



SENIOR LIVING

"Flourishing After 55"

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

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

The Star-Spangled Banner Flag House in Baltimore, a virtual discussion and presentation by Jill Peters, senior tour guide and reenactor, Thursday, June 27, 3:15 p.m. Learn about the history of the flag and the women who sewed this iconic national symbol. Registration # 914400-30.

Columbia, second in a five-part tour of Spanish speaking countries, history, culture, food, geography, politics and more, Thursday, June 27, 12:45 p.m., virtual. Presented by Lubber Run 55+ Center Director Ashley Gomez. Registration # 914400-39.

The art of downsizing, decluttering tips and insights into market trends from realtor Philippa Main, Thursday, June 27, 3 p.m., Lubber Run 55+ Center. Registration # 914404-03

Spanish 101 with native Spanish speaker and Lubber Run 55+ Center Director Ashley Gomez, Thursday, June 27, 6 p.m. Learn fundamentals for essential vocabulary to basic grammar and conversational phrases.

First of three sessions. Registration # 914650-06. Register separately for each session.

The 55+ Travel group will visit the National Portrait Gallery's "This Morning, This Evening, So Soon: James Baldwin and "The Voices of Queer Resistance" exhibition, including the "Brilliant Exiles: American Women in Paris, 1900-1939" exhibit, Friday, June 28. Cost \$11, Arlington resident; \$13, non-resident. Registration # 902406-13.

Early Fourth of July celebration of America's Independence, Friday, June 28, 1 p.m., Walter Reed 55+ Center. Registration # 914899-05.

Movie matinee, "Monster" (2023) (PG-13), Friday, June 28, 12:30 p.m., Aurora Hills 55+ Center. Registration # 914804-03.

Senior Housing Fair, valuable resources to help with a move or make a home safer, Friday, June 28, 10 a.m.-12 p.m., Lubber Run 55+ Center. Registration # 914404-04.

Join 55+ Center Director Jennifer Weber at the 3rd annual Arlington Pride Festival, Saturday, June 29, 11 a.m., Long Bridge Park. Registration # 914899-03. Those who register will be contacted with information on how to meet up with fellow 55+ participants.

Community opioid awareness, learn how everyone can play a part in mitigating the risks and consequences of the opioid epidemic, Saturday, June 29, 10 a.m., Lubber Run 55+ Center. Presentation for the whole family. 55+ pass not required.

Monthly social at Arlington Mill 55+ Center, Monday, July 1, 1 p.m., patriotic theme; wear red, white and blue.

Registration # 914801-02.

Lyndon B. Johnson Memorial Grove, pre-See Flourishing, Page 7

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News

Some Unaware Aware It Was Election Day

Primaries are often low turnout events, but only 11 percent voted on June 18.

By Eden Brown Arlington Connection

pparently, a lot of people didn't know Tuesday, June 18 was Primary Election Day. Although all those signs along the median, and mailers, should have made it clear, Lisa Bridge, who lives just over the county line in McLean, said a lot of people there had no idea there was an election. She learned about it on the Glebe Park pickleball court an hour before polls closed.

Poll workers at the Madison Center polling station in Arlington said "turnout was about 300 or so — fairly normal for a primary which tends to be low turnout. A presidential election would bring out about 1,000 voters to the Madison polling place."

Sue Sprague and Martha Solodky were dressed up in patriotic clothes for their stint at the Madison center as poll greeters on behalf of Arlington Democrats. They were hoping to sign up more volunteers for election duty in the Fall and get out the vote efforts, but by 6 p.m. their clipboard showed only one name at the top.

"It's okay. It's hot out, and no one has any energy," they said cheerfully. Solodky has worked for a long time with Arlington Dems, and Sprague, who is from McLean, started this June.

Volunteer Jamie Usrey had more success engaging volunteers as she greeted voters at



PHOTO BY EDEN BROWN

Sue Sprague, left, and Martha Solodky, dressed up in patriotic clothes for their stint at the Madison center as poll greeters on behalf of Arlington Democrats.

Williamsburg Middle School, normally less conservative than Madison.

But other Arlington residents were more concerned about the low turn-out and the use of ranked choice voting (again). Jody, chatting after a swim, said she felt the ranked choice system was poorly understood and left open the possibility "gaming it," and Kathy, standing next to her, said it concerned her that the turnout was poor and that endorsements from big name Democrats like Patrick Hope and Barbara Favola had been key in marshaling votes for the candidate preferred by the Arlington Democrats and current board members.

Member County Board (Arlington County) https://enr.elections.virginia.gov/results/public/ARLINGTONCOUNTY/elections/2024_

https://enr.elections.virginia.gov/results/public/ARLINGTONCOUNTY/elections/2024_ June_Democratic_Primary Vote for only one Follow Ranked Choice Contest

| Candidate | Round 1 | Round 2 | Round 3 | Round 4 |
|---------------------------|--------------------|----------------------------|------------------------------|-------------------------------|
| Julius D. "JD" Spain, Sr. | 32% 6,547 votes | 34% 6,774 votes +227 | 36% 7,217 votes +443 | 55% 10,565 votes +3,348 |
| Natalie U. Roy | 28% 5,759 votes | 31% 6,241 votes +482 | 37% 7,359 votes +1,118 | 45% 8,743 votes +1,384 |
| Tenley D. Peterson | 24% 4,785 votes | 25% 5,060 votes +275 | 27% 5,380 votes +320 | Eliminated |
| James A. DeVita | 10% 1,940 votes | 11% 2,145 votes +205 | Eliminated | |
| Julie E. Farnam | 6% 1,267 votes | Eliminated | | |

A woman working out at the YMCA said she was unhappy with her vote; she had sent in her ballot early and then started reading about candidates and changed her mind, but it was too late.

The vote highlighted the YIMBY versus NIMBY divide in Arlington. One of those opposed to the "missing middle" decision by the county board allowing developers to build multi-family housing on single family lots bemoaned the "abysmal turnout" saying, "So just 9% of the population (residents who voted) have set the agenda for the remaining

91% of the people living in Arlington."

Every year is election year in Virginia. And many years the deciding vote takes place in the primary election.

Natalie Roy, who got about 45 percent of the vote to J.D. Spain Sr.'s 55 percent in the final round (see chart), conceded the election on Friday, wishing Spain well. She noted that the election had made it clear that a large portion of the county was not in favor of the "missing middle zoning decision" made by the Board last year, and that, in her opinion, was a "win."

BULLETIN BOARD

Submit civic/community announcements at Connection-Newspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

ARLINGTON'S TRIPLE-AAA BOND RATING

REAFFIRMED FOR 2024 For the 24th year in a row, all

the 24th year in a row, all three credit ratings agencies have reaffirmed Arlington County's debt ratings of Aaa/AAA/AAA — the highest possible rating. Arlington is one of just 55 counties in the United States, and one of 12 in Virginia, to receive this designation.

Moody's noted "the county's financial position is sound and stable, supported by proactive management and formal policies."

Fitch Rating's highlighted Arlington County's "financial

resilience, demonstrated by solid reserve maintenance bolstered by a high midrange level of budgetary flexibility, strong demographic and economic strength metrics and a strong long-term liability burden."

Standard & Poor's noted "the ratings reflect our opinion of the county's demonstrated history of balanced financial results that we expect to continue over the long term, supported by an affluent, resilient, and growing property tax base."

NATIONAL NIGHT OUT

The Arlington County Police Department (ACPD) invites Arlington neighborhoods and organizations to join millions of neighbors nationwide in attending National Night Out (NNO) events on Tuesday, August 6, 2024 from 5 p.m. to 8 p.m. NNO is an annual program held on the first Tuesday of August that aims to celebrate and strengthen the relationships between community members and the law enforcement professionals

who serve them.

During NNO in Arlington County, neighborhoods, businesses, and other organizations host outdoor events such as cookouts, block parties and ice cream socials to promote camaraderie between those that live in, work in and visit Arlington and the police department.

PATHFORWARD RECEIVES \$1.3M FOR PURCHASE OF ARLINGTON APARTMENT BUILDING

BUILDING
Thanks to a federal government
appropriation, spearheaded by
Congressman Don Beyer (D-VA),
PathForward announced that it will
purchase Sibert House, an eightunit property that serves chronically homeless individuals who have
faced significant housing barriers.
PathForward President and CEO Betsy

PathForward President and CEO Bets Frantz stated, "Handing the keys to newly housed clients is just the first step to stability and dignity for them. To remain housed, they require individualized services including regular medical and mental healthcare and ongoing case management. Thank you to Rep. Don Beyer and his staff for leading this game-changing appropriation through the complex federal approval process."

"The \$1,342,704 in federal funding I secured for PathForward will support the purchase of the Sibert House, an apartment building in the Westover neighborhood of Arlington County serving unhoused individuals who have struggled to obtain and remain in permanent housing," said Congressman Beyer. "Sibert House stands as a beacon of hope and opportunity for people who have suffered from chronic homelessness. Every person deserves a dignified and safe place to call home, and this funding will be critical in supporting PathForward's efforts to continue providing these life-changing services in our community. I thank PathForward for

their support in identifying and developing this project request, and their work to uplift the most vulnerable among us."

DONATIONS NEEDED

Pet Food Bank. AWLA has established a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consider ation of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaY-WdZm4tPw2.

Donations Needed. Our Lady Queen of Peace Catholic

See Bulletin, Page 4

Melwood, Wesley Housing Plan New Inclusive Affordable Housing in Arlington

national employer, advocate, and preferred provider for people with disabilities, and Wesley Housing, a leading nonprofit affordable housing provider located in Northern Virginia, are planning a mixeduse development including 105 new affordable housing units and 18,000 square feet of ground level space for Melwood's community service use in Arlington, Virginia. This joint venture, which leverages property Melwood owns in the Aurora Highlands neighborhood near National Landing and the Crystal City Metro, will provide much needed affordable housing for a broad range of household sizes and affordable income levels. Some of the units are intended to address

the need for accessible housing for people with disabilities. The project will replace the existing outdated Melwood Horticultural Training Center, with new space better suited for Melwood to operate its on-site programs and services, including job skills training for people with disabilities.

Melwood entered into an agreement with Wesley Housing as its development partner in January 2024. Since then, the partners advanced pre-development activities through Arlington County's Special General Land Use Plan (GLUP) process, culminating



with the May 2024 County Board adoption of the GLUP Study and associated principles guiding future development. To kick off the site plan review process, Wesley Housing and Melwood submitted a preliminary Site Plan Application.

"Approval of the proposed development by the County Board will be a critical first step allowing us to pursue the affordable housing financing and building permits necessary to bring this innovative community asset to fruition," said Wesley Housing President & CEO, Kamilah McAfee. U.S. Rep. Don Beyer (VA-8) and Senators Mark Warner and Tim Kaine championed the development which led to an award of \$500,000 in congressionally directed funding.

"Redeveloping our Arlington campus into an affordable, inclusive housing community enables Melwood to further our mission and support the people and community we serve," said Larysa Kautz, President & CEO of Melwood. Most people served by Melwood face hurdles to live independently in affordable housing with meaningful inclusion, Kautz added.

The partnership between Melwood and Wesley Housing presents an opportunity to develop a truly inclusive community in Arlington, leveraging both organizations' overlapping missions, complementary services, and long-standing histories of service in Arlington.

About Wesley Housing: Wesley Housing, a leading non-profit developer in Northern Virginia and the District of Columbia, has worked to provide affordable rental housing for individuals and families for 50 years. Wesley Housing has emerged as a premier developer of affordable housing and has acquired or developed over 2,900 rental units, providing quality housing for thousands of low-income individuals and

families each year. Wesley Housing supplements housing with supportive services. Visit www.wesleyhousing.org

About Melwood: Melwood is one of the largest employers of people with disabilities in the country, employing more than 1,400 workers – over 750 of whom are people with disabilities. Melwood offers job placement, job training, life skills for independence, and support services to more than 3,000 people each year in DC, Maryland, and Virginia. Visit www.Melwood.org

LETTER

Veterans: Make Elections in Virginia Peaceful

Dear Editor,

I served in the United States Navy and am part of a national coalition of veterans who value country over politics. As July 4th approaches, we urge all your readers of the Alexandria Gazette Packet to consider the mood of the country today.

The overwhelming majority of Americans -- Republicans, Democrats, and Independents fear this year's elections will again descend into violence.

Veterans from every state of this great Republic and every political background swore an oath to the Constitution and are proud and honored to have defended it.

Across the country we are asking everyone running for

public office to pledge to:

- * Renounce threats of violence and voter intimidation. Use all your platforms to do the
- * Respect certified results of the election, and where necessary, the verdict of the courts in adjudicating any election disagreements.
- All Americans running for office, please affirm that you will honor our history of peaceful transfers of power, as the framers intended.

No more January 6ths! Alexandria - spread the word. In Service,

Andrew A. Anderson, PMP Alexandria Veteran and former Civil

Servant

BULLETIN BOARD

From Page 3

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

ONGOING

Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit audubonva.org/audubon-at-home-1/ for more.

Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqveland at 703-228-0913 or esiqveland@ arlingtonva.us or visit health. arlingtonva.us/opioid-awareness/ for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, virtually. Registration is free and highly recommended to reserve spots, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacareconnections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

Arlington County, in partnership with the Human Rights Commission's Equality Task Force, has launched a web page with resources for the LGBTQ community. The new webpage compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics

specifically for teens and youth — such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit topics. arlingtonva.us/lgbtq-resources.

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/agingmatterswera to listen to programs. MICHAEL W. SMITH Returns to The Birchmere, May 19, 2022, 7:30pm, Alexandria, VA.

Volunteer Bike Repair Night. First
Tuesday of the month, 6-9 p.m. at
Phoenix Bikes, Barcroft Park, 4200
S. Four Mile Run Drive. Volunteers
gather to refurbish bikes, sort parts
or help with essential tasks. No
experience necessary.

Public Financial Fraud, Waste and Abuse Hotline. Arlington County launched a new public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at SEE BULLETIN, PAGE 5

Arlington Chamber Celebrates Economic Development

Awards presented to first responders & public safety personnel.



Awards were presented to the public safety and first responder community in Arlington at the Chamber of Commerce breakfast.

BY SHIRLEY RUHE

he Arlington Chamber of Commerce held its State of the County & Public Safety Awards breakfast on Tuesday, June 25 at the Army Navy Country Club.

Arlington County Board Chair Libby Garvey delivered the State of the County address focusing on the economic and development status of Arlington. More than 200 members of the local business community attended the event along with community leaders and members of the public safety and first responder community in Arlington. This included Arlington County's Fire Department, Police Department, Department of Public Safety Communications and Emergency Management, and Sheriff's office.

Awards were presented by ABC7/WJLA's Health and Wellness Reporter, Victoria Sanchez.

The Chamber has held an annual State of the County event for the County Board Chair since 2001 Jay



Representatives of local businesses and community leaders attend the Arlington Chamber State of the County & Public Safety Awards breakfast June 25 including County Board Vice-Chair Takis Karantonis, County Member Matt de Ferranti, and Commissioner of Revenue Kim Klinger.

Fisette was the inaugural speaker, as he was chair that year. They have had the Public Safety Awards in different forms since 1981.

The Arlington Chamber of Commerce is a nonprofit membership organization of more than 650 businesses committed to strength-

ening businesses and the economic environment for those who work, live and do business in Arlington. It was founded in 1924.

New Virginia Laws Effective July 1st

BY DELEGATE PAUL KRIZEK

his week, I will continue my report to you on the new laws going into effect on July 1 that you may encounter in your daily life, including some that you might not know were even considered this session.

One law that garnered much amusement and quite a

few puns throughout session was the "roadkill bill" brought by Del. Tony Wilt relating to claiming rights of deer, bear, turkey, or elk hit by motor vehicles. Current law allows only those who hit the animal with their vehicle to be able to claim the dead animal during the hunting season. This new law allows any person who discovers an animal to claim it for eating or as a trophy at any time of the year. If you happen to be in this position,

make sure you still call to report it to law enforcement in the area!

The maximum duration of a DMV-issued temporary disabled parking placard will be extended from 6 to 12 months. The fee associated with the issuance of this placard has also

been eliminated. The DMV fee for the issuance of an original, duplicate, reissue, or renewal special identification card without a photograph will be reduced from \$10 per year with a \$20 minimum fee to \$2 per year with a \$10 minimum fee.

Moving violations in highway work zones will now be punishable by a fine of not less than \$300 for the first offense and not less than \$500 for any subsequent offense. Another such offense in a 12-month period will be subject to a fine not less than \$750. Slow down and pay attention when driving through highway work zones.



Krizek

This is not only for your safety, but to protect our hardworking road construction workers and others that you share the road with!

Relief is here for those who have been a victim of predatory towing. This new law will require a towing operator

to post written notice on a vehicle providing at least 48 hours' notice to a resident prior to removing a resident's vehicle from the parking lot of a multifamily dwelling for the purpose of an expired registration or expired inspection sticker. Any towing operator who fails to comply with these requirements shall be required to reimburse the resident for the cost of the tow and shall be subject to a civil penalty not to exceed \$100.

Localities in Northern Virginia will now have the ability to require written authorization of the owner of the property from which a vehicle will be towed, as well as to regulate the monitoring practices used by towing and recovery operators, to crack down on the use of "spotters" to enable "smash and grab" tows of vehicles parked for as little as 3-4 minutes. Victims of an unlawful tow are entitled to a payment of 10 times the total amount charged for removal, towing, and storage. Towing and recovery operators will also be prohibited from requiring an individual who appears to retrieve a vehicle towed to provide, in addition to payment of fees, any document not otherwise required by law before releasing the vehicle to the individual.

As always, you can find a full list of newly Chapterized laws on the General Assembly's Division of Legislative Services (DLS) website, as well as a more detailed review in the annual In Due Course chronicle prepared by the DLS.

Bulletin Board

From Page 4

arlingtonva.ethicaladvocate. com. The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

Created by the Arlington Initiative to Rethink Energy (AIRE) in partnership with the Arlington Public Library, the nation's First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools such thermal imaging cameras, energy meters and books play a vital role in achieving a "greener" home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit library.arlingtonva. us/locations/central-library or call 703-228-5990.

Arlington Rotary Club Lunches. Thursdays, 12 - 1:30 p.m. now on Zoom. Organization brings together political and business leaders for humanitarian services. Listen to guest speakers on various topics of interest. Visit https://arlingtonrotaryclub.org/

Job Seeking Help. 5-9 p.m at Columbia Pike Branch Library,









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Legals

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HBNL LLC trading as BAR COLLINE, 269
19th Court South Suite #50/#55, Arlington,
Arlington County, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVER-AGE CONTROL (ABC) AUTHORITY for a BEER / WINE AND MIXED BEVERAGE license to sell or manufacture alcoholic beverages. IAN HILTON, MANAGING MEM-BER. 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.

ABC LICENSE

Dumpling District Arlington Inc. trading as Dumpling District, 4238 Wilson Blvd. Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Zong Chen & Jialu Liu, owner/ 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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ENTERTAINMENT

ARLINGTON PEER RECOVERY CENTER

The Arlington Peer Recovery Center is a safe, stigma-free place to spend time for those recovering from homelessness, substance use, and mental illness. It has a donation closet that needs adult clothing and shoes. Some participants at the Center are looking for jobs and need the proper attire. Located at 3219 Columbia Pike, Suite 101, Arlington. Contact Greg the Program Coordina-

NOW THRU JULY 7

tor at 703-567-1346.

'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/

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 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.

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-themountain-meets-the-sea/

FRIDAY/JUNE 28

VHC Health Senior Housing Fair. 10 a.m. to 12 p.m. At Lubber Run Community Center, 300 N. Park Drive, Arlington. VHC Health is hosting a Senior Housing Fair in partnership with Positive Aging. Explore housing options and find services to enhance your home. VHC Senior Health will be hosting a free Senior Housing



The Firefly Festival takes place on Sunday, June 30, 2024 at Fort C.F. Smith Park in Arlington.

Fair showcasing a variety of housing options, as well as resources to assist with a big move or to aid in making your home safer. The fair will feature organizations throughout the area that are experts in senior living. Participants can collect information, ask questions and prepare to create their "home sweet home."

SUNDAY/JUNE 30

The Firefly Festival. 7:30 to 9:30 p.m. At Fort C.F. Smith Park, 2411 N. 24th Street, Arlington. Fireflies, lightning bugs, lantern beetles, or whatever you want to call them are a vital part of the health of the Arlington area. Come learn about this and so much more by coming to this annual event. Full of games, crafts, food, night walks and educational opportunities, your family will have loads of fun at this event while learning about how amazing the nighttime is.

ROSSLYN LIVE THIS JULY

Tickets are on sale now for the annual summer performance series, Rosslyn LIVE! To be held Thursdays at Gateway Park and featuring music from local groups, plus drinks, food trucks, and more show-themed fun.

July 18 | Love Story: A Taylor Swift Tribute If you couldn't attend the Eras Tour or just want to relive the fun all over again, shake it off to your favorite hits from the iconic pop star with covers led by husband and wife duo Beau and Blair. We know all too well that it's more fun to bring your squad, so make the friendship bracelets and take advantage of our Bestie Package (BOGO free ticket) for the ultimate Swiftie experience.

July 25 | 90s & 00s Hits with Uncle Jesse Oh snap! Relive your favorite hits from the 90s and 00s with a nostalgic performance by cover band Uncle Jesse. Whether you're a spice girl, NSYNC fan, or a sk8er boi, all are welcome to raise the roof. For this blast to the past, it's more the merrier — check out the Full House package for BOGO free tickets.

Admission to each show is \$5 per person, and children under 10 are free. Costumes and themed apparel are highly encouraged! Stay tuned on

social @RosslynVA for additional details (and some exclusive surprises) leading up to the events.

FRIDAY/JULY 5

Lesson Zero Performs. 9 p.m. to 12 a.m. At Celtic House, 2500 Columbia Pike, Arlington. Admission is free and street parking is available. For more information see www.youtube.com/ lessonzero and www.reverbnation.com/

MONDAY/JULY 8 School Board Organizational Meeting. 10:30 a.m. At Syphax Education Center, 2110 Washington Blvd., Arlington. Election of the Chair and Vice Chair; Appointment of the Clerk and deputy Clerk of the Board.

SATURDAY/JULY 13

Comedy Karaoke Trivia Funtime Show. 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. Sponsored by the Capital City Showcase. 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 July's show is the hilarious Dee Ahmed.

FRIDAY/JULY 26

Insect Heroes. 10:00 - 11:30 a.m., ONLINE. Learn about the Insect Heroes in your garden, who work tirelessly throughout their lives to create the serene beauty of the garden you enjoy every day. All you have to do is invite the "right" kinds of insects to your garden and most insect problems will be solved. Extension Master Gardener Beth Buffington will help you find the best ways to encourage these beneficial insects that will control many of the perennial pests in our gardens without the use of pesticide. Really it is that easy! Free. RSVP at http://mgnv.org/rsvp-for-public-education-classes/ to receive a link to participate.

SATURDAY/AUG. 10

Comedy Karaoke Trivia Funtime Show. 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. Sponsored by the Capital City Showcase. 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 August's show is the hilarious musical comedy duo B.U.S.S.I.!

SATURDAY/SEPT. 14

Comedy Karaoke Trivia Funtime Show. 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. The Capital City Showcase, which produces some of the best events in the D.C. area, returns with its new one-of-a-kind blend of entertainment. 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 experience features comedy from the DC area's finest comics. The headliner for September's show is the hilarious Jenny Questell.

"FLOURISHING AFTER 55"

From Page 2

sentation by Scott Hill from National Park Service, Monday, July 1, 1:30 p.m., Lubber Run 55+ Center, registration # 914400-24 or virtual, registration # 914400-25.

Absolute beginner pickleball with volunteers to answer questions, limited paddles and balls available, Monday, July 1, 10 a.m., Walter Reed 55+ Center. Drop-in.

Registration opens Monday, July 1 for 2024 Northern Virginia Senior Olympics to be held Sept. 14-29.

Register online at www.nvso.us. Cost \$20 for multiple events. For more information, email nvso1982@gmail.com.

Jeopardy, America's favorite quiz game with monthly themes, Monday, July 1, 2 p.m., Aurora Hills 55+ Center. Registration # 914600-16.

Chess games, players of all levels welcome, Monday, July 1, 9:30 a.m. - 2:30 p.m., Madison Community Center. Drop-in.

Movie matinee, "Air" (2023) (R) Tuesday, July 2, 1 p.m., Lubber Run 55+ Center. Registration # 914804-01.

Introduction to the ukulele, no experience required, taught by Sandy O'Shea, Tuesday, July 2, 4 p.m., Walter Reed 55+ Center. Registration # 914304-03.

"It Doesn't Have Me Yet"



By KENNETH B. LOURIE

How I closed last week's column is how I open this week's. Why? Because attitude, anecdotally writing, is how I can - without offering any guarantees, control my universe and secure my future. Not hardly. However, if I don't think it, it surely won't happen. The dilemma/trick is rolling with the punches that cancer inevitably land and trying to shake them off somehow. And that 'somehow' is complicated by the fact that there's not exactly a neutral corner. Moreover, there's no place to hide, no place to run, and no place to go for a quick remedy for what ails you (meaning me). Which as you regular readers know is papillary thyroid cancer with chronic kidney disease on the side.

The problem/reality is that cancer isn't simply a disease - and often a terminal one at that; depending on the type of cancer you have and how far along (what stage) you are, it's a lifestyle, too. Moreover, it's the predicament which keeps on "predictamenting. It's like having the sword of Damocles hanging over your head, or for the more modern readers, it evokes Linus from the comic strip "Peanuts," having that dark cloud following him everywhere. Cancer is one seriously dark cloud. What's worse is that cancer permeates your entire body. It affects, in one way or another, your brain, your heart, your lungs, your entire being. In its own insidious way, cancer takes over and rearranges everything, figuratively speaking. And unfortunately, despite the best medical care, often, (once again, depending on the type and staging of the cancer) there's nothing - to invoke a classic baseball description: "You can't stop it. you can only hope to maintain it." I ought to know, I've been maintaining it for years.

My intention over these past 15+ years of being a cancer patient has been an attempt at being one for a long time. During this experience, I have been as "compliant" as the doctors would have wanted. I've never missed an appointment. I've always attended my miscellaneous scan appointments and such, I've always had ample supplies of medicine, among other responsibilities. In summary, I have done what the doctors have told me. They have described me as 'compliant,' a real compliment as I've come to understand. I figured that if I was going to take on something as daunting as cancer, I better be clear in my head as to how I was going to do it. And knowing there were no guarantees made it an even a greater challenge. Could I be "the one" (who survives) we asked my oncologist. "Sure, you could be the one." (Although I didn't take him literally. I have come to find out that cancer is a big dog who wants very much be the only one to on your porch. And though cancer survival rates are improving, thousands of people are still dying.)

Having been through the cancer wars, going back nearly 15 and half years, I do feel that experience does give me a sort of emotional foundation as we navigate yet again through this minefield of inevitability. And though I have mostly been there and done that, unfortunately, it doesn't give me much control. Just because I know the dos and don'ts and understand the perimeters of what's reasonable to expect, it doesn't' mean I have any sort of advantage over my cancer. All I can control is how I respond to doctor's orders and the interpretations of the miscellaneous scans that I undergo. After all these years, these reactions/assessments are like muscle memory.

I've endured so much for so long; I can't help but wonder if my inventory of positivity and humor has been drained. To take on cancer requires your best effort. Any sign of weakness, however slight might be enough to open the floodgates. The body can only take so much. As I witnessed with my mother-in-law and with my own father, sometimes new complications are just too much for the patient to bare and the patient succumbs to their disease. That's what I worry about: succumbing. I don't even like the sound of it, let alone the meaning. I guess I'll just invoke Scarlet O'Hara from "Gone With The Wind" and "think about that tomorrow."

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

COMMUNITY

Blueberries Gone Before You Know It

By Shirley Ruhe
The Connection

ars line up, trunks open in the parking lot of Cherrydale United Methodist Church on Lorcom Lane Friday, June 21 to pick up their 10-pound boxes of fresh blueberries. Julia Wright, who started the Kiwanis fundraiser 12 years ago says, "We started this drive-up system during Covid. People were just so thankful for something normal."

Wright says they started the fundraiser with 250 boxes of blueberries, and it nearly doubled every year for a few years. This year the Kiwanis have 1,400 boxes for sale. "We take preorders but always order extra for people who just drive up." She points to the back of the truck. "All of these will be gone. I ordered two boxes but it looks like I might just get one."

Each box sold for \$45, and she says in addition to their own orders customers requested 190 boxes to be donated to Arlington Food Assistance Center. The blueberries came from Haines Berry Farm in New Jersey.

Wright says the proceeds of the fundraiser are donated to 30 different charities that serve children.



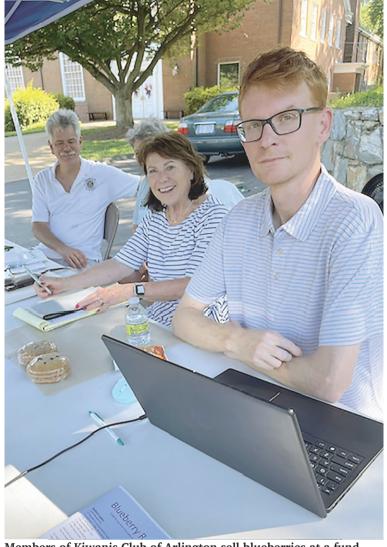
Truck sits nearly empty of its 1,400 boxes of fresh blueberries at Cherrydale United Methodist Church.



Now you see them; now you don't. Ten pounds of blueberries disappear before you know it.



A Kiwanis volunteer loads blueberries into a car on Friday, June 21.



Members of Kiwanis Club of Arlington sell blueberries at a fundraiser benefiting children. From left: Greg Craddock, Julia Wright, Linda Chanzhander, Phil Kilfer.

Adding to our story about Arlington-based non-profit Ascend Afghanistan

Dovie Holland from Arlington is executive director of the U.S.- Afghan Women's Council (USAWC) a non-partisan public-private partnership that convenes governments, civil society and the private sector around the goal of supporting Afghan women and girl's education, healthcare, economic empowerment and leadership. The USAWC is based out of Georgetown University. Holland hiked with her daughter and husband. This photo was inadvertently left out of last week's paper. See Back Page https://connectionarchives.com/ PDF/2024/061924/





Arrest in Shooting Causing Minor Property Damage, No Injuries

he Arlington County Police made an arrest in the shooting that occurred on June 19, 2024, in the 2600 block of Richmond Highway. Javon Brown, 23, of Capitol Heights, MD was taken into custody on June 22 and charged with Shooting Missiles at an Occupied Vehicle and Hit and Run. He is being held in the Arlington County Detention Facility.

The preliminary investigation indicates the male victim was driving south-bound in the 2600 block of Richmond Highway when the male suspect drove alongside his vehicle, brandished a fire-arm and fired at the victim's vehicle before fleeing the scene northbound on Richmond Highway.

A lookout was broadcast and responding officers canvassed the area for the

suspect yielding negative results. The suspect is described as a thin male, approximately 5'8" with short dreadlocks driving a blue sedan.

Minor property damage and no injuries were reported. The victim reported just prior to the incident, he and the suspect were involved in a traffic collision in the vicinity of Ronald Reagan Washington National Airport.

The investigation into the shooting is ongoing and anyone with information that may assist the ongoing investigation is asked to contact the Arlington County Police Department's tip line at 703-228-4180 or ACPDTipline@arlingtonva.us. Information may also be reported anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).