

The Arlington Connection

The opera ensemble sing "O Sole Mio" at Harmony For Hope May 5 at Rock Spring UCC, a benefit to support Voices of Children which provides support to children in Ukraine.

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

Construction Closes Roads in Arlington Cemetery

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Voices for Children of Ukraine

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SENIOR LIVING

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.

Arlington's 55+ Centers will be closed Monday, May 27 in observance of Memorial Day

The Hollywood Casino in Charles Town, WV is on the agenda for the 55+ Travel group, Wednesday, May 15. Cost \$13, Arlington resident; \$15, non-resident. Registration # 902405-07.

Give line dancing a try, lots of fun, easy to learn and a low impact exercise, Wednesday, May 15, 10:15 a.m., Walter Reed 55+ Center. Try this before joining a beginner's class. Drop-in.

Tracking spring bird migration with volunteers from Arlington Regional Master Naturalists and the Audubon Society, Wednesday, May 15, 4 p.m., Arlington Mill 55+ Center. Learn how to support migratory birds. Registration # 913400-27.

Opera appreciation group to hear musical selections from "Lucrezia Borgia" by Gaetano Donizetti, Wednesday, May 15, 1:30 p.m.,

Lubber Run 55+ Center. Commentary by volunteer George Cecchetti. Registration # 913300-11.

Open art studio for artists who work at their own pace, Wednesday, May 15 and Friday, May 17, 10 a.m., Arlington Mill 55+ Center. Supplies and instruction not provided. Drop-in.

Piano lounge and sing-along with pianist Valerie Welsh, showcasing movie themes and hits, Wednesday, May 15, 4 p.m., Lubber Run 55+ Center. Registration # 913304-17.

Cooking demonstration of food for a healthy heart, Thursday, May 16, 10 a.m., Arlington Mill 55+ Center. Presented by Virginia Cooperative Extension Master Food Volunteers. Registration # 913501-09.

Paint along with Community Arts Programmers Jennifer Droblyen and Jim Halloran and recreate artworks on display at area museums, Thursday, May 16, 10 a.m., virtual. Registration # 913303-13.

Bilingual trivia in Spanish and English, Thursday, May 16, 1 p.m., virtual. Basic knowledge of Spanish is needed. Beginners welcome. Registration # 913600-11.

Bilingual Bingo in English and Spanish, Thursday, May 16, 3:30 p.m., Lubber Run 55+ Center. Registration # 913600-02.

Word games, Thursday, May 16, 2 p.m., Arlington Mill 55+ Center. Some games available including

Scrabble and Bananagrams or bring a favorite one to share. Registration # 913600-23.

Matinee movie, "The Boy and the Heron" (2023) (PG-13), Friday, May 17, 1 p.m., Arlington Mill 55+ Center. Registration # 913804-10.

Talons to Bills: Birds' Adaptations, learn how birds survive, presented by Rob Barnovsky, naturalist at Long Branch Nature Center, Friday, May 17, 10 a.m., Lubber Run 55+ Center. Registration # 913400-28.

Acoustic Hour in Virginia Highlands Park, Friday, May 17, 1 p.m. Live music by PhEd Up with Phriends. Bring a blanket or chair. If inclement weather, event will be held indoors at Aurora Hills 55+ Center. Registration #913301-07.

Walter Reed 55+ Center's sensory garden of plants and herbs, Friday, May 17, 1 p.m. Tour with volunteer Wendy Sparrow. Registration # 913106-16.

Just Play'n Country, bring an instrument and join the band or sing-along and listen to music with roots in Irish, folk and blues, Friday, May 17, 1 p.m., Madison Community Center. Drop-in.

Absolute beginner pickleball, try this sport in a judgement-free zone, Monday, May 20, 10 a.m., Walter Reed 55+ Center. Limited balls and paddles available. Drop-in.

Bridge practice with volunteer instructors Linda and Steve Robinson, Tuesday, May 21, 2 p.m., Walter Reed 55+ Center. Drop-in.

Springo, a fun version of Bingo including prizes, Tuesday, May 21, 10:30 a.m., Lubber Run 55+ Center. Registration # 913899-03.

Genealogy 101, led by experienced genealogist Eileen Bogdanoff, Tuesday, May 21, 11:30 a.m., Lubber Run 55+ Center. Share research information and tools with other enthusiasts. Registration # 913402-03.

Two Cities Trio and the O'Kays will perform live at the Acoustic Café, Tuesday, May 21, 7 p.m., Walter Reed 55+ Center. Open to all ages, no 55+ Pass required. Registration # 913394-12.

Introduction to the ukulele, Tuesday, May 21, 4 p.m., registration # 913304-06, followed by an intermediate class at 4:30 p.m., registration # 913304-12, Walter Reed 55+ Center. Taught by Sandy O'Shea; limited number of ukuleles available.

Traveling on a budget, presented by Virginia Cooperative Extension Master Financial Educators, Wednesday, May 22, 1 p.m., Aurora Hills 55+ Center. Registration # 913400-17.

Local history buffs learn about Arlington's rich past, Wednesday, May 22, 1:30 p.m., Lubber Run 55+ Center. Registration # 913402-09.

Popular magazine articles discussion facilitated by Vicky McCaffrey, Aurora Hills Adult Services Librarian, Wednesday, May 22, 11 a.m., Aurora Hills 55+ Center. Copies of the articles available at the Center. Registration # 913402-16.

Book exchange at Lubber Run 55+ Center, Thursday, May 23, 6 p.m. Bring books in good condition and take home some new reading material. Registration # 913801-07.

Smartphone photography class to learn how to maximize use of cameras in your mobile devices Thursday, May 23, 10 a.m., virtual. Taught by photography enthusiast Nick Englund. Registration # 913403-06.

Friendly no-stakes games of poker, Thursday, May 23, 2 p.m., Arlington Mill 55+ Center. All levels of experience welcome. Registration # 913600-18.

Jewelry swap with 55+ volunteers, chance to refresh your jewelry collection, Friday, May 24, 2 p.m., Walter Reed 55+ Center. More information will be e-mailed to you prior to event. Registration # 913801-08.

55+ Travel group will tour the Air Mobility Command Museum in Dover, DE, Friday, May 24. Discover the rich history of military aviation. Cost \$19, Arlington resident; \$22, non-resident. Registration # 902405-09.

Movie matinee, "Indiana Jones and the Dial of Destiny" (2023) (PG-13), Friday, May 24, 12:30 p.m., Aurora Hills 55+ Center. Registration # 913804-06.

Arlington's 55+ Centers will be closed

Monday, May 27 in observance of Memorial Day

The brilliance of Bluetooth, a wireless technology that facilitates the exchange of data over short distances between devices, presented by 55+ volunteer Ben Childers, Tuesday, May 28, 6:30 p.m., Walter Reed 55+ Center. Registration # 913403-07.

Enjoy the outdoors with a game of croquet, beginners welcome, equipment provided, Tuesday, May 28 and Friday, May 31, 2 p.m., Walter Reed 55+ Center. Drop-in.

Full fitness exercise classes at Lubber Run 55+ Center, Tuesday, May 28 and Thursday, May 30, 10 a.m.; strength training, Wednesday, May 29 and Friday, May 31, 9 a.m. Drop-in. Cost \$4 per class or \$60 for a 15-session punch pass. Pay at front desk at Lubber Run.

Mah Jongg, American style, Tuesday, May 28, 1:30 p.m., Madison Community Center. Beginners welcome and will master basic principles easily. Drop-in.

55+ Fitness Day and Health Fair, Wednesday, May 29, 10 a.m. - 12 p.m., Lubber Run 55+ Center. Open to the public; free for all ages. Vision and hearing screenings, fall risk assessments, fitness class demonstrations, Q&A with dietitians, pharmacists, insurance counselors and more. Drop-in.

Apple device basics explained by experienced Apple user Lowell Nelson, Wednesday May 29, 1 p.m., Aurora Hills 55+ Center. Come with questions. Registration # 913403-08.

Listen of sing along at open rehearsal of the Off Our Rockers grown-up garage band, Wednesday, May 29, 10 a.m. - 1 p.m., Madison Community Center. Drop-in.

Scrabble games, competition is friendly, coaching available, Wednesday, May 29, 1 p.m., Langston-Brown 55+ Center and Friday, May 31, 10 a.m., Walter Reed 55+ Center. Both are drop-in.

55+ basketball games, full court press, all skill levels welcome, Wednesday, May 29, 12-2 p.m., Walter Reed 55+ Center. Drop-in.

55+ women's basketball games, Wednesday, May 29, 7:15-8:45 p.m., Langston-Brown 55+ Center. Bring both white and dark shirts and a basketball. Drop-in.

Woodcarvers use carving techniques and tools to turn wood into objects of beauty, Thursday, May 30, 1 p.m., Langston-Brown 55+ Center. Members of the group are available to provide instruction. Drop-in.

Native American Soldiers' Path to Citizenship, virtual presentation by educator from the National Museum of the U.S. Army, Thursday, May 30, 1:30 p.m. Registration # 913400-37.

Introduction to streaming services and how to use them, presented by Lubber Run 55+ Center Director Ashley Gomez, Thursday, May 30, 6 p.m., Lubber Run. Bring your laptop or other devices and questions. Registration # 913403-09.



Public Notice

Updated weight limits on Virginia bridges and culverts

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

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
SCOTT	23591	600	FAIRVIEW ROAD	NORTH FORK OF CLINCH RIVER	4/30/2024
TAZEWELL	18530	601	FREESTONE VALLEY ROAD	LITTLE TUMBLING CREEK	4/30/2024
PATRICK	13252	610	HELMS ROAD/RTE 610	BRANCH DAN RIVER	4/23/2024
FLOYD	7631	785	BURKS FORK ROAD/RTE 785	BURKS FORK	4/18/2024
FRANKLIN	7936	731	DUGWELL ROAD/RTE 731	BUCK RUN	4/11/2024

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

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit vdot.virginia.gov and navigate to Traffic and Travel/For freight operators/Truck restrictions. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

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

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

The opera ensemble sing "O Sole Mio" at Harmony For Hope May 5.



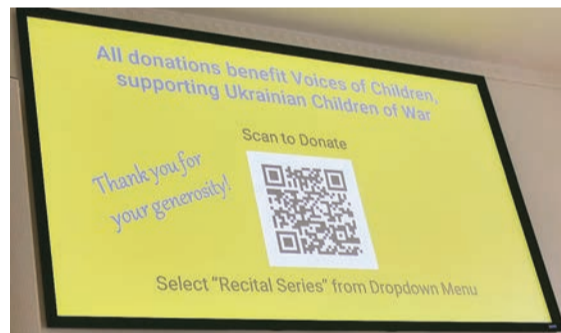
Harmony for Hope Raises Funds for Ukrainian Children

BY SHIRLEY RUHE
ARLINGTON CONNECTION

From the mezzo soprano of Katelyn Neumann to the bass of Eduardo Castro, the walls of Rock Spring United Church of Christ (UCC) reverberate with the crescendos of the opera performers who have volunteered their talents for Harmony for Hope.

The Rock Spring UCC recital series sponsored a benefit on Sunday, May 5 to support Voices of Children which provides psychological and psychosocial support to children in Ukraine who have suffered from the ongoing war. The concert was offered for free, with donations requested, and the performers volunteered their services.

The concert began with Tosti's "Ideale" performed by tenor Israel Lozano born in Madrid, to soprano Darcy Monsalve singing Puccini's "O mio babbino caro." Eduardo Castro's bass filled the space as he moved about the room acting out "La Vendetta" from Marriage of Figaro to a rousing au-



Rock Spring UCC recital series sponsors a benefit on May 5 for Ukrainian children.

dience response. The crowd filling the Rock Spring sanctuary gave a standing ovation at intermission after the Tutti (performed ensemble) "O Sole Mio."

The program included baritone Alex Albuquerque; baritone Jose Sacin, Music Director of Opera NOVA; mezzo soprano Katelyn Neumann; bass Eduardo Castro; tenor Israel Lozano; and soprano Darcy Monsalve.



Three opera lovers in training sit on the floor sewing while the opera performers present their program.



Eduardo Castro sings La Vendetta from "Marriage of Figaro."

NEWS

Roads to Close At Arlington National Cemetery

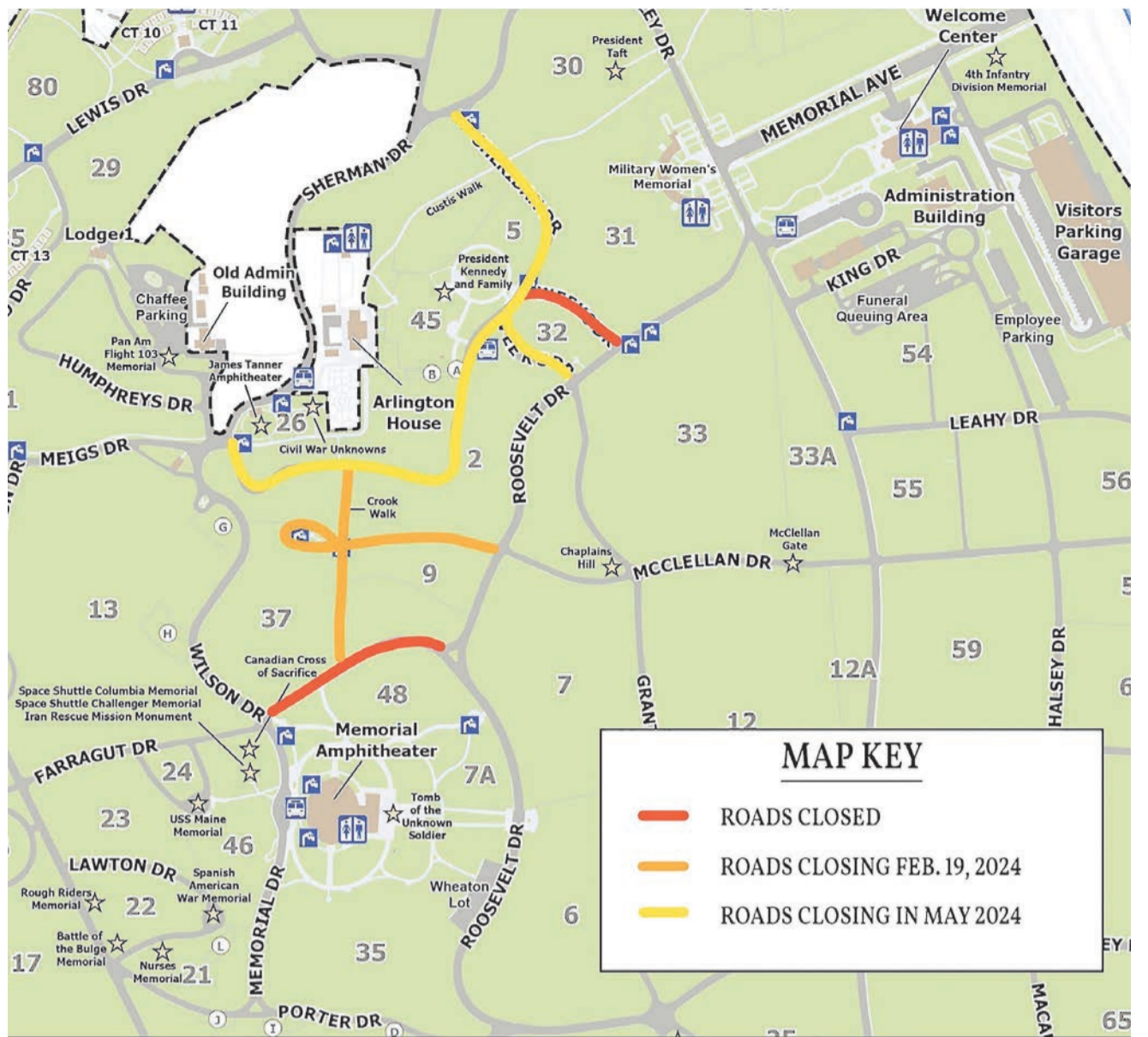
Sheridan Drive will be closing beginning May 13 through Dec. 30 due to necessary construction. Detour signs mark road closures and alternate routes.

Road Closures

The following roads and walkways in the cemetery will be closed due to construction:

- ❖ Wilson Drive, between Memorial and Roosevelt Drives: Dec. 18, 2023 to May 17, 2024
- ❖ Weeks Drive: Jan. 2 to May 10, 2024
- ❖ McClellan Drive & Red Spring: Feb. 19 to September 2024
- ❖ Crook Walk, from Sheridan to Wilson Drives: Feb. 19 to September 2024
- ❖ Sheridan Drive: Closing in May 2024

Detour signs mark road closures and alternate routes. Tram tour routes and stops are subject to changes or delays. As always, the first priority during construction projects is the safety of visitors, families and staff.



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Arlington County received the 2024 Vision Zero for Youth U.S. Leadership Award.

2024 Vision Zero for Youth U.S. Leadership Award

Arlington County was recognized Friday, May 10 by the National Center for Safe Routes to School as the 2024 recipient of the Vision Zero for Youth U.S. Leadership Award. Arlington County and Arlington Public Schools received praise for their commitment, leadership and collaboration to improve safety for Arlington's youngest travelers through the Vision Zero initiative.

"Arlington's work to prioritize safe walking and biking for youth exemplifies Vision Zero for Youth leadership," said Nancy Pullen-Seufert, Director at the National Center for Safe Routes to School, part of the University of North Carolina Highway Safety Research Center. "We hope their work will be emulated in other communities across the country."

The award committee was impressed by Arlington's wide-ranging traffic calming strategies, such as 20 mph slow zones on streets near schools; accessible school zone retrofits and initiation of speed cameras in school zones; the use of data to prioritize equity emphasis areas and areas around schools for safety improvements, followed by accessible quick-build and pilot projects when possible; inclusion of the needs of youth in its Vision Zero Action Plan; and actively seeking engagement and input from community members in an inclusive way.

The National Center for Safe Routes to School presented Arlington County and APS with the award at Washington-Liberty High School. The school has a chapter of the Arlington Road Safety Club, a student-led initiative focused on creating awareness and educating their peers about safe travel in Arlington. The high school is also a stop along Escuela Key Elementary School's "bike bus" (Bicbus) route.

The Vision Zero for Youth U.S. Leadership Award, now in its seventh year, recognizes cities, counties or tribal governments that are taking crucial steps to stop severe injuries and deaths among child and youth pedestrians and bicyclists. The award highlights noteworthy practices and inspires other cities to take action. Past recipients include Los Angeles; New York City; Fremont, Calif.; Lincoln, Neb.; and Seattle. The Milwaukee SRTS Program received an innovation award during the COVID-19 pandemic.

The Vision Zero Action Plan is in its third year of implementation as Arlington County works toward the goal of zero injuries and fatalities in our transportation network by 2030. Find more information on the Vision Zero webpage, including maps and safety data, safety project implementation, and community engagement. <https://www.arlingtonva.us/Government/Programs/Transportation/Vision-Zero#section-1>



From left, Natalie Draisin, Director - North America, FIA Foundation; Takis Karantonis, Arlington County Board Vice Chair; Maureen Coffey, Arlington County Board Member; David Priddy, Arlington School Board Member; Nancy Pullen-Seufert, Director, National Center for Safe Routes To School; Hui Wang, Deputy Director & Director of Transportation, Department of Environmental Services.

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Legals

ABC LICENSE

Colada Shop Crystal Drive, LLC trading as Colada Shop, 244 19th Court South #35, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On and Off Premises and Mixed Beverage Restaurant, caterer license to sell or manufacture alcoholic beverages. Kulraj Multani, Officer/ The Veritas Law Firm. 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.

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OPINION

FAA Reauthorization Allows New Flights at DCA

U.S. Representatives Don Beyer (D-VA), Gerry Connolly (D-VA), Jennifer Wexton (D-VA), Abigail Spanberger (D-VA), Bobby Scott (VA), Jennifer McClellan (D-VA), and Congresswoman Eleanor Holmes Norton (D-DC) issued a statement today blasting the inclusion of a provision to add new flights at DCA in the FAA Reauthorization bill despite the House's previous rejection of the same provision.

DCA's primary runway is the busiest in the United States. One in five DCA flights is delayed, with an average delay of over an hour and one of the highest cancellations rates among the nation's busiest airports.

Local congressional leaders, the Metropolitan Washington Airports Authority (MWAA), which operates DCA and the Department of Transportation (DOT) have all warned that adding more traffic at the airport would raise safety concerns following a recent near collision. More flights could lead to increased delays and cancellations.

Local reps statement:
"The passage of a provision to increase congestion and delays at DCA is Congress at its worst.

"The House rejected this measure with a bipartisan vote, and its authors were so sure they would lose a floor vote in the Senate that they barred all amendments, including a proposal to ensure the added flights were not dangerous. In a shameful moment for the Senate, the majority will of both chambers was overruled in a back-room deal that put special interests above the safety and convenience of millions of Americans.

"The local community was not allowed a say as changes were forced on our region. ...

"Every federal and regional entity involved in operations at DCA – DOT, the FAA, and MWAA – warns of negative impacts for safety, delays, and cancellations from these changes. Ignoring these warnings is foolish and dangerous. We strenuously object to added traffic at DCA, which is already dramatically over capacity."

A bipartisan majority in the House voted to reject a proposal to increase flights at DCA last year, but the measure was added back to the FAA Reauthorization bill in the Senate Commerce Committee. Senate party and Commerce Committee leadership prevented any amendments from receiving a vote, with Senator Ted Cruz (R-TX) going so far as to object to consideration of an amendment offered by Virginia's Senators that would have required safety approval from the Department of Transportation for the increased flights.

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\$1.65 Billion Budget Adopted

The Arlington County Board voted on Saturday, April 20, 2024, to adopt a \$1.65 billion balanced budget for Fiscal Year 2025, a 6.4 percent increase over FY 2024. The adopted budget focuses on foundational services for the community, including public safety, housing, behavioral health, environmental sustainability, transportation and schools.

The base real estate tax increased 2 cents to \$1.033 per \$100 of assessed value, which is partially offset by the move to a stormwater utility fee that reduced the tax rate by 1.7 cents. The real estate tax increase — the first since FY 2020 — will fund priority needs, including affordable housing, eviction prevention, investments in the environment, and support for teens and youth, such as programs for teen mental health and substance use prevention.

The budget also reflects Arlington's ongoing challenges with increased office vacancies and stresses on the social services network. Included are one-time investments in the County's economic stabilization reserve, and support for Arlington Economic Development's small business program, food security grants, and the Department of Human Services' Mobile Outreach Support Team (MOST).

The budget also includes nearly \$9.7 million in reductions and operational efficiencies. The reductions fall mainly into two categories: those that will limit services in less critical areas and those that reflect changing demands. The budget reduces 30 positions, both filled and vacant.

The budget makes investments in the following areas:

- ❖ **Housing Support:** \$113 million for housing programs, with an emphasis on stabilizing housing for households in need, including \$15.1 million for the County's Hous-

- ing Grant Program and a new pilot housing grants category for youth aging out of foster care, \$5.7 million for Permanent Supportive Housing, \$4.3 million for Eviction Prevention, and \$21.5 million for the Affordable Housing Investment Fund (AHIF) including \$1 million in one-time funding for affordable units at 30% of area median income.

- ❖ **Teens and Youth:** \$4.3 million for intervention, prevention, and education efforts to address teen mental health and substance use. This includes funds for dedicated case management for teens experiencing mental health and substance use challenges, expansion of out-of-school teen programming, and new digital and in-person outreach strategies to share programming and resources with teens and families. The budget also adds a Youth Programming Manager and extends the Department of Parks and Recreation's (DPR) youth programming pilots for up to two years, allocates money to convert the Arlington Mill computer lab to a teen media lab as well as teen spaces at Central and Westover Libraries, and funds an after-school programs pilot with Arlington Public Schools. This funding is in addition to existing youth programs in APS, DPR, Department of Human Services, Juvenile and Domestic Relations Court, and other County departments.

- ❖ **Environment:** \$3.5 million for the Climate Fund, an additional \$1.0 million for tree maintenance, \$300,000 to address emerging invasive threats to Arlington County natural lands, and \$240,000 for the Tree Canopy Fund.

- ❖ **County Workforce:** Salary increases and an increase in family leave benefits for current County staff are investments in the workforce. To assist with recruitment efforts, the budget includes a student loan supplement bonus for general employees hired after January 1, 2025.

- ❖ **Schools:** The FY 2025 transfer to Arlington Public Schools (APS) from the County is \$639.7 million. This is \$624.8 million in ongoing funds — an increase of \$30.4 million (or 5.1%) over FY 2024 — and \$14.9 million in one-time funding.

The Board held public budget and tax rate hearings in April 2024 with opportunities for public comment. Since January, the County Board has received phone calls, emails, and letters regarding different areas of the budget and has considered them as part of their deliberations.

Guidance to the County Manager

In adopting the budget, the County Board also provided guidance to the County Manager that outlines the thought and intention behind the one-time money additions to critical areas of the FY 2025 budget. These include:

- ❖ Developing, coordinating, and supporting both new and existing programs across departments and with Arlington Public Schools for Youth Well-Being;

- ❖ Accelerating actions related to Arlington's climate and energy resilience over the next two years, reporting on progress on a quarterly basis;

- ❖ Strengthening support of County Housing and affordability goals;

- ❖ More funding for the County's economic resilience strategies and initiatives;

- ❖ Expanding red-light and speed camera enforcement efforts across school zones;

- ❖ Providing one-time retention bonuses to uniformed Public Safety personnel and certain Department of Human Services employees; and

- ❖ Restoring two associate planner positions to strengthen the Community Planning, Housing, and Development department, including its ability to start a Low Residential Study in FY2025.

The new fiscal year begins July 1, 2024

Creature Comforts



By KENNETH B. LOURIE

Off hand, I don't know/can't recall the names of the pharmaceutical companies who are advertising extremely regularly (I wish I was so regular) products for toe fungus and psoriasis. What I can recall is that there are numerous products on the market these days to offer sufferers relief never thought possible. The pitches are nearly identical in tone, if not in actual word and deed. If one is to believe what is said and shown on these television advertisements, these two chronic, previously-hard-to-get-rid-of conditions are likely a thing of the past. And the present is patches, pills, creams, et cetera, and presto, you're very nearly at the promised (although not literally) land. No more itching. No more scratching. No more hiding your toes and/or arms and legs as the scales of injustice persist. (My mother had psoriasis, and though it wasn't a pretty sight, she managed to live her life. Quite unintentionally my mother's life-long struggles to find some relief from her psoriasis were realized when she stopped smoking her four packs of Chesterfield King cigarettes per day. There was no other answer. Over the ensuing months of non-smoking "cold turkey," the scales gradually disappeared, and my mother lived psoriasis-free for the rest of her life. Nevertheless, I have distinct memories of the difficulties my mother had day-to-day dealing with her condition. Fortunately, she had no similar toe condition. As an aside, I can still hear my late father admonishing my brother and I if we ever referred to my mother as 'she.'

As for the toe issue, I never saw any toes that looked affected on the order of what my mother's arms and legs looked like when she had a psoriasis outbreak. And we usually belonged to pool clubs in the summer where toes would be on full display. I should have seen something. Maybe I've blocked the memory. Toes can become nasty, I imagine. And finding a product that allows you to reintroduce your toes to the public and make peace with your sandals is likewise a solution years in the making. I will admit to being feet-and -toe-centric growing up but it was not due to any toe issue. It was athlete's foot. (Although both feet were affected.) The topical applications didn't really work. What did work was the relief my father offered. Picture this: I'm lying on the couch at a 90-degree angle to where my father is sitting on the single chair against the wall with my feet on his lap. Then he would take his index, middle fingers, and slide those two fingers back and forth along the inside of any two toes showing the signs. I got to tell you; that was heaven on earth for me. The relief and pleasure I felt from his fatherly act stays with me to this day. My father was one in a million. As the card I got him for his 65th birthday said: "When you were born, they broke the mold." (Open the card.) "You should see what they did to the mold maker." Unfortunately, there wasn't anything he could do for my mother's psoriasis. But if there were, my father would have made the effort. In later years when my mother had irreparable hearing loss and tinnitus, my parents — at my father's insistence, took regular plane flights to New Jersey from Boston to visit a doctor there who offered my mother some potential relief. (There are even products/procedures nowadays that offer tinnitus suffers some hope. I'd like to think my mother would have benefited. Getting her some relief in arrears.)

As simple and apparently effective as these two advertising campaigns to defeat (pun intended) toe fungus and cream (another pun) psoriasis seem to be, I wish, in an odd way to be so affected so that I might benefit from the new solution. It reminds of the late coach of the early 70s Redskins and mid-60s Rams, George Allen, whose mantra-type refrain was "The future is now" supporting his preference for older players. If I was a psoriasis or toe fungus sufferer, I would also feel, that after years of discomfort and perhaps even some embarrassment from these two chronic, nuisance-type conditions, the future is not only now, but also available, and not a moment too soon. Living with chronic pain and/or discomfort from psoriasis, as was the case with my late mother, or toe fungus (which I certainly can relate to due to my athlete's feet), and finally learning of a product or two — or three that could solve lifelong problems, the future is indeed now, finally. However, the frequency of these two product-specific advertisements on television is starting to get to me a bit. As I say, I can appreciate the relief these product/solutions potentially offer, I just wish the message were out there already. As with the gambling sights that are non-stop-advertised, especially during football season — and the semi related non-stop promotions for men's erectile dysfunction, to quote my late mother: "It's enough already."

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

Former FCIC Attorney Sentenced in Sexual Exploitation of Children

A former Federal Deposit Insurance Corporation (FDIC) attorney was sentenced today to 20 years in prison for conspiring to sexually exploit numerous children.

According to court documents, from January 2018 to October 2021, Mark Black, 50, of Arlington, Va., was a member of two online groups dedicated to locating prepubescent girls online and convincing the girls to livestream themselves engaging in sexually explicit conduct. Black and his co-conspirators covertly recorded these livestreams and shared the videos with each other.

In July 2019, Black induced a prepubes-

cent minor to engage in sexually explicit conduct on a live-streaming application while screen-recording that activity. That same month, Black and a co-conspirator also groomed another prepubescent minor to engage in sexually explicit acts on a photo and video-sharing application. The co-conspirator surreptitiously shared access to girl's live-video feed and recorded the sexual acts before sending them to Black.

Between July 2019 and March 2022, Black and the same co-conspirator were members of two additional groups dedicated to the sexual exploitation of children and the sharing of child sexual abuse

material (CSAM). In January 2021, Black sent CSAM of a minor to one of the groups.

Black's electronic devices were found to contain approximately 172,707 images of suspected CSAM. Of those files, over 1,300 depicted identified victims of his conduct.

Black was formerly the Arlington Aquatic Club (AAC) board president.

Black pleaded guilty in January to conspiracy to produce child pornography and coercion and enticement of a minor.

This case was brought as part of Project Safe Childhood, a nationwide initiative to combat the epidemic of child sexual exploitation and abuse launched in May 2006 by the Justice Department.

ENTERTAINMENT



“HAIR” can be seen now through July 7, 2024 at Signature Theatre in Arlington.

KIWANIS CLUB BLUEBERRY SALES UNDERWAY

It's time to reserve your freshly-picked, high-quality blueberries from Kiwanis Club of Arlington. The cost for a 10-pound box is \$45, and orders may be placed online at <https://arlingtonvakiwanis.com>. Please consider adding a box or two for AFAC to your order and Kiwanis will deliver the berries directly to AFAC. Last year, more than a ton of blueberries were purchased for donation to AFAC. Berries will be available for pick up June 21 and 22 in the Cherrydale Methodist Church parking lot at 3701 Lorcum Lane. Questions? Email blueberries@arlingtonvakiwanis.com or 703-646-1850.

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.

SCHEDULE:

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.

MAY 1-31

Together We Rise: United Exhibit. At Gallery Underground Arlington in Crystal City Shops, Arlington. The nonprofit organization Arlington Artists Alliance continues their partnership with Uniting US, presenting a new exhibit entitled Together We Rise: United. This group show features 18 military, veteran, and family member artists at the Gallery Underground in National Landing. The show features 2D and 3D works that celebrate the benefits of individual choice, freedom of speech, and the right to vote. Show attendees will experience the veterans' allegiance to our nation discovered through service, loss, and life after military service.

RANKED CHOICE

VOTING EVENTS

The League of Women Voters of Arlington & Alexandria City (LWVAAC) will be hosting Ranked Choice Voting (RCV) training/educational events, as follows:

Wednesday, 15 May, 6:30-7:30pm; Arlington Central Library, 1015 N. Quincy Street, Arlington, VA
Sign up link here:

<https://www.eventbrite.com/e/ranked-choice-voting-rcv-educational-event-may-15-tickets-896735769827>

Saturday, 1 June, 1:30-2:30pm; Walter Reed Community Center, 2909 16th Street S., Arlington, VA

Sign up link here:

<https://www.eventbrite.com/e/ranked-choice-voting-rcv-educational-event-june-1-tickets-896747063607>

The training is identical for each session and is being provided by the Arlington Office of Voter Registration and Elections. (Read about RCV here: <https://vote.arlingtonva.gov/Elections/Ranked-Choice-Voting>).

Free parking is available at all three locations.

Direct questions to League of Women Voters of Arlington & Alexandria lwvarlingtonva@gmail.com.

WEDNESDAY/MAY 15

Coffee and Conversation with Arlington Neighborhood Village. 10-11 a.m. Via Zoom Link. Savvy Ladies is a unique volunteer organization that provides financial education to women to help them build the knowledge and confidence they need to thrive and develop a financially stable future. Tracie Wheeler, Director of Operations and Client Experience, and Chris Blakely, CFP, ChFC, will introduce us to Savvy Ladies, and address some of the financial challenges seniors may face as we age, regardless of your sex

MAY 17 TO AUG. 23

Mason Exhibitions Presents A Closer Look: Conflicted Art from Ukraine. At Mason Exhibitions Arlington, 3601 Fairfax Drive, Arlington. Curated by Sophie Bae with Conflicted Art's Yevgen Nemchenko, the new exhibition offers a nuanced exploration of the impact of war through the lens of contemporary Ukrainian artists. In an era saturated with media coverage of conflict, it is easy to feel overwhelmed and detached from the deeper questions surrounding the persistence of war in the 21st century. A Closer Look: Conflicted Art from Ukraine seeks to bridge that gap by showcasing the work of 13 Ukrainian artists who confront head-on the experiences of direct conflict. Through photography, video, painting, sculpture, literature, and installation, these artists offer a multifaceted perspective from the fringes of this conflict. Their works invite viewers to engage in dialogue beyond statistics and headlines and to examine core issues of existence distorted by violence and uncertainty.

SATURDAY/MAY 18

National Chamber Ensemble “Concerto Celebration.” 7:30-9:30 p.m. At Marymount University's



The National Chamber Ensemble “Concerto Celebration” will perform on Saturday, May 18, 2024 in Arlington.

Ballston Auditorium, 1000 N. Glebe Road, Arlington. Featuring Beethoven's dramatic Piano Concerto No. 5 “The Emperor” with piano virtuoso Carlos César Rodríguez 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.

SATURDAY/MAY 20

Civil War Books, Relics & Memorabilia Show. 10 a.m. to 5 p.m. Arlington-Fairfax Elks Lodge, Rt. 50, Fairfax. Admission, \$5 Per Person. Vendors Welcome. 703-389-1505 / 703-785-5294

MAY 21 TO JULY 7

“Where the Mountain Meets the Sea.” At Signature Theatre, ARK Theatre, Arlington. A poignant, beautiful musical of parallel journeys from the writer of Apple TV+'s The Morning Show and directed by Timothy Douglas (Signature's The Color Purple). After he learns of his estranged father's death, a son recreates the cross-country trip his Haitian immigrant parents took before he was born. As he traces their journey across America, and bonds with the music his father adored, time blurs and erases the distance between them. Lyrical storytelling and an evocative folk score drive father and son to rediscover love, each other and their everlasting bond. <https://www.sigtheatre.org/events/202324/where-the-mountain-meets-the-sea/>

WEDNESDAY/MAY 22

Coffee and Conversation with Arlington Neighborhood Village. 10-11 a.m. Via Zoom Link. Accounting for our Vietnam Vets, the war in Vietnam ended in 1973 but 50 years later more than 1,577 soldiers are still missing or

unaccounted for. As we approach Memorial Day, Ms. Erin Harroun, Executive Director of the National League of Families of American Prisoners & Missing in Southeast Asia, will talk about the organization's efforts to locate and bring home the remains of these missing heroes. She will also update us on her recent trip to Laos, Vietnam, and Cambodia where she met with senior government officials to discuss paths for moving forward with the location and identification of those still missing.

JUNE 1-2

Armed Forces Cycling Classic.

Saturday, 7 a.m. – 2 p.m., Sunday, 7:45 a.m. – 2:30 p.m. At National Landing/Crystal City and Clarendon. The Armed Forces Cycling Classic (AFCC), presented by The Boeing Company, celebrates its 26th Edition as the DMV region's most prestigious cycling event when it returns to Arlington, the weekend of June 1st and 2nd. Saturday's Challenge Ride, for cyclists of all abilities, will kick off the weekend's cycling events, followed by the Crystal Cup Men's and Women's Pro/Am races. Sunday's Clarendon Cup will cap off the competition. The weekend's action begins early on Saturday, June 1 in Crystal City / National Landing with the Armed Forces Cycling Classic's Challenge Ride. The ride is a closed course open to cycling enthusiasts of all abilities, from casual amateurs to serious competitors as well as Corporate Challenge teams. Saturday will continue with the Women's Pro/AM race, as they begin their hunt for the weekend overall Omnium Prize (most consistent finisher over the two days), the Kids Race (9 and under), and concludes with Day 1 of the Men's Pro/Am. The 26th Clarendon Cup will take place on Sunday, June 2, and feature day two of the Women's and Men's Pro/AM races, where the talented winners will be declared on the iconic 1km course around the Clarendon Metro. Visit cyclingclassic.org.