

Museum Events

At an exhibit titled "D-Day: Freedom from Above," visitors can make airborne landings behind

enemy lines through interactive "HistoPad" technology, virtual simulations, and through the true stories of U.S. Army paratroopers who were loaded with gear. Their backpacks typically carried, for example, a bazooka, a knife, an automatic rifle or a machine gun, grenades, a medical kit and radio equipment.

The invasion and future World War II battles involved 13,000 paratroopers and 4,000 glider infantry men. The paratroopers jumped from airplanes behind enemy lines just after midnight. Their mission was to prepare for the invasion force that would arrive at dawn. Throughout the war, the paratroopers captured roads, created river crossings, blew up bridges, destroyed communications and cut off supplies and reinforcements.

Museum-goers will learn the stories of individual soldiers' landings and actions on the ground after they landed, including efforts of French villagers who provided

food and medical aid to the paratroopers.

The museum will also display four medals of honor awarded to soldiers for actions performed on D-Day, medals never before displayed together.

The museum's Global War Gallery has permanent exhibits including World War II artifacts like a parachutist's steel helmet, an M4 Sherman Cobra King tank, a landing craft called a Higgins Boat, a soldier's pocket Bible and the story of the development of the atomic bomb.

At an April 5 symposium, (with some virtual seats available on March 26) Mitchell A. Yockelson, a former U.S. Naval Academy professor, will describe the paratroopers' airborne operations, from leaping from airplanes to landing.

At the April 5 all-day, free, public symposium, held both in-person and virtually, historians and military experts will discuss the invasion's planning, execution and significance.

Register here: <https://www.thenmusa.org/2024-dday-symposium/>.

The opening weekend will also feature an equipment and parachute-packing demonstration by U.S. Army Aerial Delivery Unit soldiers. In the next few months, the museum will have documentary screenings, hands-on demonstrations, author presentations and history talks. Topics include the WASPs of World War II, tactical intelligence for D-Day and the African American Experience in the war.

Information: www.thenmusa.org/dday80/



The National Museum of the U. S. Army at Fort Belvoir.



A World War II Sherman Cobra King tank on display at the museum permanently. The exhibit on the 80th anniversary of D-Day opens April 6.

PHOTOS BY GLENDA BOOTH