

# The Arlington Connection

PHOTO BY PAT MCGEEHAN  
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## SENIOR LIVING

# Seniors Quilt Keeps History Alive

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

**H**istory is kept alive in many ways—through historical novels, ballads, folklore passed down through the generations. For one group of Arlington seniors, local history of the now closed Lee Center is being kept alive through the display of a quilt they pieced together in 2000. Many seniors spent numerous hours at the Lee Center, made friends, experienced life transitions and focused social activities around their time there.

Pamela Stratton, who spent many years participating in the activities at the Senior Lee Center, said when they closed the Center in December 2020, people scattered and it disrupted the lives and long held patterns of those who called Senior Lee Center a second home.

And nobody knew what to do with the quilt that had been displayed at the Center for 19 years. Myrna Manoulis who worked at the Senior Lee Center part time for 19 years and was involved with the activities there said, "I know everyone who participated in producing the quilt. I felt like a proud mother. I couldn't throw it away."

So she gave to Stratton. "She gets things done so I knew she would find something." Stratton didn't have a square on the quilt herself but feels strongly about preservation



PHOTO CONTRIBUTED

Quilt displayed at Lubber Run reflecting history of clubs at Lee Senior Center in Arlington.

of this piece of Arlington history. "I have been quilting for 30 years so when I got a call about a home for the quilt, I said give it to me and I'll figure it out."

The quilt was originally the project of a student from George Washington University in 2000 who was earning university credits for a course. Stratton remembers Elizabeth L. Maurer bought a huge piece of muslin

for the project and cut it into 20 12-inch squares. Manoulis handed out the squares to the various clubs who met at the Center and gave them carte blanche on their vision.

Manoulis says, "Some were a little more artsy. The clubs could do what they wanted. Some would paint and others would glue material on their square. She remembers the Poker Club had cards on it with hearts and

clubs, the Walkers had a nature scene and the Ancestry Club had a tree. "You can find such cute material at JoAnn's." Her square was a scene of the office. "I got material with lots of people on it, like cartoon characters. I had the director, the custodian, the volunteers. I created a scene and glued it on the muslin."

Every week Manoulis would give the completed squares to Maurer who assembled the final quilt with five squares across and four down with ribbon running between each one. Maurer affixed them all to a large muslin backing.

There were months of work, imagination and memories wrapped up in the final quilt. Once Stratton got the quilt, the question was what to do with it in order to share the history of Lee Center. So she wrote to Arlington County in April requesting a space to hang the quilt, and about six weeks later she got a response. "I had spent several months early in the year tracking down the 120 people who had signed the quilt on the squares with their club. I did a lot of work to transcribe the names. Some of the signatures were difficult to read, and most of the people are gone by now."

Now for the month of July the quilt is being displayed in the Magnolia Room at the Lubber Run Community Center. Stratton says, "We were hoping it could be displayed at Langston-Brown where many of us moved when Lee Center closed but they say they don't have any wall space for it."

Stratton says, "That's what it's all about, sharing the memories."



## 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	16925	803	STAGE LANE	COVE CREEK	7/1/2024
ALBEMARLE	840	745	ARROWHEAD VALLEY ROAD-ROUTE 745	BRANCH MOORES CREEK	6/24/2024
BEDFORD	2832	699	BORE AUGER ROAD- ROUTE 699	BR. OF BORE AUGER CREEK	6/21/2024
DINWIDDIE	6050	624	HILLS DRIVE	WHITE OAK CREEK	6/20/2024
SCOTT	16905	732	ROUTE 0732	BRANCH	6/20/2024
LUNENBURG	11662	671	REEDY CREEK ROAD	BRANCH OF REEDY CREEK	6/17/2024
TAZEWELL	18573	627	ROUTE 627	INDIAN CREEK	6/12/2024
ROANOKE	15109	777	FT LEWISCHURCH ROAD- ROUTE 777	STYPES BRANCH	6/12/2024

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](http://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](mailto: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.

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Two Arlingtonians spot deer on 40th Street during their regular evening walk.



Several deer stroll through Arlington backyards in July.

## Too Many Deer in Arlington — Now What?

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

The mention of Bambi or Smokey the Bear automatically triggers the memories residing somewhere deep in childhood. The recent debate about deer management in Arlington has aroused some mixed emotions about the best method to cut back the deer population or whether it is needed at all.

The virtual community meeting on July 11 asked participants to submit one word reflecting their thoughts on deer management. The answers ranged from several expressing urgent and essential to overdue, act, horrible and unjustified.

Several questions focused on safety of professional sharpshooting as well as specific inquiries about which locations would be targeted and how many deer would be shot and why was it necessary given that 158 deer had been removed. The answer was that the initial reduction would be 100-125 deer to be adjusted over time; it only takes 25 does to reproduce enough fawns to replace those deer removed and even increase the population. The ballpark benchmark goal is 15-20 deer per square mile. Other questions were directed at the impact of community input on the final recommendation and county priorities concerning natural resources overall.

Arlington has experienced an increase in deer population as evidenced by a decrease in plant life and animals in some of the parks where hungry deer have eaten their way through the understory. Deer have no predators. Residents increasingly see a doe, maybe with a fawn, meanderingly without caution through their backyard or the remains of chewed off stalks of hostas in their flower gardens.

White-tailed deer are native to Arlington but can harm the environment if they eat

plants faster than the plants can grow back. This leads to a cascade of loss as plants disappear, you lose the animals, then the birds, and then small mammals like foxes. As a result Arlington initiated a Deer Management Project in 2021 which included R&D, drone surveys to identify location and number of deer and a comprehensive review of the ecological impact on the plant and animal life as well as the impact of overpopulation on the deer themselves.

The purpose of the project is to investigate the need for active deer management in County-owned natural land parks, delineate potential management strategies to mitigate negative ecological impacts, sustain a healthy deer population and protect forest habitat for fauna and flora and finally to monitor the program to assess effectiveness.

In the summer of 2022 Arlington County hired a well-known wildlife management and research organization with regional experience to collect data and analyze deer impact on county-owned natural parks. In the spring and summer of 2023 Arlington County published the browse assessment and held community meetings, an online feedback form and held several small deep dive conversations.

The online feedback form from June 15-July 18 asked the participant to describe the level of concern about the impact of over browsing on deer health and the Arlington ecosystem using a scale ranging from 1-5 for most concern. Forty-seven percent expressed concern at the 4-5 level while 20 percent expressed no concern. Fifty-five percent were supportive of deer management strategies and 35 percent unsupportive.

Reaction to the potential strategies was 43 percent supportive and 51 percent unsupportive of the professional sharpshooter proposal. Sixty-three percent were supportive of the surgical sterilization option with 24 percent unsupportive. Thirty-four percent



Deer often give birth to twin fawns.

supported public archery with 60 percent unsupportive. The fencing option received 31 percent support with 56 percent unsupportive.

In the winter of 2023 two informational sessions were held by the project team. Draft recommendations were presented to the County Board on June 18, 2024 followed by a virtual educational community meeting attended by 70 on July 11. These draft recommendations for deer management have been released and are now available for public review and input on the County website until July 19. Videos and research evaluations are also available for review.

The County reviewed five options for deer management including professional sharpshooters to cull the herd, surgical sterilization, fencing small areas, public archery, and

deer repellent. Studies indicated professional sharpshooting is the most effective and least costly at an estimated \$500-\$800 per deer in 2026 compared to more than \$1,185 per deer with sterilization.

The draft recommendation is to employ professional sharpshooters in the winter months at night with sound suppression. In addition the recommendations include fencing small areas of priority plant species and continued monitoring of deer population using drones. In addition, the recommendations also include a review of deer collision data as well as monitoring tick-borne diseases. The final recommendation is expected to be released this summer with the earliest implementation projected for the winter of 2025-26.

This has been a difficult issue for a number of residents who cringe at the idea of killing the deer and who hope for a non-violent alternative. But the Audubon Society of Northern Virginia, a well-known and respected conservation group, issued an advocacy alert to its members on July 3 urging support of the recommendation to employ professional sharpshooters to reduce the deer population “because it is the safest, most efficient, and most humane method available to address the problem.”

“Professional sharpshooting is quick and humane and is the only lethal control measure that is safe enough to be used in Arlington parks, which are close by residences.”

Their letter points out this recommendation is based on sound scientific assessments of the conditions in Arlington County. “In employing lethal control of the deer overpopulation, Arlington County would be joining its neighbors in Fairfax and Montgomery Counties and the District of Columbia in taking steps to protect the fauna and flora.” It should be noted that these jurisdictions have chosen differing options for deer management.



## HEAT ISLANDS

# Heat Wave Grips the Area, Amplifies Heat Islands

Neighborhoods impacted by poverty and which have a high percentage of minority residents average several degrees hotter because of the absence of trees.

BY GLENDA C. BOOTH  
CONNECTION NEWSPAPERS

This summer's sweltering sauna is inflicting much discomfort around the region as heat indexes frequently exceed 100 degrees Fahrenheit. On July 8, CNN headlined, "Persistent Heat Wave in the US Shatters New Records."

Heat-related illnesses have risen in the region.

"Fairfax County has had the highest number of illnesses this season," reported WUSA on June 27. On July 8, the county activated its emergency heat plan offering tips and cooling assistance.

### Heat Islands

Areas with hard surfaces and structures and few mature trees can be one to seven degrees Fahrenheit hotter during the day and one to five degrees warmer at night than "greener" areas, a phenomenon called "the heat island effect." EPA explains: "Structures such as buildings, roads and other infrastructure absorb and re-emit the sun's heat more than natural landscapes such as forests and water bodies. ... pavements or roofing tend to reflect less solar energy and absorb and emit more of the sun's heat compared to trees, vegetation and other natural surfaces. ... Human activities like vehicles, air conditioning and industrial operations also emit heat into the urban environment."

### A Warmer Fairfax County

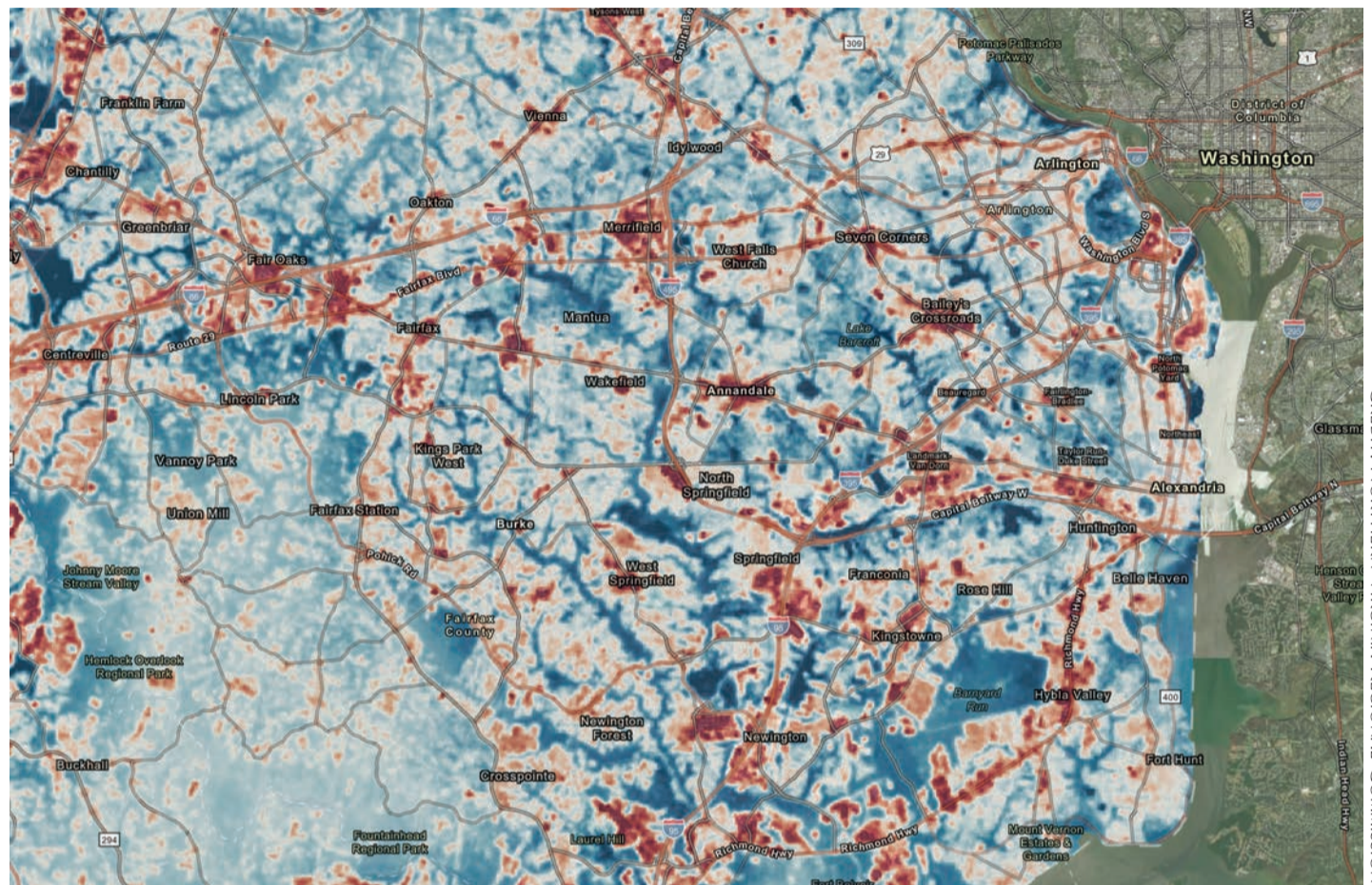
"The climate in Fairfax County is becoming warmer, wetter and weirder," says Matthew Meyers, Division Manager, Office of Environmental and Energy Coordination. "Extreme heat, flooding, severe storms and other changing hazards repeatedly impact our neighborhoods, infrastructure, services and natural resources." The county's 2022 Climate Adaptation and Resilience Plan says, "Fairfax County, Virginia is already feeling the effects of climate change, including more severe storms, increased flooding and amplified extreme heat." And the plan predicts more frequent heat waves, among other impacts.

Northern Virginia's ever-metastasizing expanse of development, roads, parking lots, roofs and other surfaces increase land surface temperatures in some areas. The Northern Virginia Regional Commission has mapped the heat island effect in Northern Virginia at <https://www.novaregion.org/1509/Urban-Heat-Islands>. It shows, for example, the U.S. 1 area as a hot corridor.

### Vulnerable People

The county's climate and vulnerability index shows that 12 percent of its 1.15 million people and 27 percent of "vulnerable populations" are at risk during extreme heat periods. Hot weather can exacerbate existing vulnerabilities and disproportionately impact vulnerable populations. The county's study found,

"The Fairfax County population in general



This map shows heat islands in Northern Virginia.

is highly exposed to extreme heat. Both the general population and the vulnerable populations received the maximum exposure score of three."

On vulnerability, the analysis says, "Based on available information, the general population in Fairfax County is estimated to have a moderately high total vulnerability to extreme heat. The vulnerable populations are estimated to have very high total vulnerability to extreme heat."

Some people cannot escape to air conditioned buildings, like people who work outside. On July 8, the Faith Alliance for Climate Solutions requested window air conditioners for some residents of the Harmony Place Mobile Home Park on U.S. 1

### Trees Lower Temperatures

Increasing tree canopy coverage "is one of the most effective heat mitigation strategies," the resiliency report contends, but tree cover varies greatly.

American Forests developed tree equity scores for 200,000 U.S. urban neighborhoods. They found that neighborhoods impacted by poverty and which have a high percentage of minority residents average several degrees hotter because of the absence of trees.

In a May 21, 2024, memo to the Board of Supervisors, County Executive Bryan J. Hill reported that the county's tree canopy cover increased by three percent between 2012 and 2021, an overall increase from 52 to 55 percent, to 138,866 acres. The county's goal

is 60 percent tree canopy cover. Staff estimate that 18 percent of land is a "possible planting area" and 27 percent of the county an "unsuitable planting area."

Despite this increase, Hill's memo acknowledges the assessment's shortcomings: "Staff remain cognizant that changes in forest composition, loss of mature trees and increased abundance of invasive plants are not fully accounted for in the study," adding, "The data set primarily measures the spatial extent of tree cover and is less effective in assessing qualitative aspects of the forest ecosystem." Fairfax County uses the vulnerability index to prioritize tree planting and other activities to reduce greenhouse gas emissions, notes Meyers.

### What Can Be Done

To address these challenges, county officials cite their goal of 60 percent tree canopy, tree planting, the resilience and climate plans, comprehensive plan and urban design guideline updates and the One Fairfax policy, a commitment by the county to consider equity in county programs, policies and services.

The Board of Supervisors has reduced parking requirements in certain areas and requires trees in some parking lots for both county and private projects.

Stewart Schwartz, Executive Director of the Coalition for Smarter Growth, has suggestions: "We recommend planting street trees and partnering with nonprofits and landlords to plant trees in apartment complexes.

"A major contributor to heat is the acres

of wide roads and large parking lots resulting from the car-dependent development pattern. We've pressed for an end to road widenings and for large arterial roads to be converted to tree-lined boulevards with dedicated busways and bikeways. In addition, the redevelopment of commercial strip malls and their large parking lots is an opportunity to remove hard surfaces, replacing them with tree lined streets, green roofs, and larger forested stream buffers in return for developers building taller buildings."

Ann Bennett, the Sierra Club's Great Falls Group Land Use Chair, recommends, "strategically reducing large areas of asphalt and concrete and enhancing them with tree cover; providing cooling shelters; ensuring easy access to water; and providing increased green, open space or mini-parks as a respite for residents and pets. Planners should prioritize investment in neighborhoods and commercial areas deficient in cooling protections for those who need it most."

### Information

Heat Islands in Northern Virginia, <https://www.novaregion.org/1509/Urban-Heat-Islands>

Tree Equity, <https://www.treeequityscore.org/map#10.72/38.9071/-76.8208>

Community-wide Energy and Climate Action Plan, <https://www.fairfaxcounty.gov/environment-energy-coordination/cecap>

Climate Adaptation and Resilience Plan, <https://www.fairfaxcounty.gov/environment-energy-coordination/resilient-fairfax>

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# SENIOR LIVING

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

55+ Travel group will visit the Virginia Museum of History and Culture in Richmond to see the “Julia Child: A Recipe for Life” exhibit, Wednesday, July 17. Cost \$28, Arlington resident; \$32, non-resident. Registration # 902407-08.

Intergenerational dance night celebrating global dance traditions with music and fun, Wednesday, July 17, 5:30 p.m., Arlington Mill 55+ Center. Open to all ages. No 55+ Pass required. Registration # 914899-07.

Six pillars for brain health, interactive session presented by Suba Saty, community ambassador for AARP, Wednesday, July 17, 1:30 p.m., Au-

rorra Hills 55+ Center. Registration # 914500-13.

Types of trusts explained by elder law attorney Ed Zetlin, Wednesday, July 17, 11 a.m., virtual. Registration # 914404-06.

Opera appreciation group to discuss and hear musical selections from “Eugene Onegin” by Tchaikovsky, Wednesday, July 17, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti. Registration # 914300-04.

Book exchange Thursday, July 18, 6 p.m., Lubber Run 55+ Center. Bring books in good condition and take home new reading material. Registration # 914801-07.

Introduction to RAFT, a free program which provides support to seniors with dementia and their caretakers, Thursday, July 18, 3 p.m., virtual. Presented by Sydney Palinkas, dementia education and outreach coordinator. Registration # 914500-06.

Virtual South American tour, learn about Argentina’s culture, food, politics and more, Thursday, July 18, 12:45 p.m., virtual. Presented by Ashley Gomez, Lubber Run 55+ Center Director. Registration # 914400-40.

Preparing to sell your house, what to expect, review selling process, valuable tips from licensed realtor

Philippa Main, Thursday, July 18, 3:30 p.m., Lubber Run 55+ Center. Registration # 914404-07 or virtual, registration # 914404-08.

Friday Fun Day in the Park to celebrate National Parks and Recreation Month, Friday, July 19, 1 p.m., Virginia Highlands Park, 1600 S. Hayes Street, adjacent to Aurora Hills 55+ Center. Refreshments and games. Registration # 914899-08.

New crafting corner with fellow enthusiasts, no formal instruction, supplies on hand to try new skills or bring your own, Monday, July 22, 1 p.m., Arlington Mill 55+ Center. Drop-in.

55+ ice skating, exclusive hour for senior adults, Monday, July 22, 8:50 a.m. – 10 a.m., MedStar Capitals Iceplex, Ballston Mall. Fee \$1, includes skates. Register for Senior Public Skate at www.medstarcapital-iceplex.com. Parking on roof level 8, fee \$1.

Open game time playing a variety of games from board games to card games, Monday, July 22, 10 a.m. – 12 p.m., Arlington Mill 55+ Center. Drop-in.

Chess games, for players of all skill levels, newcomers welcome, Monday, July 22, 9:30 a.m. – 2:30 p.m., Madison Community Center. Drop-in.

SEE FLOURISHING, PAGE 7



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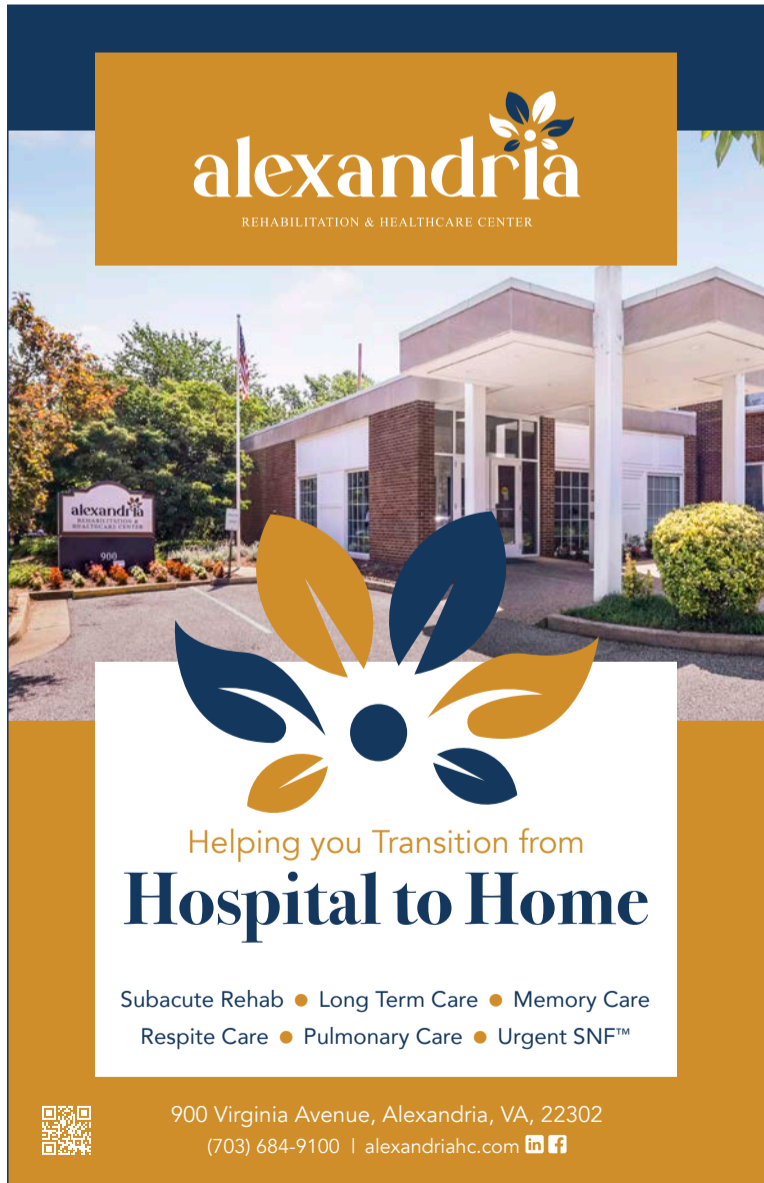
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**Virginia PRESS Association**  
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# ENTERTAINMENT

## CENTERS FOR OPPORTUNITY ARLINGTON

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.

### 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.

### 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.

### 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!

### ROSSLYN LIVE THIS JULY

Tickets are on sale now for the annual summer performance series, **Rossllyn 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



The seventh Arlington Visual Art Studio Tour takes place Sept. 21-22, 2024 at 59 art studios in Arlington.

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 @RossllynVA 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

## "FLOURISHING AFTER 55"

FROM PAGE 5

ABCs of Medicare, Tuesday, July 23, 10:30 a.m.- 12p.m., virtual. Arlington County VI-CAP counselors to discuss Medicare choices, prescription drug coverage and Medicaid policies and programs for low-income people. Call to register 703-228-1725 or email MedicareHelp@arlingtonva.us.

Walter Reed 55+ Center's bioindicator garden is the topic of discussion Tuesday, July 23, 6:30 p.m. with an Arlington Regional Master Naturalist. Learn about the purpose of the garden and what it has to do with satel-

lite launches. Registration # 914400-23.

Read and discuss current articles in popular magazines, Wednesday, July 24, 11 a.m., Aurora Hills 55+ Center. Facilitated by librarian Vicky McCaffrey. Articles available at the center. Registration # 914402-07.

Open rehearsal of rock-n-roll band called Off Our Rockers, Wednesday, July 24, 10 a.m. – 1 p.m., Madison Community Center. Music from the 50s through 70s. Drop-in.

55+ Travel group will attend the 2024 Twilight Tattoo showcasing soldiers from the

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/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.!

### 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.

### SEPT. 21-22

#### 59 Arlington Art Studios to Open to Public.

This year will mark the seventh Arlington Visual Art Studio Tour, which is a joint effort of independent artists and volunteers, supported by contributors including Schnider Investment Group and Dominion Lighting, and in cooperation with Arlington's visual art organizations. The Tour is a community-building event that allows visitors to discover the artists who are also their neighbors. The Tour will publish names, locations and opening hours of participating artists, so that anyone can create their own itinerary to meet the artists in their maker spaces and see their work. Studios in South Arlington will open Saturday Sept. 21, and those in North Arlington, on Sunday Sept. 22. This year, the assortment of artwork includes painting, assemblage, collage, printmaking, photography, ceramics, sculpture, weaving and fiber, drawing, papercutting, glass, metalwork, calligraphy and jewelry. Visit <https://www.arlingtonartstudiotour.org>.

## Cyber Space – Between My Ears



By KENNETH B. LOURIE

I don't quite know how to describe my relationship with the Internet: Friend or foe. On the one hand, whomever is in charge can sometimes offer unsolicited help, that's quite timely: Burial insurance, (let's be honest, I do have cancer) is a recent example of a recent sender from which I've been contacted many times; other emails, however, are completely off base and of no particular interest to me. Cooking recipes – from multiple entities, is an example of a regular sender. Why? I don't cook. I re-heat and I certainly don't ever follow a recipe. If I did follow a recipe, it would be a recipe for disaster. I don't think I'd burn the kitchen/house down, but there would be damage of some kind. In baseball, the catcher's equipment is referred to as the "tools of ignorance." Given my interest level and capability in the kitchen, pots and pans are my 'tools of ignorance.'

Moreover, to invoke a quote from M\*A\*S\*H, specifically, "Hawkeye:" "The instrument has yet to be invented to measure my indifference ..." to cooking (he was responding to a remark made by Major Burns). Receiving regular emails on the subject is a 100% complete waste of the time it takes for me to delete it from my inbox. Though it's clear what the email is about when I see it listed in my inbox, its arrival irritates me, nonetheless. This is the one instance where I will say "Why me?" There is no rhyme or reason for a cooking outreach to land anywhere near my inbox. Granted, I know there's not really a sender on the other end, so there's no one to blame per se, only an entity. Ergo, my displeasure, compounded.

Receiving these unwanted emails is akin to a death from 1,000 cuts: slow and painful. In this context however, it's acquiescence from 1,000 emails. After receiving so many emails and doing so little with them for so long and knowing of no way to stop them, eventually your curiosity - morbid curiosity in this instance, gets the best of you; soon there's a click with your mouse or a tap on your keyboard and then you're in a world of someone, or something else's making. And with respect to the computer, that's not where I want to be. I want to be in my world, one of my choosing. I don't want to be led down a garden path by a computer. Any more than I want to learn how to make flowerless chocolate cake.

Most mornings, after I turn on the computer, "there it is," or I should say, there they are: "Burial insurance" and "Command" or "Heartland Cooking." One email I have zero interest in opening, another I have a grudging interest in. One is semi on target, given my current medical reality and the other is nowhere near the target. How can an entity (and here comes my 'displeasure,') hit and miss on the same person? I mean, if they found out enough to get a hit: (burial insurance), how could they be so clueless about the cooking?

I know why. There isn't anybody at home on the Internet. They're all in cyber space, not real space.

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



# COMMUNITY

PHOTOS BY SHIRLEY RUHE/THE CONNECTION



James Sullivan and his wife Neat, line up their model-T for the Lyon Village Fourth of July parade



Eight-year-old Lily and six-year-old Ruth Britton wait on the corner ready to ride at the beginning of the Lyon Village parade.

## The Tradition Goes On at Lyon Village

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

**J**ames Sullivan and his wife Neat Sathy Sullivan sit at the corner in the family's 103-year-old model T waiting for the Lyon Village Fourth of July parade to begin. James says, "This is kind of a fun car. It has been from New York to Seattle and all over Texas.

"This goes back a long way. My grandfather, Colonel Brant, had been driving in these parades for many years. He died three years ago but in 2020 he drove one last time in this parade as the grand marshal. My dad, Richard Sullivan, usually drives one of our two model T's in the parade, too, but he elected to have back surgery at 80-years-old and took longer to recover than he predicted. He's sitting up the block in the yard watching today instead."

The bicycles line up at the corner with sisters Ruth (6) and Lily (8) Britton at the head of the line. All the parade participants are waving flags and decked out in holiday gear from the red-sequined dress to the flag helmet and matching red striped dresses along with the dog sporting his patriotic kerchief.

The usual red, white and blue banner is unfurled across the street and held aloft by many of the regulars at the beginning of the parade. GJ Carten, a long-time participant, remembers the Lyon Village picnic started in 1972, and the parade was added in 1980.

As the children gather along the street, someone looks around, "Hey, where is the fire engine this year?" Just then the siren reverberates down Jackson Street and heads around the corner.

Matt MacPhail, equipped with his usual sound box mounted on his back, pushes the button to begin the traditional patriotic music, the official signal that the parade has begun.

Nancy Alikonis, who lives in the neighborhood, stands across the street amid a bevy of colorful holiday balloons. She says she has been coming to this parade for 38 years.

The parade is small at the beginning but as it progresses down the street, others including a dog, weave into the crowd block by block. "Use your brakes, honey. We have a long way to go." The parade will conclude at Lyon Village Park where popsicles and bottles of water will be available along with games and activities for the kids.



The traditional red, white and blue street banner is carried by many of the regulars in the Lyon Village neighborhood.



The traditional Lyon Village fourth of July parade was added to their Fourth of July picnic in 1980.



Nancy Alikonis is ready to cheer on the parade after 38 years as a regular in the neighborhood at the Lyon Village parade.



Matt MacPhail carries the patriotic music in a backpack every year at the fourth of July parade in Lyon Village.