

The Arlington Connection

Poll greeters Angie Warren and Tierney Farrell stand outside Williamsburg Middle School door 4 on Tuesday, June 20 handing out campaign literature for their choice of County Board candidates. See page 3 for who they supported and more photos from Election Day.



Out and About on Election Day

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PHOTO BY SHIRLEY RUHE/THE CONNECTION ENTERTAINMENT, PAGE 7 ❖ CLASSIFIEDS, PAGE 6

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NEWS

Additions to More Than 70 Senior Olympics Events

Synchronized diving, disc golf, advanced Sudoku and 9 hole, 3 par golf have been added to the roster of events in the 2023 Northern Virginia Senior Olympics to be held Sept. 9-24. Herb Levitan, NVSO chair, announced the additions at a recent NVSO committee meeting. He also said that over 70 events will take place in 20 plus venues throughout Northern Virginia.

Registration for the 2023 events opens Thursday, July 6 and closes Thursday, Aug. 24. Registration is online only at www.nvso.us. The registration fee is \$20 for unlimited events. There are additional fees for 10 pin bowling, cycling, golf and orienteering.

Most events are in five and 10 year age groups and by gender. Gold, silver and bronze medals are awarded after each event. Participants must live in a sponsoring jurisdiction and be 50 years of age by

Dec. 31, 2023. Levitan is not only NVSO chair, but also a multi event participant.

He said, "NVSO is possible primarily because of the eight sponsoring jurisdictions who supply 20 plus venues for the events and the dedication of the volunteers who serve as members of the NVSO committee." NVSO also benefits from contributions from corporate patrons who donate money and sometimes a venue, as well as donations from participants.

The money is used for equipment, professional timers, referees, police to control traffic plus medals and volunteer T-shirts. "It's a mammoth undertaking each year," said Levitan of the rewarding endeavor for all involved."

NVSO is sponsored by the cities of Alexandria, Fairfax, and Falls Church and the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William.

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Arlington Democratic Primary Election



Poll greeters Angie Warren and Tierney Farrell stand outside Williamsburg Middle School door 4 on Tuesday, June 20 handing out campaign literature for their choice of County Board candidates. Warren says she supports Susan Cunningham because Cunningham will bring common sense and transparency to the Board, “and besides I’ve known her for a long time and she’s great.” Farrell supports Natalie Roy because “I feel she adds reason on the missing middle proposal.”



Matt De Ferranti, a current County Board Member, stands outside his polling site on primary election day. He says this election will be a significant shift on the Board. “It’s about steadiness and being a good steward of the whole community ideals.” The last time he remembers two vacant Board seats was 2015. “It was a generational shift.”



Larry Roberts, Precinct Chief since 2008, says the 8 a.m. vote count at Williamsburg Middle School was 58 checked in and voted. He looks out the window at the number of parents with children in tow. “We get heavy foot traffic right now. It’s the first day of camp. The volunteer at the registration desk said the current vote count is “super light” but early voting was heavy. “Kids got out of school last week. Everybody voted and hightailed it out of town.”

PHOTOS BY SHIRLEY RUHE

More choice on the ballot; ranked choice voting debuts.

By SHIRLEY RUHE
THE CONNECTION

The ballot for the June 20 Democratic primary election included a number of Democratic chal-

lenges in the open races. This included candidates for State Senate 40th District incumbent Barbara Favola challenged by James DeVita; Virginia House of delegates 2nd District, Adele Y. McClure (with opposition withdrawn); Commonwealth’s Attorney (with the former Deputy Josh Katcher challenging the incumbent Commonwealth’s Attorney Parisa Dahghani-Tafti); three candidates for Sheriff (for the first time in two decades); and six candidates for two open County Board

seats with ranked choice voting for Board seats for the first time.

Rank choice voting requires the voter to rank the County Board choices by choosing three candidates in order of preference for the two open seats. By Virginia law, there is no party restriction required to vote in these races; voters do not register by party in Virginia. Early voting began May 5, and mail ballots must be post-marked on or before June 20 and received by 12 p.m. June 23.



Election Day, June 20. All Arlington polling places are open from 6 a.m. to 7 p.m.

Flag Day in Arlington Out of Fashion?

PHOTOS BY EDEN BROWN

Why do we fly the flag on June 14?

BY EDEN BROWN
THE CONNECTION

The Mullins did. The Petreauses did. The Thomases did. They put up flags on Flag Day, June 14, along with a handful of other Arlingtonians seen on a two hour walk through North Arlington. But many people did not. Has Flag Day gone out of fashion? What is flag day anyway?

On June 14, 1777, the Second Continental Congress passed a resolution stating that “the flag of the United States be 13 stripes, alternate red and white,” and that “the union be 13 stars, white in a blue field, representing a new constellation.” They had to do this because up to that point there was no true American flag — people flew a version that was “too British” in that it had a Union Jack in the corner, not stars.

In 1916, President Woodrow Wilson reminded Americans of the original resolution by establishing June 14 as Flag Day. (Wilson has now gone out of fashion so that may be part of the problem.) But Wilson wasn't the first to have the idea of honoring the flag on June 14. Bernard Cigrand, a small-town Wisconsin teacher, came up with the idea in 1885, to celebrate an annual flag day, nationwide, every June 14. He led his school in the first formal observance of the

holiday. Cigrand continued to promote “flag day” for the rest of his life. Harry Truman also officially declared June 14 Flag Day in August 1949.

Around the time Wilson called for Flag Day, the American flag was a popular subject for American impressionist Childe Hassam, who painted over 30 works featuring the flag, many of which were dated from 1914 to 1917. Whether it was Wilson's creation of Flag Day, or the war in Europe, the number of flags hanging up and down Fifth Avenue in New York was impressive — and beautiful. These iconic paintings used to be featured in American notebook calendars put out by the Metropolitan Museum of Art. But those too have gone out of fashion.

Men and women returning from World Wars I and II were a major source of “flag pride” in the rest of the 20th century, and in small towns across the US, a flag would come out on June 14, and a new flag would be purchased for Flag Day if the old one was tired looking.

From about 1980 onwards the flag lapel pin was appropriated by the American right: there is even a flag lapel pin in combination with an automatic weapon emblem.

The colors in the flag matter: red for hardiness and valor, white for purity and innocence, blue for vigilance, perseverance, and justice. Hanging the flag on June 14th can affirm that unity, belief in the ideals of the constitution, and that justice, valor, and purity remain a priority for most Americans — and have not gone out of fashion.



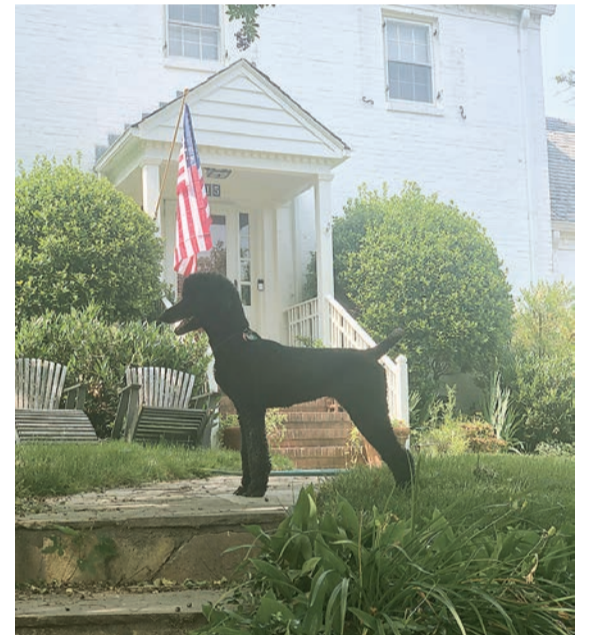
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It's a grand old flag.



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

Tips for hiking with enthusiast Carmen Shippy, Thursday, June 22, 11 a.m., Langston-Brown 55+ Center. Registration # 914400-12.

Current events discussion in Spanish, Thursday, June 22 11:30 a.m., virtual. Must have minimum intermediate knowledge of Spanish. Led by Lubber Run 55+ Center Director Ashley Gomez Figueredo. Registration # 914402-10.

Jigsaw puzzle contest, teams of three, Friday, June 23, 1:30 p.m., Langston-Brown 55+ Center. Bring a puzzle to swap with other participants following contest. Registration # 914600-01.

Movie night at Lubber Run 55+ Center, “Sing 2” (2021) (PG), Thursday, June 22, 6 p.m. Registration # 914804-12.

Local travel guru Lowell Nelson will share stories about his recent visit to Sicily, Friday, June 23, 11 a.m., Aurora Hills 55+ Center. Registration # 914400-13.

The history of Arlington's black communities will be discussed by Sean Dennison, Arlington's Historical Society, Friday, June 23, 1 p.m., Aurora Hills 55+ Center. Registration # 914400-23.

Meet up at the Arlington Pride Festival, led by 55+ staff, Saturday, June 24, 1 p.m., Rosslyn Gateway Park. For information about the

Festival, go to <https://arlvaprider.com>. Registration # 914899-01.

Scale down is a weight loss support group, private weigh-ins, Monday, June 26, 1:30 p.m., Langston-Brown 55+ Center. Drop-in.

Aurora Hills 55+ Center book club members will discuss “Cat's Cradle” by Kurt Vonnegut, Monday, June 26, 11:30 a.m. Drop-in.

55+ Travel group will visit D.C.'s National Gallery of Art's exhibit, “Canova: Sketching in Clay,” Monday, June 26. Cost \$11, Arlington resident; \$13, non-resident. Registration # 902306-08.

Play card games and rummikub, beginners welcome, Monday, June 26, 1 p.m., Langston-Brown 55+ Center. Drop-in.

Escape Room, games made up of a series of clues and puzzles that must be solved by a team. In this game the team needs to find thieves

who stole priceless works of art, Tuesday, June 27, 7:15 p.m., Walter Reed 55+ Center. Registration # 914600-03.

Summer safety 101 presented by representatives from Arlington County Police Department and Virginia Hospital Center, Tuesday, June 27, 11 a.m., Lubber Run 55+ Center. Topics include pedestrian and personal safety, fire hazards, heat stroke prevention, water safety, food poisoning and more. Registration # 914400-05.

Rock music legends including the Beatles, Herman's Hermits, the Dave Clark Five and more discussed and performed by musician Carl Gold, Tuesday, June 27, 1:30 p.m., Arlington Mill 55+ Center. Registration # 914400-36 or virtual, registration # 914400-37.

Current magazine articles discussed Wednesday. SEE FLOURISHING, PAGE 5

Arrest in Ballston Murder

The Arlington County Police arrested a suspect following an investigation into a domestic-related homicide in Ballston-Virginia Square. Alimamy Fornah, 35 of Arlington, has been charged with murder.

At approximately 4:58 a.m. on June 19, police were dispatched to the 3400 block of Washington Boulevard for the report of a stabbing. The preliminary investigation indicates the victim and suspect were inside their shared apartment when they became involved in a verbal dispute, during which the suspect stabbed the victim. Responding officers located the critically injured victim in the hallway of the residential building and immediately attempted lifesaving measures before she was pronounced deceased on scene. The

suspect was located in the building and taken into custody without incident. He was transported to an area hospital for treatment of injuries considered non-life threatening.

The victim has been identified as Shontae Crawford, 37 of Arlington. Cause of death will be determined by the Office of the Chief Medical Examiner.

This is the second homicide in Arlington County in 2023. This remains an active criminal investigation and anyone with information related to this incident is asked to contact the Arlington County Police Department's Homicide/Robbery Unit at 703-228-4180 or ACPDTipline@arlingtonva.us or anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).

Launching Amazon Connect

The Arlington County Emergency Communications Center (ECC) launched Amazon Connect to handle non-emergency calls starting June 1, 2023. This cloud-based service allows anyone to contact the County for non-emergency issues using the non-emergency line, 703-558-2222, freeing up 9-1-1 professionals to focus on emergencies.

Amazon Connect allows the ECC to address non-emergency calls more efficiently while protecting caller privacy. The technology is designed to 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.

When a caller dials 703-558-2222 (the non-emergency line), Amazon Connect will answer and provide verbal assistance. The system can answer calls and speak to the caller. No personal information is stored or shared with Amazon.

In the future, the County plans to expand the system's capabilities using artificial intelligence. The system will learn to identify and effectively address reasons for calling (e.g. towed cars, potholes, trail and park maintenance, noise complaints, County operating status), and will offer service in the County's top five most spoken languages. The County also plans to connect the system to its online reporting form and update residents on resolving non-emergency issues they share.

"FLOURISHING AFTER 55"

FROM PAGE 4

day, June 28, 11 a.m., Aurora Hills 55+ Center. Facilitated by Librarian Vicky McCaffrey. Registration # 914402-15.

Facing end-of-life issues, discussion led by Kathleen Garces-Foley, PhD, Coalition to Improve Advanced Care at Marymount University, Wednesday, June 28, 1 p.m., Aurora Hills 55+ Center. Registration # 914404-02.

Poetry night will feature reading and discussion of poems by Gary Shulman, poet and author of "Reflections From a Soul in the Winter of Life," Thursday, June 29, 5 p.m., Lubber Run 55+ Center. Participants are also invited to share their poems. Registration # 914300-07.

Introduction to basic Spanish, Thursday, June 29, 11:30 a.m., virtual. Taught by Lubber Run 55+ Center Director Ashley Gomez Figueredo. No previous Spanish experience required. Registration # 914650-02.

Fun mocktail recipes demonstrated by Arlington Mill 55+ Center Director, Shettima Abdulmalik, Friday, June 30, 2:30 p.m. Registration # 914501-02.

Movie matinee, "What About Bob" (1991) (PG), Friday, June 30, 12:30 p.m., Aurora Hills 55+ Center. Registration # 914804-02.

55+ Travel group will tour the Mt. Cuba Center, a beautiful botanic garden in Hockessin, DE, Saturday, July 1. Learn about sustainable gardening practices and enjoy a

two hour walk over rolling terrain and mulched paths. Cost \$56, Arlington resident; \$64, non-resident. Includes lunch. Registration # 902307-01.

Memoir writing class begin Monday, July 3, 10:15 a.m., Langston-Brown 55+ Center. Facilitated by memoir writer Mims Placke. Registration # 914400-30.

Reading Buddies, seniors pair up with preschoolers and read stories from books provided by preschool teacher, Monday, July 3, 10 a.m., Lubber 55+ Center. Registration # 914301-10.

Jeopardy, play America's favorite quiz game, Monday, July 3, 2 p.m., Aurora Hills 55+ Center. Registration # 914600-23.

Opera appreciation group to hear musical selections from "I Vespri Siciliani" (Sicilian Vespers) by Giuseppe Verdi, Wednesday, July 5, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti. Registration # 914300-03.

Registration opens for 2023 Northern Virginia Senior Olympics, Thursday, July 6, online only at www.nvso.us. Registration fee \$20 for unlimited events. For more information, email, nvso1982@gmail.com.

Social ballroom dance, spacious dance floor, tango, waltz, foxtrot and swing, Thursday, July 6, 2:15 p.m., Lubber Run 55+ Center. No instruction provided. Drop-in.

Current events discussion in Spanish, Thursday, July 6, 11:30 a.m., virtual. Must have intermediate knowledge of Spanish. Led by Lubber Run 55+ Center Director Ashley Gomez Figueredo. Registration # 914402-11.

Explore Thomas Jefferson's connection to Virginia with Laura Macaluso, author of "A Guide to Thomas Jefferson's Virginia," Thursday, July 6, 1:30 p.m., virtual. Registration # 914400-18.

Introduction to online payment Apps with Lubber Run 55+ Center Director Ashley Gomez, Thursday, July 6, 6 p.m. Learn ins and outs of Venmo, CashApp and PayPal. Registration # 914403-09.

Summer piano lounge, enjoy light refreshments and music by pianist Valerie Welsh, Friday, July 7, 1 p.m., Aurora Hills 55+ Center. Registration # 914301-06.

Cornhole on the outdoor Arlington Mill Plaza, Friday, July 7, 11 a.m. - 1p.m. Registration # 914206-08.

Intergenerational storytime, seniors share their love of reading and music with children, Friday, July 7, 11:30 a.m., Aurora Hills 55+ Center. To volunteer to read a story, call Center Director Lila Paig, 703-228-5722.

Summer fun with games, trivia and ice cream to celebrate National Parks and Recreation Month, Friday, July 7, 1:30-3:30 p.m., Langston-Brown 55+ Center. Registration # 914899-03.



PHOTOS BY EDEN BROWN

Samantha, an Arlington Lucky Dog volunteer sits with Daiquiri, a black lab who recently gave birth to puppies, who were also being adopted. This gentle mama is easygoing and will make someone a great companion.



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ENTERTAINMENT



Arlington's 2nd Annual Pride Festival takes place Saturday, June 24, 2023 at Gateway Park in Arlington.

YORKTOWN HIGH SCHOOL CLASS OF 1973 IS HOLDING ITS 50TH REUNION Scheduled for Oct. 6-8, 2023, at Westin Arlington Gateway. Contact: John Murphy, fhogmurph@gmail.com

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

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 23: The Parent Trap (1998)

LATE NIGHT AT THE MILL
Saturdays, July 8, July 22, Aug. 5, and Aug. 12. From 8-11 p.m. At Arlington Mill Community Center, 909 S. Dinwiddie St., Arlington. Middle and high school teens, join in on the fun at Arlington Mill Community Center for six great nights of dance, sports, art activities, snacks and more! The center will reopen after hours from 8-11 p.m. for you to hang out with friends, meet new ones and have some fun. The last night, August 12, will be a pool party at Long Bridge Aquatics & Fitness Center.

WEDNESDAY/JUNE 21
Good Bugs! Bad Bugs! Know the Difference. 7 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. They're part of the pattern of nature and growing fresh produce. Learn to encourage good bugs and help them combat the bad guys.

JUNE 22 AND 24
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>

FRIDAY/JUNE 23
Edible Landscape Design. 10 - 11:30 a.m., ON-LINE. You can have it all! Attractive plants, a cohesive design and a harvestable crop from your landscaped areas. Kirsten Conrad, Agriculture/Natural Resources Extension Agent for Arlington and the City of Alexandria will show participants how to use design principles and best management practices to create attractive landscapes of fruit trees, perennial vegetables, herbs, and even annual edibles to

make your landscape not only beautiful but also productive. Free. RSVP at <http://mgvnv.org/rsvp-for-public-education-classes/> to receive a link to participate.

SATURDAY/JUNE 24
Arlington's 2nd Annual Pride Festival. Noon to 8 p.m. At Gateway Park, 1300 Langston Blvd., Arlington. Join in on the empowerment, support and fun at the Arlington Pride Festival. Enjoy games, prizes, live entertainment and more!

SATURDAY/JUNE 24
Hands-On Summer Pruning Class. 10 a.m. -noon, Simpson Park Demonstration Gardens, 420 E. Monroe Ave. Alexandria. All plants benefit from pruning! Come learn with Extension Master Gardeners Angela McNamara, Molly Newling and Claire Wade about the best techniques for summer pruning: how to prune your spring blooming shrubs and trees, and techniques for keeping your summer flowers at their best. Attendees should dress for the weather, bring gloves and pruning tools if possible, and a water bottle. Free. RSVP at <http://mgvnv.org/rsvp-for-public-education-classes/> to sign up and reserve your spot in the class.

TUESDAY/JUNE 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 28
Preventing Vegetable Diseases. 7 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Our area's hot, humid summers make vegetables vulnerable to diseases. Learn how to recognize and control their occurrence and spread.

SATURDAY/JULY 1
Arlington Civitans Open Air Flea Market. 7 a.m. to 1 p.m. At 4001 15th Street North, Arlington. The Civitan Open Air Flea Market, one of Northern Virginia's largest and oldest public flea markets, is located in the I-66 garage in North Arlington adjacent to Washington-Lee high school and the Arlington Planetarium at 15th and North Quincy Streets, in Arlington. Here you'll find over 150 vendors selling a variety of goods ranging from books, clothes, furniture, garden tools, household goods, jewelry, shoes, toys, records, and so much more. One man's junk is another man's treasure so you are guaranteed to find something to tickle your fancy and save you money at the same time.

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We Need Your Help Again

We are sincerely grateful and thankful to you for helping in 2021 to save one of America's oldest newspapers, the Alexandria Gazette Packet, publishing continuously since 1784

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 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.

Please, help save these historical papers. All gifts will be used to fund our printed newspapers and websites and to meet obligations to our loyal and patient employees, writers, contractors and suppliers.

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.

Connection Newspapers has been offering these local newspapers to residents for over 200 years. Countless residents have grown up with these papers covering significant moments in the lives of family and children, news, community events, school activities, and even pictures of our dogs and cats. Internet news and large national newspapers cannot provide the local connection or historical connection that local papers like Connection Newspapers and the Alexandria Gazette Packet provide. If your child, dog, mother, father, neighborhood, school has been featured, you understand the value of local community newspapers.

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Back to Abnormal



By KENNETH B. LOURIE

Life in the cancer lane: slow and steady, thank God! And after 14 years and nearly six months past a terminal "13 month to two years" prognosis given in late Feb. 2009, "I am pleased as punch," to quote the late Hubert H. Humphrey, our 38th Vice President, serving Lyndon B. Johnson from 1965 – 1969, to say I am still in the game, the game of life, that is. This is no board game, however. Although, it can get very boring.

A game for which there are rules and responsibilities, although few guarantees (other than death and taxes, of course). Let me amend that. There is one guarantee: after a cancer diagnosis, your life will never be the same. Every action and reaction will likely be affected by your diagnosis, treatment, tolerance to chemotherapy/cancer medicine and any number of cancer-related appointments, as well as a variety of side effects which are often the inevitable result of your treatment (which is likely keeping you alive), and by your support system. Any joie de vivre you can muster under these extremely difficult circumstances will be welcome indeed. Sustaining that joie, however, can be challenging. As my close friend and breast-cancer survivor Lynne had advised us years ago at the beginning of our cancer journey concerning what to expect: "This will be the toughest thing you've ever had to endure," she said. And needless to say, although I'll say it anyway, she was 100% correct: "Cancer is not for cissies." (You can thank Suzanne Somers for little ditty.) It says it, and it's simple. But receiving a cancer diagnosis is anything but simple. It's the proverbial boom being lowered atop your head. And when I first received it from my oncologist, I sat stunned at what I was hearing. I said to myself: "How is this possible? I have never smoked cigarettes in my life." (I have since found out that 25 percent of lung cancer patients are non-smokers.)

Moreover, navigating the slings and arrows of your outrageous misfortune can get overwhelming. In fact, the medical industry has created a profession specifically to assist the patient in managing their care (scheduling appointments, ordering drugs, following miscellaneous protocols and in short, trying to help the cancer patient in any way possible to simplify and organize the demands of their diagnosis); so you have a chance, an assist even, in living your most rewarding, least worrisome life – under the circumstances. Nurse navigator is their name and helping the patient is their game. Family and friends are a great and necessary support system. Without their encouragement, patience and understanding, a cancer patient would be hard-pressed to endure the ordeal – which cancer treatment most definitely is. But what goes on in the hospital or infusion center is likely beyond their expertise. Having an in-house resource could make all the difference in your life.

And it is not a tangled web they weave. Quite the opposite. The nurse navigator's task is to untangle and cut through any figurative web that is interfering in your life. My oncologist has regularly encouraged me to do things to try and enhance the quality of my life. Because cancer is hard. Keeping up to date and current with all the cancer responsibilities, especially when trying to integrate/schedule it around your non-cancer/pre-cancer life, is nearly impossible. It's difficult to plan a future – which is measured in weeks or quarters, for recurring lab tests, doctor's appointments, infusions, and diagnostic scans when your present is so chalk-full of commitments. Commitments/appointments which could change if any result causes a delay. The cascade effect of rescheduled appointments will play havoc with any future plans - for what was passing as your normal-type life, anyway. Because once the word cancer is uttered in your direction, your life as you have known it is over and normal has very definitely left the building.

But if you don't find a path forward and stagnant/struggle instead with your present while trying to arrange and in many instances rearrange your future, it will make "Jack" a very dull boy, and not one who's able to live a normal-type life at all. And if you don't find a way to get a few highs, the lows, as cancer can certainly cause them, will more often than not, grind you to a screeching halt. If you do find them, you may still succumb to your disease but at least you'll do so in your own way with some sort of control (most of which you lose once your cancer diagnosis is confirmed). After all, if you're going to die, you might as well set the terms.

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

Hot Day, Hot Cars and Hot Ribs

Green Valley Antique Car Show, hottest ticket in town.

BY SHIRLEY RUHE
THE CONNECTION

It is 12 noon, and already 15 antique cars sit side by side in the Dr. Charles R. Drew Elementary School parking lot for the 9th annual Green Valley Antique & Classic Car Show on Saturday. A volunteer gives each car a number for the People's Choice Award "and they will win that big trophy over there. Oh, look, here come some more cars."

Dr. Alfred O. Taylor, a long-time Arlington leader, sits with Gail Adams Hunter at the Civic Association table with the shiny People's Choice Award which will be handed out at the end of the day to the most popular car.

Bob and Debbie Strauss stand between their red 1968 GT Ford Mustang and their red 2018 Ford Mustang produced for the 50-year anniversary. "I am the original owner of the 1968 car; not too many people have held on to their cars for so long."

Both Bob and Debbie have spent their careers at Wakefield High School. Bob just retired two years ago as assistant director for student activities, and Debbie is still a special ed assistant for math. "These cars need to be driven, but not to work," Debbie says. Both of the Strausses grew up around cars.

"I like classic cars and I like classic men," Debbie explains.

A 2020 Chevy C8 Corvette sits down the row with the rear engine compartment open. Clyde Pelzer says, "Take a look at the engine. This is first year they moved the motor from the front to the rear. It's a whole different car with the latest technology—WIFI, lane indicators, and of course it's fast." Pelzer explains he has owned five Corvettes. "I've always been a Corvette guy since I was 12-years-old with my go-cart. I called it my first Corvette."

Number 17 is a 1972 yellow Volkswagen which was purchased in September 2001. "I've been a bug man all my life. I've owned at least 21 VWs. I buy them and then turn them around." Sitting side by side is a gray 1966 VW rebuilt from scratch. It took Richard Green 2-1/2 years to turn the burned out hulk into a new car. He says he had a VW as a kid and has always grown up with them. "I had a little extra money one day so I just did it. I don't know how much it all cost; I think I don't want to know."

Across the schoolyard several stands are set up offering snow cones, information about the Green Valley Civic Association and homemade lemonade made on the spot by Portia Clark, President of the Civic Association. Smoke wafts down the sidewalk from First Impression Soul and Seafood Carryout located on Shirlington Rd. The team has been smoking ribs for four hours over oak logs alongside half smokes and fish sandwiches.



Five-year-old Cherish and four-year-old Karleigh enjoy their snow cones while their grandmother, Portia Clark, makes homemade lemonade at the table nearby. Clark is a community organizer and the President of the Green Valley Civic Association.

Bob and Debbie Strauss stand between their 1968 Ford GT Mustang and their 2018 50-year anniversary GT Mustang.



Moe A. Flava (left), owner of First Impression Soul and Seafood Carryout with his team Moe A. Flava and Curtis Johnson have been smoking baby back ribs for four hours at the Antique Car Show Saturday.



Dr. Alfred O. Taylor Jr., a local legend and community leader, and Gail Adams Hunter sit at the Green Valley Civic Association information table where the trophy for People's Choice Award is on display.



Nine-year-old Tahira Gaye and her sister Harmony try out Bob Strauss's 1968 Ford GT Mustang at the Green Valley Annual Antique & Classic Car Show Saturday, June 17.



The owner of this 2020 C8 Corvette shows off the engine, the first year the Corvette engine had been moved from front to rear.

PHOTOS BY SHIRLEY RUHE
THE CONNECTION