

The Arlington Connection

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PHOTO BY SUSAN LAUME/THE CONNECTION



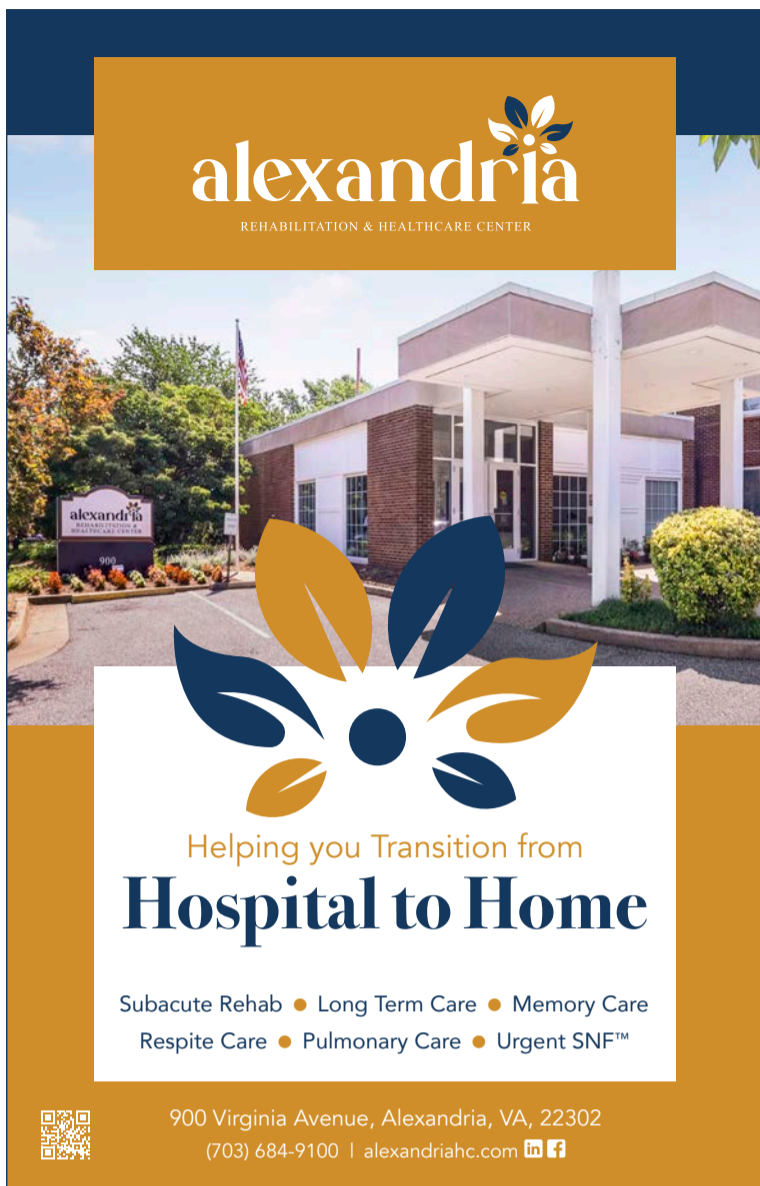
The LambMowers crew arrives in their lamb trailer and immediately begin work removing invasive species from a homeowners association common property.

Mobilizing
For Harris
PAGE 3

Slow Down in
School Zones
PAGE 3

Do You Need
LambMowers?

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SENIOR LIVING

“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 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.

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 German 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.

Line dance practice with instructor Kitty Russell, intermediate level, Monday, Aug. 26, 10 a.m. and Thursday, Aug. 29, 1 p.m., both at Arlington Mill 55+ Center and are drop-in.

Movie matinee at Arlington Mill 55+ Center, “Yesterday” (2019) (PG-13), Monday, Aug. 26, 1 p.m.

Registration # 914804-09.

Aurora Hills 55+ Center book club to discuss “A Fable” by William Faulkner, Monday, Aug. 26, 11:30 a.m. Drop-in.

Calling all Samba players, an intricate variation of canasta played with a partner and six decks of cards, Tuesday, Aug. 27 and Fri., Aug. 30, 1:30-4:30 p.m., Walter Reed 55+ Center. Beginners welcome. Drop-in.

Scrabble games, friendly competition, new players welcome, Wednesday, Aug. 28, 1 p.m., Langston-Brown 55+ Center and Friday, Aug. 30, 10 a.m., Walter Reed 55+ Center. Both are drop-in.

Play on the Plaza at Arlington Mill 55+ Center, Wednesday, Aug. 28, 5:30-7 p.m. 55+ participants can bring family and friends. Ages 55 and over. Games will include cornhole toss. Registration # 914899-10.

Magazine articles from popular publications discussed, facilitated by librarian Vicky McCaffrey, Wednesday, Aug. 28, 11 a.m., Aurora Hills 55+ Center. Copies of the articles available at the Center. Registration # 914402-08.

Open art studio for artists who work at their own pace, no instruction or materials provided, Wednesday, Aug. 28 and Friday, Aug. 30, 10 a.m. – 12 p.m., Arlington Mill 55+

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"FLOURISHING AFTER 55"

FROM PAGE 2

Center. Drop-in.

Learn to play Wingspan, fun board game for bird enthusiasts, Thursday, Aug. 29, 9:30 a.m., Walter Reed 55+ Center. Registration # 914600-02.

Jigsaw puzzle exchange at Lubber Run 55+ Center, Thursday, Aug. 29, 6 – 7 p.m. Bring new or second hand puzzles in good condition to swap with fellow 55+ participants. Registration # 914801-10.

Communication and hearing loss information presented by Bonnie O'Leary from Northern Virginia Resource Center for Deaf and Hard of Hearing Persons, Thursday, Aug. 29, 10 a.m. Discuss frustrations associated with late-onset hearing loss and more. Virtual presentation. Registration # 914500-16.

Series of virtual tours of South American countries concludes with Venezuela, Thursday, Aug. 29, 12:45 p.m. Presented by Ashley Gomez, Lubber Run 55+ Center director. Registration # 914400-42.

Afternoon meet-up with fellow 55+ participants for casual conversations, Friday, Aug. 30, 1:30-3 p.m., Langston-Brown 55+ Center. Drop-in.

Movie matinee, "Stand by Me" (1986) (R), Friday, Aug. 30, 12:30 p.m., Aurora Hills 55+ Center. Registration # 914804-06.

September is National Senior Center Month and many new activities will take place at the five 55+ Centers in the County, the first of which is a latte lounge hosted by the Walter Reed 55+ Center's Advisory Committee, Tuesday, Sept. 3, 1 p.m. A discussion of ideas regarding new programs is on the agenda. Registration # 911801-01.

All Arlington 55+ centers will be collecting breakfast cereals through the month of September to assist the Arlington Food Assistance Center (AFAC) in their drive to provide families and kids healthy breakfasts.

Donation boxes will be at all 55+ centers. For more information check with 55+ center director.

Encore Chorale rehearsals begin Tuesday, Sept. 3, 1 p.m., Lubber Run 55+ Center. 14 sessions run through Dec. 10. No audition required, newcomers welcome. Cost, \$165 plus \$25 materials fee. Registration # 911300-05.

55+ Travel group will tour the Antietam National Battlefield by bus plus a walking tour with John McNair, Sharpsburg, MD, Tuesday, Sept. 3. Cost \$25, Arlington resident; \$29, non-resident. Registration # 902409-01.

Langston-Brown 55+ Center's book club will feature "Lady Tan's Circle of Women" by Lisa See, Tuesday, Sept. 3, 1:30 p.m. Drop-in.

Playground clean-up at Lubber Run Community Center, Wednesday, Sept 4, 8:30 a.m. – 12:30 p.m. In partnership with Dept. of Parks and Recreation (DPR) and 55+ participants. Registration # 911899=01.

Get to know Arlington's five 55+ centers and programs during National Senior Center Month, Wednesday, Sept. 4, 6 p.m., Arlington Mill 55+ Center. Meet Center Director Carrie Conley to review all programs and suggest new ones. Open to all ages; 55+ Pass not required. Registration # 911400-03.

Travel guru and long-time 55+ volunteer Mary Smolenski will share her experiences from a Mediterranean cruise to Greece, Turkey, Egypt and Israel, Wednesday, Sept. 4, 1:30 p.m., Aurora Hills 55+ Center.



PHOTOS COURTESY OF SEN. KAINE TEAM

Gearing Up

The Harris-Walz campaign and the Democratic Party of Virginia coordinated a weekend of action across the Commonwealth to connect with voters ahead of the Democratic National Convention. During the weekend, U.S. Senator Tim Kaine, U.S. Rep. Gerry Connolly and others joined organizers and supporters to get the word out to voters about Vice President Harris' vision to take the U.S. forward. Here, Sen. Tim Kaine is pictured with supporters in Arlington.



School Zone Speed Cameras for New School Year

Arlington County is preparing for the first day of school, Monday, Aug. 26, with speed cameras deployed in school zones. The new transportation safety tool is designed to deter speeding, reduce the likelihood of severe crashes, and improve overall safety in school zones. Arlington County's PhotoSPEED program is launching at the start of the 2024-2025 academic year with 10 new speed safety cameras in Arlington school zones.

PhotoSPEED cameras will be installed at the following locations:

- ❖ NB 1300 block of N. Kirkwood Road
- ❖ WB 5800 block of Wilson Boulevard
- ❖ SB 400 block of N. George Mason Drive
- ❖ SB 600 block of S. Carlin Springs Road
- ❖ SB Unit block of S. Carlin Springs Road
- ❖ SB 1900 block of S. George Mason Drive
- ❖ NB 1900 block of S. George Mason Drive
- ❖ SB 1200 block of S. George Mason Drive
- ❖ EB 4500 block of Washington Boulevard
- ❖ EB 5200 block of Yorktown Boulevard

The speed limit at these school zone locations is 20 miles

per hour while the lights on the speed limit signs are flashing. Warning signs are posted 1,000 feet in advance of each speed safety camera.

There will be a warning period designed to help raise public awareness about the new safety camera locations and encourage driver compliance with posted speed limits. The warning period for these new cameras will be Aug. 26 - Sept. 24, 2024.

Tickets for violations at these locations will be issued beginning Sept. 25, 2024. At the conclusion of the warning period, speed zone violators will be issued a \$100 ticket (civil fine) per infraction to the vehicle's registered owner.

PhotoSPEED Program Information

Arlington County identified school zone locations within the county that would most benefit from automated safety devices in accordance with the County's Vision Zero strategy. PhotoSPEED locations were then selected using safety data sources. These school zones will be actively reviewed and assessed by County staff to evaluate the safety impacts of the cameras and guide the development and future of the

PhotoSPEED program.

Speed safety cameras are operational when the school zone lights are flashing during school arrival and departure. The cameras take digital images and video footage of vehicles traveling in excess of the posted speed limit. The contracted company reviews and validates the footage before sending it to the Arlington County Police Department. An officer then reviews the footage captured by the system and events that are determined to be a speed violation result in a ticket.

PhotoSPEED Program Background

In 2020, Virginia enacted legislation to allow speed safety cameras in school and work zones. County agencies collaborated to develop a proposal to bring speed cameras to Arlington's school zones in accordance with state requirements. The County Board adopted the proposed changes to County Code in January 2022.

PhotoSPEED is part of Arlington County's Automated Safety Enforcement Program and supports the County's ongoing Vision Zero Transportation Safety Program efforts and the Police Department's key initiative of Transportation Safety.



The LambMowers crew arrives in their lamb trailer and immediately begin their work.



The working flock immediately draws attention from community members and passers-by.



The Babydoll Southdown sheep breed is known for their small size, cute fleeced faces, and friendly disposition.

Lamb Work Turns Heads

Sheep crew keeps invasive plants at bay.

BY SUSAN LAUME
THE CONNECTION

People walked from nearby developments, and traffic slowed or stopped along Gambrell Road on Sunday to watch LambMowers at work. The sheep landscaping crew, under the direction of shepherd Cory Suter of LambMowers, worked to clear

the Ridge Road Estates HOA common area field of invasive plants.

The small field, converted a few years ago from turf grass to a natural meadow, up to this time was only under the care of human hands. The sheep brought their grazing power, 17 sheep strong, to tackle new invasive vine and plant growth since the last human invasive removal touch-up.

The tall, non-turf grasses, allowed to grow here, serve as important carbon sequestrators, as do the native trees. The meadow in its natural state provides an attractive spot for insect and bird pollinators and wildlife of many kinds.



One last sniff before good-bye.



Preferring to work together, the team searches among the taller grasses for the delectable weedy plants.



Any worker enjoys a break, and one crew member found a shady spot for a short respite.



Would-be shepherds were able to get close to offer hand-fulls of tasty grasses.



After a two hour grazing session, it was time to say good-bye, even as more people arrived hoping to sheep watch.

Sheep tattoos provided a memento of the chance to meet the friendly sheep



Airport Service Workers To Get Paid Sick Leave

Metropolitan Washington Airport Authority Board of Directors voted to enact a first-ever policy ensuring all airport employers provide paid sick leave for Dulles and Reagan National Airport wheelchair assistants, cabin cleaners, terminal cleaners and baggage handlers.

The victory comes as the result of a four-year, worker-led campaign supported by U.S. Sen. Tim Kaine, Maryland Governor Wes Moore, U.S. Rep. Gerry Connolly, dozens of Virginia lawmakers, including Delegates Alfonso Lopez and Irene Shin, Senator Barbara Favola and several community groups. Effective Jan. 1, 2025, workers will have access to 40 hours of paid sick leave per year.

“By staying united and getting lawmakers invested in their four year long fight, airport service workers were able to win basic benefits that most of us take for granted,” said 32BJ Executive Vice President Jaime Contreras. “MWAA knows that where there’s money, there’s a way because it’s how they enacted a wage policy and it’s the same way they can ensure health care too.”

“It’s a huge relief to know I can take time off from work to take care of my health without losing a day’s pay, but I still need help to afford all of my life-saving medical care,” said Marcellus Foster, a Dulles customer service counter representative from Dumfries, Va. Foster, who had brain cancer as

a child, continues to rely on four medications to survive.

When the paid sick leave policy goes into effect next year, Foster will no longer have to fear eviction or having his electricity, gas and water shut off as he has in the past after missing days of work without pay. However, Foster is still unable to afford all of his medicine, which can leave him with heart palpitations, breathing problems, swollen feet and leg pain. If he cuts back on another medication for his appetite, it causes him to lose weight, draining him of the necessary energy and strength to work.

At \$16 per hour, affording his own health insurance is out of the picture. That’s why Foster and his coworkers will continue their fight to ensure the Board improves their compensation package since the expenses that workers pay by not having health care undercut MWAA’s own wage policy. Just as MWAA enacted a policy requiring employers provide a living wage for airport service workers in 2018, they can also enact a policy mandating health care benefits or an improved wage policy to offset healthcare costs.

Major airports that already have requirements for hourly supplements earmarked for health or other benefits for their workforce currently include Philadelphia, Newark, Fort Lauderdale, JFK and LaGuardia, Los Angeles, Miami, Oakland, Saint Louis, San Francisco, and San Jose.

BULLETIN BOARD

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

ROAD CLOSURES FOR SUMMER BARK BASH

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

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.



Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
SCOTT	16713	627	COPPER CREEK ROAD	CREEK	7/25/2024
SCOTT	16734	636	COWAN GAP TUNNEL R	COWANS BRANCH	7/11/2024
FRANKLIN	7920	713	POWER DAM ROAD 713	220 BP	7/10/2024
BOTETOURT	3537	T1003	2ND. AVE./T1003	TINKER CREEK	7/8/2024
LEXINGTON	20473	0	LIME KILN ROAD	WOODS CREEK	7/3/2024
FRANKLIN	7833	613	NAFF ROAD 613	MAGGODEE CREEK	7/3/2024

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit vdot.virginia.gov and navigate to Traffic and Travel/For freight operators/Truck restrictions. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov or the Load Rating Program Manager, Manjil Devkota 804-786-4064.

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

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Alexandria Film Festival — Behind the Scenes

Interview with Patti North, executive director and founder of the Alexandria Film Festival.

By SHIRLEY RUHE
ARLINGTON CONNECTION

The Alexandria Film Festival will run from Nov. 7-10 in several venues around Alexandria. It features high quality short and feature length films, documentaries, filmmaker panels and arts presentations. This is the first in a series of articles focusing on the background, the process and a look at the movers and shakers who make it all happen.

Q: What inspired you to start the Alexandria Film Festival 18 years ago?

Patti North: Well, at the time I was a member of the Alexandria Commission for the Arts. I had always loved movies since I was a child. I realized it was the time of DVDs; a digital revolution was happening and it was going to be big. I thought there is a whole thing under our radar and we are promoting things from the Renaissance. At the time Alexandria had a number of Ethnic festivals and I thought we could put them together in an international film festival. It worked. We did get together but they didn't give up their individual festivals.

Q: Take me back. What was it like the first year?

North: The first year we had fewer than 20 film entries but we had some significant entries. One of the films by local filmmakers was nominated for an Oscar. It was about a music festival in Uganda and the devastating stories of the participants before then. One girl lost her parents who were slaughtered. She ran into the jungle and when she returned to her village she found her mother's head in a cooking pot. The music festival became a metaphor for their survival. The first year we held the festival in the U.S. Patent and Trademark Office which was new and had auditorium space. It was good and bad. It wasn't set up for film and the location was buried and a challenge to get there.

Q: How did things develop from there?

North: It took a few years to attract filmmakers to come here. But we made steady progress and some of the filmmakers returned a few different times. But there was kind of a sea change in 2012. The City was still backing us at the time, and the Office of the Arts had a very good staff person who gave us significant time, especially the three months before the Festival. Suddenly she left, and the City told us they didn't have any bandwidth to give us anymore and if we wanted to continue we'd have to do it ourselves. At that point I was ready to let it go; there's only so much volunteers can do. But the volunteers wanted to go ahead so

I said ok. There were some advantages to not being connected with the City because it gave us a lot of freedom to choose what we wanted without worrying whether some language or content in the films would be offensive to them.

Q: What is your budget and what are your largest expenses?

North: This year the budget is \$43,000-45,000. The biggest expense is venue rental. We can show films anywhere but if the venue doesn't have the equipment, we have to bring it in but if they have the equipment, they are top dollar. AMC Hoffman is a big well-equipped theater and top dollar; Bealeley Library is the most affordable. The next largest expense is marketing. I can't believe after 18 years people still say, "Alexandria has a film festival?" The competition for people's attention is extremely intense. If you could just run one ad, you'd do it but you don't know what message is working to compete with everything out there. We support the Festival with a grant from the City of Alexandria and the Commission on the Arts which was \$11,000 this year, and we've had some of our corporate sponsors for all 18 years. And our fellow citizens are loyal and generous in making sure the festival can prosper and grow.

Alexandria Film Festival

Find out more, <https://alexfilmfest.com/>

Q: What unexpected things have happened along the road?

North: Well, Covid was unexpected but it had some dividends. We had to do two years virtual watching on the computer. But a new platform was rising up, and we had to figure out what to do. None of us is very technical but we got the ability to offer pop up films anytime and we have done that. In person is best but it doesn't mean we shouldn't be open. Last year we had a power outage so the films had to be rescheduled until later in the day until we could solve the problem. I had eaten at a restaurant across the street and parked my car in a zoned area. When I finally left at 1 am, I found my car had been towed. It cost me \$265 to get it back. One thing I didn't expect was my new collaboration with the maestro of the Alexandria Symphony. We invited filmmakers to submit a film that would be accompanied with an orchestral piece played by the symphony. Seeing a film played in perfect synchronization — people couldn't believe it.

Q: What is the incentive for film makers to appear in the Alexandria Festival?

North: One of the reasons film festivals ex-



Executive Director
Patti North.

ist is to serve as a bridge between the filmmaker and getting noticed by the distributor. If you win an award you are not an unknown quantity anymore. We give awards at the end of the Festival in a number of different categories including Best of Festival, Best Foreign Language, Best Audience and Best Documentary Short. We don't have any overhead with the Alexandria Film Festival since all volunteers are unpaid, and I work out of my home so we are able to keep the entry fees modest although running a festival is expensive so they aren't cheap. Also we have a good professional reputation and the filmmakers know we aren't going to take advantage of them. And filmmakers like to come here and spend a weekend in Alexandria hanging out with other film people and enjoying our restaurants and fun, interesting city. Frankly, other areas that host film festivals aren't as interesting as Alexandria.

Q: What is your biggest worry?

North: At this time of the year, I try to go to sleep. This is a huge logistical nightmare. You have to have all of your ducks in a row and things have a chain reaction. You can't promote the films until they have been accepted. So many things are closely related. The logistics of operating in multiple venues at the same time, organizing content and collateral and getting folks where they need to be at the right time is pretty challenging and to do it all with unpaid volunteers is amazing. In the longer term, I worry and hope we can always retain the theater experience; it's not the same as watching TV. I screen some of the films on my computer but when I see them on the big screen the visual potential is "wow." It's really different in person. I worry about expectations falling so low that people accept artificial experiences.

Q: How would you describe the film festival?

North: We feature more substantive material so we're not likely to get Marvel submissions. The content is driven by what we like — social justice, equality, and opening the door on a little known part of the world. We aren't a themed festival like environment for instance. Once you do that there is new material that you have to let go, and we don't want to do that. We focus on things like the slave trade in Alexandria's history, our city's grandeur but also its disgrace. You have to look at the whole picture. We want to make people think and feel.

FIND OUT MORE, [HTTPS://ALEXFILMFEST.COM/](https://ALEXFILMFEST.COM/)

Dream On



By KENNETH B. LOURIE

Apparently, when you reach a certain age (older age) you don't sleep so well or so long. But last night was different. So much so that when I woke up this morning, I immediately and enthusiastically commented on it to my wife, Dina. Moreover, I had the longest dream, with the most detail of any I've had in forever. If I hadn't been woken by my wife's phone alarm, I'd still be sleeping.

Typically, my sleep is average. With so many cancer-related thoughts and concerns locked up in my compartmentalized vault, it's no wonder that occasionally anxiety seeps out and I'm ever more cognizant of my somewhat tenuous life expectancy. Not last night though. No seepage. Just REM sleep. So relaxing and so refreshing that I'm looking forward to bedtime tonight. But I imagine; what's the positive version of lightening striking twice, well, whatever it is, I doubt it will 'strike' me/the same person on consecutive nights.

And as unpredictable as a lightning strike is, for a cancer patient who lives everyday with the "terminal" prognosis I was given 15 and almost six months ago exactly (late Feb. '09), my life is pretty unpredictable too. A random pain here. A disappointing lab result there. A problematic PET scan everywhere. It doesn't take too much for a cancer survivor - still undergoing treatment, to fret and when negative results, values, miscellaneous diagnostics, et cetera, rear their ugly head, it's difficult to take it all in stride. I mean, your life seems stable, but maybe it's actually hanging in the balance for all you know so your reality is never far from your day-to-day existence. Nevertheless, the longer I live, the luckier I feel. Unfortunately, there's few guarantees in life, especially if you're an oncology patient.

With all this underlying fear and worry front and center, back and to both sides of your brain, falling asleep is not always an easy task. As hard as you try, getting away from your reality, as a cancer patient undergoing treatment; it's just not possible, the vault notwithstanding. All you can do is try not to be bogged down mentally by your less-than-ideal circumstances. After all, I was given a "13 months to two-year" prognosis way back when. Yet here I sit, pen in hand, writing about those 15 and a half years. Still, my overwhelming concern remains the same: "Am I further from the beginning or closer to the end?" I have no doubts that trying to fall asleep with cancer thoughts/life expectancy in your head is a sure-fire sleep inhibitor.

But what if you received some good cancer news? Would your sleep be affected? To quote any number of regulars and guest stars from the old "Laugh-in" series: "You bet your sweet bippy." And you might even have the kind of dream that I had last night. Almost as if my subconscious didn't have a care in the world. For a cancer patient originally diagnosed as "terminal," 'almost' is plenty good enough to help you get a good night's sleep. That is, as long as I wake up.

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

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.



The Close Encounters Solo Show by Jessica Mickey will be held Sept. 4-28, 2024 at 2100 Crystal Drive in Arlington.

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.

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 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=eW0rN1RTU5lTmJ5NnF2QXZlNmduUQT09>
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

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

SUNDAY/AUG. 29

How do we stop arresting people for poverty crimes? Hosted by Arlington for Justice. 5 - 7:15 p.m. Hybrid, Virtual on Zoom and Arlington Central Library, Barbara M. Donnellan Auditorium, 1015 N Quincy St., Arlington.

AUG. 29 TO OCT. 6

Locally Sourced Arlington Artists Alliance Member Juried Show.

At The Crossing Clarendon, 2700 Clarendon Blvd., Suite R330, Arlington. Locally Sourced spotlights Arlington artists and fosters a sense of pride and appreciation for our local creative community, in this new pop-up boutique gallery space. The exhibition showcases a curated selection of artworks that speak directly to the essence of our local identity. Juried by Yigit Cakar, commissioner for the Arlington Commission for the Arts. Opening Reception: Thursday, August 29, 5-7 p.m.; Gallery Hours Thursday to Sunday 12-6 p.m. Visit <https://www.arlingtonartistsalliance.org/events>

WEDNESDAY/SEPT. 4

Overdose Awareness Candlelight Vigil. 7 p.m. At Courthouse Plaza,



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

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.

SATURDAY/SEPT. 7

Rosslyn Jazz Fest 2024. 1-7 p.m. At Gateway Park in Rosslyn. Jazz is back for the 32nd Annual Jazz Fest! Rosslyn Jazz Fest is free and registration is not required, but strongly encouraged, as there are capacity limits at Gateway Park. Join up at Gateway Park for an afternoon of music, food trucks, yard games, community table experiences, and tons of fun!

FRIDAY/SEPT. 13

VHC Health Workshop. 2-3 p.m. Improve Mobility, Gain Strength & Prevent Falls. At Arlington Central Library, Auditorium, Arlington. In this free workshop, Cathy Turner, VHC Health Director Health Promotion & Senior Health, ACE certified fitness instructor and Active Aging instructor, will provide participants with exercises and stretches to help strengthen the muscles in their arms, legs, back, and hips. These exercises help with maintaining muscle mass, improving mobility and reducing risk of falls. Register at: seniorhealth@vhchealth.org or 703-558-6859.

SEPT. 13-15

It’s a Steal! Art Show. Sponsored by Arlington Artists Alliance. At Church of the Covenant, 2666 Military Road, Arlington. This favorite community event offers real art from local artists at affordable prices! Find hundreds of works for art for sale under \$150 that will include original paintings (framed or ready for hanging), sculpture, pottery, glass, note cards, prints, matted--unframed--originals, and much more, all created by artist

members of the local nonprofit Arlington Artists Alliance. Opening Reception: Friday, September 13, 6-8 p.m.; Saturday, September 14: 10 a.m.-5 p.m.; Sunday, September 15: 11 a.m.-2 p.m. Visit <https://www.arlingtonartistsalliance.org/events>

SATURDAY/SEPT. 14

Girls Try Hockey for Free Day. Registration is now open for the NHL’s Washington Capitals DMV Girls Try Hockey For Free Day, taking place at 18 rinks across Virginia and Maryland on Saturday, Sept. 14.: Participating clubs in Virginia include: Arlington, Va. - Caps Academy (at MedStar Capitals Iceplex in Arlington, VA)

Haymarket, Va. - the Piedmont Predators (at Haymarket IcePlex in Haymarket, VA),
Leesburg, Va. - the Loudoun Knights (at Ion ITC in Leesburg, VA)
Reston, Va. - the Reston Raiders (at Skatequest in Reston, VA)
Richmond, Va. - the Richmond Generals (at Richmond Ice Zone in North Chesterfield, VA)
Springfield, Va. - The St. James (at The St. James in Springfield, VA).
Virginia Beach, Va. - the Hampton Roads Junior Admirals (at Iceland in Virginia Beach, VA)
Woodbridge, Va. - the Potomac Lady Patriots (at Prince William Ice Center in Woodbridge, VA)

About the Initiative: DMV Girls Try Hockey for Free is a program that provides local girls ages 4-9 the chance to try hockey during a one-to-two-hour ice session at no cost.

Required equipment is loaned to participants through the local youth hockey organization. Interested families can register at capsyouthhockey.com/girlsthff Try Hockey for Free days also provide local youth hockey associations with a platform and opportunity to acquire new players locally and engage interested families into youth hockey programs across the region. Last year, more than 300 girls ages 4-9 tried hockey for the first time through the event, and more than 30% of girls registered to continue to play.

SATURDAY/SEPT. 14

Comedy Karaoke Trivia Funtime Show. 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. The Capital City Showcase, which produces some of the best events in the D.C. area, returns with its new one-of-a-kind blend of entertainment. Bring a team or fly solo and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle. Hosted by Christian Hunt, this experience features comedy from the DC area’s finest comics. The headliner

for September’s show is the hilarious Jenny Questell.

SATURDAY/SEPT. 14

Rock-n-Recycle Open House. 8 a.m. to 1 p.m. At Arlington County Trades Center, 4300 29th Street S., Arlington. Explore the world of composting, recycling, trash-to-energy and other key environmental services. See the big work machines (The Rock Crusher! The Tub Grinder!) up close, sit in the driver’s seat and meet the experts who keep Arlington clean and sustainable. Visit arlingtonva.us/Rock-n-Recycle

MONDAY/SEPT. 16

AFAC Golf Tournament. At Army Navy Country Club, Arlington. Shotgun start at 12:30! Don’t miss out on the opportunity to play this award-winning course, enjoy a day filled with amenities at the exclusive ANCC Clubhouse, and fight hunger in Arlington - all at once! Golfer perks include:

- 18-hole game at Army Navy Country Club Golf Course Lunch provided by Sloppy Mama’s (beer and soda provided too)
- Complimentary beverage cart options provided on the golf course
- Dinner provided by ANCC which includes a full open bar
- \$50 gift card to spend at the ANCC Pro Shop (expires 12/31/2024)
- Professional exterior car wash while you golf
- .Sponsorship only packages are available now! If you have questions, contact Jolie Smith at 571-384-1443 or email jolie.smith@afac.org.

WEDNESDAY/SEPT. 18

Alzheimer’s & Caregiving Conference. 10 a.m. to 1 p.m. At Sheraton Pentagon City Hotel, 900 South Orme Street, Arlington. The free conference sponsored by the Alzheimer’s Foundation of America is open to everyone and will allow participants to learn from experts in the field of Alzheimer’s disease, brain health, caregiving, and self-care. To register, go to www.alzfdn.org/tour. Advance registration is highly recommended. Free, confidential memory screenings will be conducted throughout the day.

SEPT. 21-22

STUDIO TOUR, 59 Arlington Art Studios to Open to Public. This year will mark the seventh Arlington Visual Art Studio Tour, which is a joint effort of independent artists and volunteers, supported by contributors including Schnider Investment Group and Dominion Lighting, and in cooperation with Arlington’s visual art organizations. The Tour is a community-building event that allows visitors to discover the artists who are also their neighbors. The Tour will publish names, locations and opening hours of participating artists, so that anyone can create their own itinerary to meet the artists in their maker spaces and see their work. Studios in South Arlington will open Saturday Sept. 21, and those in North Arlington, on Sunday Sept. 22. This year, the assortment of artwork includes painting, assemblage, collage, printmaking, photography, ceramics, sculpture, weaving and fiber, drawing, paper-cutting, glass, metalwork, calligraphy and jewelry. Visit <https://www.arlingtonartstudiotour.org>.