



## Health Fair

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## Deadly Veto

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Lisette Johnson and Sen. Barbara Favola at the Doorways session on Gov. Glenn Youngkin's veto of important gun safety laws that would prevent guns from being in the hands of people with a history of domestic abuse.





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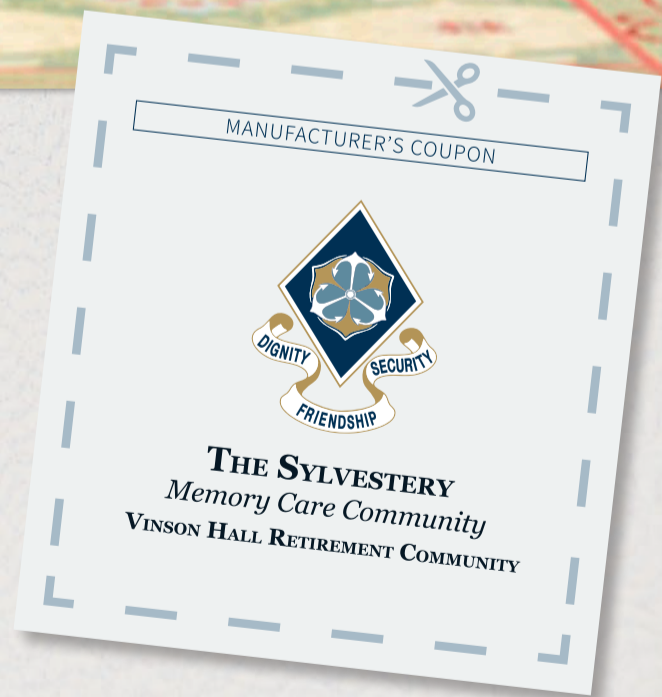
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# Governor Puts Virginia's Domestic Violence Victims in Danger

Local legislators irate at Youngkin's veto of important bills.

BY EDEN BROWN  
THE CONNECTION

**Y**ou could have heard a pin drop in the room as Lisette Johnson told the story of being shot by her husband of 21 years. It wasn't an easy story to tell. She tells it because she cannot believe Gov. Glenn Youngkin vetoed bills that would have prevented her husband from keeping that weapon after he threatened her.

"My verbally abusive husband was not mentally ill, he didn't just 'snap.' He had told me years earlier that if I ever tried to leave him he'd put a bullet through my head. I had asked him to keep guns away from our home and he said he had. But he had not. He knew exactly what he planned to do.

"I was one of the lucky ones — not just because I survived but because he didn't shoot my children. And as I lay bleeding from four bullets in my chest wall, liver, and diaphragm, my 12 year old daughter had the presence of mind to tell her brother to run next door and call 911. [My husband] had disabled the phone."

Virginia is one of a handful of states that hasn't closed fatal loopholes in the law. It is difficult for women like Johnson to understand why.

"What a slap in the face," she said, "for us to be considered so insignificant by our

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Diana Ortiz, Doorways Executive Director, said Doorways has been part of the community for almost five decades. "The Increasing presence of firearms is a common denominator in the increased lethality of domestic violence. When we get a call from someone who is feeling threatened, the first question we ask is, has he ever used a weapon or threatened you with a gun? Do they have one?"

**"I have worked at the Center for Gun Violence Solutions at Johns Hopkins since 2009 when my daughter was shot and injured at Virginia Tech. I've learned a lot since. . . . States with strong gun laws have lower death rates than [other] states."**

— Laurie Haas, Center for Gun Violence Solutions, Johns Hopkins



Lisette Johnson and Sen. Barbara Favola at the Doorways session on Gov. Glenn Youngkin's veto of important gun safety laws that would prevent guns from being in the hands of people with a history of domestic abuse.



Sen. Barbara Favola talked about Arlington County's efforts to curb firearms in cases of abuse. Her Senate Bill 47 was a law and order bill. "It was incredibly disappointing to have the governor veto a bill that ensured those subject to a protective order actually relinquished their firearms. We've heard from so many survivors that the firearm wasn't actually turned in... That's why I submitted this bill."



Sen. Russet Perry (D-31) told the crowd she had been a prosecutor before being elected.

"I dealt with the abuse of people who are victims of domestic violence. I had the honor of walking beside those who fought being abused - it's one of the reasons I ran for office. You can't change the law when you're a prosecutor, so I offered SB 642. It's a bill that is supposed to close the 'boyfriend loophole.' The courts would take a firearm from someone who was identified as an abuser. I listen closely to the Governor as he talks about support for victims and safely. Words don't matter. Actions matter. This is not a partisan issue. We won't be dissuaded by the Governor's indifference."

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Elizabeth Bennett-Parker was the patron of HB 46.

"Nearly one-third of all homicides in Virginia are domestic violence incidents, and nearly two thirds of those involve a firearm. The bill would not have affected law abiding Virginians, only those who pose a danger to others. Governor Youngkin had his chance to stand up for victims of gun violence, and he didn't."



Adele McClure carried the house version of this bill, HB 362.

"The governor silences with a stroke of his pen many people who have been threatened or harmed by a partner, whether married or not. The Governor's veto protects abusers. HB 362 and SB 642 would have closed a loophole in current statute that allows those who commit domestic violence against a dating or intimate partner — the boyfriend loophole — to continue to possess their firearms. It is our DUTY as legislators to protect our citizens from abuse. This was a deadly veto, not just any veto."



Laurie Haas praised the legislators.

"These people are committed to saving lives. In addition to the shootings that go unnoticed, my colleague at Hopkins, Lisa Geller, in a study of mass shootings in the U.S., established that in two thirds of those mass shootings, the perpetrator had killed either a partner or family member or had a history of domestic violence before committing a mass shooting."

PHOTOS BY EDEN BROWN



# Veto Of Domestic Violence Gun Safety Laws

FROM PAGE 3

ected governor that he feels comfortable vetoing legislation that would have protected victims of sexual and domestic violence in Virginia. When courts hold abusers accountable it works," said Johnson. "There is no reason why anyone under a restraining order should have possession of a firearm."

Johnson's advocacy for victims was emphasized by the appearance of four local legislators, some of them just elected, who stood up and talked about legislation they had gotten through the Virginia General Assembly only to be vetoed by Youngkin. And they were angry.

Jonathan Yglesias, policy director for the Virginia Sexual and Domestic Violence Action Alliance, thanked Doorways for hosting the event. "Gov. Youngkin's decision to veto these bills and cut millions of dollars from agencies providing vital services to crime victims jeopardizes the safety of women and families and leaves sexual and domestic violence advocates without the resources to do their jobs," he said. "Without a significant influx of state dollars, there will be catastrophic and generational impacts on victims throughout Virginia."

Doorways is one of those organizations seeing more calls for help and fewer resources.

"Youngkin cut more than \$7 million from agencies providing services to victims of domestic vio-

lence," said Yglesias, while reminding attendees that despite cuts, help is available with trained advocates 24 hours a day.

"We also need to be paying attention to the helpers and advocates who need places like Doorways to be open to them," said Laurie Haas, Center for Gun Violence Solutions, Johns Hopkins.

"I have worked at the Center for Gun Violence Solutions at Johns Hopkins since 2009 when my daughter was shot and injured at Virginia Tech. I've learned a lot since. The greed driven efforts of the gun lobby to reframe the second amendment as the absolute right for anyone to carry any gun anywhere has resulted in our country being awash in firearms. We regulate our right to free speech. I can't go into a theater and yell "Fire!" We regulate the right to assemble: I can't go up to the Capitol and stand on the steps without a permit. States with strong gun laws have lower death rates than states with loose gun laws."

To learn more: <https://publichealth.jhu.edu/center-for-gun-violence-solutions/about/our-team>  
For more: <https://www.doorwaysva.org>  
Statewide Hotline | Call: 800.838.8238 | Text: 804.793.9999 | Chat: [www.vadata.org/chat](http://www.vadata.org/chat)  
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## BULLETIN BOARD

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

### PUBLIC INVITED TO OBSERVANCE OF 2024 PEACE OFFICERS MEMORIAL DAY

The Arlington County Police Department and the Arlington County Sheriff's Office will gather on Friday, May 10 at 8 a.m. to honor and pay tribute to the memory of the seven law enforcement officers of Arlington County who made the ultimate sacrifice in service to our community. This solemn ceremony is held each year ahead of National Police Week which recognizes those law enforcement officers throughout the United States who have lost their lives in the line of duty for the safety and protection of others and provides support to their survivors.

Location: Arlington County Justice Center Plaza located at 1425 North Courthouse Road.

Road Closure: N. Courthouse Road will be closed between 14th Street N. and 15th Street N. from approximately 7:00 a.m. to 9:00 a.m. to accommodate the event.

### PLANNED ROAD CLOSURES FOR MAY 4 - 5, 2024

The Arlington County Police Department (ACPD) will conduct

road closures to accommodate two upcoming events taking place during the weekend of Saturday, May 4, and Sunday, May 5, 2024.

2024 Don Tito's Cinco de Mayo Block Party. ACPD will close N. Hudson Street, between Wilson Boulevard and the alleyway behind CVS from 8AM to 10PM on Saturday, May 4, to accommodate the 2024 Cinco de Mayo Block Party.

Event attendees are encouraged to use Metro and other forms of multimodal transportation. The Clarendon Metro Station (Orange and Silver lines) is located within walking distance to the event.

2024 Guapo's Cinco de Mayo Festival. The eastbound lane of Campbell Avenue, between S. Randolph Street and S. Quincy Street will be closed from 8:30AM to 9PM on Sunday, May 5, to accommodate the 2024 Guapo's Cinco de Mayo Festival.

### ESSAY CONTEST FOR ARLINGTON HISTORICAL SOCIETY

The Arlington Historical Society's (AHS) annual essay contest honors former AHS Board Member Charlie Clark who passed away in 2023. A noted Arlington journalist and author, Charlie had a great Arlington story. His journalism career began as a reporter for the Yorktown High School newspaper.

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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](http://registration.arlingtonva.us) or call 703-228-4747.

DNA testing and genealogy may assist in documenting family history, Wednesday, May 1, 11 a.m., Langston-Brown. Class led by experienced genealogist Eileen Bogdanoff. Registration # 913400-41.

Home modification workshop, receive information on what is needed to stay in your home independent and safe, Wednesday, May 1, 1 p.m., Aurora Hills 55+ Center. Presented by AARP speakers Bob Eiffert and Jane King. Registration # 913404-14.

Opera appreciation group to hear musical selections from "Carmen" by Georges Bizet, Wednesday, May 1, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti. Registration # 913300-10.

55+ Travel group will explore the "Park Chan-kyong: Gathering" exhibit at the Sackler Gallery, D.C., Wednesday, May 1. Cost \$9, Arlington resident; \$10, non-resident. Registration # 902405-01.

Bunco and trivia games, Thursday, May 2, 11 a.m., trivia, virtual, registration # 913600-09 and bunco, 2 p.m., Arlington Mill 55+ Center, registration # 913600-07.

Records and root beer, listen to favorite vinyl records while sipping on an old-fashioned root beer float, Thursday, May 2, 6 p.m., Lubber Run 55+ Center. Registration # 913801-03.

Visiting Mauthausen and Auschwitz to commemorate Holocaust Remembrance Day with volunteer Carole Lieber and 55+ Travel Assistant Sheila Budoff, Thursday, May 2, 3 p.m., Lubber Run 55+ Center, registration # 913400-20 or virtual, registration # 913400-21. Presenters will share memories and photos of their recent trip which included the concentration camps.

First Friday Social to celebrate Asian American and Pacific Islander Heritage Month, May 3, 12 p.m., Arlington Mill 55+ Center. Enjoy trying Asian food. Registration # 913801-06.

Virtual Center for Active Adults (VCAA), free, virtual programs five days a week includes fitness classes, lifelong learning programs and interactive games. For more information email, [sashton@arlingtonva.us](mailto:sashton@arlingtonva.us).

Drop-in fitness classes are offered at Lubber Run Community Center, total body fitness, Mondays, 10 a.m., Fridays, 10:15 a.m.; full fitness, Tuesdays and Thursdays, 10 a.m.; strength training, Wednesdays and Fridays, 9 a.m. Cost \$4 per class or \$60 for a 15 sessions punch pass. Pay at Lubber Run's front desk.

Billiards, casual games, players of all levels are welcome, equipment provided, weekdays at Walter Reed 55+ Center, 10 a.m. – 12 p.m. Drop-in.

Volleyball, friendly games provide fun and exercise, beginners and experienced players welcome, Tuesdays, 3:30 – 5:30 p.m., Langston-Brown 55+ Center. Drop-in.

Jeopardy games, Monday, May 6, 2 p.m., Aurora Hills 55+ Center. Have fun with friends and try to win a prize. Led by volunteer Jacquie Stead. Registration # 913600-14.

Introduction to the ukulele, Tuesday, May 7, 4 p.m., Walter Reed 55+ Center, registration # 913304-05, followed by an intermediate class at 4:30 p.m., registration # 913304-11. Limited ukuleles available.

Movie matinee, "My Big Fat Greek Wedding 3" (2023) (PG-13), Tuesday, May 7, Lubber Run 55+ Center. Registration # 913804-03.

It takes a Village in Arlington, presented by Wendy Zenker, executive director, Arlington Neighborhood Village (ANV), Tuesday, May 7, 11:30 a.m., Lubber Run 55+ Center, registration # 913400-01 or virtual,

registration # 913400-02. Learn about the village concept to help adults stay in their homes as they age.

Langston-Brown 55+ Center book club members to discuss "By Her Own Design" by Piper Huguley, Tuesday, May 7, 1:30 p.m. Drop-in.

Dance Party to celebrate Older Americans Month featuring music from different eras, Wednesday, May 8, 10:30 a.m., Arlington Mill 55+ Center. Email favorite dance party songs to [cconley1@arlingtonva.us](mailto:cconley1@arlingtonva.us). Dress up in an outfit from your favorite decade! Registration # 913899-02.

Mother's Day craft, create a unique card, Wednesday, May 8, 12:30 p.m., Arlington Mill 55+ Center. Materials provided. Registration # 913310-09.

Mother's Day Music and Tea, music by pianist Valerie Welsh, Wednesday, May 8, 1 p.m., Aurora Hills 55+ Center. Bring photos of your mother, wife or children to share. Registration # 913890-03.

History roundtable group to discuss the impact of required primary education, Wednesday, May 8, 11:15 a.m., virtual. Registration # 913402-06.

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## Stamp Out Hunger

Join the Arlington Food Assistance Center and the National Association of Letter Carriers to Stamp Out Hunger.

The 32nd annual NALC Stamp Out Hunger Food Drive is back. On the second Saturday of May, May 11, 2024, your local letter carriers will be collecting non-perishable food items to help those in need right here in Arlington.

Leave your non-perishable food donations by your mailbox no later than 9 a.m. on May 11 - local letter carriers will collect the food on their normal route, and all of the food gathered in Arlington County will be donated to AFAC!

AFAC is proud to once again participate in this crucial initiative that engages the entire Arlington community to support our neighbors in need. Together, we can meet our goal of collecting 15,000 pounds of food for AFAC's families! Visit [afac.org](http://afac.org) for more information.

## The Arlington Connection

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

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# ENTERTAINMENT

## NOW THRU JULY 7

**“HAIR”.** At Signature Theatre, MAX Theatre, Arlington. The sensational, groundbreaking rock musical bursts with the jubilant spirit, raging rebellion and psychedelic color of the 1960s. A company of long-haired bohemian hippies on the cusp of adulthood champion freedom, pacifism, and joy, but confront a world thrown into chaos when one of their own receives a draft notice for the Vietnam War. Visit <https://www.sigtheatre.org/events/202324/hair/>

## EVENTS AT ARLINGTON CEMETERY

**Arlington National Cemetery Horticulture Tours.** Meet at ANC Welcome Center, Arlington. Join them for spring horticulture tours, where the staff will teach you about Level III Accredited Memorial Arboretum and the plants that inhabit the 639-acre grounds. Learn more at [arlingtoncemetery.mil](http://arlingtoncemetery.mil).

### SCHEDULE:

May 3 at 10 a.m. -- Arlington National Cemetery Garden Tour

June 7 at 9 a.m. -- Turf and Trees of Arlington National Cemetery

## APRIL 4 TO NOV. 21

**Ballston Farmers Market Returns.** Thursdays from 3-7 p.m. At Welburn Square, near Ballston Metro, Arlington. This year, more than 20 vendors available in Ballston – both fan-favorites and newcomers alike. This year also sees the return of the Mega Markets – sponsored this season by VIDA Fitness. Mega Markets feature the same great produce and vendors with the addition of live music from local musicians and a Beer and Wine Garden – beginning May 2nd.

## APRIL 26 TO MAY 4

**Wakefield High School presents The Prom (The Musical)! 7 p.m.** at Wakefield High School, Arlington. Tickets are \$15 for adults and \$10 for students.

## APRIL 30 TO MAY 31

**Together We Rise: United Veterans Group Show.** At Gallery Underground, at The Shops at 2100 Crystal Drive, Arlington. Gallery Underground is pleased to present the partnership exhibition Together We Rise: United, with Uniting US, a nonprofit that empowers veterans, military, and their families to inspire communities to heal, find wellness, and unite through art. Together We Rise: United will feature artwork showcasing democracy's benefit for individual choice, freedom of speech, and the right to vote with a universal commitment to our nations. Website: [arlingtonartistsalliance.org/gallery-underground](http://arlingtonartistsalliance.org/gallery-underground)

## WEDNESDAY/MAY 1

**Coffee and Conversation with Arlington Neighborhood Village.** 10-11 a.m. Via Zoom Link. Life with Cancer: As anyone with cancer can tell you, cancer is a family affair. That's where Life with Cancer comes in. They provide a wide range of educational, counseling, nutrition, and fitness services to support the whole family on their cancer journey. Marie Calle, MEd, Pediatric Behavioral Health Therapist 1, Oncology will introduce us to this unique resource and the services they provide to both cancer patients and their families.

## THURSDAY/MAY 2

**ANV's 10-Year Anniversary Celebration.** 5:30-7:30 p.m. At National Rural Electric Cooperative Association, 4301 Wilson Blvd., Arlington. The party—and parking—are free, but RSVP to the office by April 22 so they can have an accurate headcount. This is the founding principle of Arlington Neighborhood Village. In the decade since they began services, ANV has become a critical part of Arlington's senior safety net with hundreds of volunteers helping more than 400 older adults age well.

## THURSDAY/MAY 2

**Rick “Doc” Walker, Former 1983 Washington Redskins Champion to Speak.** At Washington Golf and Country Club, Arlington. The

[www.connectionnewspapers.com](http://www.connectionnewspapers.com)



**The McLean Art Society Spring Art Show and Sale will take place May 10-12, 2024 in Arlington.**

Helping Hands Society of NAIFA-Greater Washington DC announces that Rick “Doc” Walker will be the keynote speaker at their 13th Annual Legacy Luncheon. “Doc” Walker is an award-winning sports broadcaster, NFL Hall of Famer, and former NFL player of the 1983 Super Bowl championship team, the Washington Redskins. His 23-year career as a sports broadcaster includes commentary on ESPN, Redskins Radio and Team 980. Walker is a veteran of nine NFL seasons and distinguished himself on the football field as an original member of the famed offensive line-men known as the “HOGS”. He was inducted into the NFL Hall of Fame in 2017.

## THURSDAY/MAY 2

**Inside Signature with Ashleigh King.** 1-2 p.m. At Signature Theatre's Mead Lobby, Arlington. “HAIR” and “Ragtime” choreographer Ashleigh King sits down with Education Director David Zobell to talk about her past career as an actor, her work as a director, and how she uses movement to tell the story. This event will be available to stream live and replay after the event on Signature's YouTube channel @sigtheatre. Visit the website: <https://www.sigtheatre.org/events/202324/inside-signature-with-ashleigh-king/>

## MAY 3 AND 10

The Friday Morning Music club will perform two free chamber concerts in May, at St. George's Church, 915 N. Oakland St., Arlington, adjacent to the Virginia Square Metro before taking a four-month summer break. The May 3 concert will feature works by Reger, J.S. Bach, Beethoven and Scriabin; the May 10, works by Higdon, Podowski, Hahn, Debussy, Faure and Ravel. The concerts start at noon.

## MAY 4-5

Jane Franklin Dance “On the Run”. At Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. Saturday, May 4, 2024 at 7:00 p.m., Sunday, May 5, 2024 at 4 p.m. Jane Franklin Dance performs “on the Run” with a concert that features award-winning choreographers and performances by Forty+ Project. Enjoy movement and dance in the heart of Arlington's industrial district at Four Mile Run.

## SATURDAY/MAY 4

**Comedy Karaoke Trivia Funtime Show.** 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. Bring a team or fly solo and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle. Hosted by Christian Hunt, this amazing experience features comedy from the DC area's finest comics. Our headliner for May's show is the hilarious Kyle Cromer. Tickets: \$10/\$15 at [capitalcityshowcase.com](http://capitalcityshowcase.com)

## SUNDAY/MAY 5

**Harmony for Hope Concert.** 3 p.m. At Rock Spring United Church of Christ, 5010 Little Falls Road, Arlington. Concert to Benefit



the children of Ukraine. Among the singers will be Eduardo Castro, who has performed many times for Opera NOVA in recital concerts as well as children's operas. In addition, Frequent Opera NOVA singers such as Israel Lozano, Darcy Monsalve, Alex Alnurqueque, and our Artistic Director Jose Sacin will perform.

## WEDNESDAY/MAY 8

**Coffee and Conversation with Arlington Neighborhood Village.** 10-11 a.m. Via Zoom Link. Road Scholar. Not-for-profit Road Scholar is the world's largest and most innovative creator of experiential learning opportunities, offering thousands of learning adventures in more than 100 countries and throughout the United States. Kelly Espy, a Road Scholar Ambassador, will talk about their unique programs and inspire you to get out and see the world! This is a don't miss presentation for those planning their next vacation.

## MAY 10-12

**McLean Art Society Spring Art Show and Sale.** At the Exhibition Hall of Church of the Covenant, 2666 N. Military Road, Arlington. Sponsored by McLean Art Society and featuring works of over 20 talented local artists. Attendees can participate in a free raffle to win an original work of art, jewelry or fine art note cards, with hourly drawings throughout the week-end. A reception is planned for Friday, May 10 from 5-8 p.m. with the announcement of awards juried by acclaimed oil painter, Kurt Anderson, whose own works are featured in many of the leading galleries and museums in the country. Guests can enjoy an array of refreshments and meet the artists and the jurors. Hours of the show are Friday, May 10, 5-8 p.m., Saturday, May 11, 10 a.m.-4 p.m., Sunday, May 12, 12-3 p.m. Free to the public.

## FRIDAY/MAY 10

**LESSON ZERO.** 9 p.m. to midnight. At Celtic House, 2500 Columbia Pike, Arlington. Admission is free and street parking is available. For more information see [www.youtube.com/lessonzero](http://www.youtube.com/lessonzero) and [www.reverbnation.com/lessonzero](http://www.reverbnation.com/lessonzero).

## SATURDAY/MAY 18

**National Chamber Ensemble “Concerto Celebration.”** 7:30-9:30 p.m. At Marymount University's Ballston Auditorium, 1000 N. Glebe Road, Arlington. Featuring Beethoven's dramatic Piano Concerto No. 5 “The Emperor” with piano virtuoso Carlos César Rodriguez and the popular Mendelssohn Violin Concerto in E Minor, one of my all-time favorite works. The National Chamber Ensemble provides a unique way to experience exceptional music that enriches our cultural life. From classical to contemporary compositions, internationally acclaimed musicians provide outstanding performances creating an environment that is warm, welcoming, and engaging.

## Ticked Off



By **KENNETH B. LOURIE**

For approximately 14 and half, years I experienced a very unexpected side effect from my ongoing cancer treatment. It may be a coincidence but ever since I began chemotherapy, my body chemistry apparently became unappetizing to two of our least favorite insects: ticks and mosquitos. Previously, I had been what seemed like a magnet to these two bloodsuckers. I realized that effect my chemotherapy was having (as they seemed to default to my wife instead) and enjoyed every unique minute of their disinterest. I am writing this column, to say that the party, such as it is, is over. And there is yet again a coincidence: I have been off my chemo/targeted therapy for four months or so. As such I am no longer medicated. My warranty, so to speak is up, and my body has once again become a relatively enticing and safe haven for ticks and mosquitos – and I'm not too happy about it. To invoke Don Imus: I am “torqued” off about this change.

In addition to killing cancer cells, the various types of chemotherapy, toxic as there were/are to me, they were even more toxic to the insects. Somehow the word/consequences of taking a bite out of me traveled around the insect world and I was – or so it seemed, off limits and/or the insect advisory was proceed/bite at your own risk. And this was quite noticeable. Instead of representing an unending chemical attraction to insects; all sudden, after a few months of infused chemotherapy, I became anathema to these insects. It was never so clear as it was that first summer (I began infusions in early March) when the insects need to establish their dominance in nature's harmony or something akin to that. And for both ticks and mosquitos, the road to their afterlife involved biting and latching on to me like there was no tomorrow (and when I slapped or picked them off, very often there was no tomorrow). It wasn't exactly a cure for cancer, but it was something of significance, something that made my life as a cancer patient more manageable (like the installation of mobile televisions at the infusion center mounted on flexible arms which enabled the patient to watch television while infusing away your day – and hopefully not your life. But in this context when your life is very much hanging in the balance, “one less thing,” as “Forrest, Forrest “Gump” said repeatedly matters disproportionately to the actual task at hand. And no more ticks and/or mosquitos, certainly qualified. Can you I imagine? No more swatting, slapping, spraying, picking ‘tweezing’ and disinfecting. You were, for the first time in your life (and for me, that meant 54- and one-half years), the king of your castle. It truly was “Serenity now”/then. Right this second, I just picked a G. D. tick off my neck as I felt it crawling. It's creepy writing about it but it's creepier when it happens – in real-time, in your safe place no less, in my home office/domain.

This major inconvenience happens, as I said coincidentally with the stoppage of my cancer medicine, which creates its own rather disappointing scenario/problem. In addition to the discomfort (bug woe) I feel when I'm outside – now that the warmer weather is mostly here, I feel tremendous anxiety and fear, if I'm being honest, with respect to my now no-more-cancer-medicine-being-taken. And that medicine is not being taken because I'm cured. Hardly. It has stopped because a side effect of the drug used to treat my thyroid cancer was – and is, possibly damaging my kidneys. Well, those researchers were right. My kidneys are now down to about 25% of normal. Moreover, kidney damage is irreparable so all that the doctors can do, generally, is try and prevent the kidneys from further deterioration. Unfortunately, there's no medicine for that – as there is for almost anything else. As a result, I am now left with untreated cancer, damaged kidneys, and more mosquito bites and tick “embeds” than I've ever had in my life. Talk about adding insult to injury. I can live with the cancer and kidney damage (though possibly for fewer years than I anticipated) but making me suffer while doing so seems like cruel and unusual punishment. (Is there a constitutional lawyer in the reading audience?) Whether there is or not (Jamie Raskin), I do need the best. Moreover, I need someone who can help me beat the thyroid cancer, the damaged kidneys and the encroaching ticks and mosquitos. And do so in a relatively timely manner because every day that I'm left to fend for myself is one less day that I feel like I'm beating the odds. And not beating the odds makes Kenny a very dull boy and one who really hates mosquitos and ticks – for all the wrong reasons.

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





Virginia Hospital Center (VHC) and the Arlington Kiwanis Club, established in 1931, partner to sponsor the Fleet Elementary Health Fair April 20.



Virginia Cooperative Extension features a display on "Eating From Head to Toe."



READ distributes free books to children, and Claire Morris is handing out a large diaper bag filled with classics like "First Words," "If You're Happy and You Know it, Clap Your Hands."

# Health Fair Reaches Out to Community

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

Megan Canote and Michelle Altman, representing VHC, stand at the front door of Fleet Elementary School April 20 greeting visitors to the Health Fair jointly sponsored by Virginia Hospital Center and the Arlington Kiwanis Club.

Canote says the Professional Development Council at Virginia Hospital Center always has an event "but this year they wanted us to do something big. The

Kiwanis also wanted to do something big. An anonymous donor gave us \$5,000 and we figured we have the manpower so we teamed up."

About 30 vendor tables line the walls representing health and related nutrition services available such as Medicaid, Arlington Food Assistance Center, Virginia Cooperative Extension Services, Arlington County Police Department Business Council, Doorways, READ, Thrive, and a number of VHC specific services such as the trauma unit. Blood pressure and diabetes testing was also available.



Sarah Fisher, a nurse in VHC outpatient surgery, takes the blood pressure of Esther Cano.



Doorways offers pathways out of homelessness, domestic violence and sexual assault leading to safe and stable lives.



Virginia Hospital Center display demonstrates appropriate Infant and Car Seat Safety.



Arlington County Police Department (ACPD) Business Outreach Unit.



Arlington Food Assistance Center (AFAC) offers information about its supplemental grocery assistance for low-income families in Arlington.