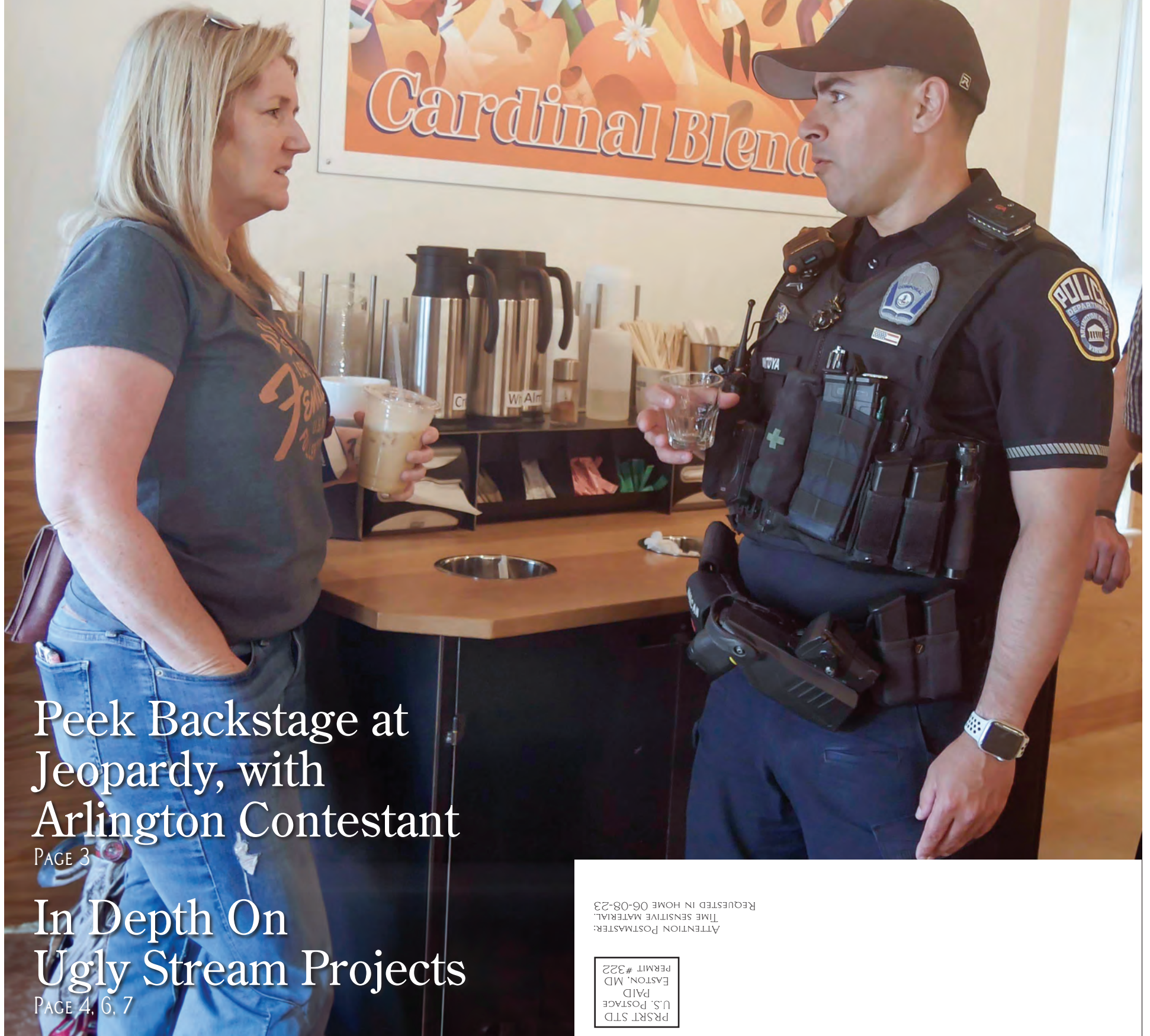


# The Arlington Connection

Jennifer Weller, a former resident of Arlington, is catching up on community events with Corporal JP Montoya at Coffee with a Cop.

## Coffee with a Cop to Build Trust and Communication

PAGE 12



FLOURISHING AFTER 55, PAGE 4 ♦ ENTERTAINMENT, PAGE 11 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY SHIRLEY RUHE/THE CONNECTION

### Peek Backstage at Jeopardy, with Arlington Contestant

PAGE 3

### In Depth On Ugly Stream Projects

PAGE 4, 6, 7

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## Arlington Resident Appears on Jeopardy

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

Television sets clicked on across Arlington May 26th at 7 p.m. to see one of its own compete on Jeopardy. Jeopardy is the top-rated quiz show on television in its 39th season with 20 million viewers.

Alice Ciciora, a researcher who lives in Rosslyn, had taken the Jeopardy qualifying test quite a while ago but wasn't notified until February that she had been chosen as a Jeopardy contestant. The show wouldn't be filmed until March so she spent the next month immersed in the Jeopardy website archives, watching a lot of Jeopardy and studying the laminate study guides for subjects like poetry and history. She says preparation is all up to the contestants, and they don't receive any briefing material or big black notebook full of facts ahead of time.

Ciciora says when she appeared on the show May 26 she was hoping to get a football category or, "I'm pretty good with flags and geography and sports in general." Ciciora definitely didn't want the opera category. "Nobody wanted that category. We all called it the dreaded opera category — it was a joke."

Ciciora flew into Los Angeles on

a Wednesday and was at the studio early the next morning, about 7:30 she remembers. "We sat in the Wheel of Fortune Sound Stage located on the same complex as the Jeopardy stage where we were briefed on the rules of Jeopardy for a couple of hours." For instance, you can't bet less than \$5 on the Daily Double.

As instructed, Ciciora had brought several changes of outfits with her in case she won for several days. "They give you general guidelines of what won't appear well, too shiny or too busy." Jeopardy must approve what you have chosen to wear. For her it was her blue-gray sweater. Before appearing on the show the contestants sit in a chair where she says they apply make-up and then you move to another chair so they can fix your hair. She doesn't remember much about what they did but, "I think if a hair is out of place they comb it back into place and spray a little."

She says Jeopardy films five episodes a day so the contestants for all five shows sit on the sound stage with the other contestants waiting their turn to be on the show. Then three contestants are randomly selected from the group for each episode. "It has something to do with legal standards of the game."

She says one of the best parts of the whole experience was sitting



Alice Ciciora of Arlington (right) with Jeopardy show host Mayim Bialik.

That's Adorable. She chooses "That's Adorable" and identifies a picture of a red panda for \$1,200. A little later the Daily Double flashes up and the question is about a distinctive part of a sloth. She answers "what is a toe?"

"No," says Bialik. "The answer is 'what is two toes.'" In thinking back about it Ciciora realizes she misunderstood the question.

People always want to know if she was nervous. "I was more excited than nervous. I had to focus and the time went by so fast. I wanted to have fun." When it was all over, although Ciciora wasn't the winner, she declares she had so much fun. She says she has always wanted to do this since she watched Jeopardy as a kid in the suburbs of Chicago after school.

there before the show and talking to the other contestants. "We got along very well." She says, "it isn't really a competitive atmosphere; people are very supportive of each other."

It's 11 a.m. and their time to go for the filming. The three contestants walk to the Jeopardy Sound Stage. Diandra and Jesse line up with Alice behind the podium, buzzers in hand. As is traditional the host of the show, Mayim Bialik, introduces each contestant with an entertaining anecdote from their past. She tells the story of Ciciora who wanted to be a horse. Ci-

ciora's teacher was worried and called her mom who said, "She's 4; she'll figure it out."

Ciciora says they ask you ahead of time for a couple of ideas for these stories, "and we all know what they like to do." So each contestant submits some ideas, and Jeopardy decides which one to use. The contestants also get some questions to jog their memories and help the contestants come up with a good idea.

The categories tonight include World Cities, Technology, Quotes, You Just Made That Stuff Up,

Ciciora's parents had flown out to LA to watch the filming and on Friday the family spent a little tourist time at the La Brea tar pits and the Academy Awards Museum before Ciciora took the red eye flight back Friday night.

"It was a great experience. Everyone working on the show is so dedicated to the show. Everyone loves and respects it, and they do it every day they film. And one of the best experiences was meeting my fellow contestants and getting to know them."

## Culpepper Garden to Celebrate 'Legacy of Grace' Honorees

Culpepper Garden, Arlington's sole subsidized assisted living community for low-income seniors, will host its 2nd Annual BBQ & Blooms Summer Bash on Saturday, June 10, 2023 at 4 p.m. This year, Culpepper Garden will honor fair housing advocate Jeanne Broyhill and the Arlington Food Assistance Center (AFAC) with the Legacy of Grace award for their philanthropic

commitment to Culpepper Garden as well as their service to the Arlington community at large.

Proceeds from the event will provide subsidies for assisted living residents who have depleted their financial resources and have no other means to afford their cost of care. Guests will be treated to an evening of live music, delicious local barbecue, beer

and wine, a family testimonial and a silent auction. Ticket cost is \$125 per person and sponsorship opportunities are available. For more information or to purchase tickets online visit <https://tinyurl.com/yc6bd2bu>

**WHO:** Jean Broyhill, Legacy of Grace recipient; Charlie Meng, CEO of AFAC, Legacy of Grace recipient; Rosie Hartwell, Miss Ar-

lington 2023; Marta Hill Gray, Executive Director, Culpepper Garden; Peter Kant, Board Chair, Culpepper Garden; State Sen. Barbara Favola (SD-31), Board Member, Culpepper Garden

**WHEN:** Saturday, June 10, 2023; 4 - 7 PM EDT

**WHERE:** Culpepper Garden; 4435 North Pershing Drive Arlington, VA 22203

### BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

#### ARLINGTON COUNTY EMERGENCY COMMUNICATIONS CENTER EXPANDS CALL CAPACITY

The Arlington County Emergency Communications Center (ECC) will launch Amazon Connect to handle non-emergency calls starting June 1, 2023. This cloud-based

service allows anyone to contact the County quickly and easily for non-emergency issues using the non-emergency line, 703-558-2222, freeing up 9-1-1 professionals to focus on emergencies.

Amazon Connect is a secure and accessible service that allows the ECC to address non-emergency calls more efficiently while protecting caller privacy. The technology will streamline operations, improve service delivery, and reduce the burden on emergency responders. Amazon Connect is only for non-emergency calls; the current 9-1-1 system will continue to handle

emergency calls.

#### DONATIONS NEEDED

**Pet Food Bank.** AWLA has established a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In 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).

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

**ONGOING Online Salary Negotiation Workshop.** AAUW (American Associ-

ation of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit [salary.aauw.org](http://salary.aauw.org).

Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat  
SEE BULLETIN, PAGE 11



# Stream ‘Restoration’ of Arlington Streams a Misnomer?

Upper Donaldson Run and Gulf Branch Stream Projects Are Next.

BY EDEN BROWN  
THE CONNECTION

**J**eff Elder used to think the stream restoration along Donaldson Run’s Tributary B was a good idea. But when he saw the number of mature trees being cut down and the failed step pools in Tributary A, Arlington County’s last such effort, he began to look more carefully. He watched Dr. John Field’s video explaining why the natural channel design was “old think” and wouldn’t last: a waste of millions of taxpayer dollars. “The step pools built along Trib A have all come apart; the floodplain has gone off in other directions,” said Elder.

Elder is a local landscaper who takes great joy in the sloping hills along Trib B. He spends hours on a volunteer basis prying non-native invasives from the hills so the native plants can prosper. “The big issue is creating big step pools,” he said. “They don’t last. And there is a safety issue with the deep pools.”

Residents who live adjacent to the area and who will feel the impact of the stream restoration have been vocal in their opposition to it. Local activists protested the Trib B restoration and refused County access to their land to take down trees. “It was clear Arlington County wanted to go ahead with the plan, no matter what, when Greg Emmanuel, Director of Environmental Services, contacted property owners — and in one case their employer — to put pressure on them to agree to cutting through their property,” Elder noted, adding, “We pay a lot of tax dollars to live here.”

Elder himself revoked his agreement to let the county cut down trees on his property last year. He and other activists hoped to stop the process, and if they couldn’t do that, to at least educate the County so that future projects would not use old technology. The County went ahead anyway, razing trees, bulldozing the stream bed, and completing the year-long, \$1.93 million project a few months ago.

**IT’S COMPLICATED**, but several themes persist through all the hyperbole: a major factor in stream restoration is improving phosphorus levels in water that reaches the Potomac. The Clean Water Act and

later legislation mandates a “pollution diet” for areas draining into the Chesapeake Bay. Compliance credits are awarded for reducing phosphorus, nitrogen and sediment. Critics believe the stream restoration projects are an easy way for Arlington County to gain the compliance credits it needs to comply. In fact, they say several counties in the DMV region are implementing these stream restorations because it’s the easiest way for local governments to get their pollution reduction credits. No one has compiled a comprehensive list of all completed stream projects in upper headquarter streams in the DMV, but such a list would easily number in the hundreds of projects, all destructive of stream habitat.

“They say it’s cost-effective per pound of pollution removed, but that’s mostly because they didn’t actually measure these pollutants but instead use assumed proxy amount reductions based on a test case located on a farmland stream in Pennsylvania,” says Rod Simmons, a local ecologist. He continues: “The soil sampling independently done by me, who also paid for the samples to be analyzed by an industry best laboratory, along the Donaldson Run Trib B, reveals that Arlington County taxpayers have greatly overfunded the Donaldson Run project by hundreds of thousands of dollars based on the Pennsylvania (in an agricultural area) default metric of calculating phosphorus (that bears no relation to actual phosphorus levels in our non-agricultural urban region.) Although I testified a number of times in person and in writing to the Arlington County Board as to the results, they went with the stream restoration plan.”

Takis Karantonis was the only member of the County Board who did not vote in favor of awarding the contract for the restoration. He voted “no” because he said the bid was significantly lower than the others which raised concerns in his mind and he felt more could have been done to come up with alternative approaches that could have saved more trees.

Simmons, who has already fought natural channel design stream restorations in Alexandria,

SEE UPPER DONALDSON, PAGE 6  
JUNE 7-13, 2023



BEFORE: Trib B of the Donaldson Run before the “restoration” process.



AFTER: Trib B of the Donaldson Run after the tree removal as the “restoration” process begins.

PHOTOS BY ELEANOR FINK





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East Carolina University ♦ Elon University ♦ Fordham University ♦ George Mason University ♦ George Washington University ♦ Gonzaga University  
High Point University (3) ♦ Indiana University (3) ♦ James Madison University ♦ Loyola University (New Orleans) ♦ Miami University (Ohio) (3)  
Michigan State University ♦ Morehouse College ♦ Mt. St. Mary's University (MD) ♦ New York University (2) ♦ Newport University ♦ Northeastern University  
Oberlin College ♦ Oklahoma City University ♦ Purdue University ♦ Randolph-Macon College ♦ Rensselaer Polytechnic Institute (2)  
Rochester Institute of Technology (2) ♦ Savannah College of Art & Design ♦ Shenandoah University ♦ Southern Methodist University  
Stevens Institute of Technology ♦ Stevenson University ♦ SUNY-Buffalo ♦ Syracuse University (2) ♦ Texas Christian University ♦ The Ohio State University  
Trinity College (CT) ♦ Tulane University (2) ♦ United States Naval Academy (2) ♦ University of Alabama ♦ University of Arizona ♦ University of California-Irvine  
University of California-Santa Cruz ♦ University of Colorado-Boulder ♦ University of Kentucky ♦ University of Miami (FL) (3) ♦ University of Mississippi (3)  
University of North Carolina-Chapel Hill ♦ University of Oregon ♦ University of Pennsylvania ♦ University of Richmond (2)  
University of Southern California (2) ♦ University of Tennessee ♦ University of Utah ♦ University of Vermont ♦ University of Virginia (12)  
University of Wisconsin-Madison (2) ♦ Virginia Tech (3) ♦ Wagner University ♦ Washington University in St. Louis  
West Virginia University ♦ Wofford University ♦ Worcester Polytechnic Institute



# Upper Donaldson Run and Gulf Branch Stream Projects Are Next

FROM PAGE 4

twice successfully, thinks this is “tantamount to government fiscal mismanagement ... especially when the project was vigorously defended by Stormwater Management staff despite knowing the Virginia Department of Environmental Quality, the regulatory agency responsible for overseeing stream construction projects throughout the Commonwealth, no longer allows default calculations for phosphorus to be used in pollution reduction crediting since late 2019. Since then, Virginia requires all stream construction projects to use sediment and phosphorus calculations based on actual soil samples collected instream locally.”

**SOME EXPERTS** wondered why Arlington County didn't take actual soil samples from the banks of Donaldson Run, according to VDEQ's improved protocols, despite being provided in advance the results of professional, independent sampling showing low actual phosphorus and nitrogen levels from the saprolite soils of local stream banks. When asked about sampling local stream bank soil, Aileen Winquist, Arlington County's Stormwater Communications Manager, said “There are standard ways to do this: we don't have to sample. Even if we did, it's fairly complicated. We would have to do sampling during storms.”

“We do sample, now,” said Christin Jolicoeur, Watershed Planner, Arlington County's Office of Sustainability & Environmental Management, and she is right, but all the local sampling took place after the Trib B restoration (and other stream projects) had already been funded and approved.

Winquist added, “Compliance credits are not the driving force behind our project, it's just one thing we took into account. It's more about the infrastructure.” The infrastructure she refers to is the water mains and sewer lines. “The County's key goal is to protect the sanitary sewer line,” said Winquist. “Stream restoration has been successful in that regard. None of us chose to put the water mains in there, but they are there, and they are at risk as the stream beds erode.” Arlington County buried its sewer and

water lines under the stream beds when it underwent rapid growth mid-century, and some of them were exposed because of erosion.

In terms of how stream projects are done, there are natural channel design advocates, like Dr. John Field, who favor less destructive methods. In his presentations to county government on the proposed restoration of Trib B, Field pointed out the county did not have a fluvial geomorphologist on their team to provide an understanding of how the stream is responding to urbanization and a study of how the stream will evolve over time. “A holistic picture is lacking in the design,” he said. “The county is taking a solution that is trying to set back the stream to conditions before the erosion, rather than working with the stream's natural evolution.” Field's view is that the approach the County is using is static: it will only work as long as the materials used such as the fill with cobble and even the large stones proposed are not washed away by another major storm event. The current approach will only revert again back to the conditions that exist today, Field opined. “What is needed is an approach that is dynamic and stabilizes the conditions for more than a ten-year event, particularly given the high price tag of the restoration,” he said. Field proposed using wood structures as a long-range method for stabilizing the stream banks and slowing down the force of the stream flow.

Winquist said Field's presentation was taken seriously and ex-

amined but the Donaldson Run project was considered too steep for his plan. “The wood-based methods presented by Fields use wood to trap sediment and gradually refill eroded stream channels, as opposed to re-shaping the channel and using stone structures to manage the stream flow. The wood based methods are better suited to low energy environments where

the stream is connected to a floodplain. In higher energy, steep, urbanized watersheds like Donaldson Run, it is noted that stronger bank stabilization methods may be necessary. In addition, the wood eventually decays, so it is not useful for long term stabilization,” Winquist said. In the discussion about using wood structures as a long-range method for stabilizing the stream banks and slowing down the force of the stream flow. Jason Papacoma, Watershed Planner, Arlington County Department of Environmental Services asked if Dr. Field knew of any projects with steep slopes like Trib B that successfully used wood. Field pointed to projects in New England that have successfully been using wood in similar topography (high energy, steep slope settings) for 30 years. He also pointed to the Army Corps of Engineers manual on wood that includes its use in stream restoration projects.

“The sun has set on these NCD designs, Strawberry Run was done in 2011 and it's already back to its original channel,” said Simmons.

**FAILURE TO ADDRESS** stormwater runoff remains yet another bone of contention in the stream debate. From 2007-2017, overall imperviousness in Arlington County increased significantly, with the majority of the increase (60%) coming from single family redeveloped homes, per the County's own story map. These homes are required to install stormwater management for all new areas of



**BEFORE:** The Sierra Club protested the removal of large canopy trees like this one with a sign: Give Trees a Chance.

canopy tree removal just keep happening in Arlington. On North Utah Street, where it dead ends into the 6300 block, a family has sandbags in front of their (impervious) driveway because their basement flooded twice. “They haven't added another sewer gutter in the road,” said the homeowner. Water cascades down the road into Donaldson Run, exceeding what the outfall pipe can handle. It is easy to see how the runoff creates erosion, the outfall infrastructure is compromised, and the priority becomes, as Winquist irrefutably notes, protecting the buried water mains. While rainfall intensity is a culprit, activists believe stormwater requirements were increased in 2021 to require detention of 3 inches of runoff from new impervious surfaces and soil restoration after construction. But in fact, impervious cement and asphalt driveways, roofs of huge homes taking up whole lots, and

**JEFF ELDER** continues to work on his free Sunday afternoons

along the banks of Trib B, pulling invasive plants and keeping an eye on the new plantings. In a recent encounter, he looked up wistfully at the banks of the stream, now bare except for newly constructed step pools forming a new channel, and newly planted native plants and trees. Coir matting to keep new plants in place makes the stream bed look almost as if it has been placed like a rug over the terrain.

“Despite my concerns, the Trib B design is better than the Trib A design, which fell apart pretty fast,” Elder said. “They've made some changes in the way they line the banks with boulders which should slow the erosion. But it hasn't been tested yet, and the bottom line is that the County didn't need to strip the whole area of trees to do what it did.

“Right after the stream ‘project’ - I can't call it a ‘restoration’ - all these new invasives arrived, like Japanese stilt grass. And with all the light coming through now because of the lack of tree canopy, the invasives are growing like crazy.”

Elder is happy the county planted all the new trees, although they were nearly decimated by deer munching on the new saplings: Elder had to call on the county to



**AFTER:** The final result of the year-long effort along the same section.



Some of the 86 mature canopy trees removed from the Donaldson Run Trib B stream being hauled away.

protect them with wire cages. Elder was also sorry to see the “fill dirt” added to raise the stream channel. The loose, easily eroded material got washed downstream almost immediately, he noted.

Dr. John Field has commented on this ironic twist to the use of tons of filler dirt: the soil is imported, is not typically tested for Phosphorus and Nitrogen, and potentially is sourced from sites with higher soil

phosphorus than was in the stream to begin with, so while the compliance credit is in hand, the actual amount of Phosphorus — and sediment — going into the Potomac may not have been reduced at all.

## Stopping Stream Restorations in Alexandria

What stopped the Alexandria projects, finally, was statistics on stream bank testing. Science based analysis changed the way the Department of Environmental Quality does analysis. \$2.5 million of Stormwater assistance funds were taken off the table when it became clear the original data was faulty. Alexandria was the only jurisdiction where people fought the restoration successfully. That said, the City of Alexandria was unhappy with the whistleblower, Rod Simmons, an Alexandria employee, whose efforts helped stop the projects.

In the end, PEER, “Public Employees for Environmental Responsibility,” an organization which offers legal defense for whistleblowers who bring attention to projects that degrade the environment, was able to defend Simmons. Public Employees for Environmental Responsibility (PEER) 2022 Annual Report - see page 9 at [https://peer.org/wp-content/uploads/2022/12/PEER\\_2022\\_AR\\_med\\_nomarks.pdf](https://peer.org/wp-content/uploads/2022/12/PEER_2022_AR_med_nomarks.pdf)

Now Simmons compliments the City of Alexandria, City Manager, Mayor, and City Council for pausing Alexandria's three controversial, proposed stream projects last April until adequate cost analyses, nutrient reduction benefits, and environmentally friendly alternatives could be discerned and properly considered. “Kudos to the Environmental Council of Alexandria, Alexandria Environmental Policy Commission, citizen scientists, civic associations, hundreds of Alexandria residents, and conservation organizations like the Virginia Native Plant Society Potowmack Chapter for affecting quality control on this issue,” Simmons said. “City of Alexandria Stormwater Management should also be commended for doing the right thing and ‘auditing’ their nutrient reduction metrics through further sampling. Second or third opinions are always wise practice in situations as important as these.”

Simmons opined, “Sadly, in contrast, Fairfax County and Arlington County chose not to consider the same information provided by the same specialists in the field for virtually identical streams and began forest clearing and earth moving several months ago. The Fairfax and Arlington projects are all based on false metrics and cost analyses and will not achieve anything close to the nutrient reduction benefits purported by agencies and contractors. Yet, the forest communities and streams will be forever lost.”

## More Information

For more information on the proliferation of stream restoration projects in Arlington, Alexandria, and the rest of the DMV, see:

In Arlington, by Jeff Elder. “Stream restoration: Losing the Forest for the Pollution Credits”

<https://drive.google.com/file/d/1IP4wts1K6fb-AsIKzKSbfRz3m-MxqptGD>

“This Is What the City of Gaithersburg Calls a ‘Stream Restoration’” <https://www.youtube.com/watch?v=NvTvPnG6Qs8>

Center for Watershed Protection: Four Horsemen of Stream Restoration Sustainability

<https://cwp.org/the-four-horsemen-of-stream-restoration-sustainability/>

In Montgomery County, Md. “The Inconvenient Truth: ‘Stream Restorations’ Don't Restore Streams”

<https://drive.google.com/file/d/19qfVKL9L7HB-BdE0M5HXCPi-jbWUz1D7/view>

Public Employees for Environmental Responsibility (PEER) 2022 Annual Report - see page 9 at [https://peer.org/wp-content/uploads/2022/12/PEER\\_2022\\_AR\\_med\\_nomarks.pdf](https://peer.org/wp-content/uploads/2022/12/PEER_2022_AR_med_nomarks.pdf)



# "FLOURISHING AFTER 55"

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

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

Bilingual Bingo, English and Spanish, Thursday, June 8, 3:30 p.m., Lubber Run 55+ Center. Registration # 914600-09.

Beginner quilting, create raised images from coils of 1/8 inch wide paper strips to decorate notecards, Thursday, June 8, 1:30 p.m., Lubber Run 55+ Center. Taught by Joni Leonardo. Cost \$18. Registration # 914310-01.

Current events discussion in Spanish, Thursday, June 8, 11:30 a.m., virtual. Led by Lubber Run Center Director Ashley Gomez. Must have intermediate knowledge of Spanish. Registration # 914402-09.

Ways to decrease electric bills in the summer, Thursday, June 8, 11:30 a.m., Walter Reed 55+ Center. Presented by Virginia Cooperative Extension. Registration # 914401-02.

Update on the war in Ukraine from John O'Keefe, former ambassador to Kyrgyzstan and retired senior foreign service officer, Thursday, June 8, 1:30 p.m., virtual. Registration # 914400-09.

Movie matinee, "Harriet" (2019) (PG-13), Friday, June 9, 12:30 p.m., Aurora Hills 55+ Center. Registration # 914804-01.

55+ Travel group will take a self-guided walking tour of private gardens in the Annapolis Historic District, Saturday, June 10. Cost \$48, Arlington resident; \$55, non-resident. Registration # 902306-03.

Short story reading of "A Piece of String" by Guy de Maupassant, Monday, June 12, 1 p.m., Aurora Hills 55+ Center, registration # 914402-18 or virtual, registration # 914402-19.

Hatha Yoga basics for those with little or no yoga experience, starting Monday, June 12, 5 p.m., 10 sessions, \$50, Arlington Mill 55+ Center. Registration # 914103-03. Bring a mat.

Gentle Hatha Yoga, practice adapted poses, to strengthen the body safely and effectively starting Monday, June 12, 10 a.m., 10 sessions, \$50, registration # 914103-04; or starting Tuesday, June 13, 11 a.m., 10 sessions, \$50, registration # 914103-06. Both at Aurora Hills 55+ Center.

Gyrokinesis Method exercise classes, increase range of motion and create functional strength through movement sequences, begin Monday, June 12, 8 a.m., Lubber Run 55+ Center. Cost \$45, 9 sessions. Registration # 914100-05. Bring a mat.

55+ BBQ fundraiser at Rockland's Barbeque, 3471 Washington Blvd., Tuesday, June 13, 11 a.m. - 9:30 p.m. A portion of the proceeds to benefit the Alliance for Arlington Senior Programs. Carry out orders count and vegetarian options available. Check the menu at [www.rocklands.com](http://www.rocklands.com).

Cooking demonstration using strawberries by the Virginia Cooperative Extension Master Food

Volunteers, Tuesday, June 13, 11 a.m., Lubber Run 55+ Center. Registration # 914501-04.

Yoga for daily living, learn how to tune in to your body through breathing skills and techniques to relieve worry, begin Tuesday, June 13, 9 a.m., 10 sessions, \$50, Walter Reed 55+ Center. Registration # 914103-01.

Bootcamps begin with DMV Fitness Trainer Brett Hysinger for a total body workout through circuit training, HIIT (High-Intensity Interval Training), Tuesday, June 13, 7:30 a.m., 10 sessions, \$50, Lubber Run 55+ Center, registration # 914100-01 or Thursday, June 15, 8:30 a.m., 11 sessions, \$55, Walter Reed 55+ Center, registration # 914100-02.

55+ Cycling classes with experienced instructors, warm up, climb, sprint, interval train and cool down. Beginners welcome to go at their own pace, sessions begin Tuesday, June 13, 9:15 a.m., 10 sessions, \$50, Thomas Jefferson Community Center, registration # 914100-03 or Thursday, June 15, 7 p.m., 11 sessions, \$55, also at TJ, registration # 914100-04. Taught by Lori Murphy and Myron Davis.

55+ aqua exercise, deep water exercise classes begin Tuesday, June 13, Wednesday, June 14, Thursday, June 15. Cost, 10 sessions, \$45; 9 sessions, \$40.50; 11 sessions, \$49.50. All classes at Long Bridge Aquatics. To register, call 703-228-4747. Registration #'s begin with 914102-05.

Aqua for arthritis classes begin Wednesday, June 14, 10 a.m., Long Bridge Aquatics. Registration # 914102-11.

The history of the Stonewall riots and LGBTQ+ rights movement, Wednesday, June 14, 12

p.m., virtual. Presented by a volunteer from Equality NoVA. Registration # 914400-28.

History roundtable members will discuss the decolonization of Asia/Near East, Wednesday, June 14, 11:15 a.m., virtual. Registration # 914402-04.

The Flowers of Georgia O'Keefe, presented by art historian Joan Hart, Wednesday, June 14, 1 p.m., Aurora Hills 55+ Center. In-depth view of some of artist O'Keefe's iconic flowers. Registration # 914302-01.

Tai Chi Ch'uan classes, gentle movements, proper breathing and posture, prior experience encouraged, begin Thursday, June 15, 2 p.m., 11 sessions, \$60.50, Walter Reed 55+ Center. Registration # 914105-02.

Introduction to basic Spanish, six-part series of classes begin Thursday, June 15, 11:30 a.m., virtual, Registration # 914650-01. Register for each class.

55+ Travel group will visit the Library of Virginia in Richmond for a guided tour, Thursday, June 15. Cost \$19, Arlington resident; \$22, non-resident. Registration # 902306-05.

Celebrate Caribbean American Heritage Month with a virtual tour of Antigua and Barbuda, Thursday, June 15, 1:30 p.m. Registration # 914400-10. Presented by Susan Coulton, business development manager, Antigua and Barbuda's Tourism Authority.

Downsizing Fair with experts in appraisals, financial advice, closet organizers and moving coordinators, Saturday, June 17, 10 a.m. - 1 p.m., Walter Reed 55+ Center. Registration # 91440

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The Potomac River near Great Falls.

# The Potomac River: Progress Yet Problems

BY GLENDA C. BOOTH  
THE CONNECTION

**T**he Potomac River, called by some “the nation’s river,” may seem to always be in the backdrop, especially in the public’s mind, but the health of the river and its tributaries is vitally important to four states and the District of Columbia. For starters, five million people in the greater Washington area depend on the river for their drinking water.

Is the river healthy? Yes and no. On May 16, the Potomac Conservancy gave the river a grade of B, up from a B- in 2020, a C in 2013 and a D in 2011. We have seen progress, Conservancy officials say, but more must be done.

In 1965, then-President Lyndon B. Johnson called the Potomac “a river of decaying sewage and rotten algae.” Since the 1972 Clean Water Act became law, some pollution has declined, mainly from what are called “point sources” like factories, sewage treatment plants and farms. But pollution is still a threat.

“Polluted urban runoff is the only growing source of pollution to the Potomac River,” according to the new report card. This stormwater runoff flows off hardened surfaces, like streets, parking lots and roofs and carries street oils, lawn chemicals, trash and even diluted sewage directly into streams that flow into the Potomac and into the river. “We must leave behind a 20th-century mindset where we pave over forests and deal with the consequences later,” said Hedrick Belin, Conservancy President.

## More Trees and Plants

The health of rivers depends in part on the lands that surround them. “Potomac River habitats are not improving as quickly as projected,” the report card concludes.

Forested shorelines earned a grade of D+. Trees near shorelines, called “forest buffers,” can hold sediment in place, absorb rainwater and slow down and filter runoff. The Conservancy did find that in 2020, “shoreline trees and plants doubled across the watershed when compared to 2018 and 2019,” but that represents 36 percent of the annual goal of 207 miles.

Water clouded with suspended sediments resulting from runoff, deforestation and poor sediment management blocks sunlight that underwater grasses or submerged



Canoeing and kayaking are popular on the Potomac River.



**Nancy Rybicki, an expert on submerged aquatic vegetation, explains that this vegetation is important for water quality and that ducks eat the tubers of wild celery, an underwater grass.**

aquatic vegetation need to grow. These grasses “are still having a difficult time expanding to acreage levels seen in the past. A goal of 3,581 hectares of underwater grasses (roughly the size of five Rock Creek Parks!) was set for the Potomac River watershed to reach healthy levels of underwater grasses. Unfortunately, as of 2020, the Potomac was only 33% of the way to reaching this goal,

## Potomac River Facts

The Potomac River Basin or watershed covers 14,670 square miles through five geological provinces. The river flows over 400 miles spanning Washington, D. C. and four states -- Virginia, Maryland, West Virginia and Pennsylvania. Its major tributaries are the Anacostia River, Antietam Creek, the Cacapon River, Catoctin Creek, Conococheague Creek, the Monocacy River, the North Branch, the South Branch, the Occoquan River, the Savage River, Seneca Creek and the Shenandoah River.

The river’s habitats have 1,400 native plants and animals, including 200 globally rare species. In the late 1500s, the average population density was 2.2 people per square mile. In 2020, it was 94.

analysts found.

In the tidal Potomac, the 100-mile-stretch from Chain Bridge to the Chesapeake Bay, harmful algae has increased in some places, which can put people and pets at risk. The report card maintains, “In the Potomac River, chlorophyll a conditions have remained poor as excessive amounts of algal biomass are recorded in the watershed. In 2020, Potomac chlorophyll a levels registered a score of 14%, indicating ‘very poor’ conditions, according to the University of Maryland Center for Environmental Science (UMCES).” That study gave the river a C-.

## Global Warming, More Harm

Carbon dioxide and other greenhouse gasses entering the atmosphere are trapping heat and warming the planet more than is natural, climate scientists contend. “We are

already experiencing the impacts of a warming climate” in the region, says the report card, and these impacts will worsen. Warmer atmospheric temperatures mean warmer water temperatures, which can adversely affect aquatic life, promote algal blooms and encourage bacteria growth.

“The region’s storms are intensifying and becoming more frequent and periods of drought are becoming longer,” thanks to a warming climate, the Conservancy reports. It rains harder here than it used to and extreme storms are becoming more frequent, conditions that impair water quality because drier soils cannot always absorb heavy downpours, driving more polluted stormwater off the land.

On the good news front, nitrogen, phosphorus and sediment are “on track” to meet 2025 pollution reduction goals, the report maintains. Some populations of fish and bald eagles and bottlenose dolphins have rebounded. Some parts of the river are swimmable at certain times during the year. More people are spending time around the Potomac. Sports fishing licenses quadrupled in 2020.

Belin challenged government decision-makers: “We can’t keep paving over our forests and putting nature last. Leaders at all levels must aggressively invest in nature-based solutions that reduce urban runoff and strengthen our community’s defenses against intensifying storms and other climate impacts.”

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**NEWS DEPARTMENT:**

[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

**Mary Kimm**  
Editor and Publisher  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)

**Shirley Ruhe**  
Contributing Photographer and Writer  
[slrbc@aol.com](mailto:slrbc@aol.com)

**Eden Brown**  
Contributing Writer  
[arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com)

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**Debbie Funk**  
Display Advertising/National Sales  
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**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Classified & Employment Advertising**  
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**Editor & Publisher**

Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

**Publisher**

Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Art/Design:**

Laurence Foong

**Production Manager:**

Geovani Flores

**CIRCULATION**

[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)





# ENTERTAINMENT



Arco Iris can be seen June 9, 15, 17, 22, and 24 at Theatre on the Run in Arlington.

## Arco Iris

10:30-11 a.m. At Theatre on the Run, 3700 S Four Mile Run Dr., Arlington. AOTH's new, non-verbal production for children ages 3-6 is inspired by a Zapoteca myth and Quechua legends about the rainbow. Visit the website: <https://www.artsonthehorizon.org/arco-iris.html>

**TUESDAYS, JUNE 13, 20, AND 27**  
**Simpson Park Demonstration Gardens.** Tuesdays @ 10 – Hey June Bug! 10:00 – 11:00 a.m., Simpson Park Demonstration Gardens, 420 E. Monroe Ave., Alexandria. Do you know this month insects, birds, wildlife, and native plants are celebrated all over the world? Extension Master Gardeners at Simpson Gardens will be available every Tuesday from 10 to 11:00 am to answer gardening questions about pollinators and more. Learn about butterfly soaks and visit the beautiful Pollinator Garden to watch pollinators in action! Free.

**WEDNESDAY/JUNE 7**  
**Fresh Produce for the Table.** 7 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Part of Garden Talks 2023. Learn delicious, healthy ways to prepare fresh, seasonal produce for the table.

**JUNE 9, 15, 17, 22, AND 24**

**ROSSLYN CINEMA**  
**The summer movie series, Rosslyn Cinema, has begun.** At Gateway Park, 1300 Langston Blvd., Arlington. Bar service opens at 5 p.m., and the film will begin shortly after sunset —approximately 8:45 to 9 p.m. Beer, wine, seltzers, and more will be available at the pop-up bar, including new beer flights from Virginia-based One Family Brewing.

June 9: Shrek  
 June 16: Moana (plus free face painting!)  
 June 23: The Parent Trap (1998)

**WEDNESDAYS, JUNE 7, 14, 21, 28**  
**Arlington Library Garden Talks.** 7:00 – 8:00 p.m., Arlington Central Library, 1015 N. Quincy St, Arlington. Join Arlington/Alexandria Extension Master Gardeners and other expert speakers as they provide information on a variety of garden topics each month. June topics are: 6/7-Preventing Vegetable Diseases; 6/14-Feed Your Soil for Happy

## BULLETIN BOARD

FROM PAGE 3

by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit [audubonva.org/audubon-at-home-1/](http://audubonva.org/audubon-at-home-1/) for more. Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from

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Vegetables; 6/21-Good Bugs/Bad Bugs; 6/28 Fresh Produce for the Table. Free. Programs will continue on Wednesdays through September.

**FRIDAY/JUNE 9**  
**Native Trees and Shrubs for Pollinators.** 10:00 - 11:30 a.m., Online.

When gardeners think of planting for pollinators, they often picture beds of colorful flowering perennials, but trees and shrubs can also provide excellent support for these insects. In anticipation of National Pollinator Week, join Extension Master Gardener Elaine Mills to learn about our native pollinators, their needs and preferences, and which plant species will offer the best sources of nourishment for their full life cycles. She will introduce over 30 understory trees and shrubs native to the Mid-Atlantic and the Southeast, describing their characteristics, growth requirements, and landscape uses to add beauty to your garden. Free. RSVP at <http://mgmv.org/rsvp-for-public-education-classes/> to receive a link to participate.

**WEDNESDAY/JUNE 14**  
**Feed Your Soil for Happy Vegetables.** 7 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. It's not just getting your veggies the right kinds of nutrition – timing is everything. The right fertilizer at the right time and soil building with compost mean maximum productivity.

**SUNDAY/JUNE 18**  
**Juneteenth Black Heritage Walk.** 1-3 p.m. Columbia Pike. Learn about Black Heritage in Arlington. Discover Black heritage in Arlington to honor Juneteenth. The walk will be led by Craig Syphax, a board member and former president of the Black Heritage Museum of Arlington and will include stops at St. John's Baptist Church, Freedman's Village Bridge and more. Register at <https://www.eventbrite.com/e/walkarlington-presents-juneteenth-black-heritage-walk-tickets-635523206017>

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Each local newspaper's 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 ongoing pandemic continues to crush many newspapers across the country, and our newspapers continue to be at risk. The Northern Virginia area's best read and most trusted source for community news includes the Alexandria Gazette Packet, Mount Vernon Gazette and all Connection Newspapers in the metropolitan region.

The pandemic has hit small businesses hard, which in turn has reduced advertising revenue that keeps these local newspapers alive to provide hyper local news to residents. It feels like no small miracle to be looking forward into 2022.

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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## "Learning to Fly"



By KENNETH B. LOURIE

This is not a Tom Petty reference. This is about my brother, again.

Two weeks ago, I was "winging it;" this week I'm "learning to fly," figuratively speaking – in both titles. What I'm actually referring to is living my life without my most important, dare I say, most ardent supporter, in it/alive. Moreover, with my brother Richard's passing, he died a bit unexpectedly on Dec. 3rd after a nearly three-month hospital stay (I'll spare you regular readers yet another re-telling of this extremely sad tale), I have lost my biggest booster. Much like our late parents, especially my father, Richard was a super-positive, kind, generous and motivated self-starter who by virtue of his familial responsibilities – and nature, nurtured his younger and only sibling: me in ways that I imagine few siblings have ever been treated. How does one navigate life without your favorite compass? I'm finding out how every day. It is, to quote Benjamin "Hawkeye" Pierce from a long-ago M\*A\*S\*H episode dealing with loneliness: "all it's cracked up to be."

I wouldn't say I've hit bottom or anything; it was never that kind of emotional trauma. And even though his loss is a kind of fundamental upheaval, the likes of which I can never, ever have again, I will soldier on (even though I never served) and find a path forward. However, as much as I've droned on this week and in more than a few previous weeks/columns, it's clear that my road ahead will be fraught with all sorts of emotional, spiritual, and physical challenges/my ongoing battle with cancer. All of it to be adversely impacted by my not having my usual support system/backstop to deal with the inevitable health hurdles likely to occur. My brother was rock solid, exactly the kind of resource we'd all be lucky to have, especially in a crisis/life or death situation.

Unfortunately, there's no guidebook or podcast, that I know of, to provide the nuts-and-bolts-type advice the lone family survivor needs to navigate the road ahead. It's way more substantive than "put your head down/ put one foot in front of the other." It's so much more complicated than that because the preferred solution is totally beyond the realm of possibilities: return to the life and dynamics I shared with my brother before his death; meaning he's still alive.

Since that can't happen, except in a few rare dreams I've had, I must accept the circumstances, as I did with my original non-small cell lung cancer stage IV diagnosis (now papillary thyroid cancer) and go forward, not backward; at the very least, try not to remain stagnant. Much easier said than done when the one resource one has had to overcome this kind of stumbling is the exact reason one is stumbling. It's difficult to right the ship when the rudder is missing. I guess I should be grateful that I'm not sinking.

Which I most definitely am not. Neither am I losing control. I'm more adrift than anything. I'm still attempting to find/create/imagine a replacement for the one person who absolutely cannot be replaced. As you can maybe tell I'm having difficulty with my brother being gone for good. Certainly, he's not forgotten – by me or anybody whoever met him (he was a big presence/big personality), but I need more, somehow. And unfortunately, finding it seems increasingly unlikely.

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



# Joining the ACPD for a Chat and a Cup



Ian Rodriguez stands in the middle of a group of police officers at Compass Coffee at the “Coffee with a Cop” outreach event on May 31. Ian’s mother says he just loves the police.



Officer Matt Kingsbury says everyone has their niche and his is traffic control.

PHOTOS BY SHIRLEY RUHE



Over 20 ACPD officers engage with local residents at one of the regular community outreach events held to get community input on ACPD priorities and local enforcement efforts.

## Arlington Police Community Outreach unit was established to promote communication and build trust with the community.

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

Arlington County police spilled out the front door of Compass Coffee on Langston Boulevard and onto the sunshine blazing on the steps outside at the recent “Coffee with A Cop” event on May 31. Residents took advantage of the over 20 officers at the event to voice their concerns and express thanks for the work of the ACPD.

Eight-year-old Ian Rodriguez stands out front in the middle of a group of police officers sporting his junior sheriff deputy badge. His mother, Ivette, says Ian has Down Syndrome and comes to all of these events. “He loves the police.”

Jennifer Weller stands inside the door chatting with corporal J.P. Montoya. Weller is from Falls Church but grew up in Arlington, and two of her kids went to Yorktown High School and W&L. “I come here to sit and work about once a week. I saw all of the police outside and thought something had happened.” She was pleasantly surprised to have a chat instead with Corporal Montoya “to catch up on what’s happening in Arlington these days.”

“Things are good here,” he

says. “You don’t have shootings every day like some other places.” Montoya points out a lot of what happens are crimes of opportunity by the community, “Like when people leave their car running or their garage doors open or leave something valuable sitting out in plain sight.”

Montoya, a Hispanic officer, was appointed several years ago as a police liaison to South Arlington. He says that often he has to overcome suspicions among residents who live there because in some of



the countries where they originated, the police are not necessarily to be trusted. He said he has probably 20 contacts a day with different people — they can be positive, ok or bad, “like if you give them a ticket.” But it’s easy for the bad interactions to reverberate and overcome everything else. And, he adds, if police do something bad in Guatemala, it carries over to perceptions in Arlington.

Officer Matt Kingsbury says everyone has their own niche, and his is traffic duty. “I get dispatched to calls but when I have

Jennifer Weller, a former resident of Arlington, is catching up on community events with Corporal JP Montoya.

some time I like to sit for 20-30 minutes in the complaint areas we go after.” If things are slow, he says he picks up and finds another place.

Corporal Patrice Malone says most of the people who had questions for her were concerned about whether petty crime such as larceny had increased and about departmental hiring challenges.

The ACPD holds a number of outreach events during the year such as the holiday “Fill the Cruiser with Toys,” the fall school supply drive, and collection of supplemental food for needy families. The ACPD Community Outreach unit was established to promote communication and build trust between the community and the police officers.