

The Arlington Connection

Something To Prove

PAGE 6

Dave Ashley on top of Mount Aconcagua, second highest challenge. Ashley lives in Arlington, his “basecamp” for both his kidney donation recovery in 2017 and now his 7 Summit campaign. Up soon: Mount Everest.



Special Collaboration for Women’s History

PAGE 2

Fearful of Police Referrals from School Discipline

PAGE 3

PHOTO CONTRIBUTED
OPINION, PAGE 4 ❖ CALENDAR, PAGE 11

Connecting through Collaboration Celebrates Women's History Month

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Grace Shea, Executive Vice President of Arlington's Lebanese Taverna pairs a Chapless Horseman Stout from Denizens Brewing Co. in DC with Lebanese Taverna's braised American lamb, spiced rice and yogurt salad. This special menu feature is offered as part of the variety of local specialties for the "Connecting through Collaboration" 14-day festival celebrating Women's History Month sponsored by RE:Her. Shea says this partnership works out because Julie Verratti at Denizens Brewing doesn't have a distributor in this area. "That's what RE:Her is all about — collaboration, partnership and helping each other out."

Shea says that the lamb is a very rich dish that cooks for hours in cinnamon, allspice and cardamon with some bourbon and is a good balance to the East European Im-

perial Stout. "Americans think that cinnamon is strange for meat; it's like for pumpkin pie, but Lebanese use the sweet spices in their dishes." Part of the profits will be donated to the Ukrainian Women's Guard that provides military, self-defense and other training to Ukrainian women.

RE:Her DC grew out of an organization started in Los Angeles at the beginning of the pandemic to connect, collaborate and further the careers of chefs, restaurateurs, and others in the hospitality business. This local event marks Women's History Month "which commemorates the role of women in history and reflects on what is yet to be done." It celebrates women pioneers with custom cocktails, innovative food pairings and irresistible combinations produced by food and drink entrepreneurs



Grace Shea

across the District area. Shea says the DC chapter of RE:Her is the second to join the national organization and includes women from all over the DMV area. "Women entrepreneurs came together to support each other coast to coast. It has been great to have access to these successful women on weekly calls. It has been a great resource on everything from grants to PPE to finding a good cost for containers and sometimes just a shoulder to cry on. It has been priceless."

The festival kicks off on March 14 with Women at the Wharf at Hanks Oyster Bar on the Wharf at 6 p.m. The evening will combine appetizers, a three-course family-style dinner and specialty cocktails by chefs from RE:Her DC with several RE:Her LA restaurateurs to provide the best gastronomic

and mixology efforts of the group. Meanwhile women entrepreneurs all over the area will be showcasing special gastronomic creations for the two-week celebration.

Shea says Lebanese Taverna was established by her parents in 1979 in Arlington's Westover neighborhood and has expanded to five other full-service restaurants around the area and fast casual eateries with a deli case, grab and go lunch and Lebanese groceries. Her role in the family-run business is to serve on the Board of Directors, work with employees and work with the community.

Fiona Lewis, a founding member of the women's support group in 2020 that predated RE:Her DC, says, "When the pandemic started we all needed some help, and there had been nothing like this group in DC before." She explains, "This camaraderie is inspirational. It is a feeling of relief. We all know exactly what the other one is going

through at different stages."

Lewis owns District Fishwife, On Toast, and Son of a Fish in D.C. For the festival she is pairing with Tricia Barba of Preservation Biscuit Company to present The Queen breakfast biscuit sandwich featuring a sous vide egg, hollandaise and the Fishwife's lox.

Lewis says the membership in RE:Her DC grew out of their first organization and is just beginning to take off with about 50 members. "We hope to raise money and offer grants to women who need help, assistance with machinery, anything that is needed." As an example she remembers when a 60-quart mixer broke down. It was needed for the next day, and it was impossible to replace quickly during COVID. "The woman instantly had three offers for loaning equipment. That's what we do for each other."

"This is an amazing group of women."



Lindsey Breeden

Concern for Missing Arlington Woman

The Arlington County Police Department is seeking the public's assistance locating a missing Arlington woman. Lindsey Breeden, 38, was last seen on Feb. 28 in the 4100 block of Fairfax Drive. Police and family are concerned for her health and welfare.

Lindsey Breeden is described as a white female, 5'3" tall, 110 lbs with

brown hair and hazel eyes. She was last seen wearing a dark colored jacket, blue jeans and white shoes.

Anyone with information about her whereabouts is asked to contact Detective R. Ortiz at 703-228-7402 or rortiz@arlingtonva.us. Information may also be provided through the Police Department's Tip Line at 703-228-4180

FLOURISHING AFTER 55

55+ Programs are virtual, indoors at 55+ Centers and outdoors. A 55+ Membership is required to participate (\$20 annual fee). To join or register, go to registration.arlingtonva.us or call 703-228-4747.

Eat the Rainbow, celebrate National Nutrition Month by eating colorful fruits and vegetables, Thursday, Mar. 10, 11 a.m. Presented by Virginia Cooperative Extension. Registration # 913501-01.

Virginia leads the skyways, hear about the state's aerospace innovation from Roger Connor, author of "Virginia Aviation," Thursday, Mar. 10, 1:30 p.m. Registration # 913400-19.

Movie group members to discuss "Wind River" (2017), Thursday, Mar. 10, 3 p.m. Registration # 913402-03.

Beginning quilting, create delicate raised images from coils of 1/8" wide paper strips, Thursday, Mar. 10, 1:30 p.m., Lubber Run 55+ Center. Registration # 913310-01. Cost \$18.

Explore painting techniques using non-toxic oils, Friday, Mar. 11, 1 p.m., Aurora Hills 55+ Center. No experience necessary, materials provided. Registration # 913303-03.

Tour Arlington Trades Center, discover inner workings of Arlington's vital services, Monday, Mar. 14, \$6. Leave from Madison Community Center, 10:25 a.m.; Gunston Middle School, 10:45 a.m. Registration # 902203-03.

Planting with Pete, new group led by expert gardener Peter Jones, Monday, Mar. 14, 11:30 a.m. March topic, Growing Orchids All Year

Round. Registration # 913401-01.

Secrets revealed of famous artists, including techniques, Monday, Mar. 14, 10:30 a.m. Registration # 913302-04.

55+ ice skating, MedStar Capitals Iceplex, Ballston Quarter, level 8, Monday, Mar. 14, 8:10 a.m. - 9:10 a.m. Skates, \$1, parking, \$1. Drop in.

Beginner's bridge, seven part series, begin Monday, Mar. 14, 1 p.m., Aurora Hills 55+ Center. Registration # 913602-01.

Satisfying soups presented by Master Food Volunteer, Caryn Wagner, Virginia Cooperative Extension, Monday, Mar. 14, 2 p.m., Arlington Mill 55+ Center. Registration # 913501-02.

Women Working for a Better Community, presented by Cathy Hix, pres., Arlington Historical Society, Tuesday, Mar. 15, 11 a.m., Lubber Run 55+ Center. Registration # 913400-09.

Genealogy 101, share research information and tools, Tuesday, Mar. 15, 1:30 a.m., Lubber Run 55+ Center. Presented by Eileen Bogdanoff, experienced genealogist. Registration # 913402-06.

Acoustic Café, live music from the 50s to today, Tuesday, Mar. 15, 7 p.m., Aurora Hills 55+ Center. Registration # 913301-01.

55+ deep water exercise class begins Tuesday, Mar. 15, 2:15 p.m., Long Bridge Aquatics & Fitness Center, 8 sessions, \$32, registration # 913102-05. Ask about additional dates.

55+ Tour de Friends Bike Club, Wednesday, Mar. 16, 11 a.m., ride from Bluemont Park

SEE FLOURISHING, PAGE 9

Should School Principals Report Offenses to Police?

Virginia parents concerned bill will lead to spike in student referral to police.

BY TARAZHA JENKINS
CAPITAL NEWS SERVICE

RICHMOND, Va. — The Virginia General Assembly passed legislation that will allow school principals to report some misdemeanor offenses of students to law enforcement, reversing parts of a previous law.

Lawmakers, parents and advocates are concerned the legislation will prompt the overreporting of minor offenses to law enforcement versus leaving reporting to the discretion of school officials.

Symone Walker is the mother of two children, one enrolled in Arlington Public Schools. She is also the co-chair of the Arlington NAACP Education Committee and vice chair of the Arlington Special Education Advisory Committee.

Walker worries that Virginia isn't working fast enough to close up the school-to-prison pipeline, harsh disciplinary actions that data show primarily push Black and Latino students out of schools and into jails and prisons.

"The General Assembly had made some progress in rolling back some really punitive laws that were contributing to the school-to-prison pipeline," Walker said.

Previous Legislation To Undo School-to-Prison Pipeline

Virginia made headlines with reports that it led the nation in referring students to law enforcement and it prompted legislative action.

State legislators passed a law in 2020 that school officials did not have to report minor offenses to law enforcement such as disruptive behavior, disorderly conduct and trespassing. They still had to report felonies.

Lawmakers also passed a bill in 2020 that exempted students from being charged under state law with disorderly conduct — a phrase advocates say is loosely interpreted in the referral process — if it happened on school grounds, or on a school bus or at a school event.

A Virginia Senate committee blocked a Republican-backed measure Friday that would have reintroduced the vague disorderly conduct charge.

New Legislation

Walker is concerned that Senate Bill 36, introduced by Sen. Thomas Norment, R-Williamsburg, along with other bills, could stunt that



2018 FILE PHOTO: Sen. Jennifer McClellan speaking on her proposed budget amendments meant to address the 'School-to-Prison Pipeline'.

progress. The measure is identical to a House bill. The General Assembly recently passed both measures with bipartisan support in both chambers.

Norment said during a Senate committee hearing that his bill was designed just to add better structure to what was a bipartisan bill when passed in 2020. He pushed back against the Senate committee effort to pass it by indefinitely.

Sen. Mamie Locke, D-Hampton, objected to the bill.

"I care about the school-to-prison pipeline and what this does is open that back up again," Locke said. "Those who are going to be reported are Black and brown children, primarily."

A substitute was adopted and then advanced.

Norment, however, celebrated the legislative victory in a constituent newsletter Friday by stating that school principals will be required to report misdemeanor offenses.

Sen. Jennifer McClellan, D-Richmond, who introduced the 2020 bill loosening reporting requirements, released a statement to Capital News Service that said Virginia is in better shape than seven years ago, "and that we must continue our progress to disrupt the school-to-prison pipeline."

"It is disappointing to see the legislature vote to undo part of that progress by mandating reporting of some incidents that are technically misdemeanors to law enforcement, taking the decision on whether to report away from the

parents of the children involved in the incident," McClellan stated.

Principals will be required to report to law enforcement certain misdemeanors such as stalking, written and oral threats, and other offenses which were eliminated in 2020.

The amended version allows a school board to create an alternative disciplinary process for students involved in assaults without bodily injury. If there is agreeable mediation between parties, the incident does not have to be reported to police.

That alternative process is an option for school boards to implement, not a requirement.

School officials may choose to report written threats made by students with individualized education plans, the term used for placement of students with disabilities who need special education, according to the bill. Several lawmakers had expressed concern that the bill could disproportionately affect students with disabilities.

Walker said it is unfortunate that Black and Latino students, and students with disabilities are more often put on a path of contact with law enforcement.

"Arlington is a microcosm of the state as a whole — where you have a disproportionate amount of Black and brown students that end up disciplined at a higher rate than their white counterparts," Walker said.

A referral to law enforcement includes all contact students have with officers, including arrests, ci-

tations, tickets and court referrals, according to the U.S. Department of Education.

Black and Latino students at Arlington Public Schools are disproportionately referred to law enforcement, making up nearly 70% of referrals to law enforcement, despite white students being nearly half of the enrollment, according to Arlington Public Schools.

School Resource Officers

Walker is also concerned about the push to get more school resource officers into schools across the state.

Virginia Gov. Glenn Youngkin pledged during his campaign to station police officers in every school, a decision currently made by local school districts.

The House passed House Bill 873, introduced by Del. Karen Greenhalgh, R-Virginia Beach, along a party line vote. The bill originally required school districts to place a school resource officer — law enforcement officers stationed in public schools — in every elementary and secondary school. If a district failed to comply with the legislation they would not receive state grant funding, according to the fiscal statement.

The Senate finance committee reported a substitute version removing the requirement to have a resource officer in every school. Instead, a designated law enforcement officer will be trained and serve as a liaison for the school administrator in schools without a resource officer.

The Democrat-led Senate denied a similar bill, proposed by Sen. Bill DeSteph, (R-Virginia Beach).

Virginia High Rate of Students Referred to Police

Ethan Lynne, a student at Patrick Henry High School in Hanover and member of the Virginia Teen Democrats, said he is nervous for his peers who may not be favored by administration. He fears the bill will contribute to the racial disparities reported in schools.

"This can easily change the rest of their lives forever," Lynne said.

Students were referred to law enforcement nearly three times the national average, with a rate of 16 referrals out of 1,000 students, according to a 2015 Center for Public Integrity report. The organization is focused on investigative reporting of inequality and analyzed U.S. Department of Education data for

its report.

The referral rate dropped to 14 per 1,000 students, but Virginia maintains the highest referral rate in the nation, according to a report by the Center using data from the 2017-18 school year.

LaSontra Anderson said she spends her days taking care of patients, her husband, and three daughters; two who still attend Virginia's public schools. Her daughter Michel has Cerebral palsy. Anderson said she must stay on top of things or Michel will fall into the "pipeline."

"If we are not her advocates no one else will be," Anderson said.

Anderson fears Black students and students with disabilities will still be disproportionately referred to administrators and law enforcement. Some educators and administrators are not thoroughly educated on disabilities, according to Anderson.

Students with disabilities were referred to law enforcement over two times the rate of all students in Virginia, or roughly 30 out of 1,000 students. Black students were referred at twice the rate of all students, or around 25 out of 1,000 students, according to the Center report.

"You're stripping them of everything that's looking forward to their future," the mother said.

Angela Dews is a special education teacher at Armstrong High School in Richmond and former president of the Richmond Education Association.

Administration should have support, not mandates on how to handle students, Dews said of the measure to require more reporting. Dews worries Armstrong High School administrators will have to report incidents to police that could be handled within school policies and codes of conduct.

"School is supposed to be a safe haven for our children and you want kids to come to school and feel safe and not feel like they are in the same situations as they are in their neighborhoods," Dews said. "The kids need to know that they are safe with us and that the principals, administrations run this school, and that we are there for them and handle their discipline."

Capital News Service is a program of Virginia Commonwealth University's Robertson School of Media and Culture. Students in the program provide state government coverage for a variety of media outlets in Virginia

What Happens to the Bills that Die?

BY SEN. ADAM EBBIN



When session adjourns sine die on March 12th, every member will return to their district with a winnowed legislative agenda. This is always the case, but it is particularly true in a year with split party control of the legislative chambers. Often at this time of the year, I get asked, “What happens next? Does this bill have any future?” Understandably, some constituents are disappointed when hard-fought legislation falters. Some are fired up and ready to continue their advocacy. Regardless, the afterlife of legislation plants the seeds for future bills. We don’t let hard work go to waste.

Of my original twenty-five bills, thirteen will not advance to the Governor’s desk. Each faced unique challenges, and for those interested in the debate on each bill, the Senate and House archive all videos of the Committee and Subcommittee hearings where the bills were heard. Three bills were passed by in order to study the problem they sought to address before next year’s legislative session. These include my bill to provide pay parity for public defenders compared to their counterparts in Commonwealth’s Attorneys’ offices (SB282), legislation to reduce negative interactions during traffic stops and improve data on racial profiling (SB277), and a bill seeking to establish privacy for individuals’ genetic data, such as that collected by services like 23andme (SB419).

The work of our public defenders is a cornerstone to the fairness of our justice system, and I look forward to the results of the study examining their compensation. Addressing the potentially tense moments of traffic stops remains a priority of mine as does codifying consumer

protections for personal information in the growing field of direct-to-consumer genetic testing. Based on the results of the study and work groups established this session, I may develop new legislation next year to address these concerns.

Two bills were continued to next year, meaning that committees can review them in the interim if they choose, but they will likely need to be brought back in a different form next session. One was my bill aiming to address eviction defenses (SB284) and the other was my major continued effort to establish a legal-adult-use market for cannabis (SB391). This legislation would have comprehensively stood up a legal adult-use sales market, created health and safety regulations to ensure public health and effectively banned youth access to the product. It also would have reformed our criminal justice system, expanded expungements and allowed for resentencing for those with prior cannabis convictions, was the product of two year’s hard work, two studies by the nonpartisan Joint Legislative Audit and Review Commission, and intense review by the Cannabis Oversight Commission, which I chair. House of Delegates Republicans, though promising to take action to create an adult-use marketplace that would cut down the growing illicit market and create an avenue for burgeoning Virginia small business, killed the bill with minimal debate on a party line vote. Lack of action on this topic means another year of proliferating synthesized cannabis (like “delta-8”) in gas stations and convenience stores and illicit trade which will drown out the legal marketplace without swift action. The House’s inaction this year was an abject failure for Virginians and public safety.

Five of my bills were killed outright, including my two measures aiming to address gun vio-

lence (SB643 and SB310) and my constitutional amendment affirming the right to marry (SJ5). The Republican House killed the amendment in an early morning subcommittee meeting. In doing so they denied voters the right to decide whether or not to repeal a stain on our state constitution — an inoperable provision denying the right to marriage to same-sex couples and replacing it with an affirming right to marry regardless of gender or sex. I will continue to fight both to defend and affirm the rights of LGBTQ Virginians, as well as to protect our communities from gun violence caused by the proliferation of firearms and unaddressed criminal loopholes.

My bill repealing a cumbersome and unnecessary triennial audit requirement for home care organizations was rolled into SB580, introduced by Senator McDougle (R-Hanover) and I’m pleased to report this bill passed both the House and Senate and awaits the Governor’s signature to become law.

Though it does not always turn out as we hope or worked for, the legislation that dies does not disappear. Rather, it lays the foundation for what comes after we all leave Richmond and return home. We will refer to it, build upon it, or modify it as we move ahead. Throughout the year, I will be connecting with constituents, speaking to community members, organizations, and businesses about their ideas for how we can improve legislation and what new bills may be needed. This will help inform what we start drafting for next year.

It is an honor to serve you in Richmond. I look forward to reporting on the successful bills we pass soon.

P.S. If you are a member of a civic group that would like me to provide a post-session legislative update in the late spring or early summer, please email my office at district30@senate.virginia.gov.

Virginians Lost When House Voted Down Bills

But it’s not over until it’s over for four remaining bills.

BY EDEN BROWN
THE CONNECTION

Seventy-eight percent of Virginians didn’t get what they wanted from Richmond last week: campaign finance reform. The state of Virginia, with its lax campaign finance laws, came tantalizingly close to passing three

ANALYSIS

common sense good governance bills which had earlier cleared the Senate, but the House of Delegates voted down all three on March 2, killed in a subcommittee of the Elections and Privileges committee. Two of these bills, SB222 and SB318, introduced re-

spectively by Senators McPike and Favola, would strengthen Virginia’s campaign finance disclosure laws, protecting legislators from obscure attack ads and allowing voters to know who is funding candidates. Delegates O’Quinn (R-5), Bloxom, Williams, Taylor, and Wachsmann voted to indefinitely pass by SB222, killing it; Delegates Mark Sickles (D-43), Candi King (D-2), and Michelle Maldonado (D-50) tried to keep it alive.

A third bill, SB 463, introduced by Senator John Bell, restricting personal use of campaign funds by candidates running for office, died in Committee with the same vote along party lines, 5-3.

Public testimony wasn’t allowed on this bill, but Nancy Morgan, Coordinator of the Virginia Chapter of American Promise, a non-partisan group advocating for campaign finance reform, noted that the bill voted down by the Committee was, in fact, an extensively-debat-

ed product of the tax-payer funded bicameral, bipartisan Committee which met over the August-October period last year. She added, “Delegate O’Quinn, chairman of the Sub-Committee which killed the bill, was a member of that taxpay-

er-funded Committee process.”

It’s not over until it’s over. Two key campaign finance bills will be heard on the Senate floor this week.

It’s not just the GOP voting down reform: Seven Democrats voted

SEE VIRGINIANS, PAGE 5

Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name. Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors.

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Endometriosis Conference an Important Resource for Women

BY EDEN BROWN
THE CONNECTION

Want to meet the “Egg Whisperer?” Considering surgery for Endometriosis? The Endometriosis Foundation is highlighting March, Endometriosis Awareness Month, with a month-long conference (online) educating women who have Endometriosis or suspect they do, giving them multiple resources for understanding their options. Because of this proactive effort to get out ahead of the problem, people who might have gone ahead with surgery before freezing eggs, will understand that freezing eggs might be a good idea. People who hesitate to talk about their Endometriosis diagnosis will be encouraged to seek others and will be given a chance to meet people with similar diagnoses. Every case is different, but one thing is a clear message from the conference: there are effective ways to deal with infertility, anxiety, and pain but patients must be proactive and

read the fine print.

The conference, called “Endometriosis 2022: Here, there, and everywhere,” features virtual programming that will run during the entire month of March, four sessions, every Sunday of March.

The Foundation’s state-of-the-art conference portal will allow for video “coffee breaks” around a “digital table” to chat with fellow “endometriosis warriors.”

The first week is dedicated to the problem of infertility and Endo. Presentations such as “Diminished Ovarian Reserve/Early Ovarian Compromise Strategies” by Kutluk Oktay, M.D. and “Endometriosis - Specific Protocols: Bringing Back Patient-Centric Treatment” by Brian Levine, M.D. are interspersed with “Patient’s Journey” stories of recent lessons learned by Endo patients. Enrolling in the conference is seamless: <https://www.endofound.org/patientday>

And to learn more about the Endometriosis Foundation, or to donate: see: <https://www.endofound.org>

Virginians Lost When House Voted Down Bills

FROM PAGE 4

against Del. Tim Anderson’s (R-83) disclosure bill (HB86) in the Finance Committee on Friday, with some reversing their vote from the Senate P&E vote on Tuesday which was 15-0. It managed to pass 8-7 nonetheless. Senator Edwards (D-21) has consistently voted “no” to all campaign finance bills in the Finance Committee. The Democrats who voted to support reform in the Finance Committee were Senators Ebbin (D-30), Deeds (D-25), Barker (D-39), and Peterson (D-34).

The Democrats who voted “no” in the Finance Committee were: Senators Lucas (D-18), Locke (D-2), Marsden (D-37), Howell (D-32), Saslaw (D-35), and McClellan (D-9). Again, bipartisan support had been present: these four Republicans voted “yes” on Anderson’s bill: Senators Norment (R-3), Hanger (R-24), Newman (R-23), and Ruff (R-15). The Anderson bill passed the House 99-1 and the Anderson and Bulova bills passed out of the P & E Committee 15-0.

Despite being revised extensively by the Senate this year, Privileges and Elections Chairwoman Margaret Ransone (R-99), who voted last year for a similar bill, said the bill needs to be reviewed by the Joint Sub-Committee on Campaign Finance Reform. Heidi Drauschak, Executive Director of VAOurWay, www.CONNECTIONNEWSPAPERS.COM

reflected on that statement, highlighting that Virginia is one of only a few states which has no limits on the personal use of campaign contributions, adding that this is the sixth year that this bill has been introduced. She further revealed that last year, an almost identical bill passed the House of Delegates, 100-0.

Nancy Morgan is the same Arlington resident who, at the beginning of the session, optimistically expressed the opinion that campaign finance reform stood its best chance of success this year, with bipartisan support and a clear mandate from Virginians that unregulated campaign spending was out of hand. With only four campaign finance bills currently in play, down from the 24 originally introduced into the Virginia General Assembly, it’s clear that Virginians were the losers in a battle to clean up politics. Campaign finance reform isn’t a priority for some legislators who like the loose environment and the power of the purse strings.

Morgan and her team believe the phone messages, emails, and written statements made in favor of campaign finance reform are important if the remaining legislation is to be kept alive. For guidance on contacting legislators, see: <https://vmop.org/>



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	Posting Date
HENRICO	9657	0	LAKESIDE AVENUE	NORTH RUN	2/17/2022
FRANKLIN	7825	606	PRILLIMANSWICH/ROUTE 606	BRANCH OF TOWN CREEK	2/16/2022
WASHINGTON	18840	11	LEE HIGHWAY	GREENWAY CREEK	2/15/2022
CARROLL	4791	922	HIDDENVALLEY RD/ROUTE 922	SNAKE CREEK #1	2/15/2022
GILES	8436	635	BIG STONY CK RD/ROUTE 635	LAUREL BRANCH	2/11/2022
FRANKLIN	8031	1605	WHSPRNG CK RD/ROUTE 1605	MAGGODEE CREEK	2/8/2022
LOUDOUN	11375	792	THOMAS AVENUE	SUGARLAND RUN	2/7/2022
NOTTOWAY	12852	810	SPAINVILLE RD	SWEATHOUSE CREEK	2/5/2022
SMYTH	17646	657	THOMAS BRIDGE RD	S FORK HOLSTON RIVER	2/4/2022
BLAND	3072	808	SKYDUSKY RD	BIG WALKER CREEK #1	2/3/2022
SCOTT	16698	623	SPEERS VALLEY RD	N FORK CLINCH RIVER	2/3/2022
ROCKBRIDGE	15653	712	WADES RD/ROUTE 712	CEDAR GROVE BRANCH	2/2/2022
DICKENSON	5887	685	BRIDGE STREET	RUSSELL FORK RV @ HAYSI	2/1/2022
GRAYSON	8915	741	HOMESTEAD RD	BIG FOX CREEK	2/1/2022
LEE	11003	880	RED FLETCHER RD	DRY CREEK	2/1/2022
LEE	10908	672	ROUTE 672	MARTIN CREEK	2/1/2022
RUSSELL	16341	71	NORTH 71	COPPER CREEK	2/1/2022

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 <https://www.virginiadot.org> and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

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

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

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TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



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Arlington Man Who Donated Kidney Will Climb 7 Summits

Casual Adventure and Dave “Dash” Ashley team up for historic Mount Everest attempt; 5 done; 2 to go.

BY EDEN BROWN
THE CONNECTION

Dave Ashley, of Arlington, was visiting his West Point class Facebook page when he learned one of his classmates needed a kidney, badly. The classmate who needed the kidney was too shy to ask his classmates if they could help, so the group did it for him. That's how Dave Ashley decided to get tested to see if he'd be a match. It was unlikely.

But a few weeks later, Ashley found out he might indeed be a match and needed further tests to confirm. As he waited for the results of those tests, he researched what impact donating a kidney would have on his active lifestyle. It was a real concern for him and his family.

“One of the hardest things was that I couldn't find information on athletic ability afterwards.” And he tells the story of how he found the answer to that question.

“In 2016, I worked at the Pentagon, and when my classmate needed a kidney, I answered the call. But I like to do extreme (sports) stuff. REALLY. Most people I asked about being a living donor believed there would be limitations on my extreme ambitions. Unable to find counter examples of other living donor athletes, I forged ahead despite the unknown risk.”

The surgery took place in Boston in 2017. Ashley said, “Five years later, the recipient of the kidney and I are healthy and well. REALLY healthy and well. Making that donation has changed the direction of my life: I am now retired and pursuing my passion for extreme outdoor adventures and volunteer work full-time.”

Ashley said his fitness was far from impaired by his kidney donation. He won a National Championship in a race where participants paddle, mountain bike, and trek with a coed team; bike-packed 2,500 miles on the Great Divide trail; and now climbs mountains around the world. Just in case that was not enough evidence that one kidney can do it all, Ashley decided he would succeed in a set of extreme physical challenges, recognized around the world as elite. “Thus was born the vision of becoming the first living kidney donor to climb the Seven Summits.”

The “Seven Summits” are the highest peaks in each of the seven continents. They are Denali (North



Dave Ashley, who donated a kidney to a former classmate in 2017, is striving to be the first living kidney donor to climb the Seven Summits. He has completed five; two to go. See www.adventurekidney.com

America), Elbrus (Europe), Kilimanjaro (Africa), Vinson (Antarctica), Aconcagua (South America), Carstensz Pyramid (Oceania), and Everest (Asia.)

How did he train? “I just trained by doing,” he said. “I’ve done five of the seven.” Ashley has just learned he will have to change to a different summit, Mount Kozciusko, in Australia, because of pandemic quarantine rules in Indonesia.

When not climbing, he works with organizations that are involved in kidney donation and has received some support from the National Kidney Registry which hopes more living donors will come forward to help when they see how successful Ashley has been in leading an active life. “There are so many positives that came out of this,” he says. “Saving the life of a classmate was just the beginning.”

Living Donors

Living-donor transplantation offers an alternative to waiting for a deceased-donor organ to become available, a wait that can last for 3-5 years. Hospitals around the country are seeing that living-donor organ transplants are associated with fewer complications

than deceased-donor transplants. Organs from living donors experience fewer episodes of rejection and organs from living donors typically last longer than organs from deceased donors.

More than one Virginian has promoted being a living donor. Kat Velkoff of Chantilly is an ambassador for the American Kidney Fund and a living donor. She supports legislation currently being discussed in the Virginia General Assembly that would prohibit life, disability, and long-term insurance companies from denying others insurance or charging higher rates solely based on their organ donor status. Sen. Adam Ebbin, D-Alexandria, introduced Senate Bill 271, and Del. Karrie K. Delaney, D-Centerville, introduced House Bill 421. SB 271 is the more generous of the bills because it includes provisions for unpaid leave and reinstatement of the employee into their old job. It “prohibits any person from refusing to insure, refusing to continue to insure, or limiting the amount or extent of life insurance, disability insurance, or long-term care insurance coverage available to an individual or to charge an individual a different rate for the same cover-

age based solely and without any additional actuarial risks upon the status of such individual as a living organ donor.”

To learn more about Ashley's adventure, see: www.adventurekidney.com

To learn more about becoming a living donor, see: <https://www.kidney.org/transplantation/beadonor>

Casual Adventure Supports Ashley's Quest

When Casual Adventure Outfitters in Arlington says, “We Can Outfit YOU From Great Falls to Nepal,” it's not just an advertising slogan. Casual Adventure and internationally recognized manufacturer Mountain Hardwear have teamed up yet again for another historic expedition attempt. This outdoor adventure partnership has combined efforts to sponsor local endurance athlete Dave “Dash” Ashley (aka Adventure Kidney) the world's first living kidney donor to attempt to climb the Seven Summits, including Mount Everest, within one year.

Over 20 years ago, Casual Adventure Outfitters and Mountain Hardwear came together to support the Everest dream of another local

climber, Saeed Toosi, who became the world's first Iranian-American to solo ascend Everest.

More recently, Casual Adventure Outfitters supported Andrew Towne in his completion of the Seven Summits, including the unsuccessful attempt in 2015 due to the Gorkha Earthquake, and his subsequent summit in 2017.

Eric Stern, owner of Casual Adventure, said this week, “We are so proud to be part of another amazing adventure to Mount Everest along with Mountain Hardwear. “Dash” climbs for all the right reasons: a sense of responsibility and respect for Mother Nature and his fellow man. Especially considering everything that has happened in the world over the past few years, Dave's story is one of hope, compassion, and inspiration.”

Casual Adventure is located in the Virginia Square neighborhood of Arlington, family owned and operated since 1955. Originally founded as a small grocery store by Oscar Stern in 1945, Casual Adventure has grown into one of the leading sporting goods shops in the Washington Metro area. From 1955 until 1985 Casual Adventure was known as The Surplus Center

with its shelves stocked with military fatigues, field jackets, canteens, and other GI merchandise. As the marketplace changed the company reinvented itself, changing its name from Surplus Center to Casual Adventure in 1985. Now in the hands of the fourth generation, Casual Adventure continues to build on its strong retail tradition of customer service, premier outdoor brands and a unique merchandise mix few stores its size can duplicate. It also has a tradition of community involvement and sponsorship, from athletic events to charity fundraisers.

Casual Adventure, 3451 Washington Blvd, Arlington, VA 22201; 703-527-0600; <https://casualadventure.com/>

ON THE WEB

Mentions of Ashley on line: <https://www.livingdonorgames.org/donor-athlete-profile-dave-ashley/> <https://www.runwashington.com/2020/10/05/ashley-kidney/> <https://www.af.mil/News/Article-Display/Article/1365494/organ-donation-bolsters-bond-between-classmates/> <https://kidneydonorathlete.org/2019/10/16/dave/>



SCREENSHOT FROM ADVENTUREKIDNEY.COM

Dave Ashley on top of one of his 7 summits, the second highest challenge: Mount Aconcagua. Ashley lives in Arlington, his “basecamp” for both his donation recovery in 2017 and now his 7 Summit campaign.

PHOTOS CONTRIBUTED



Dave Ashley and Eric Stern with his climbing suit in front of Casual Adventure. “This is the go-to place for folks in this area when you are ready to go on a big expedition. Thanks to Eric and the folks at Casual Adventure and Mountain Hardwear for hooking me up with this down suit. Anything you need for these kinds of expeditions, or hiking, camping, scouts, military, you can find it at Casual Adventure,” said Ashley.



Dave Ashley on top of Mount Vinson, Antarctica.



Water Park and Dining in the Park

Lush landscaping, public art and community-oriented open spaces.

JBG SMITH plans to reimagine Water Park at 1601 Crystal Drive as a 1.6-acre community gathering place with innovative dining and a focus on local, women- and minority-owned businesses. Plans call for 4,875 square feet of new food & beverage, highlighted by nine 300-square-foot restaurant kiosks along the perimeter of the park, a 1,400-square-foot full-service restaurant set into the hillside and an iconic Water Bar and terrace perched atop a modernized fountain water wall. The kiosks will be surrounded by seating areas for the public to enjoy. Significant landscape improvements will set the mood.

Additional elements of the redesigned Water Park include a live performance stage, an interactive water feature, public art installations and a trailhead building adjacent to the Mount Vernon Trail



equipped with public restrooms and bike facilities. JBG SMITH is also coordinating with Virginia Railway Express on a handicap accessible connection to the future entrance of the relocated VRE station.

Dining in the Park will similarly transform and reactivate the courtyard in front of 2121 Crystal Drive with a novel culinary experience set among more than an acre of

greenery. JBG SMITH is collaborating with Chef Enrique Limardo and the Seven Restaurant Group team on Surreal, a 5,587-square-foot dining destination featuring year-round outdoor seating.

JBG SMITH is working with design architect Elkus Manfredi and landscape architect Hoerr Schaudt on Water Park and Dining in the Park, both of which are expected

to be complete in 2023.

“Human connections, inclusive spaces, and ready access to quality outdoor dining and entertainment venues are more important today than ever before,” said Bryan Moll, Executive Vice President of JBG SMITH. “We see these both as inviting public spaces where families will enjoy a sunny day and colleagues can gather after work for a drink, a

bite to eat and live music.”

JBG SMITH Senior Vice President of Retail Leasing Amy Rice added, “We are particularly excited about the Water Park kiosks, which will serve as incubator spaces where up-and-coming chefs and restaurateurs can experiment and grow.”

Last year, JBG SMITH received approval from the Virginia Alcoholic Beverage Control Authority to establish a consumption zone in National Landing, allowing patrons of Water Park’s licensed alcohol retailers and

Dining in the Park’s Surreal to enjoy beverages within its boundaries. Through this new Commercial Lifestyle Center designation, visitors and residents will be able to “sip and stroll” throughout the parks.

Dining in the Park and Water Park are central to JBG SMITH’s ongoing placemaking efforts, which are transforming National Landing.

Man Sentenced to Life for Rape

After being found guilty by an Arlington County jury in September, Salodus Zeloter Hicks, 63, of Washington D.C. was sentenced on Friday, Feb. 25, 2022, to life in prison plus 12 months for a rape that occurred in 2018.

Judge DiMatteo imposed a sentence of life in prison on the charge of rape (2nd offense) and 12 months on the charge of assault & battery.

At approximately 4:02 p.m. on Sept. 17, 2018, police responded to the 5500 block of Columbia Pike for the late report

of a rape. Upon arrival, it was determined that the victim and suspect made contact through an online advertisement for massage therapy. After the suspect arrived for the massage appointment, he asked for sexual services and when the victim refused, he strangled and raped her.

Following the assault, the suspect fled the scene but was captured on surveillance video. The public’s assistance helped identify Hicks as the suspect. On the evening of Sept. 26, 2018, detectives attempted to execute search and arrest warrants on the suspect at his residence in NW Washington, D.C. The

suspect refused to exit the residence and following a 16-hour barricade, he surrendered and was taken into police custody with assistance by the FBI’s Washington Field Office and Metropolitan Police Department. Once in custody, the search warrant was executed and additional evidence linking him to the rape was recovered.

“Mr. Hicks never made any statements about what occurred, but the evidence did all the talking for him,” said Arlington Police Chief Andy Penn. “The persistent investigative work and prosecution led to an ultimate sentence that ensures a sexual predator will

never have the opportunity to target another member of our community.”

“I’m grateful to the survivor for her courage in testifying against her attacker, and to the police and our trial team for their dedication in investigating and prosecuting the case,” said Commonwealth’s Attorney Parisa Dehghani-Tafti. “A life sentence is severe, but warranted, because Mr. Hicks previously had been convicted of rape. Our duty first, last, and always is to protect the community from the sort of harm Mr. Hicks caused while affording him a fair trial, and we did that.”

Up in Smoke

Black market to remain underground for now as lawmakers reject licensing scheme.

BY MICHAEL LEE POPE
THE CONNECTION

Virginia's black market for marijuana will remain underground for now. Earlier this week, a House subcommittee rejected a bill introduced by Sen. Adam Ebbin (D-30) that would have created a way for the newly created Cannabis Control Authority to issue licenses to sell recreational weed.

"I'm very disappointed," said Ebbin shortly after the vote. "Years of work on establishing a regulated adult use market for cannabis has been dispatched by the House Republican majority without giving it thoughtful consideration."

Republicans started the session saying that ending the stranglehold on the black market was a priority. But the effort stalled when the GOP caucus was divided on the issue. Several House Republicans offered their version of what a marketplace could look like, but none of those bills passed. Now the delay will offer all of the many businesses wanting to do business in Virginia an opportunity to make campaign contributions in an election cycle where all 140 members of the General Assembly will be on the ballot.

"We have folks who are still trying to grapple with the differences between CBD, the terms hemp, cannabis, delta 8, delta 9," said Del. Emily Brewer (R-64), chairwoman of the subcommittee that killed the bill. "There's a lot of confusion. So I really truly think for us to get to a regulated market, all the stakeholders need to get together."

Ebbin says the stakeholders are together, and he dismisses the idea that lawmakers are confused about a topic they've been debating for years.

"It's hard to read their minds, but I'd say they're unprepared to govern in this area and afraid of



PHOTO BY MICHAEL LEE POPE/THE CONNECTION

Sen. Adam Ebbin (D-30) presents his bill creating a marijuana marketplace to a House subcommittee earlier this week.

their base," said Ebbin. "I think they're afraid of cannabis, which the General Assembly has already made a public policy decision to legalize. And they didn't do their homework."

SOCIAL EQUITY LICENSES became one of the major flashpoints during the debate as Republicans pushed back on the idea that people convicted of misdemeanor crimes should get first dibs on getting a license to sell marijuana. Ebbin's bill also had preferential licenses for family members of people convicted of marijuana misdemeanors. Republicans campaigned against social equity licenses last year during the campaign, and now they feel they have a mandate to reject them.

"I'm opposed to taxpayer-funded money going to criminals to start businesses because they broke the law," said Del. Glenn Davis (R-84) on the campaign trail last year.

Republicans were also opposed to the idea that jurisdictions have been disproportionately policed. The Ebbin bill created a process for the Cannabis Control Authority

to use Census data to determine which jurisdictions experienced disproportionate arrests and convictions during the failed war on drugs. Del. Michael Webert (R-18) introduced a bill that would have ditched this approach.

"You can have some wealthy areas that have been targeted by a cocaine bust," said Webert.

HELPING ECONOMICALLY disadvantaged areas emerged as a rare point of agreement during the debate. Ebbin's bill included language directing the board of directors of the Cannabis Control Authority to use Census tract data to identify areas that are "economically distressed." Republicans were also hoping to add preferential licenses for women- and minority-owned businesses.

"I don't think Republicans necessarily hate the idea of equity licenses," said Del. Paul Krizek (D-44)., "Maybe they hate the word equity. I mean it seems like it's a verboten word these days. But they want to do the same thing that we want to do, and that's right the wrongs of the past."

FLOURISHING AFTER 55

FROM PAGE 2

to Vienna. Registration # 913206-02.

Chair Hatha Yoga, seated or chair may be used as a balance point for standing poses, Wednesday, Mar. 16, 11:45 a.m., Lubber Run 55+ Center, 10 sessions, \$50. Registration # 913103-05.

Early St. Patrick's Day party with live music and packaged snacks,

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Wednesday, Mar. 16, 1 p.m., Aurora Hills 55+ Center. Registration # 913890-01.

Opera appreciation group to discuss "Don Carlo" by Giuseppe Verdi, Wednesday, Mar. 16, 1:30 p.m., Lubber Run 55+ Center. Professional commentary, hear musical selections. Registration # 913300-03.

Through an Irish emigrant's eyes, a hypothetical yet historically inspired story of Irish Americans, presented by Jon Vrana, Pres., Burke

Historical Society, Thursday, Mar. 17, 1:30 p.m., Lubber Run 55+ Center, Registration # 913400-12 or virtual, same time, registration # 913400-13.

Fast Forwards, fast paced walking group, Friday, Mar. 18, 9 a.m., Aurora Hills 55+ Center. Two to five mile loop, some hills. Drop in.

Movie enthusiasts to view "No Time to Die" (2021), Friday, Mar. 18, 12:30 p.m., Aurora Hills 55+ Center. Registration # 913804-05.

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Thank you to the hundreds of supporters who helped to keep all your Connection Newspapers alive throughout Alexandria, Fairfax County Arlington County and Potomac, Md. along with affiliated websites and digital media. Now we need help again in 2022.

Each local newspapers mission aspires to provide greater community service, and we do know that our communities are better off if we continue to publish. Last year's financial support from readers and supporters like you bridged the shortfall before Federal PPP funding arrived, and both made our survival possible. We now await a decision for a grant from Rebuild Virginia in early February that we hope will help us in 2022 and beyond. But we need help to survive the first quarter, always a brutal time for cash flow in weekly newspapers. Thank you.

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The pandemic has been a bear, financially and otherwise. Revenue plummeted at the beginning in 2020. Some beloved advertisers have stayed the course supporting us throughout, and many more have done what they can. In the fall of 2021 we saw the return of some advertising for events and Grand Openings, but now omicron clouds the horizon in so many ways. Revenue still remains short of expenses despite our greatly curtailed costs.

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- 3/16/2022.....A+ Camps & Schools
- 3/23/2022.....Senior Living
- 3/30/2022.....Spring Family Fun

APRIL

- 4/6/2022.....Wellbeing
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- 4/20/2022.....A+ Camps & Schools
- 4/27/2022.....Senior Living

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Legals

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Fast Casual II LLC trading as Hot Lola's, 1501 Arlington Blvd., Ste.102, Arlington, Arlington County, VA 22209-2460. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Kevin Tien, Member. Date notice posted at establishment: 02/25/2022. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Legals

ABC LICENSE
Silver Diner Glebe Road LLC trading as Silver Diner, 4500 Wilson Blvd Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on & off premises/mixed beverage restaurant license to sell or manufacture alcoholic beverages. Robert Gaiamo, owner/The Veritas Law Firm. Date notice posted at establishment: 3/8/2022. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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CALENDAR

MARCH 1-25

Solo Exhibition by Kinda Barazi. At Gallery Underground, 2100 Crystal Drive, Crystal City Shops, Arlington. Gallery Underground's Focus Gallery in March presents Earth Speaks, a solo exhibition by Kinda Barazi. In Earth Speaks Barazi uses mixed media on canvas to explore the questions: "Are humanoids advancing or retrogressing? Were we once a high-tech civilization, and are we now living in a virtual simulation? As humans tamper with the process of evolution, speeding extinctions, and creating organizational powers and loyalty of thousands to go to wars, when few animals do, are we truly the superior species?" For more information about the gallery: <https://www.arlingtonartistsalliance.org/gallery-underground>. Gallery Hours: Monday-Friday 10 a.m. - 6 p.m. or by appointment.

SATURDAY/MARCH 12

Plot Against Hunger Spring Garden Kickoff. 10 a.m. to 2 p.m. At Arlington Central Library, 1015 N Quincy Street, Arlington. Bring your kids to choose some free veggie seeds for your home garden, take the native plant tour, and listen to the expert panel discuss "Growing with Climate Change." Library staff will distribute garden-themed take and make craft projects for visitors of all ages. Visit www.arlingtonurbanag.org.

MARCH 12-MAY 14

Arlington Artists Show. At Dominion Lighting, 5053 Langston Blvd., Arlington. Last year, 47 artists throughout Arlington opened their studios for visits from the public in the Arlington Visual Arts Studio Tour (AVAST). Now Dominion Lighting, a division of Dominion Electric Supply Company, is hosting their work at its unique, redesigned Arlington flagship. At the venue, visitors will find paintings, drawings, sculptures and cut paper objects in a range of sizes. These local works of art were selected by Studio Tour directors and Matthew Rowan, Vice President of Residential Lighting at Dominion. The show is open for viewing from 8 a.m. to 5 p.m. on weekdays, and from 10 a.m. to 3 p.m. on Saturdays.

WEEK OF MARCH 14

NoVa Teen Book Festival. The NoVa Teen Book Festival celebrates its return after taking some time off due to Covid. The festival, which brings together authors and readers to celebrate and promote Young Adult fiction, has announced the full schedule and lineup of authors for the 2022 online festival, which is being celebrated as a "homecoming" of bestselling authors who have all participated in the festival at some point since it began in 2014. The Festival will be held with a virtual

panel each afternoon beginning at 6 p.m. The event is free and open to the public; registration is available in advance at <http://novateenbookfestival.com/> and a full event schedule can be found on the festival website. Registration is open: <https://www.eventbrite.com/e/nova-teen-book-festival-2022-homecoming-tickets-196569162657>. More information can be found at www.onemorepagebooks.com.

SATURDAY/MARCH 19

Beloved Baroque Masters. 7:30 p.m. At Gunston Arts Center, Theater One, 2700 South Lang Street, Arlington. Travel back through time to the moving, ornate and virtuoso music of the Baroque period. Highlights will be Antonio Vivaldi's brilliant Concerto for Cello RV422, Johann Sebastian Bach's beloved works: the Brandenburg Concerto No. 3 and the Concerto For Two Violins in D minor plus remarkable works by George Frederick Handel and Giuseppe Tartini. The artists featured are Natasha Dukan (harpsichord), Leo Sushansky (violin/ artistic director), Jorge Orozco (violin) Jennifer Ries (viola), Vasily Popov (cello) Vlad Popov (cello). Tickets: \$36 Adult / \$18 Student

FRIDAY/MARCH 25

La Belle Danse. 8-9:30 p.m. At St. George's Episcopal Church, 915 North Oakland Street, Arlington. Baroque Dancers with the Capitol Early Music Dance Band. Enjoy some of the finest dances of the French Baroque and a rousing choreography to Vivaldi's "La Follia." Danced in costume by renowned baroque dancers Paige Whitley-Bauguess and Thomas Baird. Plus instrumental compositions inspired by dance with The Capitol Early Music Dance Band, featuring recorder player Anne Timberlake. Cost is \$35. Visit the website: <https://capitolearlymusic.org/la-belle-danse-march-25-2022/>

MARCH 25-27

Annual Spring Artfest. At Fort C.F. Smith Park, 2411 24th Street N, Arlington. The popular annual "Spring Artfest" Art Show and Sale is coming to Ft. C.F. Smith Park in Arlington, featuring artwork by over 30 top Arlington-based artists: paintings of many genres, ceramics, jewelry, glasswork, artist's cards, unframed works and more. Artful Weekend will open on Friday, March 25th from 2 to 8 p.m. with an opening wine reception from 6-8 p.m. The show will also be open 10 a.m.-5 p.m. Saturday, March 26th, and 12 p.m.-4 p.m. on Sunday, March 27th. Free and open to the public. For more information about Arlington Artists Alliance members, exhibits, and programs, visit the Alliance website at <https://arlingtonartistsalliance.org>.

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Now We Wait



By KENNETH B. LOURIE

Which in this column's context implies news of consequence, and semi unexpectedly at that? Although in the cancer-patient world it's all consequential, until it's not. Still, I didn't anticipate, given what little I know about medical diagnostic procedures/tests, that the upper endoscopy I had on Thursday might involve a post-procedure 'wait.' I figured the little scope they slithered down my throat would determine definitively why I've had difficulty swallowing food these last few months. And it sort of did, however ...

As I learned from the gastroenterologist while lying on a gurney in recovery, she took two tissue samples to be biopsied. Though she had good news in that there were no blockages, tumors, or problems with my esophagus - opening or closing, nevertheless; she did feel the need to retrieve some tissue for a pathologist to exam more scientifically. I was told those results would be back in five to seven days. Ergo, the title of this column.

Let me be clear, in and of itself, waiting is not the problem. As a cancer patient, I'm always waiting - for something. And unless one integrates/assimilates that into their method of operation/process of elimination, the anxiety and stress of it will make Kenny a very dull boy - for which I need no provocation, according to my wife, Dina. No, the problem here is that I'm waiting when I didn't think I'd be waiting. I figured, incorrectly, that after the scoping was complete, the analysis/diagnosis would be complete. As Linda Ronstadt sang: "Poor, Poor Pitiful Me." It appears, considering the lack of evidence from the procedure to explain away my swallowing difficulties, there are now two more diagnostic procedures scheduled, neither of which sound very pleasant, to find an answer.

Here I thought as Michael Corleone (Al Pacino) thought in "Godfather: Part 3: "Just when I thought I was out, they pull me back in," that every malady/medical situation afflicting me might not have a cancer risk, I was a bit surprised to learn that as a cancer patient, it all matters, it all could be related, and I'll never be out of the woods, even if I can see the forest save for the trees. I'm sort of disappointed in myself thinking that any medical procedure that I have is somehow (A) not complicated by the fact that I have cancer, and (B) very possibly, directly/indirectly related to my pre-existing cancer diagnosis. Either it's a cause or an effect. On the face of it, this is no way to live. On the other hand, it's a miracle I'm still alive and I'm thankful and grateful every day that I am.

So, what's a little waiting? It's all I've ever done since Jan. 1st, 2009 when I first went to the Emergency Room with symptoms. I should have remembered the mantra bedeviling all cancer patients since time immemorial: it's always something.

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



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