

PHOTO BY SHIRLEY RUHE/THE CONNECTION

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Sunday, June 30 at
Mosaic SprayGround.

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PROTEST

'Kibbutz Blinken' Keeps Angry Vigil for 150 Days and Counting

Multi-generational, multi-ethnic protesters want Blinken to take action.

BY EDEN BROWN
ARLINGTON CONNECTION

At Ramadan, the Muslim holy month, in March/April this year, Muslims in the Arlington area said they couldn't experience the joy of the Iftar (the meal at the end of the fasting day) or the usually gay Eid al-Fitr celebrating the end of the fast, for one reason: Gaza. Knowing that at the end of the day in Gaza, good food — or any food — would be hard to come by, fresh water to quench thirst would be scarce, and family get togethers, the centerpiece of the Iftar, would be tainted by the loss of family members, made the holiday somber. Whether Palestinian or Syrian, Egyptian or Jordanian, Ramadan tables were full of political debate about why the U.S. had not demanded a ceasefire. No one condoned the attacks by Hamas; but many believed Gaza was being systematically destroyed in order to push Palestinians out of the area permanently.

For many Jews in the area, particularly those with family in Israel, or a connection to missing Israelis, or a history of pacifism and reconciliation between Jews and Palestinians, there was also disquiet during Jewish holy days.

At the "Kibbutz Blinken," the informal camp set up at the end of January outside the Secretary of State's home on Chain Bridge Road in Arlington, the Iftar reflected some of the conditions in Gaza as cars rushed by, sometimes honking in support. A group of nine men and women sat down to bread and soup, Palestinian olive oil, olives, and nuts, all brought by the local community to support the protesters. The group had ordered take-out from a local shawarma restaurant, but the driver had refused to deliver to the "kibbutz." The meal took on greater significance this year, as many of those sitting at the table sat behind bunker-like highway dividers, by candlelight as the sunlight faded, eating the simple fare, instead of being with their families.

"Kibbutz Blinken" has been occupying the public side of the road outside United States Secretary of State Antony Blinken's house since the bombardments of Gaza City began to look like genocide to many in the Palestinian diaspora. Hazani Barmada is leading the encampment and documents the protest on Instagram. They called it "Kibbutz" because of "the romanticization of Israeli Settlements on Palestinian land," Barmada said. They shout at Blinken when he comes home and leaves for work. Soft-spoken older women, scarves covering their heads, talk about throwing blood on the street (it's col-



Kibbutz Blinken during Ramadan in April, eating the Iftar meal before settling into the night shift, waiting for Secretary Blinken to come home to shout at him, calling him a war criminal and Netanyahu enabler. They keep it up until 9 p.m. and start again at 7 a.m.

ored water) to demonstrate to Blinken that life in Gaza is being destroyed by American bombs, that children like his are dying. They stay at the encampment 24/7, through rain, snow, cold and now blistering heat.

They are peaceful, mostly respectful, and cross-generational, with many in their sixties. They are very angry. Some are the children of Palestinians who had to flee their homes in 1948 during the "Nakba" and some are Afghans, Egyptians, and Lebanese, whose lives have been affected by violence in the Middle-East and South Asia. Some are young people who are disaffected with the policies of the U.S. One young woman from Boston was in between jobs; she came to camp at the "Kibbutz" because it is a cause she embraces and a place where her presence has meaning. Many are frustrated by their inability to do something positive for Gazans, so they exercise their First Amendment right to protest as a way of doing something and not just standing by accepting a policy they find misguided, abhorrent.

"We do it largely because we have heard the Palestinians in Gaza are really encouraged by our willingness to undergo hardship on their behalf," said one participant. "Our Instagram site #kibbutzblinken is closely followed by Palestinians everywhere, but particularly in Gaza. And we have local citizens who drop off food, money, and encouragement so we feel less isolated."

Kibbutz Blinken even has its own page of reviews as a "hostel" and is rated with five stars.

It is probably not lost on the protesters, since many come from countries where protests are closely monitored and often violently shut down, that they are protected by barriers put in place by the police to keep them safe from cars, with electric signs asking drivers to slow down, and tolerance for disrupting the home of a top government official for months on end. But that is the



Kibbutz Blinken's focus is on laying the responsibility of the Gaza bombings and death of children on Secretary Blinken because they believe he could be more proactive in negotiating with the Israeli government.

issue for many at Kibbutz Blinken: they or their parents came to the U.S. because of the freedoms they can enjoy here, and they have high expectations for a government that was founded on principles they don't see reflected in the Gaza policy.

The scenario of a somber Muslim feast day at the Kibbutz was repeated with the Eid of

al-Adha on June 16 and 17, when the traditional lamb is "sacrificed" to commemorate the Prophet Ibrahim's willingness to sacrifice his son as commanded by God, recounted in the Torah, the Bible, and the Koran. Again, there was no kitchen to prepare the lamb, no traditional new clothes for the families, and no peace in Gaza.

Arlington Visitor Spending Hit Record \$4.5 Billion in 2023

Arlington, Virginia had 7.1 million visitors in 2023, according to a study released this week by the Arlington Convention and Visitors Service. Prepared by Tourism Economics, the study shows that these visitors spent a record \$4.5 billion in Arlington County on transportation, food and beverage, lodging, recreation and retail. The total economic impact of these visitors supported nearly 27,600 jobs and generated \$341 million in state and local tax revenues.

Tourism Economics cites greater consumer confidence combined with traveler preferences to return to urban areas as two key reasons for an additional 600,000 Arlington visitors over 2022. Although visitation to Arlington hasn't yet reached the 2019 level of 8 million people, visitor- and travel-related spending in the county surpassed pre-COVID levels by nearly \$90 million.

"This study marks a major turning point for Arlington and its hospitality businesses," said Arlington County Board Chair Libby Garvey. "Reaching record visitor spending after the challenges of the pandemic is a great accomplishment," she said.

"These 2023 results highlight the strength and resilience of Arlington's tourism busi-

nesses," said Arlington Chamber President & CEO Kate Bates. Arlington's hospitality and hotel economy was one of the hardest hit in Virginia during the pandemic.

The Tourism Economics study also analyzed the economic value generated in 2023 by ACVS group sales and leisure marketing initiatives. These activities are credited with drawing nearly 82,000 visitors who spent \$29 million in Arlington. These and other sales and marketing efforts were funded through a \$3.25 million Virginia Tourism Corporation American Rescue Plan Act (ARPA) grant ACVS received in February 2022 to drive overnight hotel stays and spending in Arlington. This grant ended in June 2024.

"The work of the ACVS team is critical in promoting Arlington — not just as an attractive travel destination, but also as a dynamic place to live and work," said Arlington Economic Development Director Ryan Touhill. "Showcasing Arlington's arts and cultural experiences, historic discoveries and other assets to travelers, meeting professionals and our wider business-investment audiences strengthens our overall economic development strategy."

View the full 2023 Tourism Economics study, Arlington, Virginia Visitor Economy, and learn more about Arlington tourism promotion at stayarlington.com

JULY 4 PREVIEW



Lyon Village annual 4th of July Parade

FILE PHOTOS BY SHIRLEY RUHE



Everywhere You Look There's a Parade

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Get an early start at the Bellevue Forest 4th of July parade where the parade starts promptly at 9:15 at the intersection of Roberts Lane and Oxford Street. You can drop off your baked goods at the Kenmore cul-de-sac even earlier to be shared after the parade. Snow cones and other treats will also be available for all after the parade.

Bikes, trikes, wagons and strollers are encouraged as well as dogs on a leash. Annalena Winer (ag.winer@comcast.net) is organizing the event and welcomes ideas and assistance as well as any family with musicians with a small band who could lead the parade.

Well, at 10 a.m. you have to choose. Douglas Park is having their 42nd annual neighborhood Fourth of July parade and potluck. At the same time in Fairlington the Fairlington Citizens Association (FCA) and Fairlington Villages are sponsoring their annual parade.

At Douglas Park the bicycle decorating contest for kids begins at 10 a.m. with prizes and ribbons to be awarded for the best contestant. At 10:30 a.m. the parade begins at Douglas Park complete with floats with cash prizes for the top three or four floats. One dad confesses, "My kids have been working on their floats for weeks."

From 11 a.m.-2 p.m. live music accompanies the hot dogs and potluck or the kids can opt for the bouncy house or water slide. Folks with last names beginning

with A-M are asked to bring a side dish and those with names from N-Z are asked to bring a dessert. Bring your own water bottle to refill at the water station.

At noon the traditional Reading of the Declaration of Independence takes place.

Meanwhile in Fairlington the Arlington County Police and Fire Departments lead the parade from the Fairlington Fire Station on S. Abingdon Street as hundreds of Fairlington residents with their dogs on leashes and kids on bikes join in the festivities.

After the parade kids can get their temporary tattoos, purchase their FCA T-shirt and pick up treats at the No Kid Hungry bake sale.

At 11 a.m., the annual Lyon Village July 4 Parade and Picnic takes off at the corner of Key Boulevard and N. Jackson Street. The red, white and blue banner stretching across the street and manned by long-time local residents and the patriotic music signals the beginning of the parade. Antique cars mingle with emergency vehicles along with neighborhood bike, trike and scooter riders of all ages, with a few dogs trotting along and maybe a unicycle or baton twirler scattered in the crowd.

The parade ends up at Lyon Village Park where the parade participants join the popsicle line or pick up bottles of water and enjoy their own picnic while the kids try out the playground equipment and run through the spurts of water at the spray ground. Contact GJ-Carten@verizon.net with questions or to volunteer.



Arlington Transit Implements Fare and Route Changes

Starting Monday, July 1, Arlington Transit (ART) will increase fares, discontinue three routes, and add a new route in north Arlington.

Fare Increase

Fares on ART and the paratransit service STAR (Specialized Transit for Arlington Residents) will rise to stay consistent with increasing Metrobus fares.

The ART regular fare will increase from \$2 to \$2.25. The ART discounted fare for seniors, passengers with disabili-

ties and students in kindergarten through high school paying cash will increase from \$1 to \$1.10. Students riding with a registered iRide SmarTrip card will continue to ride for free.

STAR fares will also change according to zones:

Zone	Previous Fare	New Fare
Zone 1	\$4.00	\$4.50
Zone 2	\$5.50	\$6.20
Zone 3	\$9.50	\$10.70

(starting July 1, 2024)

Route Changes

Three weekday routes in north Arlington – ART 53, ART 61 and ART 62 – are being discontinued. The last day of service for the three discontinued routes will be Friday, June 28.

The new ART 56 Military Road-Rosslyn Metro route will provide peak hour, week-day service with stops in Rosslyn, North Rosslyn/Fort Radnor Heights, Courthouse, Clarendon, North Quincy Street/Military Road and North Glebe Road. Key destinations along ART 56 include

Madison Community Center, Washington-Liberty High School, Quincy Park, Dorothy Hamm Middle School, the Ellen M. Bozman Government Center, and the Cherrydale and Arlington Central libraries.

The new route will begin service on Monday, July 1.

The service changes were part of the Arlington County FY 2025 Operating Budget, adopted by the County Board in April 2024.

SENIOR LIVING

Volunteers Recognized at Annual Leadership Luncheon

Citing the hundreds of hours from volunteers working with Arlington County's 55+ centers, County Board Chairman Libby Garvey said, "If we had to pay these volunteers, it would have cost the County \$230,545.16." She also said, "There are over 250 programs offered at the five centers ranging from recreation, education, fitness, arts, travel, technology, wellness and many more."

Garvey's remarks were made at a Leadership Recognition Luncheon held Thursday, June 27 hosted by The Jefferson. Dave Litman, chair of the Senior Adult Council, emceed the luncheon.

Director of Parks and Recreation Jane Rudolph expressed her appreciation for the volunteers who take such pride in their support of volunteerism. She also installed the 2024 Senior Adult Council: Chairman Dave Litman, vice chair Marilyn Marton, secretary Tom Curtis and treasurer Valerie Turner.

Jennifer Collins, 55+ Unit manager announced Special Recognition Awards to Carolyn Bainer, Lynn Berry, Ed Girovasi and Phil Rosen. Bainer is a volunteer at the Walter Reed 55+ Center where she spends

countless hours researching and workshopping arts programs. Berry is a Master Gardener and teaches gardening through the Social 60+Garden at the Langston-Brown 55+ Center. Dual recognition went to local musicians Ed Girovasi and Phil Rosen who support the Acoustic Café at the Walter Reed Center and volunteer their musical talents at various centers.

Cheryl Johnson, CRD Division Chief, announced Andrea Walker as Volunteer of the Year.

Walker was instrumental in developing the Walking School Bus program which also received national recognition. Walker, a member of the Aurora Hills 55+ Center, also started Fast Forwards, a fast paced walking club.

Each center has a Director along with an advisory committee (volunteer). There is also a Senior Adult Council (SAC) (volunteer) and an Alliance for Arlington Senior Programs, (AASP) a non-profit which raises funds for additional programs (volunteer). The centers also have different agendas while adhering to enriching the lives of their participants through a wide variety of programs.

"Flourishing After 55"

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.

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.

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.

Croquet games, beginners welcome, equipment provided, Tuesday, July 2 and Friday, July 5, 10 a.m. -12 p.m., Walter Reed 55+ Center. Drop-in.

Play Ticket to Ride, a cross-country train adventure board game, Tuesday, July 2, 6 p.m., Walter Reed 55+ Center. Registration # 914600-01. Instruction by Center Director Jennifer Weber.

55+ Travel group will visit the Chrysler Museum of Art in Norfolk, VA, Tuesday, July 2. Tour its 50 galleries of over 30,000 artifacts. Cost \$86, Arlington resident; \$99, non-resident. Registration # 902407-01.

Partner dance practice, grab a partner and practice ballroom moves, bring your own music, Tuesday, July 2, 2:15 p.m., Walter Reed 55+ Center. No instruction provided. Drop-in.

Give line dancing a try, learn the basics prior to joining an introduction to line dancing class, Wednesday, July 3, 10:15 a.m., Walter Reed 55+ Center. Partner not required; drop-in.

Movie matinee at Aurora Hills 55+ Center, American history drama, "Glory" (1989) (R), Wednesday, July 3, 12:30 p.m. Registration # 914804-04.

Opera appreciation group to hear musical selections from "Eugene Onegin" by Russian composer Tchaikovsky, Wednesday, July 3, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti. Registration # 914300-03.

55+ Travel group will experience High Tea at Lady Camellia nestled by the waterfront in Alexandria, Friday, July 5. Cost \$107, Arlington resident; \$123, non-resident. Registration # 902407-02.

Arlington Spellbinders, folks who enjoy telling stories and engage intergenerational audiences, Friday, July 5, 9:30 a.m. - 11:30 a.m., Langston-Brown 55+ Center. Newcomers welcome. Drop-in.

Intermediate Gyrokinesis exercise classes begin Friday July 5, 8 a.m. and continues through Friday, Aug. 30, Lubber Run 55+ Center. Build on seated stool exercises from beginner class and increase in intensity, rhythm and flow. Cost \$45, nine sessions. Registration # 914100-02.

55+ Travel group will visit the Museum of the Bible in D.C. to see its "Billy Graham's Canvas Cathedral" exhibit, Saturday, July 6. Cost \$31, Arlington resident; \$36, non-resident. Registration # 902407-03.

Pre-K games and puzzles, 55+ (senior) participants join Lubber Run Creative Preschoolers, Monday, July 8, 10 a.m., Lubber Run 55+ Center. Registration # 914600-27.

How to create safe nesting spaces for native birds, presented by Arlington Regional Master Naturalist Project leader, Alison Davis-Holland, Tuesday, July 9, 1 p.m., Arlington Mill 55+ Center. Registration # 914400-21.

Reader's Theater, a form of theatrical performances using only oral interpretations, no sets, costumes, or memorized lines, Tuesday, July 9, 5:30 p.m., Walter Reed 55+ Center. Registration # 914301-06.

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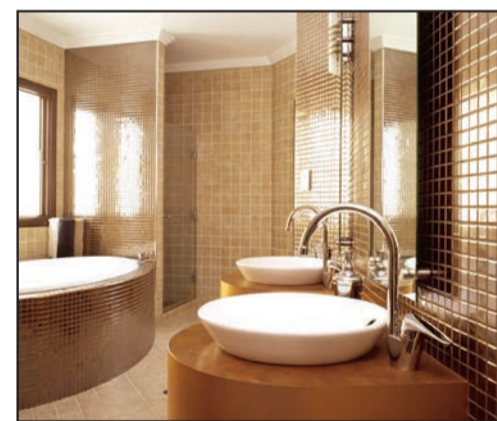


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Announcements

Effective July 31, 2024, Allergy Associates of N Va, the office of Dr Sally Bailey will close. Please contact our office for more details 703.558.6040 or visit www.allergynva.com

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Published by Local Media Connection LLC

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Alexandria, Virginia 22314**

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The Centers for Opportunity Arlington 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 Coordinator at 703-567-1346.

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/>

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-the-mountain-meets-the-sea/>

JUNE 27 TO JULY 7

The Arlington Players: Night of One Acts. At Thomas Jefferson Community Theatre | Arlington Heights, Arlington. In collaboration with the Little Theatre of Alexandria, TAP will be putting up a “Night of One Acts” featuring the three winning scripts of the 2023 LTA One Act Competition, which received more than 100 entries worldwide this year! Join TAP in



Encore Stage & Studio presents “The Sound of Music” on July 19-28, 2024 at the Thomas Jefferson Community Theatre in Arlington.

standing up shows that have never been produced before and get immersed in these new works by phenomenal playwrights. Featuring The Fengolonian Fiasco, written by Vicki Riba Koestler and directed by Allison Mollenkamp, North, written by Bruce Bonafede and directed by Alexa Roggenkamp, and The Dollar Dictator, written by Keely L. Herrick and directed by Fletcher Lowe.

JULY 3-27

Arlington Artists Alliance: Oh, You Paint: Soul. At Gallery Underground | National Landing, Arlington. This July, Gallery Underground presents Oh, You Paint: Soul, a debut solo show by LaPrea Rich. The exhibition invites you to delve into the complexities of life, where every canvas becomes a mirror into the artist's soul. LaPrea's collection offers a glimpse into personal journeys, universal truths, and the beauty that is found within life's most poignant moments. She captures and translates her most formative life experiences and raw emotions into a mesmerizing blend of colors, textures, and forms. Join on Friday, July 5 from 5 to 7pm for an opening reception.

2024 LUBBER RUN SUMMER CONCERT SERIES.

At Lubber Run Amphitheater | Arlington Forest, Arlington.

SCHEDULE:

Fri, July 5, 8 p.m.: National Chamber Ensemble
Sat, July 6, 8 p.m.: Jazzy Blu
Sun, July 7, 11 a.m.: Munit and z Lovebugs

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/lessonzero.

JULY 5 TO AUG. 23

Fridays at the Fountain. At the Water Park | National Landing, Arlington. Step into the rhythm of summer every Friday from July 5 to August 23 at Water Park. This free concert series features a range of musical talent from all around the region. Feast on food and drink at one of the area's best new outdoor food halls as you groove to soul, salsa, and more!

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.

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.

SCHEDULE:

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.

JULY 19-28

Encore Stage & Studio: The Sound of Music. At Thomas Jefferson Community Theatre | Arlington Heights, Arlington.

The beloved story tells the tale of young postulant Maria Rainer, whose free spirit has trouble fitting into the rules of Nonnberg Abbey. She is commissioned by the Mother Abbess to serve as the governess of seven children. She transforms the Von Trapp home from a place of rules and regulations to one filled with joy, laughter, and music. Over time, Maria wins over the love of the children and the children's father, Captain Von Trapp.

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

SATURDAY/JULY 27

Wine Tasting Benefit. 2-4 p.m. At Pirouette Restaurant & Wine Shop, 4000 N. Fairfax Drive, Suite C, Arlington. To benefit PathForward; Pirouette will donate 15% of wine and ticket sales.

\$25 ticket to a wine tasting, which includes tasting of 9 different wines
one 5 oz. glass of wine from the tasting
All wines from the tasting will be available to purchase by the bottle or glass (5 oz.)
Food may be purchased from the happy hour menu

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.!

“I’m Fine. How Are You?”



By KENNETH B. LOURIE

It's been an odd week. For no apparent/obvious reason that I can think of, cancer was not front and center on my mind. It was more back and to the side. Though I had to re-order my two cancer medicines - and presume they would arrive in the mail in time to maintain my daily schedule, had an email exchange with the oncology pharmacist about when I could eat relative to when I last took my cancer medicine, and even received emails from my oncologist about a recent test result, nevertheless; it's been an easy, not-preoccupied-with-cancer week. An even week is cancer, cancer, cancer. In fact, almost every week is an even week, in one way or another. And there are many ways.

Perhaps I've developed a sort of mental muscle-type memory/knowledge where a routine I've maintained going on 15 and 1/2 years to include treatment, lab work, scans, medicine, foods to eat/foods to avoid, who to email about what, when to email, when to expect a response, prescription procedures/timing, in-person appointments, video appointments, video presentations, referrals, costs, et cetera, happen at their respective intervals/as per usual and barely leaves a dent in my fender, euphemistically speaking, if you know what I mean? To continue the imagery, this car has been running a long time. And I'm pretty happy, all things considered, and I consider all things, happy with how it has been performing.

Let me make myself clear, if I haven't already done so: none of what passes for my normal life as listed in the two previous paragraphs bothers me in the least. Rather it represents a kind of maturity/experience unique to patients given a “terminal” diagnosis who go on - somehow, to live enjoyable and fulfilling lives until But since I'm not presently ‘until,’ I can only speak to how and why I'm still living life relatively normally. Moreover, this paragraph is not saying that living ‘until’ is somehow easy because you've developed a routine or lived long enough to gain perspective and appreciation for what life you've actually lived. Hardly. It's more a “Why me?” Not to be confused with “Woe is me” which is a phrase I have never said - or felt. It's more about the peculiarities of surviving when initially when this one was “prognosed” to live “13 months to two years” - back in Feb. '09. But here I sit, pen in hand, trying to embrace a future - and a present, I was supposedly not going to have.

Yet, I have a present and presumably a future. And I've had it for so long, that it has become entwined, entangled, embedded and “embalmed” (to quote Curly from a long ago Three Stooges two-reeler), in my life. At this point in my unexpected time, it's all become second nature sort of. Not ho-hum. More like really? So as to not look a gift-oncologist in the stethoscope, I, as anyone who knows me knows, couldn't be more grateful for the amazing good-life-luck I've had. And since I'm not looking for any trouble here from whomever is in charge, I will continue to go about my business looking forward. And as important as looking forward is, appreciating the present is equally important. Moreover, there are going to be good weeks and bad weeks. Having any kind of week after all these years should be enough. As you all know, there are no guarantees with cancer.

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



Beat the Heat at Mosaic Spray Ground

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Hours at a Glance

Maybe you don't want to run with your little ones through the spurts of water erratically popping up from the ground at Mosaic spray ground. But you can sit on a bench and wiggle your toes in the puddles at the edge.

Arlington has six spray grounds located around Arlington, each with differing hours and days of the week. All are open from Memorial Day to Labor Day.

<https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Locations/Spraygrounds>

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drew	2-8 p.m.	Closed	10 a.m.-3 p.m.	2-8 p.m.	10 a.m.-3 p.m.	Noon-8 p.m.	Noon-8 p.m.
Hayes Park	10 a.m.-3 p.m.	2-8 p.m.	Closed	10 a.m.-3 p.m.	2-8 p.m.	Noon-8 p.m.	Noon-8 p.m.
Lyon Village	10 a.m.-3 p.m.	10 a.m.-3 p.m.	2-8 p.m.	Closed	2-8 p.m.	Noon-8 p.m.	Noon-8 p.m.
Mosaic Park	7 a.m.-10 p.m.	7 a.m.-10 p.m.	7 a.m.-10 p.m.	7 a.m.-10 p.m.	7 a.m.-10 p.m.	7 a.m.-10 p.m.	7 a.m.-10 p.m.
Penrose Square	7 a.m.-10 p.m.	7 a.m.-10 p.m.	Closed	7 a.m.-10 p.m.	7 a.m.-10 p.m.	7 a.m.-10 p.m.	7 a.m.-10 p.m.
Va. Highlands	10 a.m.-8 p.m.	10 a.m.-8 p.m.	10 a.m.-8 p.m.	10 a.m.-8 p.m.	10 a.m.-8 p.m.	10 a.m.-8 p.m.	10 a.m.-8 p.m.



Sunday, June 30 parents sat huddled under towels as protection against the afternoon sun at Mosaic Spray Ground but the kids didn't notice, begging for just 15 more minutes.