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# The Arlington Connection

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## Taking Back Prescription Drugs

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**Fighting To Save Tree Canopy**

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**Wishing It Would Be Recycled Won't Work**

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From left: Corporal Sarah Butzer, Deputy Dominique Smith and Corporal Andrew Flowers fill bags with prescription drugs at Prescription Take-Back day Saturday, April 27.

PHOTO BY SHIRLEY RUHE/THE CONNECTION ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 14

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# Tree Only a Memory but Supporters Remain

Just one battle in the fight to save tree canopy.

BY SHIRLEY RUHE  
THE CONNECTION

**K**it Norland, one of the core members of the Arlington Tree Action Group (ATAG), reminded the County Board at its monthly meeting Tuesday, April 23 that they had “promised a public memo that would explain the legal and policy reasons the county did not prevent a developer from tearing down the beloved dawn redwood tree on N. Ohio Street although it was located in an official Resource Protected Area (RPA).”

Last year at about this time a struggle began between a group of Arlington conservationists and the developer, Richmond Custom Homes. Richmond Homes had purchased a lot on N. Ohio Street and filed plans indicating they would replace the existing structure with two new homes and tear

down a 114-foot heritage dawn redwood tree on the property.

A back and forth ensued between the neighbors and conservationists and the County Board. The tree’s supporters circulated a petition with over 1,000 signatures in early June, wrote to the County Board on June 22 and appeared before the County Board July 14 to make comments defending the tree which is the largest of its species in Virginia and a state recognized champion.

The conservationists’ argument stemmed from the location of the dawn redwood in an RPA, which was designed to protect our local streams and the Chesapeake Bay from pollution due to land use and development. At that time ATAG said, “This has the makings of a landmark case. A champion tree and the RPA in which it is located are at stake; the loss of either

SEE TREE, PAGE 15



The 114-foot high dawn redwood tree on N. Ohio Street in May 2018.



FILE PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Dawn redwood loses battle to development in August 2018.

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# NEWS

## Grabowsky Talks Trash

Don't "wish cycle" because you do more harm than good when you do.

BY EDEN BROWN  
THE CONNECTION

**E**rik Grabowsky's father tells people, "My son made me proud: he got a law degree ... and became a trashman." Grabowsky, who is Arlington County's chief of the Solid Waste Bureau, had been with the Marine Corps in Iraq and Kosovo, was attending law school at Catholic University at night, and needed a day job, when he answered an ad for "Refuse Collection Supervisor."

He figured that as a captain in the Marines, he could supervise just about anything. When they offered him the job as bureau chief in 2003, his father said being a lawyer or a solid waste guy was about even: they were never going to run out of criminals ... or trash.

**"Do 10 things right rather than 20 that are half right."**

**— Erik Grabowsky, Chief, Solid Waste Bureau, Arlington County Department of Environmental Services.**

"Almost half of what Arlington is putting in its blue recycling bins shouldn't be there," said Grabowsky. That isn't because people don't care, for the most part, it's because people "wish cycle," that is, they think that by putting material in the blue can



**Do you know which of these items can go in your blue cart? Ask, if you aren't sure. Hint: not the Brita filter, but there are places to recycle that.**



PHOTOS BY EDEN BROWN/THE CONNECTION

**Erik Grabowsky noted Arlington County's Solid Waste Bureau's stone, wood, mulch, and composting products come from the county and stay in the county. Grabowsky encouraged residents to come to the Earth Products Yard Open House on June 8.**

that they "think" or "wish" could be recycled, that it will be. It won't. It raises the cost of recycling so much that it puts the whole system at risk, particularly now that China has stopped buying much of the U.S.'s recycling material.

Because Arlington uses a single-stream collection process, making recycling more convenient, residents must follow guidelines on what not to put in their blue carts. Right now, the Materials Recovery Facilities, or MRFs, ("MURFS") have to deal with materials that don't belong in the cart, sometimes damaging equipment that doesn't process plastic bags or small balls of aluminum foil.

On April 23, the County Board agreed to allow Arlington's Solid Waste Division to take glass out of the recycling cart. As of Aug. 1, 2019, glass bottles or jars cannot go in the blue cart. Glass can be taken to one of two separate collection facilities, one at 2700 South Taylor St. and one at Washington Boulevard and North Quincy Street, where the glass will be used for highway projects.

"It would be better to start keeping glass out of your blue cart now," said Grabowsky, "since it doesn't get recycled, it gets disposed of as trash." Some residents of Arlington have started neighborhood collection points so that one person per week takes the glass to the drop off point.

Other residents have resisted the change to the glass recycling policy, but as Grabowsky explained to the County Board on April 23, "The issues with glass recycling in Arlington are many: limited glass processing facilities in the region, no local



**These mountains of wood mulch are in different stages of processing. One of the challenges of both wood and leaf mulch is getting the piles hot enough to kill any invasive species or weeds. Solid Waste Bureau does both mulches and composting to the U.S. Composting Council standard. Leaf and wood mulch are available for public pick up at two sites in Arlington.**

markets for material, the weight of glass, and the difficulty in processing it. Reducing glass increases the overall value of Arlington's recycling stream."

SEE WISHING, PAGE 12



**Erik Grabowsky stands next to the in-vessel composter. Arlington County offers a compost drop off service (all food listed on the bin) for county residents. The Solid Waste Bureau also partners with AFAC (Arlington Food Assistance Cooperative) to take food which needs to be disposed of, saving them a lot of money. They support the food scrap drop off at Columbia Pike farmers' market too.**

### Not These

What not to 'wish cycle' in the blue cart:

- ❖ red plastic solo cups
- ❖ plastic film of any kind - Saran wrap to binder sheets
- ❖ garden hoses
- ❖ plastic bags - these can go to the grocery store
- ❖ mixed plastic/glass/metal: (glass grinder, plastic top)
- ❖ pizza boxes
- ❖ broken plates/ceramics
- ❖ glass (take it to glass collection sites)
- ❖ pots and pans - see metal collection
- ❖ plastics #6 - clamshells, takeout containers, solo cups
- ❖ fluorescent lightbulbs (any light bulbs)
- ❖ Styrofoam
- ❖ Textiles (clothing, belts, purses)
- ❖ Wood
- ❖ Batteries - see battery recycling
- ❖ electronics - see e-recycling
- ❖ paper plates, paper towels, napkins, tissues
- ❖ hangers - metal
- ❖ food - see composting
- ❖ used motor oil or antifreeze containers
- ❖ plastic toothbrushes - trash
- ❖ shredded paper (see list of events for shredding)

### Recycling Events

Upcoming schedule of events for Arlington residents who recycle:

#### MAY 4

8 a.m.-4:30 p.m.  
Free Paper Shredding & Inert Material Drop-Off  
Earth Products Yard

#### MAY 4

8:30 a.m.-3 p.m.  
E-CARE Spring 2019  
1425 N Quincy St

#### JUNE 1

8 a.m.-4:30 p.m.  
Free Paper Shredding & Inert Material Drop-Off  
Earth Products Yard

#### JUNE 8

9 a.m.-3 p.m.  
Rock-n-Recycle: Solid Waste Bureau's Open House  
Arlington County Trades Center

#### JULY 6

8 a.m.-4:30 p.m.  
Free Paper Shredding & Inert Material Drop-Off  
Earth Products Yard

#### AUG. 3

8 a.m.-4:30 p.m.  
Free Paper Shredding & Inert Material Drop-Off  
Earth Products Yard

#### SEPT. 7

8 a.m.-4:30 p.m.  
Free Paper Shredding & Inert Material Drop-Off  
Earth Products Yard

#### OCT. 5

8 a.m.-4:30 p.m.  
Free Paper Shredding & Inert Material Drop-Off  
Earth Products Yard

#### NOV. 3

8 a.m.-4:30 p.m.  
Free Paper Shredding & Inert Material Drop-Off  
Earth Products Yard

#### DEC. 7

8 a.m.-4:30 p.m.  
Free Paper Shredding & Inert Material Drop-Off  
Earth Products Yard

## NEWS

# Bags Fill with Unused Drugs

## On Prescription Take-Back Day.

BY SHIRLEY RUHE  
THE CONNECTION

People were waiting early beside the “Don’t be the Dealer” sign outside the door of Fire Station 2 on Wilson Boulevard at 9:15 a.m. April 27 to return unused or outdated prescription drugs.

Business was steady until about noon. Deputy Dominique Smith said, “A lot of people seemed to be participating in Prescription Drug Take Back Day for the first time because they didn’t know much about it and had a lot of questions.”

Corporal Sarah Butzer says the Arlington County Police Department, Arlington County Sheriff’s Office and the Drug Enforcement Administration (DEA) partner twice a year in April and October to offer a free anonymous drug disposal service to the community. She says last April they collected about 700 pounds from several locations around the community. Later in 2018 ACPD installed the permanent take-back boxes at a number of locations around Arlington which can be used year round. They collected 1,746 pounds in the take back boxes.

Butzer noted the DEA can’t accept needles, liquids or sharps. She said people seemed to be returning a lot of different kinds of pain pills.

Moira McQuillen pushed open the door to the fire house and removed several bottles from her purse. She said, “This is the first time I’ve participated in the drug take back. I’m returning my daughter’s expired anti-malarial medication. She is in Uganda, and she needed a new prescription.” McQuillen added, “I’m headed to the library now for a presentation on Medicare. I’m just so glad I live in Arlington where they offer all of these great services.”

Butzer says Station 2 has been the busiest collection site, both last year and so far this year. By noon



PHOTO BY SHIRLEY RUHE/THE CONNECTION

**Moira McQuillen returns her daughter’s expired anti-malarial medication at Fire Station 2 on Saturday, April 27.**

they had emptied the tall wooden collection boxes three times, bagged and twist sealed the prescription drug bags to protect the identities of those who returned them. At 2 p.m. when the drug collection closes, a member of the ACPD Vice and Narcotics section will pick up the bags and take them to the DEA who will weigh and then incinerate the drugs.

Smith says the police department participates in these community events “to dispel the bad stereotype of the police and, it shows we want to help out.”

## Board Seeks To Rename Highway

The County Board voted unanimously Thursday, April 25 to approve a resolution asking that the Commonwealth Transportation Board (CTB), rename the 2.56-mile portion of Jefferson Davis Highway that lies within the County’s borders as “Richmond Highway.”

The move comes after the City of Alexandria changed the name of the roadway within its borders, effective Jan. 1, 2019.

“Arlington has long sought to rename the stretch of Jefferson Davis Highway that runs through our county,” County Board Chair Christian Dorsey said. “For several years, we have included renaming the highway within our boundaries in our state Legislative Package. We participated in Alexandria’s ad hoc commission that recommended in 2018 that the City rename its portion of the highway ‘Richmond Highway.’ We said then we hoped to be able to soon fol-

low suit.

“Renaming our portion of the highway will make it easier for drivers heading from Fairfax County through the City of Alexandria and then Arlington should be traveling on a highway that bears one name,” he said. Dorsey noted that, should the CTB elect to rename the roadway “Richmond Boulevard,” the county would also welcome that name.

In its resolution, the board said that if the CTB approves the name change at its May meeting, it would take effect no later than Oct. 1, 2019. Arlington would pay for the new street signs (estimated to cost about \$17,000). No street numbers will be changed, and the United States Postal Service will, in perpetuity, continue to deliver mail to the businesses and residences along the highway addressed to Jefferson Davis Highway.

The board voted unanimously to adopt the resolution.

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# AHC Celebrates 15 Five-Year Volunteers

**A**s part of National Volunteer Month, AHC Inc. honored 15 individuals who have volunteered with the Arlington-based nonprofit's education programs for five years. The April 26 celebration included special guest Tannia Talento, vice chair of the Arlington School Board.

About 240 people volunteer each year with AHC Inc., which provides onsite education programs at five community centers in its affordable apartment communities in Arlington. Many of AHC's students grow up in the education programs, which include afterschool programs for elementary students, Teen Tutoring for middle and high schoolers, and College and Career Readiness that pairs mentors with juniors and seniors to help them navigate the college application process.

Volunteers are one of the key reasons why 100 percent of the seniors in AHC's program have graduated from high school. Nearly all AHC's graduates have continued to college. The majority are the first in their families to achieve that milestone.

"A volunteer is a guide who shows where hope lies — someone who shows a child that no matter what situation they are in, there is the possibility of changing it for the better," said Tannia Talento, Arlington School Board vice chair. "By being a volunteer you provide a light that will stay with that child for the rest of their life."

AHC's 2019 five-year volunteers are: Karen Bailey, Bruce Clarke, Rachel Cosgray, Jean Falvey, Jamie Garzia, Kathy Killion, Liz Liang, Nancy Limprecht, Nykolos Lotocky, Gail Markulin, Lisa Martin, Laurie Mcmanus, Steven Rentz, Radha Sambasvian and Jamie Usrey.

AHC's Volunteer Coordinator Laura Jackson thanked the volunteers for their ongoing commitment. "It is because of all of you that so many girls and boys, middle schoolers, and teenagers call their time at our community centers their 'home away from home,'" said Jackson. "Thanks to you, we are impacting the lives of more than 200 youth through our educational programs this year."



PHOTO CONTRIBUTED

**From left: AHC Inc. five-year volunteers Gail Marluquin, Nyk Lotocky, Liz Liang, Tannia Talento (Arlington School Board vice chair), Jamie Usrey, Nancy Limprecht, Jean Falvey, and Laurie McManus.**

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# OPINION

## Not Just Another Pretty Tune

“Ninth Street Quartet” entertains audience with new music.

BY EDEN BROWN  
THE CONNECTION

“**T**he Ninth Street String Quartet” brought a living masters program to St. George’s Church on Friday night, April 26, in its last “Rush Hour Concert” of the season.

When violinist Matt Richardson introduced the music, he cautioned that he, too, was a little wary of music written after 1989 when he first started playing these pieces. He became interested thanks to the best known of the five composers featured in the concert: Philip Glass. From then on, he realized music by living masters, even with its different tunings and sometimes discordant notes, could surpass many of the famous, but less diverse, 18th and 19th century composers.

Richardson noted the things the composers were doing were effective in stirring emotion; sometimes the device was as simple as repeating the same phrase and then changing it slightly for effect.

The audience could almost predict, watching cellist Andrew Rammon’s face, when the music was going to become particularly moving; his expression anticipated the emotion of the chords of the first piece “Fratres”, written in 1989 by Arvo Pärt, just before they resonated through the church. The second piece, “Tenebrae,” by

Oswaldo Golijov, born in Argentina in 1960, was written in 2003, and as a result of Golijov’s peripatetic life, first moving to Israel in 1983 and then the U.S., the sounds of South American birds and Israeli dances were discernible; Richardson’s suggestion to listen for them didn’t hurt.

In “Appalachian Polaroids,” Steven Snowden, born 1981, delighted the audience with its juxtaposition of the regional song, “Black is the Color of my True Love’s Hair,” and Richardson’s explanation of the work. Violinist, Jennifer Wade, and the viola player, Elizabeth Stahr, were enjoying themselves. “On the Nature of Daylight”, by Max Richter, born 1966, was one of the “easiest listening” pieces of the evening and “String Quartet Number Five” by Philip Glass, written in 1991, was one of the more intense pieces, not just because it had five movements and came at the end of concentrated listening, but because it was a dynamic piece that gave the whole quartet an intense arm workout.

The audience gave the performance an enthusiastic response, with several commenting afterwards that they had been amazed that some of the composers were younger than their children. They agreed all five composers were worth discovering, and Richardson was delighted that he had been effective in one of the missions of the 9th Street quartet:



PHOTO BY EDEN BROWN/THE CONNECTION

**The Ninth Street Quartet is the “quartet about town” and the Quartet-in-Residence of Crescendo, the youth chamber music program of Arlington Philharmonic. The four musicians are award winning performers, whose gift for uninitiated listeners is their ability to teach them how to appreciate the music. They are (from left) Matt Richardson, Jennifer Wade, Andrew Rammon, and Elizabeth O’Hara Stahr.**

To provide dynamic programs with insightful commentary, in unique venues, sometimes with a glass of wine in hand.

See the group’s facebook to learn more:

<https://www.facebook.com/pg/9th-Street-Quartet>.

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**Operation Fire Safe.** Through Oct. 5. Arlington County firefighters will be going door to door offering home safety checks to include inspecting smoke and carbon monoxide (CO) alarms and giving relevant fire safety tips. For homes not protected by smoke alarms, firefighters will install working smoke alarms free of charge. Visit [www.arlingtonva.us](http://www.arlingtonva.us) for more.

#### THURSDAY/MAY 2

**Community Information Session: School Relocatables Zoning Ordinance Amendment.** 6-9 p.m. at Ellen M. Bozman Government Center (Conference Rooms C&D), 2100 Clarendon Blvd. Arlington County is considering amendments to the Zoning Ordinance that would apply to Arlington Public Schools (APS) using an administrative review process to add relocatable structures to schools. The purpose of the

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amendments are to streamline the approval process and generate placement standards. Visit [www.arlingtonva.us](http://www.arlingtonva.us) for more.

#### FRIDAY/MAY 3

**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, will be held on the first Friday of every month. Registration is free and highly recommended to reserve a spot, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email [bdesai@seniorhelpers.com](mailto:bdesai@seniorhelpers.com). Visit [www.dementiacareconnections.com/memory-cafe](http://www.dementiacareconnections.com/memory-cafe) or [www.seniorhelpers.com/arlington-alexandria-va](http://www.seniorhelpers.com/arlington-alexandria-va) for more.

#### SATURDAY/MAY 4

**Arlington County’s Spring E-CARE.**

8:30 a.m.-3 p.m. at 1425 N. Quincy St. Arlington County will hold its biannual Environmental Collection and Recycling Event (E-CARE). Safely dispose of hazardous household materials (HHM), small metal items and more. Free. Visit [recycling.arlingtonva.us/household-hazmat/e-care/](http://recycling.arlingtonva.us/household-hazmat/e-care/).

#### SUNDAY/MAY 5

**Commonwealth Attorney Candidate Debate.** 1:30-3 p.m. at Arlington Central Library, 1015 N. Quincy St. The League of Women Voters of Arlington along with the Nu Xi Zeta Chapter, Alexandria; ACLU Virginia; and the AAUW Arlington Branch is sponsoring a debate between Commonwealth Attorney candidates Theo Stamos and Parisa Dehghani-Tafti. Free. Visit [lwv-arlingtonva.org](http://lwv-arlingtonva.org).

**Senator Candidate Debate.** 3:15-5 p.m. at Arlington Central Library, 1015 N. Quincy St. The League of

Women Voters of Arlington along with the Nu Xi Zeta Chapter, Alexandria and the AAUW Arlington Branch is sponsoring a debate between state senate candidates Nicole Merlene and Barbara Favola. Free. Visit [lwv-arlingtonva.org](http://lwv-arlingtonva.org).

#### MONDAY/MAY 6

**Are We Election Ready – A Panel Discussion.** 3-4:30 p.m. at Arlington Central Library, 1015 N. Quincy St. The LWV-Arlington is co-sponsoring “Are We Election Ready” with the Arlington Library and Encore Learning. Speakers include Hon. Robert Brink, Chair, Virginia Board of Elections; Linda Lindberg, Director of Elections for Arlington County; Tram Nguyen, Co-Executive Director New Virginia Majority; and Frank Leone, Election Lawyer, Hollingsworth, LLP. After the panel discussion, expect a lively Q&A

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Published by  
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# Recalling Dr. Lawrence Singer

By JEANNE THEISMANN  
THE CONNECTION

**D**r. Lawrence Singer, a resident of Arlington and founder of the DC Smiles Holistic Cosmetic Dentistry practice, died unexpectedly April 10 at the age of 50.

A survivor of childhood cancer, Singer continued to battle medical complications throughout his life.

"He fought hard for most of his life to live another day," said his wife Tonya in announcing Singer's death. "Lawrence loved life more than anything. He often would say, 'Any day you open your eyes is a good day.'"

Born Oct. 31, 1968, Singer earned a bachelor of science in Human Development from Vanderbilt University and a doctor of medical dentistry at the University of Pennsylvania School of Dental Medicine. He founded DC Smiles in 1995, which included locations in Old Town, Alexandria, and in Washington D.C.

At the time of his death, Singer held the title of Assistant Clinical Professor of Surgery at the George Washington University Hospital. His work there included treating facial trauma patients, performing reconstruction surgery on cancer patients and helping other medically compromised patients.

"My heart is broken for the loss of my boss," posted Kathleen Delmore on social media. "Dr. Singer was a phenomenal clini-



Singer

cian, mentor, friend and an amazing human being. I feel blessed to have been part of his practice."

In addition to his practice, Singer was an Assistant Clinical Professor at the University of Pennsylvania, instructing doctoral candidates in restorative and cosmetic dentistry. He prepared several articles on oral healthcare economics for the Swedish Government at the Karolinska Institute in Sweden. Since 2000, he was the official cosmetic dentist for the Washington Redskins cheerleaders.

"Laz was such a brave man," said Steven Olmos, referring to Singer by his nickname among friends. "Struggling with his health and dedicated to helping others with chronic pain. Such an intelligent person. The world has lost one of the great ones."

Survivors include his wife Tonya, son Max, 13, and daughter Chloe, 11.

A visitation and Celebration of Life service was held April 27 at Cunningham Turch Funeral Home in Alexandria.

"The world has lost such a brilliant doctor, good friend, father and husband," said Pam Washkewicz in a social media tribute.

"He sure did love life and achieved so much while battling medical problems. Laz will be missed but never forgotten."

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\*\*Burial includes basic services of the funeral director and staff, transfer of remains to funeral establishment, and transportation of remains to cemetery. Price quoted does not include any merchandise, such as casket, or cemetery property or services. Prices may vary based on selections.

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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Arlington Art Truck.** Through May 11, various locations. Packed with digital and traditional creative tools, the “Truck” is a curated mobile toolbox for five artists-in-residence throughout the season. For the start of the second Arlington Art Truck season, artist Rachel Schmidt transforms the inside of the Arlington Art Truck using discarded plastics from her everyday life wrapped in paper printed with original photography of Arlington’s fauna by Drew Model and Discovery School students. Visit [arts.arlingtonva.us/arlington-art-truck/](http://arts.arlingtonva.us/arlington-art-truck/) for times and locations.

### Art Exhibit: The Binding Ties.

Through June 2, gallery hours in the Wyatt Resident Artists Gallery at Arlington Arts Center, 3550 Wilson Blvd. In *The Binding Ties*, Roxana Alger Geffen presents sculptures created in part with objects and materials drawn from her family, ordinary things found in her own attic or her grandmother’s junk drawer. Visit [arlingtonartscenter.org](http://arlingtonartscenter.org) for more.

### Art Exhibit: Onwards and

**Upwards.** Through June 2, gallery hours at Arlington Arts Center, 3550 Wilson Blvd. Organized by instructor Faylinda Kodis, *Onwards and Upwards* presents work by H-B Woodlawn seniors who have made a commitment to the visual arts, concentrating on creating a portfolio throughout their time as high school students. As they prepare for graduation and their school moves from its longtime location on Vacation Lane to a new building in Rosslyn, these five students reflect on the experience of moving on and consider the history, ideology, and accomplishments that shape both the school and their time as students. Visit [arlingtonartscenter.org](http://arlingtonartscenter.org) for more.

**Spring SOLOS.** Through June 7, gallery hours in the Main Galleries at Arlington Arts Center, 3550 Wilson Blvd. Artists Brian Barr, Emily Campbell, Noel Kasowitz, Greg Stewart, Greta Bergstresser, Jack Warner, and Ying Zhu will install solo-style exhibitions in AAC’s seven



## JK Community Farm’s Plantathon

To help kick off the growing season, the JK Community Farm is seeking teams of volunteers to participate in its first annual Plantathon. Volunteers will sow 9,000 vegetable on seven acres of land to help support the work of the farm, a nonprofit started by JK Moving Services to alleviate hunger in the community. The farm donates the food to nonprofit partners, including Food for Others and Arlington Food Assistance Center. Saturday, May 18, 8 a.m.-6 p.m. at JK Community Farm, 35516 Paxson Road, Purcellville. \$25 individual/ \$200 team of 10. Call 703-881-6548 or visit [jkcommunityfarm.org/event/plantathon/](http://jkcommunityfarm.org/event/plantathon/).

main gallery spaces. The artists tackle timely environmental issues, draw on their own experiences of childhood, and create installations that shift viewers’ perceptions of time, space, and history in work that encompasses sculpture, photography, installation, drawing, and painting. Visit [arlingtonartscenter.org](http://arlingtonartscenter.org) for more.

**Spunk.** Through June 26, in Signature’s ARK Theatre, 4200 Campbell Ave. Guitar Man and Blues Speak Woman interweave three tales of the early 20th century African American experience, from the fierce determination of a resilient washerwoman, to the zoot suit struts of 1940s Harlem, to the bittersweet innocence of young married love.

Specialty nights: discussion nights – May 29 and June 4; pride nights – May 31 and June 7; and open captioning – June 2. Call 703-820-9771 or visit [www.SigTheatre.org](http://www.SigTheatre.org).

## THURSDAY/MAY 2

### Humor in Mystery Panel

**Discussion.** 7 p.m. at One More Page Books, 2200 North Westmoreland St. Join for a fun and raucous Humor in Mystery panel discussion about the usage of humor and comedy in mystery. Featuring four authors fresh from the Malice Domestic conference: Catriona McPherson, Becky Clark, Edith Maxwell, & J.A. Hennrikus; moderated by local mystery author

Aimee Hix (“Dark Streets, Cold Suburbs”). Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) or call 703-300-9746.

**Shut up and Write.** 7 p.m. at Arlington Central Library, 1015 N. Quincy St. Final installment of the panel series Shut up and Write. Local Young Adult authors Jon Skovron (“Hope and Red”) and Jessica Spotswood (“Toil & Trouble”) founded this bimonthly series of panels focused on the craft of writing. The last panel discussion will feature two debut YA authors: Olivia Hinebaugh (“The Birds, The Bees, and You and Me”) and Danielle Stinson (“Before I Disappear”). Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) or call 703-300-9746.

## FRIDAY/MAY 3

**Family Night: Summer Carnival.** 6-8 p.m. at Arlington Mill Community & Senior Center, 909 S. Dinwiddie St. For the last family night of the school year, enjoy carnival games and a face painting station. Kids will have the chance to create their own scratch art carnival designs. Free. Details at [parks.arlingtonva.us/events/family-night-the-mill-summer-carnival](http://parks.arlingtonva.us/events/family-night-the-mill-summer-carnival).

**First Friday Wine.** 6:30 p.m. at One More Page Books, 2200 North Westmoreland St. One More Page’s First Friday Wine tasting features wines from new partners, perfect for the summer. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) or call 703-300-9746.

## FRIDAY-SUNDAY/MAY 3-5

**2019 Spring Concert.** Friday-Saturday, 7:30 p.m.; Sunday, 3 p.m. at Kenmore Middle School, 202 S. Carlin Springs Road, Arlington. BalletNova will be performing a fun and humorous ballet ‘La Fille Mal Gardée’ and ‘Steps in the Street’ – a masterpiece by Martha Graham. Guest performers include Reston’s Gin Dance presenting their contemporary ballet ‘L.E.O.’ Guest choreographer Matthew Powell will create the new production of La Fille Mal Gardée. \$12-35 (\$3 more at the door). Visit [www.balletnova.org](http://www.balletnova.org) for tickets.

**“Curtains.”** Friday-Saturday, 8 p.m. at the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. The Arlington Players presents “Curtains.” The Colonial Theatre is host to the opening night performance of a new cowboy musical, *Robbin’ Hood*. When the leading lady mysteriously dies on stage, the entire cast and crew are suspects. Enter Lt. Frank Cioffi, a local detective who just happens to be a musical theatre fan. The May 4 performance will be ASL interpreted. \$15-\$25. Visit [www.thearlingtonplayers.org](http://www.thearlingtonplayers.org).

## SATURDAY/MAY 4

### Neighborhood Day 2019.

Neighborhoods across Arlington will organize events ranging from picnics to sporting events. An Arlington tradition, Neighborhood Day brings communities together to enjoy the great outdoors (or indoors) and strengthens ties between neighbors.

## Enjoy a Fun Evening for a Good Cause

Something for everyone is offered at the annual Bridges to Independence Black and Gold Bash on Wednesday, May 1 at the Torpedo Factory Arts Center in Alexandria from 7-10 p.m.

Munch on hors d’oeuvres from Hungry Catering but don’t drop crumbs from your D.C. Sweet Potato Cake cupcakes while you browse through the silent auction baskets and enjoy music by DJ Major of Bsquare Productions.

Bid for a Disney Family Vacation for Four, tickets to D.C. United or the Washington Nationals; see a performance at Signature Theatre or the Little Theatre of Alexandria or the movies; enjoy chocolate, champagne, a choice of dinners at local spots or a produce share in farm to table or experiment with your own Instant Pot creations. Even a Mother’s Day

gift basket or a 60-minute massage.

Bridges to Independence is a private nonprofit organization that has been working with the homeless since 1985. They are a local leader in Arlington and Alexandria in housing and support services for families experiencing homelessness including emergency shelter, financial literacy, employment services, and youth development. Nearly 40 percent of their clients are recently arrived immigrants.

Purchase tickets in advance at [www.bridges2.org/vblackandgold](http://www.bridges2.org/vblackandgold) or at the door.

— SHIRLEY RUHE

**Bridges to Independence Black and Gold Bash returns Wednesday night, May 1.**



PHOTO BY CHARLES WINBURN PHOTOGRAPHY



# ENTERTAINMENT

Visit [parks.arlingtonva.us/neighborhood-day/](http://parks.arlingtonva.us/neighborhood-day/) for ideas.

**Running Against Racism.** 9 a.m.-noon at Bluemont Park, 601 N. Manchester St. 5K Run-Walk "Running Against Racism" honors Arlington heroes who stood up against racism. Packet pick-up at 8:30 a.m.; race start 9. Visit [www.ChallengingRacism.org/5K](http://www.ChallengingRacism.org/5K).

**Organic Vegetable Garden Open House.** 10 a.m.-3 p.m. at Organic Vegetable Garden, Potomac Overlook Regional Park, 2845 N. Marcey Road. Learn organic vegetable gardening techniques. Get tips on composting, early planting, selecting best varieties, and more. Free. Questions? Contact Extension Master Gardeners at 703-228-6414 or [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**Native Plant Sale.** 1-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Improve a yard for local birds and butterflies by growing native plants accustomed to local climate and wildlife, for sun to shade and even deer resistant plants. There will also be a wider selection to choose from on the day: Dutchman's breeches, Virginia Bluebells, Wild Geraniums, White wood Aster, and more. Pre-order favorites by Wednesday, April 24, 4 p.m. Cash, check or credit cards accepted. Rain date May 5. Call 703-228-6535 for more.

**Complete Dogness.** 4 p.m. at Theatre on the Run, 3700 S Four Mile Run Drive. A family friendly performance about a dog with bad habits who learns new tricks. Featuring Andie deVaulx, Kelsey Rohr, Brynna Shank, and Rebecca Weiss of Jane Franklin Dance. Tickets \$15 adults; \$10 children under age 10; \$45 family of four. Visit [www.janefranklin.com](http://www.janefranklin.com) or call 703-933-1111.

**May the 4th.** 7-11:30 p.m. at Reagan National Airport. An outer space themed dance party in celebration of Star Wars Day in the Terminal A Historic Lobby of Reagan National Airport. \$45. Visit [www.Maythe4thDC.com](http://www.Maythe4thDC.com) or call 202-536-4495.

**Jane Franklin Dance Presents EyeSoar.** 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. EyeSoar highlights the landscapes near 3700 S Four Mile Run Drive, a somewhat non-gentrified neighborhood that spans across Nelson Street, the footbridge and Jennie Dean Park and curves around to South Oakland Street. Featuring Carly Miks, Kelsey Rohr, Amy Scaringe, Brynna Shank, Rebecca Weiss with Ken Hays and Richard Nyman. \$22-\$35. Visit [www.janefranklin.com/eyesoar](http://www.janefranklin.com/eyesoar) or call 703-933-1111.

**The Contemporaries.** 7:30 p.m. at Gunston Arts Center (Theater One), Gunston, 2700 South Lang St. The National Chamber Ensemble's

"Musical Adventures Through The Time Machine" season comes to a conclusion with "The Contemporaries." The season finale features genres from classical to contemporary to pop/rock, including the world premiere of Alexander Goldstein's Introspective Piano Trio for violin, cello, piano and computer. The composer will be NCE's special guest for this premiere event. A reception follows the performance. Visit [www.nationalchamberensemble.org](http://www.nationalchamberensemble.org).

## SUNDAY/MAY 5

**Community Garden Spring Celebration and Plant Sale.** 10 a.m.-3 p.m. at Glencarly Library Community Garden, 300 South Kensington St. The sale will include native and locally propagated plants, compost tea, local honey, hand-made pots, hand-made reusable bags, t-shirts, and nature related items (note that some items may be cash or check only). Extension Master Gardeners will be available to help with plant selection and gardening questions. All proceeds support care and maintenance of the Glencarly Library Community Garden. Free. Questions? Contact Alyssa Ford Morel at 703-907-9318, Elaine Mills at 703-244-7309 or email [glencarlylibrarygarden@gmail.com](mailto:glencarlylibrarygarden@gmail.com).

## MONDAY/MAY 6

**Author Event: Amanda Foody.** 7 p.m. at One More Page Books, 2200 North Westmoreland St. Join Young Adult authors Amanda Foody ("Ace of Shades") and Sarah Glenn Marsh ("Song of the Dead") when Foody shares the release of the sequel, "King of Fools" (Shadow Game #2). Foody will be talking thieves, rogues, necromancy, and more with Sarah Glenn Marsh. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) or call 703-300-9746.

## WEDNESDAY/MAY 8

**Commonwealth Attorney Debate.** 7 p.m. at Phelan Hall - Marymount University, 2807 N. Glebe Road. The Arlington Committee of 100 will host a debate for the office of Commonwealth Attorney for Arlington and the City of Falls Church. Come hear and ask questions to incumbent Theo Stamos and challenger Parisa Dehghani-Tafti. This debate will be moderated by Nancy Tate, former Executive Director of the League of Women Voters. All are welcome. To purchase dinner, reservations must be made no later than Sunday, May 5, 2019. Visit [www.arlingtoncommitteeof100.org/get-involved/make-a-reservation](http://www.arlingtoncommitteeof100.org/get-involved/make-a-reservation).



## Arlington Historical Society Annual Banquet

The Arlington Historical Society's annual banquet honors those who led the fight to desegregate Arlington Public Schools. Our keynote speaker is N.Y. Times best-selling author James McGrath Morris who best documented the fight led by black and white Arlingtonians. Thursday, May 16, 6:30 p.m. at Washington Golf and Country Club, 3017 N. Glebe Road. \$65 for AHS members and \$75 for non-members. Visit [arlingtonhistoricalsociety.org](http://arlingtonhistoricalsociety.org) or call 703-892-4204.

## THURSDAY/MAY 9

**The Bottom: An African-American Enclave Revisited.** 7-9 p.m. at Reinsch Library Auditorium, Marymount University, 2807 N. Glebe Road. Jessica Kaplan brings to life one of the oldest African American enclaves in Arlington and located along Pimmit Run near Chain Bridge. The Bottom was a small community established before the Civil War by free African Americans and offered sanctuary to a group of families struggling to earn a living and create a safe community. Free. Visit [arlingtonhistoricalsociety.org](http://arlingtonhistoricalsociety.org) or call 703-892-4204.

## FRIDAY-SATURDAY/MAY 10-11

"Curtains." Friday-Saturday, 8 p.m. at

the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. The Arlington Players presents "Curtains." The Colonial Theatre is host to the opening night performance of a new cowboy musical, Robbin' Hood. When the leading lady mysteriously dies on stage, the entire cast and crew are suspects. Enter Lt. Frank Cioffi, a local detective who just happens to be a musical theatre fan. The May 4 performance will be ASL interpreted. \$15-\$25. Visit [www.thearlingtonplayers.org](http://www.thearlingtonplayers.org).

## SATURDAY/MAY 11

**International Migratory Bird Day Festival.** 9-11 a.m. at Lacey Woods Park, 1200 N. George Mason Drive. Tiny hummingbirds and fierce osprey are all migrating back from South

America. Come learn about these and other fabulous fliers. There will be hands-on activities, games, crafts, bird walks, bird-friendly coffee and more. Free pairs of pocket binoculars for the first 25 families. Meet at Lacey Woods Park Picnic Shelter. Free. No registration required. Visit [parks.arlingtonva.us/events/international-migratory-bird-day-festival/](http://parks.arlingtonva.us/events/international-migratory-bird-day-festival/) or call 703-228-3403.

## Arlington Mill Farmer's Market.

Saturdays, through Nov. 23, 9 a.m.-1 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. The market features produce, meats, and dairy products from our region's top local vendors. Support local farmers and entrepreneurs. Visit [columbia-pike.org/fm-arlington-mill](http://columbia-pike.org/fm-arlington-mill).

**Ask a Gardener.** 10-11 a.m. at the Organic Vegetable Garden, Potomac Overlook Regional Park, 2845 N. Marcey Road. Have questions regarding growing vegetables in Northern Virginia? Come to the Organic Vegetable Garden in Potomac Overlook Regional Park to talk all things vegetable with an Extension Master Gardener. Free. Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

## Rosslyn Blooms! Flower Festival.

10 a.m.-5 p.m. at Rosslyn Central Plaza, 1800 N. Lynn St. The market will feature flowers from local growers in Virginia and Maryland, live music, a pop-up café on the plaza and a table of live plants dubbed "impossible to kill." Throughout the day, The Lemon Collective, a workshop space focused on creativity, curiosity, teaching and learning, will be hosting a series of hands-on, DIY activities. Fees to participate in the workshops range from \$20-\$30 and pre-registration is required. Visit [RosslynVA.org/blooms](http://RosslynVA.org/blooms) for more.

## George Washington's Forest

**History Walk.** 1:30-3:30 p.m. at Ball-Sellers House, 5620 3rd St. South. Walk in the footsteps of George Washington on a guided walking tour with a local historian. Free to the public, all ages welcome. Wear good walking shoes, dress for the weather, and bring water. Visit [arlingtonhistoricalsociety.org](http://arlingtonhistoricalsociety.org) or call 703-892-4204.

**Argentine Festival 2019.** 4 p.m. at Kenmore Middle School Auditorium, 200 S. Carlin Springs Road. The 32nd Annual Argentine Festival is a colorful, fun, and food-filled celebration of Argentine culture. Along with musical performances, the festival will include vendors and craftsmen from traditional crafts, from jewelers to weavers. \$20. Visit [www.Festivalargentino.org](http://www.Festivalargentino.org) or call 703-212-5850.

## Jane Franklin Dance Presents

**EyeSoar.** 6:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. EyeSoar highlights the



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# ENTERTAINMENT

landscapes near 3700 S Four Mile Run Drive, a somewhat non-gentrified neighborhood that spans across Nelson Street, the footbridge and Jennie Dean Park and curves around to South Oakland Street. Featuring Carly Miks, Kelsey Rohr, Amy Scaringe, Brynna Shank, Rebecca Weiss with Ken Hays and Richard Nyman. \$22-\$35. Visit [www.janefranklin.com/eyesoar](http://www.janefranklin.com/eyesoar) or call 703-933-1111.

## MONDAY/MAY 13

**Mosquitos and Ticks: Identification and Control.** 7-8:30 p.m. at Central Library, 1015 N. Quincy St. Extension Master Gardeners and Master Naturalists will teach participants to identify the mosquitoes and ticks that are common in this area, as well as learning about their life cycle, how they reproduce, and where they go in the winter. Free. Advance registration requested at [mgmv.org](http://mgmv.org). Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

## WEDNESDAY/MAY 15

**Spring Concert.** 7:30 p.m. in the Wakefield High School Black Box Theatre, 1325 S. Dinwiddie St. "Sing On!" is the theme of the Arlington Community Chorus Spring Concert. The chorus will perform a variety of classical, contemporary and world music including compositions by Joseph Haydn and Antonín Dvořák, African American spirituals, South African songs and more. Free and open to the public. Visit [www.apsva.us/arlington-community-learning](http://www.apsva.us/arlington-community-learning) or call 703-228-7200.

## MAY 15-JUNE 16

**Richard III.** At Synetic Theater, 1800 South Bell St. Paata Tsikurishvili's modern cyber-punk adaptation explores King Richard III's Machiavellian rise to power is a movement-driven and action-packed display of physicality and visuals. Starring Alex Mills as Richard III and Irina Tsikurishvili as Queen Elizabeth. Tickets start at \$35 at [www.synetictheater.org](http://www.synetictheater.org) or 866-811-4111.

## THURSDAY/MAY 16

**There's No Place Like Home.** 6-9 p.m. at Arlington Arts Center, 3550 Wilson Blvd. The 2nd Annual "There's No Place Like Home" event is for Arlingtonians and their friends for sipping and nibbling and mingling. Meet Christian Dorsey and enjoy open bar and authentic local cuisine. \$30. Call 571-733-9626 or visit [apah.org/events/home/](http://apah.org/events/home/).

**Arlington Historical Society Annual Banquet.** 6:30 p.m. at Washington Golf and Country Club, 3017 N. Glebe Road. The Arlington Historical Society's annual banquet honors those who led the fight to desegregate Arlington Public Schools. Our keynote speaker is N.Y. Times best-selling author James McGrath Morris who best documented the fight led by black and white Arlingtonians. \$65 for AHS members and \$75 for non-members. Visit [arlingtonhistoricalsociety.org](http://arlingtonhistoricalsociety.org) or call 703-892-4204.

**Author Event: Laure Eve and Sarah Nicole Lemon.** 7 p.m. at One More Page Books, 2200 North Westmoreland St. Young Adult authors Laure Eve ("The Graces"), with Sarah Nicole Lemon ("Done Dirt Cheap") to share from their new books. In "Curses," Laure Eve's sequel to "The Graces," Summer Grace tells her side of the story. This riveting sequel is saturated with magic, the destructive cost of power, and the nature of forgiveness. When 17-year-old Rilla is busted for partying in

"Valley Girls," a mere 24 hours into arriving in Yosemite National Park to live with her park ranger sister, it's a come-to-Jesus moment. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) or call 703-300-9746.

## FRIDAY/MAY 17

**Bike to Work Day 2019.** Pit stop times vary, all over the region. Join more than 20,000 area commuters for a free celebration of bicycling as a fun, healthy and environmentally-friendly way to get to work. There are 115 Bike to Work Day pit stops to choose from. The first 20,000 to register and attend will receive a free Bike to Work Day T-shirt, enjoy refreshments and chances to win prizes. Visit [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org).

**Battle of the Badges.** 6 p.m. at Yorktown High School located, 5200 Yorktown Blvd. The public is invited to show support for Arlington's finest and bravest during the second annual Battle of the Badges Fundraiser Basketball Game. Free. Visit [newsroom.arlingtonva.us/release/public-invited-to-second-annual-battle-of-the-badges-fundraiser-basketball-game/](http://newsroom.arlingtonva.us/release/public-invited-to-second-annual-battle-of-the-badges-fundraiser-basketball-game/) for more.

**Bowen McCauley at the Kennedy Center.** 7:30 p.m. at John F. Kennedy Center for the Performing Arts. Bowen McCauley Dance Company (BMDC) returns to the John F. Kennedy Center for the Performing Arts Terrace Theater with a premiere, Exuberant Fanfare, from Artistic Director and Choreographer, Lucy Bowen McCauley, set to Igor Stravinsky's Suite Italienne from his ballet Pulcinella and played live by Arlington's National Chamber Ensemble. \$40-\$50. Get tickets at 202-467-4600 or [www.kennedy-center.org/calendar/event/RTXBN](http://www.kennedy-center.org/calendar/event/RTXBN).

## SATURDAY/MAY 18

**JK Community Farm's Plantathon.** 8 a.m.-6 p.m. at JK Community Farm, 35516 Paxson Road, Purcellville. To help kick off the growing season, the JK Community Farm is seeking teams of volunteers to participate in its first annual Plantathon. Volunteers will sow 9,000 vegetable on seven acres of land to help support the work of the farm, a nonprofit started by JK Moving Services to alleviate hunger in the community. The farm donates the food to nonprofit partners, including Food for Others and Arlington Food Assistance Center. \$25 individual/ \$200 team of 10. Call 703-881-6548 or visit [jkcommunityfarm.org/event/plantathon/](http://jkcommunityfarm.org/event/plantathon/).

**ACF Home Tour.** 11 a.m.-3 p.m. at Arlington Ridge. Join the 3rd Annual Arlington Community Foundation Home Tour presented by Washington Fine Properties. Tour elegant homes in the beautiful Arlington Ridge neighborhood and support the local Community Foundation. Tickets online at \$35, \$40 at the door. Call 703-243-4785 or visit [arlc.org/hometour](http://arlc.org/hometour).

**Quarterfest Crawl.** Noon-6 p.m. Attendees are invited to travel the neighborhood while sampling food at a variety of venues. The crawl requires a wristband to participate. Purchasing a Quarterfest Crawl wristband will include the ability to sample free food at different locations in Ballston, plus a chance to win a prize for turning in a completed Crawl map. Two free drink tickets to use at the Quarterfest Street Pub on Wilson Blvd. Visit [www.quarterfestballston.org/quarterfest-crawl](http://www.quarterfestballston.org/quarterfest-crawl) for more.

**Book Launch: Tif Marcelo.** 3 p.m. at One More Page Books, 2200 North Westmoreland St. Celebrate the launch of Tif Marcelo's new book, "The Key to Happily Ever After," a charming romantic comedy about

three sisters who are struggling to keep the family wedding planning business afloat—all the while trying to write their own happily-ever-afters in the process. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) or call 703-300-9746.

## SATURDAY-SUNDAY/MAY 18-19

**Quarterfest.** Noon-6 p.m. The first annual Quarterfest presented by Dittmar is a family-friendly, two-day festival with a free concert, restaurant crawl and street pub. Gather friends and family over a weekend in Ballston to sip and savor a great time. Proceeds from Quarterfest will benefit BallstonGives. Purchase tickets at [www.quarterfestballston.org/tickets](http://www.quarterfestballston.org/tickets). Sign up to volunteer and learn more about Quarterfest at [www.quarterfestballston.org](http://www.quarterfestballston.org).

## MONDAY/MAY 20

**Author Event: Liv Constantine.** 7 p.m. at One More Page Books, 2200 North Westmoreland St. Liv Constantine, the internationally bestselling author of "The Last Mrs. Parrish" follows that success with "The Last Time I Saw You," a novel filled with shocking twists about the aftermath of a brutal high-society murder. Liv Constantine is the pen name of sisters Lynne Constantine and Valerie Constantine. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) or call 703-300-9746.

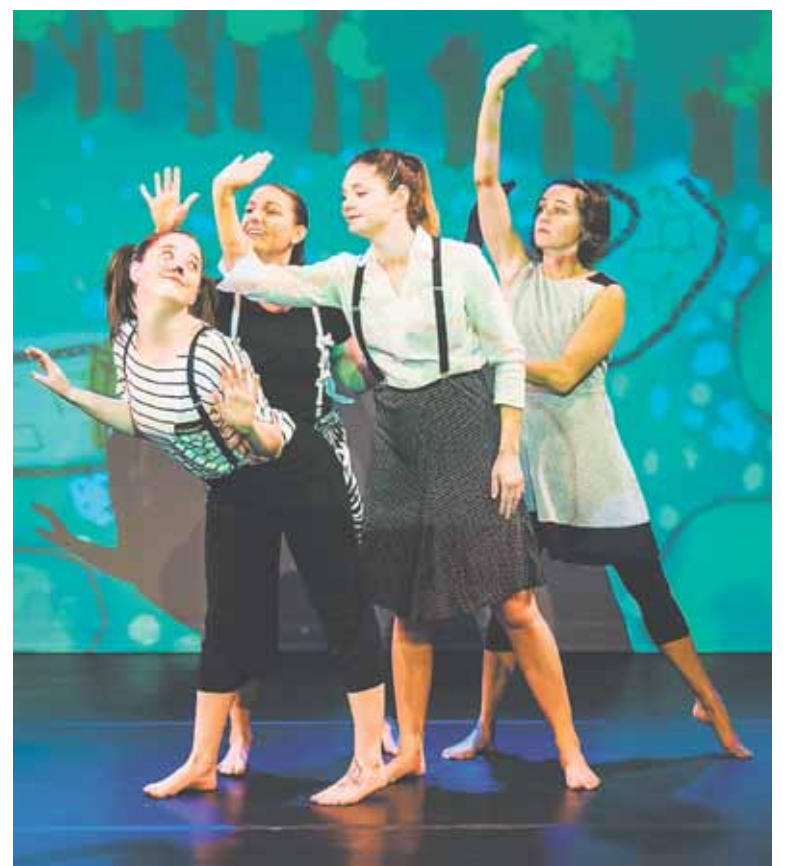
## TUESDAY/MAY 21

**Container Gardening for Food, Fun and Beauty.** 7-8:30 p.m. at Westover Library, 1644 N. McKinley Road. Learn to grow edible and ornamental plants in containers on a porch, deck, balcony or patio. This workshop will cover soil, containers, maintenance and selection of suitable plants. This class is offered by Extension Master Gardeners. Free. Advance registration requested at [mgmv.org](http://mgmv.org). Questions? Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

**Master Gardener Training Information Night.** 7-8:30 p.m. at Fairlington Community Center, 3308 South Stafford St. Learn about becoming an Extension Master Gardener and what the requirements of the volunteer training program include. Meet the Extension Agent and Program Coordinator, as well as many of dedicated volunteers. Free. Call 703-228-6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

## WEDNESDAY/MAY 22

**Best Business Awards.** 5:30-8:30 p.m. at Key Bridge Marriott Hotel, 1401 Lee Highway. The Arlington Chamber of Commerce will hold the 33rd Annual Best Business Awards, where this year's award winners will be announced and the



## Complete Dogness

A family friendly performance about a dog with bad habits who learns new tricks. Featuring Andie deVaulx, Kelsey Rohr, Brynna Shank, and Rebecca Weiss of Jane Franklin Dance. Saturday, April 27 and May 4, 4 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Tickets \$15 adults; \$10 children under age 10; \$45 family of four. Visit [www.janefranklin.com](http://www.janefranklin.com) or call 703-933-1111.

Hall of Fame inductees will be recognized before an audience of more than 200 of the area's leading professionals. Register online by Friday, May 17 by 5 p.m. \$125-\$150. Visit [www.arlingtonchamber.org](http://www.arlingtonchamber.org).  
**Author Panel.** 7 p.m. at One More Page Books, 2200 North Westmoreland St. Join for the line-up of history, mystery and black comedy when author and columnist Bethanne Patrick ("The Books That Changed My Life") moderates a panel of OMP favorites Louis Bayard, Angie Kim and Ed Aymar. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) or call 703-300-9746.

## SUNDAY/JUNE 2

**Open House for Sunny and Shade Demonstration Gardens.** 1-3 p.m. at Bon Air Park, 850 N. Lexington St. Both the Quarry Shade Garden and the Sunny Garden will be open. Find plant selections, combinations, and ideas for any yard conditions. Extension Master Gardeners will be on hand to provide growing tips. Free. Call 703-228-

6414 or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

## MORE ONGOING

**Arlington Historical Museum.** Wednesdays, 12:30-3:30 p.m.; Saturdays and Sundays, 1-4 p.m. Arlington Historical Museum, owned and operated by the Arlington Historical Society, is located at 1805 S. Arlington Ridge Road. The two-story brick structure was built in 1891 as the Hume School, named for Frank Hume who gave some of the property for the school. Visit [arlingtonhistoricalsociety.org](http://arlingtonhistoricalsociety.org).

**Civil War Artifact Display.** Saturdays and Sundays, 10 a.m.-2 p.m. at Fort C.F. Smith Park Visitor Center, 2411 24th St. N. The New Fort C.F. Smith Park Visitor Center features displays about Union soldiers and the Defenses of Washington between 1861 and 1865. Artifacts from archaeological studies from Forts Ethan Allen and C.F. Smith are on display. Kids can try on replica Civil War uniforms and learn about camp life. Visit [parks.arlingtonva.us/locations/fort-cf-smith-park/](http://parks.arlingtonva.us/locations/fort-cf-smith-park/).

## Mikala Brennan vs. Bobby Flay

### Hula Girl chef/owner on Food Network — again.

**M**ikala Brennan, chef/owner of Hula Girl Bar & Grill in Arlington's Shirlington area takes her talent from the kitchen to the small screen when on May 23 at 10 p.m., she will appear on Food Network's Beat Bobby Flay, pitting her skills against the Food Network personality.

Judges will include Chefs Michele Ragussis, David Santos, Lourdes Castro.

Brennan has been on Food Network several

times including winning ReWrapped in 2014 and appearing on Chopped in 2017.

Hula girl is located in the Village at Shirlington, 4044 Campbell Ave.

The restaurant is open Sunday and Monday from 11:30 a.m. to 9 p.m.; Tuesday-Thursday from 11:30 a.m.-10 p.m. and Saturday from 11:30 a.m.-11 p.m. Live Ukelele music is on Wednesdays and Sundays. Call 703-998-4853 or [www.hulagirlbarandgrill.com](http://www.hulagirlbarandgrill.com).

# BULLETIN BOARD

FROM PAGE 6  
ending promptly at 4:30 p.m. Visit  
[www.lwv-arlingtonva.org](http://www.lwv-arlingtonva.org).

## WEDNESDAY/MAY 8

**All About Hearing Aids.** 2-3 p.m. at Westover Library, 1644 North McKinley Road. Are you considering the purchase of hearing aids? Join Bonnie O'Leary from the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC) at Westover Library to learn about hearing aids from the consumer/wearer's perspective. RSVP for an event reminder; attendance is on a first-come, first served basis. Call 703-228-6327 or visit [arlingtonva.libcal.com/event/5108163](http://arlingtonva.libcal.com/event/5108163).

## FRIDAY/MAY 10

**Peace Officers Memorial Day.** 8 a.m. at Arlington County Justice Center Plaza, 1425 North Courthouse Road. The Arlington County Police Department and the Arlington County Sheriff's Office will gather to honor and pay tribute to the memory of the seven law enforcement officers of Arlington County who gave their lives in service to our community.

## SATURDAY/MAY 11

**Stamp Out Hunger Food Drive.** Letter carriers will pick up donated food. Leave donations before your typical mail delivery time. All food stays in the local community. The top requested non-perishable food items are: cereal, pasta, pasta sauce or spaghetti sauce, rice, canned fruits and vegetables, canned meals (such as soups, chili and pasta), 100 percent juice, peanut butter, macaroni & cheese, canned protein (tuna, chicken and turkey), beans (canned or dry). You also can donate healthy, low-sodium, low-sugar items such as beans, oatmeal and other whole grains, and canola or olive oil. Specific questions regarding the Food Drive should be directed to 202-662-2489.

**Family Caregiver Expo.** 10 a.m.-2 p.m. at Richard J. Ernst Community Cultural Center at Northern Virginia Community College, Annandale Campus. Capital Caring will host its first Caregiver Expo in partnership with AARP and Virginia Hospital Center. The expo is free and will feature information highlighting resources and support programs available to family caregivers, including home care services, financial and estate planning, elder law, and information sessions on such topics as Alzheimer's and Dementia, Preservation of Assets, and Caring for the Caregiver. Free health screenings will be offered as well as free massages. Contact Amy Shields at [ashields@capitalcaring.org](mailto:ashields@capitalcaring.org) or call 703-531-6095 for more.

## FRIDAY/MAY 17

**Healthy Aging Lecture Series.** 11 a.m. at Carlin Springs Campus, 601 S. Carlin Springs Road. Explore alternate therapies to relieve pain, stress and to help live a longer healthier life - Floating, Cryofreezing, Transformational Healing, Reiki, Magnetic Resonance and the benefits of CBD oil. Enter the Urgent Care Center entrance, then take an immediate right into the Wellness Room. Call Senior Health: 703-558-6859 or email [lifeline@virginiahospitalcenter.com](mailto:lifeline@virginiahospitalcenter.com).

## SUNDAY/MAY 19

**110th Anniversary Celebration.** 11 a.m.-1:30 p.m. at Church at Clarendon, 1210 N. Highland St. The Church at Clarendon will celebrate 110 years with an Anniversary and

Fellowship Celebration. The theme is "Celebrating Across Generations" and highlights will occur throughout a special Sunday service starting at 11 a.m., followed by a luncheon. Free. RSVP online at [www.1bc.org](http://www.1bc.org) or email [deborah@1bc.org](mailto:deborah@1bc.org).

## WEDNESDAY/MAY 29

**Fabric Donation Deadline.** Visiting artist Amanda Browder will create a large-scale fabric installation for the facade of Arlington Arts Center, on view from June 22 to July 21. Help create this unique work by donating fabric with bright, fluorescent, saturated colors and patterns, in non-stretchy, opaque materials like cotton, rayon and velvet. All donations should be at least 12-inch squares. Volunteers are also needed to help sew. Email [exhibitions@arlingtonartscenter.org](mailto:exhibitions@arlingtonartscenter.org) or visit [www.arlingtonartscenter.org](http://www.arlingtonartscenter.org) for more. Donation locations include: Arlington Mill Community & Senior Center, 909 S Dinwiddie St.; Columbia Pike Branch Library, 816 South Walter Reed Drive; Lobby of the Ellen M. Bozman Government Center, 2100 Clarendon Blvd.; or Arlington Arts Center, 3550 Wilson Blvd.

## FRIDAY/JUNE 7

**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, will be held on the first Friday of every month. Registration is free and highly recommended to reserve a spot, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email [bdesai@seniorhelpers.com](mailto:bdesai@seniorhelpers.com). Visit [www.dementiacareconnections.com/memory-cafe](http://www.dementiacareconnections.com/memory-cafe) or [www.seniorhelpers.com/arlington-alexandria-va](http://www.seniorhelpers.com/arlington-alexandria-va) for more.

## DONATIONS

**Pet Food Bank.** AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration 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/s2FuFdaYWdZm4tPw2](http://goo.gl/forms/s2FuFdaYWdZm4tPw2).

## GET MORE WITH SNAP

**Arlington and Alexandria Farmers' Markets** accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT customers can purchase farm fresh produce at local area farmers' markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers' markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers' Market, N. 14th and Courthouse Rpad (second Saturday of the month) and Columbia Pike Farmers' Market, 2820 Columbia Pike (third Sunday of the month).

## ONGOING

**Monthly Memory Café.** 1-3 p.m. at 7910 Andrus Road, Suite 6 Alexandria. Visit [www.dementiacareconnections.com/memory-cafe](http://www.dementiacareconnections.com/memory-cafe) or [www.seniorhelpers.com/arlington-alexandria-va](http://www.seniorhelpers.com/arlington-alexandria-va) for more.



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# Wishing It Would Be Recycled Won't Work

FROM PAGE 3

Furthermore, Grabowsky noted in his presentation to the County Board, in 2017 the county was receiving money back for recyclables. But in 2019, the county is paying \$20.58 a ton. Since aluminum cans are worth \$1,520 a ton, but glass is valued at -\$12.50 a ton, removing glass will help keep recycling affordable.

Arlington residents don't have to stop using glass, but hardcore environmentalists should follow the "glass hierarchy" which according to Grabowsky means: reduce the amount of glass you buy, reuse glass containers when practical, recycle glass by taking it to one of the county's drop-off centers, or, as a last choice, place glass containers (minus their metal lids) in the trash.

"AND WE ARE a bargain for residents," said Grabowsky. "We are the least expensive and best solid waste division in the area," he said. "As of July 1, 2019 the price residents pay goes down to \$306 per year; in contrast, our neighbors in Alexandria pay \$411. It



PHOTOS BY EDEN BROWN/THE CONNECTION

**Erik Grabowsky said running the bureau has made him much more aware of food waste. He does home food scrap collection. He uses a bamboo toothbrush and every week he weighs his food trash before he dumps it off at the compost bin at the Solid Waste Bureau, to see how he is doing on organic waste. He believes that using less and wasting less — whether food or the containers it comes in — is the key to long-term effective trash management.**

comes down to economics and what the residents want to pay: The recycling cart is \$72 a ton to

process; the trash cart is \$43.16 a ton to process. Glass drop off is \$10 a ton to process. At the MRF,



**Residents can drop off food scraps — not in plastic bags — in this bin, which is emptied into the in-vessel composter and turned into rich soil used in Arlington's parks.**

they commodity sort. Each one of those commodities has a price which changes in value from

month to month. If the price the MRF gets back is less than \$72, we have to pay. If it's more than \$72, they pay us. We have to keep the cost of recycling down so that it doesn't become more economical to dispose of it as trash."

Grabowsky noted Arlington continues to try to improve and expand its recycling and composting. They want to set up a processing facility here; it's in process. But in the meantime, a visit to the website (<https://recycling.arlingtonva.us>) or the Earth Products Yard at 2700 South Taylor St. will leave the average Arlington resident believing he is well served by the county. He has options for things he cannot put in the blue cart: there is a battery drop off at several fire stations throughout the county, there is an upcoming e-cycling event on May 4, a special collection can be arranged for pots and pans and other scrap metal, and that material will go to the scrap yard, not the landfill. Arlington also does curbside collection of electronic waste and old auto batteries.

What about the "not sure" items? Grabowsky said the debate on Starbucks cups continues: "The packaging industry wants to say their stuff is recyclable," and Washington, D.C. allows the cups and lids. But a lot of it depends on how the MRFs are able to sell the bales as a raw material once they process: China won't take paper now, but they will take pulp. Some places allow the cups, some places don't. So Grabowsky said, "Go ahead and put your coffee cups in recycling for now." Grabowsky also cautions that "mixed materials" need to be separated. Mixed plastic and metal is the most common: the metal top on a jar, or the metal cover on a yogurt cup. Take the foil top off and collect it until you have a ball that is bigger than four inches in diameter. Throw the plastic cup in without the top. Check the values on your items: recyclable items are labeled by numbers 1 through 7. If there is no number, it's not a recyclable item. Number 6 is not recyclable.

But when in doubt, Grabowsky says, look it up on the website, ask the Solid Waste Bureau, or put it in the trash. His pet peeve is when people put things in recycling just because it "makes them feel better." His other mantra is: "Do 10 things right rather than 20 that are half right." And, he begs Arlingtonians, "stop putting your recycling in garbage bags."

For more information, see: <https://recycling.arlingtonva.us> or download the app.

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# WELLBEING



COURTESY PHOTO

Schar Cancer Institute rendering.

## Schar Cancer Institute Opens to Patients May 13

Institute becomes a landmark for health care and research in Fairfax County

The Inova Health System will usher in a new level of medical treatment and patient care when the Inova Schar Cancer Institute opens to patients May 13 on its Merrifield campus.

“The Schar Cancer Center raises the already-high level of health-care facilities in Fairfax County,” said Catherine W. Riley, interim president and CEO of the Fairfax County Economic Development Authority. “As part of the Inova Center for Personalized Health it can make Fairfax County a destination for world-class research and clinical work.”

Dedication ceremonies took place Wednesday, April 24, for the \$150 million center for care and research that is anchoring the 117-acre Inova campus, fulfilling a vision that began with the acquisition of the former Exxon Mobil site. The institute was made possible, in part, by a \$50 million contribution from Dwight Schar and wife Martha, whose legacy will extend beyond Fairfax County-based NVR home builders.

**MEMBERS OF THE SCHAR FAMILY** were joined by others, including U.S. Senator Patrick Leahy and wife Marcelle, political commentator Cokie Roberts, and Lara Hopewell, a local hockey mom-turned-crusader for cancer research — all cancer survivors. Also participating in the ceremonies were U.S. Rep. Gerry Connolly, Fairfax County Board of Supervisors Chairman Sharon Bulova and Inova CEO Dr. Stephen Jones. The ceremonies featured more than 100 cancer patients and their family members, who became the first to walk through the front door of the newly-dedicated facility.

“We are so fortunate in Fairfax County to have access to such world class medical care and treatment,” said Bulova, who presented a proclamation from the Board of Supervisors congratulating Inova. “We have amazing facilities, doctors and cutting-edge technologies that are right here, literally in our own backyard, and that is so incredibly valuable.”

Riley echoed the importance of having a first-class cancer facility in the county, offering residents the highest quality care without requiring them to travel, often hundreds of miles for treatment. She also emphasized the importance of the research that will take place at the facility, creating a new horizon in the

diversification of Fairfax County’s workforce.

“We’re very excited about the research and development aspect of the Schar Institute and the ways in which it will help diversify our local economy,” Riley said. “It will attract new doctors and scientists. In partnership with facilities like the University of Virginia Medical School, those researchers will be applying for new grants and developing the kinds of programs that will make Fairfax County known as a medical research and development center.”

**“We are so fortunate in Fairfax County to have access to such world class medical care and treatment.”**

**Sharon Bulova, Chairman, County Board of Supervisors**

**DURING THE DEDICATION**, Jones announced that Dr. John Deeken, who had been serving as acting president of the Inova Schar Cancer Institute, is named permanently to the president’s role. Deeken said the institute would continue stress its “patient-first” philosophy, building on its ability to provide one-stop care through teams of doctors, nurses, therapists, researchers and specialized counselors.

“The vision and the spirit is that the patient is at the center of everything we do,” said Deeken, who previously served as COO of the Inova Translational Medicine Institute. “Fundamentally, that’s the difference in the model of care at Inova.

“This is the culmination of years of effort in planning and design and recruiting – to make real what we’d hoped to have for all the patients in Northern Virginia, which is expert care close to home. Nobody in Northern Virginia should think they need to go to Houston, New York or Baltimore to get world-class cancer care. We have it right here.”

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## OPINION



PHOTO BY ESTHER GARCIA

From left: Nicole Romero, Ellie Berenson and Sophia Bailey in Washington Lee High School's performance of "Legally Blonde" on Saturday, April 27.

# Surpassing High Expectations

BY CAROLINE KEIR  
BISHOP IRETON HIGH SCHOOL

Though hidden under a facade of pink and sorority girl lingo, Washington-Lee's production of "Legally Blonde" delivered a heartwarming lesson about judgement and the invaluable nature of hard work. Hard work is something that cast and crew undoubtedly put into this show, everything from the vocal performances to the efficient set changes being worthy of praise. Despite the daunting physical demands of this musical, the cast maintained high energy levels throughout, making the most of every second they had on stage.

## CAPPIES REVIEW

Based on the 2001 film of the same name, "Legally Blonde" first opened at San Francisco's Golden Gate Theatre in February of 2007 before moving to Broadway's Palace Theatre in April of the same year. The show reached both significant critical and commercial success, being nominated for seven Tony awards, broadcast on MTV, and eventually resulting in a reality show to replace the original Elle Woods, Laura Bell Bundy.

Though the entire ensemble did a great job of remaining reactive and exciting, the Delta Nus deserve special recognition for the enthusiasm and vigor they brought to their performances. Without their infectious sorority sister spirit, the show would have lost much of its unique flair. Numbers carried by this

group such as "Omigod You Guys," "What You Want," and "Positive" were all highlights of the production. Unsurprisingly, Julia Elman who played protagonist Elle Woods delivered an amazing depiction of the iconic Malibu Barbie turned lawyer. Despite having almost no backstage time to relax and recover, Elman's vocals and lively characterization never faltered. Her rendition of "So Much Better" was particularly impressive, leaving the audience invigorated and eager for the second act to begin.

Both Emilia Couture as Paulette Bonafonte and Anna Nowalk as Vivienne Kensington particularly deserve praise for their powerhouse vocals and first-rate acting chops. Couture's performance of "Ireland" and Vivienne's killer belt during "Legally Blonde Remix" both earned audible gasps from the crowd, their execution by far exceeding what is normally seen in a high school production. In the polar opposite roles of Emmett Forrest and Professor Callahan, Drew Kellenberger and Sam Gerardi also performed well vocally and made great character choices, the former creating a stand up guy that the audience can't help but root for and the latter producing a creepy and ruthless "shark."

The popularity of "Legally Blonde" makes the production one where high expectations are hard to meet. Thanks to the wonderful efforts of the cast as well as the exceptional work done with lighting, set, and by the pit orchestra, Washington-Lee put on an amazing show that was definitely deserving of an "Omigod."

## "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for May 11-18.

**Senior centers:** Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culpeper St.; Walter Reed, 2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St.

**Senior trips:** Winterthur, Del., "Costuming the Crown" exhibit, tour historic homes and gardens, Tuesday, May 14, \$55; Washington Nationals versus Chicago Cubs, evening game, D.C., Friday, May 17, \$58. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

### NEW PROGRAMS

**Encore Chorale Spring Concert,** free, Saturday, May 11, 7-8 p.m., The

Falls Church Episcopal, 115 E. Fairfax St., Falls Church. Details, 703-228-4878.

**42nd Annual Senior Law Day,** Safeguarding your Future, Monday, May 13, 12:30-3 p.m., Walter Reed. Free. Details, 703-819-5631.

**The Power of Touch,** Monday, May 13, 10 p.m., Aurora Hills. Register, 703-228-5722.

**Diabetes peer support group,** Monday, May 13, 11 a.m., Langston-Brown. Details, 703-228-6300.

**Trivial Pursuit,** Monday, May 13, 11 a.m., Lee. Details, 703-228-0555.

**Jeopardy game,** Monday, May 13, 10:30 a.m., Walter Reed. Register, 703-

228-0955.

**Pickleball for absolute beginners,** Mondays, 9 a.m., Arlington Mill. Details, 703-228-7369.

**Piano classes** using The Sudnow Method, 4 sessions beginning Tuesday, May 14, 2-4 p.m., Walter Reed. Register, 703-228-0955.

**Writers workshop,** features new writing exercises, Tuesday, May 14, 11 a.m., Lee. Register, 703-228-0555.

**Cornhole toss games,** Tuesday, May 14, 1-3 p.m., Arlington Mill. Details, 703-228-7369.

**A woman in the FBI,** presented by

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# Tree Canopy

FROM PAGE 2

would call into question the enforcement of the Chesapeake Bay Protection Ordinance not to mention the county processes used to designate champion trees and RPAs.”

The County Board expressed its sympathy but said their hands were tied. “... In terms of legal protection, this is an honorary recognition only. The tree is not protected under state law or county designation.” In a letter sent by the County Board on Aug. 15 they advised that “the owner has considerable development rights under State and local law.”

The conservationists argued that the county manager on behalf of the County Board may seek injunctive relief to enjoin a violation for a threatened violation of any provision of Section 61-176 of the Chesapeake Bay Preservation Ordinance. Residents wondered why he didn't do that.

After months of battling, the tree demolition began, and on Aug. 21 the limbs of the dawn redwood began to fall to the ground. The conservationists had lost this battle. But the public had been promised an explanation of the board's reasoning behind the dawn redwood decision.

John Vihstadt, a county board member at the time and the liaison to the Urban Forestry Commission, said in late August 2018, “The board has asked the county manager and county attorney to collaborate on a public-facing document that will go into as much details as possible in explaining the permitting process, the county's site analysis in the context of the Resource Protection Area and the rationale for the ultimate conclusion that the county could not legally mandate that the dawn redwood be saved.” That was eight months ago.

Norland said she spoke to County Manager Mark Schwartz after the April 23 county board meeting, and Schwartz said the memo is underway and his hope is to get it on the street in May.

## “FLOURISHING AFTER 55”

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a retired agent, Tuesday, May 14, 1:30 p.m., Lee. Register, 703-228-0555.

**Bicycle maintenance**, Tuesday, May 14, 11 a.m., Arlington Mill. Details, 703-228-7369.

**Personal safety tips**, at home, on the street or at work, Thursday, May 16, 11 a.m., Arlington Mill. Register, 703-228-7369.

**Understanding long-term care insurance**, Thursday, May 16, 1 p.m., Langston-Brown. Register, 703-228-6300.

**Chronic disease self management**, series of workshops begin Thursday, May 16, 10 a.m. – noon, Langston-Brown. Register, 703-228-6300.

**Organizing financial papers**, Thursday, May 16, 11:30 a.m., Lee. Register, 703-228-0555.

**Basic drawing class**, beginner friendly, Fridays, May 17 and May 24, 1 p.m., Aurora Hills. Register, 703-228-5722.

**Overview of ride sharing apps**, Uber and Lyft, Friday, May 17, 11 a.m., Arlington Mill. Register, 703-228-7369.

**55+ Fitness Day**, Friday, May 17, 9 a.m. – 12:30 p.m., Walter Reed. Sports and fitness demos. Free. Details, 703-228-0955.

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## As Luck Has Had It



By KENNETH B. LOURIE

Aside from the fatigue I experienced a few columns ago, this immunotherapy infusion is, and has been, quite manageable.

My biggest take away so far is that I've had no real quality of life issues, as had been the case with my previous chemotherapy/alimta infusions. With that drug, I had post-infusion eating challenges and for nearly a week after the fact, felt less than mediocre.

Moreover, I wouldn't say I felt like I had cancer, but I certainly was reminded of it — if that makes any sense.

And even though I do have some minor side effects from my current immunotherapy infusion, I am reminded nevertheless, that I have cancer. Not because of how I feel, as was the case previously, but because of how I look — and because of what I feel.

I am referring to my “Adam's apple” tumor. Not only can/do I ‘look’ it all the time but quite often, depending on how I move my head: forward/downward, I can feel it too.

I have to tell you, feeling it as I do, and looking at it as often as I do: every day, is unsettling.

My whole approach to this living-with-cancer life has been to compartmentalize it a la Jerry Seinfeld and “the vault.” Out of sight has helped keep some things out of mind. And when things are out of mind, it's much easier to make believe.

And making believe has been one of my methods of “operandi” since Feb. 20, 2009. That's the date (you bet I remember) when my internal medicine doctor called me at work with the results of my previous week's biopsy: “malignant,” he said.

Up until that call, the previous six weeks' diagnostic pursuit had been interesting in a curious kind of way wondering what all the goings on were about and when all these inconveniences would end. And not for a minute during this entire process did I ever think I'd be diagnosed with a “terminal” disease: non-small cell lung cancer, stage IV. I figured, to the extent I figured at all, that the process would result in much having been done about nothing.

Boy was I wrong!

I still remember — and laugh when I recall the phone conversation I had with my thoracic surgeon after he had received the results of my PET scan: “You lit that thing up like a Christmas tree,” he said.

Presuming that wasn't good news, I replied: “I hear there are false positives all the time which is why these scans aren't used a lot.” (A perfect example of a little knowledge in the wrong mouth.)

I can't recall if the doctor snickered before he said the following: “Well, then your scan was a world record false positive.” I don't know if I grasped the obvious at that point but soon a surgical biopsy was ordered and the rest is Kenny-with-cancer history, a history with which many of you regular readers are all too familiar.

And that's a familiarity which I hope has not bred contempt. Because even though it's my life — and I'm stuck with it (as the old saying says), it need not be yours. I can well imagine and appreciate how living with and/or seeking out negativity is not likely to improve any one's lot in life. (I try to avoid it every day.)

To that end, I have always tried to tread lightly and write with a soft touch since I've been cancer-centric beginning June 10, 2009, when I published my first column on the subject: “Dying To Tell You, Sort Of.” And in so doing, I've tried to see the light amid the darkness and be thankful for any in between.

I can't say it's been fun, but it's funny how things have turned out: alive and reasonably well, 10-plus years later.

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

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