



Monarch butterfly
on milkweed

Butterflies May Be In Trouble

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SENIOR LIVING

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

Registration is open for 2024 Northern Virginia Senior Olympics to be held Sept. 14-29.

Register online at www.nvso.us. Cost \$20 for multiple events. For more information, email nvso1982@gmail.com.

The Fishing Forum, Wednesday, Aug. 14, 11 a.m., Lubber Run 55+ Center. Share fishing exploits, exchange tackle recommendations and discuss fishing locations. Drop-in.

Medicare’s prescription drug benefit explained by VICAP counselors, Wednesday, Aug. 14, 10:30 a.m. – 12 p.m., virtual. Register

by calling 703-228-1725 or email, MedicareHelp@arlingtonva.us.

“Cold War Virginia” authors Gary Powers Jr. and Chris Sturdevant, will discuss several top-secret intelligence bases in Virginia and their critical role in protecting our national security during the Cold War. Thursday, Aug. 15, 11:30 a.m., virtual. Registration # 914400-31.

Virtual tour of Bolivia, fourth in a series of five South American countries, Thursday, Aug. 15, 12:45 p.m., Lubber Run 55+ Center. Presented by 55+ Center Director Ashley Gomez. Registration # 914400-41.

Introduction to online payments, learn how to use Venmo, CashApp and PayPal services, Thursday, Aug. 15, 6 p.m., Lubber Run 55+ Center. Presented by 55+ Center Director Ashley Gomez. Registration # 914403-05.

55+ Travel group will visit the “Bond in Motion” exhibit at the International Spy Museum, Friday, Aug. 16. Cost \$52, Arlington resident; \$60, non-resident. Registration # 902408-08.

Chess games, Monday, Aug. 19,

9:30 a.m. – 2:30 p.m. Madison Community Center. Players of all levels and newcomers are welcome. Drop-in.

Movie matinee, “Next Goal Wins” (2023) (PG-13), Monday, Aug. 19, 1 p.m., Arlington Mill 55+ Center. Registration # 914804-08.

55+ Travel group will visit the Tanger Outlets at National Harbor or the MGM Casino, Tuesday, Aug. 20. Cost \$12, Arlington resident; \$14, non-resident. Registration # 902408-09.

Genealogy 101, learn to use primary sources, grave sites, family records, DNA services and more, Tuesday, Aug. 20, 11:30 a.m., Lubber Run 55+ Center. Led by experienced genealogist Eileen Bogdanoff. Registration # 914402-03.

Piano lounge and sing-along with Valerie Welsh, featuring summer songs, Wednesday, Aug. 21, 4 p.m., Lubber Run 55+ Center. Registration # 914304-20.

Opera appreciation group to discuss and hear musical selections from “Tannhauser” by Ger-

SEE FLOURISHING, PAGE 5

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Three-year-old Tina Sherman cools off with a popsicle at the Cherrydale Library National Night Out event while her one-year-old sister Sylie can't wait for mom to tear open her plastic cover.



Del. Patrick Hope (second from left) chats with Suzanne Embree, Michel Gessel and Greg Embree at National Night Out Aug. 6.

Neighbors Across Arlington Enjoy National Night Out

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Neighbors in communities across Arlington closed their doors and ventured out to celebrate National Night Out on Aug. 6. This nationwide event is held the first Tuesday in August to help people get to know their neighbors and to foster good community relations with the police and other emergency responders.

Cherrydale Library was one of 19 spots around Arlington that sponsored an event. Other areas included Barcroft Apartments, Amazon, Green Valley Civic Association, Melwood and Virginia Gardens AHC.

Sliders were provided by Burger Billy's Joint just down the street from the Cherrydale Library. "I brought 80, 40 cheeseburger sliders and 40 hamburgers but cheeseburgers are the 3-1 favorite for sure."

"Mmmm," someone commented. "I don't get out much but I'll have to give you a try."

Neighbors spread across the yard outside the library chatting about vacations and watching their children chase each other around the tables. Three-year-old Tina and one-year old Sylie Sherman from just down the block were favoring the long plastic wrapped popsicles. Their mom explained she came here because there is free food and she doesn't have to make dinner and they had a library book on hold. "It's a double whammy." She tells Tina, "No more grapes, you can have a bottle of water or another burger instead."



Local National Night Out event at Cherrydale Library.

Del. Patrick Hope mingled in the crowd chatting with some about the very hot weather and others about the legislation he finally got passed making it illegal to hold prisoners in solitary confinement. "It's been a long battle but now we've done it."

ACPD Deputy Chief enticed several children to find the surprises in the large paper bag he was holding while other members of the ACPD Community Engagement division passed out stickers. "Every kid loves stickers." The bean bag throw was popular and if you liked music, there was a sing along inside the library on the second floor.

SEE NATIONAL NIGHT OUT, PAGE 7



Harley Guenther and Audrey Lieb, members of the ACPD Community Engagement unit chat with Helen Ignatenko, the new branch manager, who is part of the library team welcoming people to National Night out.



Claire and her brother Colin enjoy their burgers at National Night Out.



ACPD Deputy Chief David Giroux engages with children about the surprises in the large paper bag at National Night Out.

Reeves Farmhouse to Habitat for Humanity

SOURCE: ARLINGTON COUNTY

The Arlington County Board approved an agreement to convey the Reeves Farmhouse to Habitat for Humanity of Washington, DC, and Northern Virginia (Habitat DC-NOVA), concluding a decades-long process. The historic property will be preserved and rehabilitated to convert its residential portion into a shared living home for individuals with developmental disabilities.

Expands Housing for Residents with Developmental Disabilities

Once the renovations are complete, LArche Greater Washington, D.C. (LArche GWDC), a non-profit residential service provider for adults with intellectual disabilities, will serve as the long-term owner and operator of the home.

Habitat DC-NOVA, in partnership with HomeAid National Capital Region (HomeAid NCR), will complete rehabilitation of the farmhouse, restoring the existing kitchen and living space, reconfiguring the second floor to make it more ADA-accessible, and constructing a first-floor addition to allow for new bedrooms and bathrooms.

The Board also approved the allocation of up to \$2.5 million in federal Community Development Block Grant (CDBG) funding to support the adaptive reuse of the farmhouse. CDBG is a U.S. Department of Housing and Urban Development (HUD) program that enables localities to provide funding for projects that will address housing and community development needs for low- and moderate-income individuals and families.

"Arlington County's 2022-2026 Consolidated Plan identifies affordable, permanent supportive housing for people with disabilities as a critical need," said Housing Division Chief Anne Venezia. "The Reeves Farmhouse adaptive reuse project will enable Arlington to further its Consolidated Plan goals by pro-



PHOTO VIA ARLINGTON COUNTY

The historic property Reeves Farmhouse will be preserved and rehabilitated to convert its residential portion into a shared living home for individuals with developmental disabilities.

viding housing to a population that has very few affordable housing options."

Arlington's Department of Human Services (DHS) has appreciated a longstanding collaborative partnership with LArche GWDC for nearly 20 years as a residential provider operating two Arlington-based group homes that support individuals with autism and intellectual disability.

"Acquisition of the Reeves Farmhouse opens up an opportunity for four more adults with developmental disabilities to call LArche home, most of whom would be placed outside of the County due to limited group home availability in Arlington," said Developmental Disabilities Bureau Chief La Voyce Reid. "Simply put, this opportunity means a place called home for some of our

most treasured County residents."

Preserving Parkland

Reevesland, which was the last operating dairy farm in Arlington, remained in the same family for three generations and represents an important era in Arlington's history. The land for what was once a 160-acre farm was originally purchased in 1863, and the family continued to raise dairy cattle until 1955. The area continued to transform from a rural community into the thriving county it is today – farming operations ceased, and most of the land was subdivided and sold. Eventually, in 2001, the County acquired the remaining 2.45 acres and set out to preserve the residential building while creating public park space.

The parkland, including a beloved sledding hill and the Reevesland Learning Center gardens, will remain open for public use. LArche is committed to deepening partnerships between its residents and the Learning Center.

"This project goes a long way in increasing partnerships between affordable housing and historic preservation," said County Manager Mark Schwartz.

Preserving History

The County is creating public space and a home for individuals with developmental disabilities, and also working with non-profit partners to preserve a historic property in a public park.

HomeAid NCR, a nonprofit general contractor, will be managing the renovation and construction plans with Habitat DC-NOVA, as approved by the Arlington County Historical Affairs and Landmark Review Board. The County also worked with the Virginia Department of Historic Resources (DHR), the state historic preservation office, and several consulting parties to develop a Memorandum of Agreement to mitigate the alterations to the historic farmhouse.

A historic marker will be created to share information about this project and the property's history.

Preservation and construction activities are slated to begin in 2024 and continue through 2025.

About Reevesland

The historic Reeves Farmhouse, which is located in the Boulevard Manor neighborhood next to Bluemont Park, became a local historic district (LHD) in 2004. A preservation easement that protects its exterior was also recorded in 2018. Architecturally, the Reeves Farmhouse represents a rural vernacular style incorporating modest Greek Revival and Queen Anne detailing. The farmhouse was expanded multiple times in over a century and is a time capsule into the first half of the 20th century. Learn more: Reevesland.

Cure for Olympics Withdrawal

2024 Northern Virginia Senior Olympics offers 70 events.

SOURCE: WWW.NVSO.US

"The 2024 Northern Virginia Senior Olympics (NVSO) may not have breakdancing or pole vaulting or water polo, but we do have 70 plus events including track and field, swimming, cycling, pickleball, bocce and so much more beginning Saturday, Sept 14," said Chair Riley Geary. "Hundreds of folks are registering as they check out the wide variety of both indoor and outdoor events," he said. "We also award gold, silver and bronze medals after each event

and encourage families to attend," he said.

Online registration closes Thursday, Aug. 29 at www.nvso.us. The fee of \$20 covers a multitude of events.

Participants must be 50 years of age by Dec. 31, 2024 and live in a sponsoring jurisdiction. "Last year we hit a record number of registrations and are prepared for even more this year," said registration chair Herb Levitan. "We have also added new events including a Sudoku pentathlon, a 100 yard individual medley to the swimming events, and badminton and bunco are returning this year," said Levitan.

NVSO opens Saturday, Sept. 14 at the Thomas Jefferson Community Center in Arlington and closes Sunday, Sept. 29 after 10K and 20K cycling events. Throughout the two weeks of competition, events will take place at 26 different venues throughout Northern Virginia.

Sponsors of the NVSO are Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, Loudoun County, Fairfax County, Fauquier County and Prince William County. NVSO is also supported by patrons including AARP Virginia, Adobe, Anthem Healthkeepers, Goodwin Home Health,

Greenspring by Erickson Senior Living, Johns Hopkins Health Plans, Sentara Health Plans, The Jefferson, The Virginian, The Woodlands and the Woodbine, Alexandria and Belmont Bay Rehabilitation & Healthcare Centers.

NVSO is a non-profit, 501 (c) 3 thus making donations tax deductible. Revenues received from registration, patrons and individual donations are used for equipment, judges, event officials, T-shirts for participants plus volunteers, graphics and flyers. There is no paid staff. Committee members include representatives and volunteers from the sponsoring jurisdictions.

ENTERTAINMENT

CENTERS FOR OPPORTUNITY ARLINGTON

The Centers for Opportunity Arlington is a safe, stigma-free place to spend time for those recovering from homelessness, substance use, and mental illness. It has a donation closet that needs adult clothing and shoes. Some participants at the Center are looking for jobs and need the proper attire. Located at 3219 Columbia Pike, Suite 101, Arlington. Contact Greg, Program Coordinator at 703-567-1346.

THURSDAYS THRU NOV. 21

Ballston Farmers Market, Thursdays from 3-7 p.m. At Welburn Square, near Ballston Metro, Arlington. More than 20 vendors in Ballston – both fan-favorites and newcomers. This year also sees the return of the Mega Markets – sponsored this season by VIDA Fitness. Mega Markets feature the addition of live music from local musicians and a Beer and Wine Garden.

THRU AUG. 23

Fridays at the Fountain. At the Water Park, National Landing, Arlington. Step into the rhythm of summer every Friday thru Aug. 23 at Water Park. This free concert series features a range of musical talent from all around the region. Feast on food and drink at one of the area's best new outdoor food halls as you groove to soul, salsa, and more!

COFFEE AND CONVERSATION WITH ARLINGTON

NEIGHBORHOOD VILLAGE "Coffee and Conversation" speaker series. 10-11 a.m. Everyone is invited to join the conversation via Zoom. Bring your own coffee, learn interesting things about our community and hear from the speakers listed below.

August 14th: Estate Planning. Explore the ins and outs of estate planning from an expert perspective. Jennifer Schiffer of Bean, Kinney & Korman will discuss how to



The 48th Annual Arlington County Fair takes place Aug. 14-18, 2024 at the Thomas Jefferson Community Center and Park in Arlington.

take stock of your estate, define and organize your objectives, and develop appropriate strategies that best suit your desires. She will also review recent changes in the law that you should be aware of, and ways to avoid being scammed. Jennifer is a shareholder of Bean, Kinney & Korman. She has been hailed as a "Go-To Lawyer" by Virginia Lawyers Weekly, and a Top Attorney by Arlington Magazine.

August 21st: Never Stop Learning: Invest for the Future and Protect Your Nest Egg. Tom Manganello from the U.S. Securities and Exchange Commission's Office of Investor Education and Advocacy will guest lecture on the importance for older Americans to "Never Stop Learning" when it comes to protecting their hard-earned money and investing for their future. Tom will discuss free tools and resources on the SEC's website, Investor.gov, where you can learn about investing in retirement, spotting fraud, doing background checks on investment professionals, and more.

August 28th: Ask the Pharmacist! Recommendations for Safe Medication Use as We Age. Chad Worz is a board-certified geriatric pharmacist and leads a professional association of pharmacists and pharmacies that specialize in older adults. The American Society of Consultant Pharmacists (ASCP) has been in Alexandria, Virginia for over 50 years and Chad can share the latest insights on safety, effectiveness and costs of modern medicines and vaccines. He will share some tips for managing medications in everyday life and answer your questions.

Zoom link for Coffee and Conversation:
<https://us02web.zoom.us/j/88948577106?pwd=eW0rN1RT-TU5ITmJ5NnF2QXZINmdUQT09>

You also have the option to dial in by phone at 929-205-6099. The meeting ID is 889 4857 7106 and the Passcode: 872327

THRU AUG. 23 Mason Exhibitions Presents A

Closer Look: Conflicted Art from Ukraine. At Mason Exhibitions Arlington, 3601 Fairfax Drive, Arlington. Curated by Sophie Bae with Conflicted Art's Yevgen Nemchenko, the exhibition offers a nuanced exploration of the impact of war through the lens of contemporary Ukrainian artists. It is easy to feel overwhelmed and detached from the deeper questions surrounding the persistence of war in the 21st century. A Closer Look: Conflicted Art from Ukraine seeks to bridge that gap by showcasing the work of 13 Ukrainian artists who confront head-on the experiences of direct conflict. Through photography, video, painting, sculpture, literature, and installation, these artists offer a multifaceted perspective from the fringes of this conflict. Their works invite viewers to engage in dialogue beyond statistics and headlines and to examine core issues of existence distorted by violence and uncertainty.

**AUG. 14-18
48th Annual Arlington County Fair.** At Thomas Jefferson Community Center and Park. The five-day extravaganza features a diverse array of food vendors, thrilling rides, friendly competitions, vendor markets, and so much more.



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

Sensory-friendly hours will provide a quieter environment without the usual bells, whistles,

and chimes on Saturday, August 17, from 10:00 a.m. to 1:00 p.m. and Sunday, August 18, from 11:00 a.m. to 1:00 p.m. The community is invited to the Opening Ceremony on Wednesday, August 14, at 5 p.m., which will feature local singers The Arlingtines and a ribbon-cutting.

New at this year's Fair (*denotes free):

- ❖ Petting Zoo: Get up close and personal with your favorite farm animals, including goats, sheep, and a mini horse!
- ❖ Solace Brewing Beer Garden: Enjoy a cold beer from Solace Brewing while listening to live music and enjoying the sights and sounds of the fairgrounds.
- ❖ Children's Market: Young entrepreneurs will showcase their products and services on Saturday afternoon at the Fair.
- ❖ Portable Planetarium Dome: Explore the cosmos in this unique viewing experience suitable for all ages, located inside the Thomas Jefferson Gym.
- ❖ WOW Wheelz Lil' Racer Track: Kids, start your engines and join us on Thursday evening to zoom around an inflatable race track.
- ❖ Headliner Bands: We are excited to welcome Pictrola, So Fetch, and The Uptown Band to this year's Fair. These energetic musicians will rock the main stage on Thursday, Friday, and Saturday nights of the Fair.

Fairgoer favorites returning this year include:

- ❖ Virginia Museum of Fine Arts: The Virginia Museum of Fine Arts returns with an exhibit of some of its most popular works of art.
- ❖ Pie Eating Championship: Compete for the title of pie-eating champion at our annual pie-eating championship, sponsored by Livin' The Pie Life, TriVistaUSA, and Team Showalter.
- ❖ Big Trucks: Youngsters of all ages will delight in encountering the massive trucks on display, including kid favorites: a backhoe, dump truck equipped with a plow, and a vacuum truck, accompanied by other surprise vehicles.
- ❖ Rocknoceros: Get ready to rock the house with weekend live kids' entertainment by Rocknoceros.

**THURSDAY/AUG. 15
Ukrainian Art Walk.** 4:30-6 p.m. At Mason Exhibitions, 3601 Fairfax Drive., Arlington. A Closer Look: Conflicted Art from Ukraine. Join

the Arlington Sister City Association and Conflicted Art for a tour through 13 Ukrainian artists' interpretations of war and resiliency.

TUESDAY/AUG. 20

EnergyMasters Happy Hour. 6-8 p.m. At Rocklands BBQ, 3471 Washington Blvd., Arlington. Learn how to become an Energy Master at this informational happy hour on August 20 at Rocklands BBQ. Training begins Oct. 1, application deadline 9/20. RSVP <https://tinyurl.com/EMhappyhour>

FRIDAY/AUG. 23

Summer Concert Series. The U.S. Air Force Band returns to the Air Force Memorial in Arlington. Free and open to the public. Friday, Aug. 23 at 7:30 p.m. - Airmen of Note
 Friday, Sept. 13 at 7:30 p.m. Air Force Birthday Concert.

SATURDAY/AUG. 24

Charity Volleyball Tournament. 10 a.m. to 2 p.m. At Club Volo, National Landing, 223 23rd Street, South Arlington. PathForward, in partnership with Volo Sports, is hosting a Charity Volleyball Tournament! All proceeds from the event will support PathForward's essential programs. This is a great opportunity to socialize, network, engage in a little friendly competition, and support a worthy cause! Participation Fees: \$30, individual; \$220, pre-paid team

WEDNESDAY/SEPT. 4

Overdose Awareness Candlelight Vigil. 7 p.m. at Courthouse Plaza, Arlington. The third annual overdose awareness Candlelight vigil – come together as a community to remember those who have lost their lives to overdose and honor the family, friends, and first responders impacted by overdose.

SEPT. 4-28

Close Encounters Solo Show by Jessica Mickey. At 2100 Crystal Drive, Arlington. Close Encounters is a vibrant exploration of the personal, the up close, and the crowded. Jessica's oil paintings radiate calculated energy and love, and her beautiful imagery of people, places and objects enthusiastically invites the viewer to be a part of each specific encounter. Opening Reception: Friday, September 6, 2024, 5-7 p.m.; Closing Reception: Saturday, September 21, 2-5 p.m.; New Gallery Hours WED-FRI 11 a.m.-6 p.m. | SAT 12-6 p.m.

"FLOURISHING AFTER 55"

FROM PAGE 2

man composer Richard Wagner, Wednesday, Aug. 21, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti. Registration # 914300-06.

Self-care for caregivers, interactive workshop, Thursday, Aug. 22, 3 p.m., virtual. Hear about tools for Caregivers to refocus on their own wellbeing. Registration # 914500-18. Presented by the RAFT Dementia Support Program.

Free movie at Arlington Cinema Drafthouse for 55+ program participants to kick-off the program's 70th Anniversary, Thursday, Aug. 22, 2 p.m. (doors open at 1:15 p.m.. Registration # 914899-11. Name of

movie TBD.

The Sunshine Gang (band) invites you to listen to their practice session, Friday, Aug. 23, 1 p.m., Walter Reed 55+ Center. Drop-in.

50s Piano Lounge to celebrate 55+ Program's 70th Anniversary, Friday, Aug. 23, 1 p.m., Aurora Hills 55+ Center. Listen and sing along to classic tunes performed by Valerie Welsh. Registration # 914304-15.

55+ Travel group will attend the 2024 Library of Congress National Book Festival taking place at the Walter E. Washington Convention Center in D.C., Saturday, Aug. 24. Cost \$11, Arlington resident; \$13, non-resident. Registration # 902408-11.

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Flight Wine Company trading as Flight Wine Shop, 269 19th CT S STE 90, Arlington, VA 22202-3664. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for an Internet Retailer Application - Wine, Beer, Consumed license to sell or manufacture alcoholic beverages. Swati Bose, President. 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

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Let us know about an upcoming event

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Legals

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Taqueria Xochi AMZ, LLC trading as Taqueria Xochi, 510 14th St S, Arlington, VA 22202-2900. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer, Mixed Beverage license to sell or manufacture alcoholic beverages. Brett Burka, Member. 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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PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Burger Billy's Joint, located just down the street and around the corner provides cheeseburger and hamburger sliders for National Night Out.



Neighbors enjoy a night out with each other and local police and librarians.

National Night Out

FROM PAGE 3

Greg and Suzanne Embree have come for the third year to the Cherrydale event. Greg says they came to chat with neighbors and the police as well as meet the good food. "We also wanted to meet Helen Ignatenko, the new manager at the Cherrydale Branch." Greg is also the photographer for "Sweet and Sour News," the neighborhood newspaper.



Colin takes a big bite out of his burger from Burger Billy's Joint just down the street in Cherrydale

Really Dina?



By KENNETH B. LOURIE

How long have we been married? Nearly 46 years, right? Yet, you felt the need to tell me, as an inducement to go to a Saturday-crowded local Farmer's Market to buy two tomatoes and six ears of corn: "Why don't you buy yourself a whoopie pie while you're there." Thanks, Dina. I hadn't thought of that. If there ever was a sentence/suggestion that didn't need to be uttered, it was that one: Get 'a whoopie pie'? Are you serious? I'm getting six for \$9.95. (I wouldn't have considered running that errand if it were not for the whoopie pies at the other end.

Certainly, Dina knows a few things about me after all these years. Things, let's say incontrovertible facts, that she never need think about. A few examples: I live and die with The Boston Red Sox, I love The Three Stooges, (the ones with Curly), I miss my late brother, Richard, I love my dog Burton, I'm no good with tools and repairs, and I love, sweets, especially chocolate-centric ones. I don't simply have a sweet tooth. I have sweet teeth.

Now was this comment from Dina a temporary lapse in her judgment or was it an early sign of older age? After all, we have been married since "before the flood," as my late mother so often said. We're not exactly spring chickens, we're more like old goats. We pretty much have been there and done that in the relationship business. We don't (or rather won't) finish one another's sentences (that would require listening attentively to what the other is saying), but we can, with reasonable confidence, list some of undeniable truths about each other. (If you think I'm going to list some of Dina's 'undeniable truths,' you're crazy. I may be a slow learner, but I'm not stupid. I wouldn't write that list with a 10-foot pen.

She could write anything she wants about me. I'm an open book, especially, every week in this space. I'm not very complicated. I do, eat, say, buy, joke and think the same things, over and over and over again. Some might say ad nauseum. I'd say more like a continuing opportunity. Dina, on the other hand is far more in tune with the real world than I am. She prefers variety in her life, except for me. I'm the exact opposite of variety. I am, to invoke an old "Firesign Theater" bit from the 70s: I'm not simply "the same old place," "I'm the old same place." Meaning, in this context anyway, I'm like Popeye the sailor man: "I y'am what I y'am." One of the great philosophers of the Baby Boomer generation.

Olive Oil never wondered if Popeye really liked spinach. If he did, he would have muttered something memorable. (Have you seen the very old Popeye cartoons? He was always muttering something under his breath. Classic stuff.) This column is sort of what I was muttering under my breath after Dina suggested that I buy myself a whoopie pie. Like I hadn't already thought of it. Thought of it? I was already thinking where I was going to hide the remaining five whoopie when I got home.

As the errand turned out, the line for produce was around the block. I was number 79. The last number I heard called was 31. That was my cue to leave - empty handed. I then went over to the bakery where the line was much shorter, and so "it wouldn't be a total loss," to invoke a favorite Three Stooges line, I did indeed buy my six whoopie pies. And they were delicious.

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

BULLETIN BOARD

Submit civic/community announcements at ConnectionNews-papers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

TRAFFIC ALERT: 2024

ARLINGTON COUNTY FAIR

The Arlington County Fair will take place from August 14th-18th at Thomas Jefferson Community Center located at 3501 2nd Street South. The Arlington County Police Department will conduct the following road closures to accommodate the event:

2nd Street S., between S. Jackson Street and S. Irving Street, will be closed from 8:00 AM on August 14th, 2024, until 11:00 PM on August 18th, 2024.

S. Old Glebe Road between S. Glebe Road and 2nd Street S. will be closed daily from 2:00 PM until 11:00 PM on August 14th, 15th and 16th, 2024.

S. Old Glebe Road between S. Glebe Road and 2nd Street S. will be closed daily from 10:00 AM until 11:00 PM on August 17th and 18th, 2024 for Bus Traffic Only.

Additional road closures not mentioned above may be implemented at police discretion in the interest of public safety. Street parking in the area will be restricted. Motorists should be on the lookout for temporary "No Parking" signs and illegally parked vehicles may be ticketed or towed. If your vehicle is towed, please use the online portal to find out the status of your vehicle and where it is located. The online portal is updated in real time. If you cannot locate your vehi-

cle or need additional support using the online portal, call the County non-emergency number at 703-558-2222. For additional information on getting to the fair, visit the event organizer's website.

ROAD CLOSURES FOR SUMMER BARK BASH

The Arlington County Police Department will conduct road closures on Sunday, September 29 to accommodate the Summer Bark Bash. The following roadways will be closed from approximately 9:00 a.m. to 5:00 p.m. to accommodate the event:

S. Nelson Street between S. Four Mile Run Drive and S. Oakland Street

S. Oakland Street between S. Four Mile Run Drive and S. Nelson Street

Additional road closures not mentioned above may be implemented at police discretion in the interest of public safety. Street parking in these areas will be restricted. Motorists should be on the lookout for temporary "No Parking" signs and illegally parked vehicles may be ticketed or towed. If your vehicle is towed, please use the online portal to find out the status of your vehicle and where it is located. The online portal is updated in real time. If you cannot locate your vehicle or need additional support using the online portal, call the County non-emergency number at 703-558-2222.

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.

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.ourlady-queenofpeace.org for more.

ONGOING

Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat 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/ 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 liability

by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a RE-VIVE! training. Contact Emily Siqueland at 703-228-0913 or esiqueland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness/ for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, virtually. Registration is free and highly recommended to reserve spots, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiaconnections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

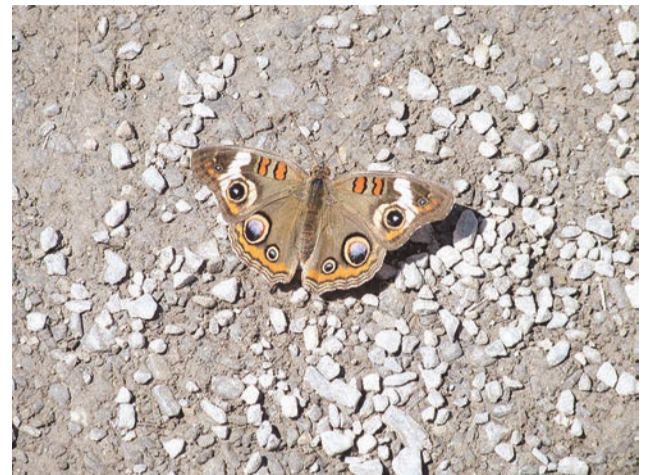
Arlington County, in partnership with the Human Rights Commission's Equality Task Force, has launched a web page with resources for the LGBTQ community. The new webpage compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth — such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit topics. arlingtonva.us/lgbtq-resources.



Tiger swallowtail butterfly on thistle



Cabbage white butterfly



Common buckeye butterfly

Butterflies May Be in Trouble

BY GLENDA C. BOOTH
CONNECTION NEWSPAPERS

This summer's heat and drought have not only taken a toll on humans, they may also be affecting the butterfly population. Some local naturalists believe there are fewer butterflies this summer in the region, but definitive conclusions cannot be reached until the season's end in late fall.

Though Hurricane Debby brought some welcomed rain to Virginia, the drought could persist. Virginia had the driest June on record since 1895 according to Drought.gov. And other factors may be involved.

Larry Meade conducts an annual butterfly survey and maintains, "Lower numbers are likely because of the heat and dry conditions. These are harsh conditions for caterpillars and there seem to be fewer flowers in the field than usual."

Alexandrian Rod Simmons has also seen fewer butterflies this year than in past years.

Butterflies need plants for all of their life stages. The National Wildlife Federation explains, "The insects need places to lay eggs, food plants for their larvae (caterpillars), places to form chrysalides and nectar sources for adults ... many butterflies and native flowering plants have co-evolved over time and depend on each other for survival and reproduction." If plants dry up and die, the caterpillars and butterflies have less food.

Other factors can affect them too, like habitat loss, the ubiquity of non-native plants and pesticides that kill all exposed insects, not just the target insects. On mosquito spraying, for example, Elizabeth Train and Elizabeth Martin wrote in a recent article, "Pyrethroids, the main chemicals that mosquito services use to kill mosquitoes in residential yards, are a class of broad-spectrum insecticides that are acutely toxic to terrestrial invertebrates, including pollinators such as bees and butterflies. Mosquito sprays kill all insects, including the caterpillars that birds rely on to feed their young throughout the breeding season. Nearly all terrestrial birds (96 percent), even seed eaters, feed their nestlings insects." <https://www.nvbirdalliance.org/news/to-spray-or-not-to-spray>

Meade is optimistic about this year's butterflies, offering, "I think butterflies can bounce back. Insects are resilient, so with



Monarch butterfly nectaring on milkweed

better conditions next year, they may well do better."

Migration Miracle Is Underway

In late summer and early fall, monarch butterflies zigzag through the area en route to Mexico, joining millions to overwinter on oyamel fir trees at 9,000 to 11,000 feet. Observers estimate the size of the population by measuring the area of the forest occupied by overwintering monarchs.

The monarch is the only butterfly to regularly undertake a two-way migration. Monarch expert, the late Dr. Lincoln Brower called it "one of the most extraordinary annual migrations on our planet, an amazing migration that eludes explanation." A western monarch population winters in California.

These orange and black butterflies, weighing 598 milligrams or one-fifth the weight of a penny, have evolved to lay their eggs on only one plant species, milkweed, called their host plant. English colonists named the insect for its colors, which reminded them of British royalty, the prince of Orange, later King William III.

When spring temperatures rise in Mexico and nectar sources become available, monarchs mate, head north and females lay

eggs. The eggs become adults (see below for cycle) and this new generation flies north.

Under Stress

Jim Waggener leads butterfly surveys in Northern Virginia and observes, "We're certainly seeing far fewer monarchs than usual. In the areas we're surveying, monarchs are on track to have a very bad year, possibly — without a great pickup from fly-ins in the fall — a record bad year."

University of Wisconsin-based Journey North tracks migrations and reported in February, "This past overwintering season was the second lowest on record but reports this spring and summer have been promising."

On Aug. 4, Chip Taylor with Monarch Watch emailed, "I can't tell you how big the migration will be. A lot depends on how many eggs were laid over the last 2.5 weeks north of 40 degrees latitude and then the forthcoming temperatures as that generation develops."

For details, visit <https://monarchwatch.org/blog/>.

The Monarch Cycle

Butterflies have four life stages. Females

PHOTOS BY GLENDA BOOTH



Monarch butterfly caterpillar

How to Help

Plant native milkweed and nectar plants. See <https://www.pollinator.org/monarch/monarch-resources> for appropriate plants.

Create a monarch waystation, <http://www.monarchwatch.org/waystations/>.

EVENTS

The Friends of Dyke Marsh butterfly walk, Aug. 17, www.fodm.org
Annual butterfly survey, Sept. 15, led by Larry Meade, www.nvbirdalliance.org

lay eggs on a leaf. After the egg hatches, the larva or caterpillar fattens up by eating leaves. That's all they do -- eat milkweed. A monarch outgrows its outer skin or exoskeleton several times and attaches itself to a support by a silky adhesive substance and becomes a pupa, a green, bag-like chrysalis that dangles delicately and transforms into a butterfly. When the adult butterfly inside is fully formed, the chrysalis splits open, the butterfly pumps fluid into its wing veins, basks in the sun to dry, hardens its wings and takes flight.

Monarchs lay eggs exclusively on milkweed plants. Adult monarchs nectar or feed on a variety of plants. Nectar is especially important for fueling the fall migration.

Virginia has over 170 species of butterflies, reports the Department of Wildlife Resources.