

SENIOR LIVING, PAGE 5 ♦ OPINION, PAGE 7 ♦ ENTERTAINMENT, PAGE 8

PHOTO BY ARLINGTON NEIGHBOR

Holiday lights reflected in nighttime Arlington snow.

Happy Snow Days

PAGE 3

Go Easy on the Salt
PAGE 6



PLAN YOUR NEXT GREAT ADVENTURE

Vinson Hall Retirement Community residents come from a variety of backgrounds, but they have one thing in common: a spirit of adventure. They are curious, engaged, well-traveled and excited about their next chapter. And they all love calling our community home. From art classes and pickleball to lively meals and happy hours on campus, there's no shortage of activities and entertainment. When you have seen all the wonders of the world, you want to make sure your home base measures up.

Whether they are returning from a vacation to Italy or a trip to the grocery store, our residents love coming home to Vinson Hall Retirement Community – where government or military association is no longer required! From friendly faces and exciting social activities to an experienced team on your side, discover the endless possibilities of a first-rate retirement.

▶▶▶▶▶ CALL **703-935-1438** OR VISIT **VINSONHALL.ORG** TODAY TO PLAN YOUR ARRIVAL ◀◀◀◀◀

SNOW DAY

More Than 7 Inches of Snow in Arlington

Schools and almost everything else were closed Monday and Tuesday in Arlington as more than 7 inches of snow was recorded at National Airport.

Neighbors were popping out the front door with the video on their phone or pulling out the regular Nikon and taking pictures on Monday to send to their relatives in sunnier parts of the country. Nobody here ventured out in the frigid temperatures so they captured the images in their own backyards including animal tracks across the yard, hungry birds, snow covered furniture and the handy little red wagon covered in snow instead of loaded with groceries.

— SHIRLEY RUHE

PHOTOS BY ARLINGTON NEIGHBORS



Carolina Wren



Tufted Titmouse



Blue Jay enjoying some treats



Snow on evergreens



Little red wagon covered in snow instead of loaded with groceries



Holly with berries available for birds



Checking the snow data



Reagan National Airport recorded a bit more than 7 inches of snow

WWW.CONNECTIONNEWSPAPERS.COM



Holiday lights reflected on the snow

ARLINGTON CONNECTION ❖ JANUARY 8-21, 2025 ❖ 3

PHOTOS BY SHIRLEY RUHE



Penny Morrill, a long-time customer, says her favorite spread is the Moroccan cilantro.



Current three Picnic spreads available on display at Balducci's including tandoori garlic, Moroccan cilantro and herbed goat cheese.



Arlingtonian Brady Marz demos his Picnic gourmet cheese spreads on the afternoon of New Year's Eve at Balducci's in McLean.

Kitchen to Market — Brady and Heather Make It Work

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Today the herbed goat cheese dip is the customer favorite at Arlingtonian Brady Marz's Picnic gourmet spread demo at Balducci's in McLean on the afternoon of New Year's Eve. Two weeks ago the favorite was Moroccan cilantro. Marz says they currently offer three dips with two new ones, Parmesan and jalapeño herb, to come out next month. "We used to have a lot more choices but some of them, like caramelized onion and chipotle sage, never found a market. We figure out what sells."

The business started in their kitchen in Charleston, South Carolina in 2009 where Marz's wife, Heather, experimented with making labneh and adding different herbs.

"We were in the furniture business at the time and then the recession hit and we weren't selling furniture. So we had to pivot."

They moved this area in 2011 where they found business at local farmer's markets, and they picked up Whole Foods. But then Covid hit. "I remember my last demo at Giant when somebody said to me 'do you think you should be doing this?' That was March 16, [2020]." And then he didn't do any demos for four years. Marz says before Covid hit he was doing eight demos a week but now he does about two.

"I really like to meet the people and talk to them but I have found that we sell close to the same number of spreads without or without demos," Brady says.

Marz remembers that when Covid hit, business actually spiked as people were stocking up on things as they anticipated "the end of

the world." He says he and Heather adjusted the website to reflect the new situation and offer recommendations to home "chefs" on how to use the Picnic spreads now that they were cooking at home and not eating at restaurants much anymore.

Marz explains the spreads took hold by word of mouth. And now in addition to Whole Foods, they have Balducci's, wineries and small specialty stores. Marz says on holidays business is generally good but he has noticed customer behavior can be a little different. "People can come in with one thing on their mind that they have to find for their New Year's Eve party and ignore everything else." But today Marz is guessing he will sell four cases of 12 units.

Penny Morrill is checking out what they have today. "I've been coming here since years ago when Brady first started. I get the spreads all the time — Moroccan cilantro is my favorite."

A mother and daughter stop by. Marz explains to everyone who is curious about tast-

ing the spreads. "The spreads are healthy, all natural and versatile; good with meat or fish or as a traditional dip with crackers or vegetables." The mother comments, "I don't usually like goat cheese but this is good."

Marz says when they started the business it was a learning experience in many ways. Working with Whole Foods took some effort because all ingredients had to be certified as natural. "There was a whole list of things we couldn't use." In addition, he says, "We weren't in the food business and started out with a modest \$2,000 budget for ingredients and containers. We had no investors, no backing. We did this by the seat of our pants — printing labels at Kinkos, no advertising budget — just me as salesman." He says they were two people with no expenses just trying to see if their product had legs.

Now Brady and Heather work with a co-packing facility that produces their product by upscaling the recipe under their specifications. "We just launched into it and made it work."

SENIOR LIVING

Flourishing After 55

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

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.

Fighting invasive plants in winter, join Arlington Regional Master Naturalists for a discussion about recognizing and getting rid of invasive plants along with harmful insects and pathogens, Monday, Jan. 13, 1 p.m., Walter Reed 55+ Center, registration # 912400-28 and repeated Wednesday, Jan. 15, 5 p.m., Arlington Mill 55+ Center, registration # 912400-29.

Paint along with a Community Arts Programmer as they present a detailed step-by-step painting demonstration. Monday, Jan. 13, 10:30 a.m., virtual. Registration # 912303-02.

"Collecting Memories: Treasures" exhibit at the Library of Congress, D.C., is on the agenda

for the 55+ Travel group, Tuesday, Jan. 14. Cost \$11, Arlington resident; \$13, non-resident. Registration # 902401-06.

AARP HomeFit workshop provides info on which home modifications are needed to stay in the home, Tuesday, Jan. 14, 10:30 a.m., Arlington Mill 55+ Center. Presented by AARP speakers, Bob Eiffert and Jane King. Registration # 912404-01.

An Hour of Ellington, pianist Ken Schellenberg and bassist Chris Borsch will perform a set of songs from Duke Ellington's career, Tuesday, Jan. 14, 11:30 a.m., Lubber Run 55+ Center. Registration # 912301-04.

Arlington Senior Golf Club members to hold first 2025 meeting Wednesday, Jan. 15, 11 a.m., Lubber Run 55+ Center. Drop-in. Club members play 26 Northern Virginia courses April through October. For more information, check the website at arlingtonseniorgolfclub.org.

Estate planning documents needed to organize an estate, presented by Elder Law Attorney Ed Zetlin, Wednesday, Jan. 15, 11 a.m., virtual. Registration # 912404-02.

Live well with diabetes, presented by a registered dietician from Virginia Hospital Center, Thursday, Jan. 16, 10 a.m., Arlington Mill 55+ Center. Topics will include meal planning, portion control, physical activity and monitoring blood sugar. Registration # 912500-04.

The spread of invasive species from plants and animals to microscopic bacteria and their local and global impact will be discussed with an Arlington Park Naturalist, Thursday, Jan. 16, 11 a.m., virtual.

Registration # 912400-30.

Care of houseplants, presented by Lynn Berry, Virginia Cooperative Extension Master Gardener, Thursday, Jan. 16, 11 a.m., Langston-Brown 55+ Center. Registration # 912401-01

Artist Cookbook, learn recipes for art materials made from household items, Thursday, Jan. 16, 9 a.m., virtual. Presented by Community Arts Programmer Jennifer Droblyen. Registration # 912302-11.

Just beneath the surface, learn the context and history of three artists, presented by Community Arts Programmer Jim Halloran, Friday, Jan. 17, 10:30 a.m., virtual. Includes a short demonstration of an artist's specific process with discussion to follow. Registration # 912302-07.

Winter piano lounge with pianist Valerie Welsh, Friday, Jan. 17, 1 p.m., Aurora Hills 55+ Center. Registration # 912301-06.

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.

SCHOOL ZONE SPEED SAFETY CAMERA PROGRAM TO EXPAND

Installment of new speed safety cameras has begun in Arlington County school zones as a tool to deter speeding and increase overall transportation safety as students arrive and depart from school each day. In total, 8 additional cameras will be installed by January 6, 2025, the start of school after winter

break, expanding the program's safety efforts within Arlington's network of school zones.

The expanded PhotoSPEED program cameras will be installed at the following locations:

NB 700 block of N. George Mason Drive

NB 1600 block of N. Glebe Road

WB 4100 block of Lorcom Lane

SB 2500 block of S. Arlington Ridge Road

EB 5800 block of Williamsburg Boulevard

SB 1000 block of N. McKinley Road

EB 3500 block of 2nd Street S.

NB 1600 block of N. Veitch Street

There will be a warning period designed to help raise public awareness about the new speed camera locations and encourage

driver compliance with posted speed limits. The warning period for these new cameras will be January 6 – February 4, 2025. Tickets for violations at these locations will be issued beginning February 5, 2025. 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.

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

SEE BULLETIN, PAGE 7



5100 FILLMORE AVE
ALEXANDRIA, VA 22311

*Limited time offer. Some exclusions may apply. Contact community for more details.

COGIR

ALEXANDRIA
FILLMORE
SENIOR LIVING

OFFERING ASSISTED LIVING

CALL US TO
SCHEDULE A TOUR!
(571) 630-3985

COGIROFALEXANDRIA.COM

SALT SMART

PHOTOS BY GLENDA BOOTH



The National Park Service sprayed the GW Memorial Parkway on Sunday, January 5, preparing for the anticipated snowstorm.



Trucks at Fort Hunt and Shenandoah Roads are ready to plow snow.

When Snow and Ice Come, Be Salt Smart

BY GLENDA C. BOOTH
CONNECTION NEWSPAPERS

This week's snowstorm not only brought a winter wonderland and slippery conditions, it also brought salt. Many homeowners and building, parking lot and highway managers apply salt to prevent ice from forming on pavement.

Winter salt is either rock salt (sodium chloride) or ice melt (a blend of sodium chloride, magnesium chloride and other salt) and bags were jumping off store shelves over the weekend.

Salt Levels Rising

"Chloride concentrations in the Potomac River have risen substantially in recent decades," says the Interstate Commission on the Potomac River Basin, stressing that the river is a drinking water source for about 6.89 million people. Average winter concentrations have jumped almost ten-fold, the commission contends. Salt flowing off impervious surfaces is a major contributing factor. Over the past 30 years, salt has increased 104 percent in the Potomac River, reports the WSSC, the water utility for Maryland's Montgomery and Prince George's counties.

"Salt levels in the Potomac River and Occoquan Reservoir ... have risen noticeably over the past decades, with average concentrations more than doubling," reports the Northern Virginia Regional Commission. The reservoir is also a drinking water source for two million Northern Virginians.

"Deicing salt applied to areas such as roads, sidewalks and driveways is a major source of chloride in developed areas surrounding the upper Accotink Creek," a 2021 study by Wetland Studies and Solutions found, noting that "tracked concentrations spike in the winter months." Other Northern Virginia streams likely have similar conditions, Virginia Department of Environmental Quality officials maintained at that time.

Safer Driving, but Some Harms

Highway managers apply salt to enhance driving safety. Salt can reduce vehicle crashes by 88 to 95 percent, reports the Northern Virginia Regional Commission. While modern mobility may require de-icing pavements, salt has some downsides.



A steady stream of customers were buying salt at the U.S. 1 Home Depot on Saturday.

Information

Tips, www.fairfaxwater.org/winter-salt and <https://www.novaregion.org/1399/Northern-Virginia-Salt-Management-Strate>
Snow Plow Map, <https://plows.vdot.virginia.gov/public/map>
Salt Webinars, Jan. 27 to 31, <https://wintersaltweek.org/>
Fairfax County Guide to Snow, <https://www.fairfaxcounty.gov/snow/>

Salts do not biodegrade and can be washed into storm drains, streams, rivers and oceans.

Water treatment technologies typically cannot remove salt. Elevated salt in drinking water can create some health risks, especially for people on low-sodium diets.

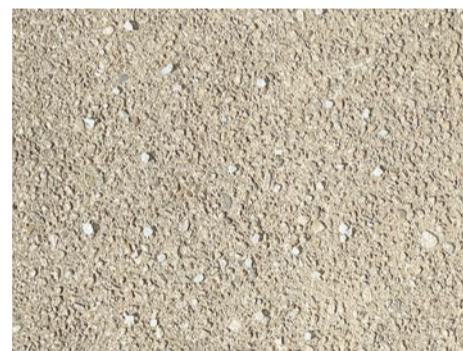
Because salt is corrosive, it can deteriorate plumbing and highway infrastructure like bridges. Salt accelerates metal corrosion in vehicles.

Animals attracted to road salt can create hazards. Birds can mistake road salt crystals for seeds or grit. There are approximately one million vehicle-animal crashes on roads each year, reports the American Automobile Association (AAA), killing 200 people and costing up to \$8 billion.

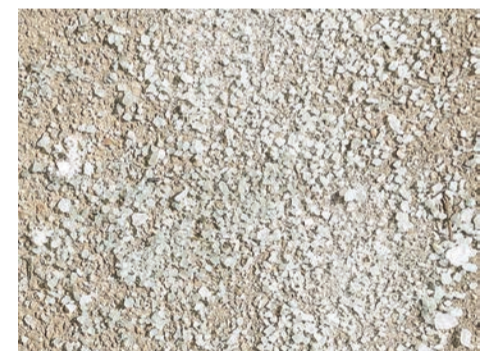
Excessive salt can also degrade soil and terrestrial and aquatic plants and animals. Salty sprays from vehicles, spreaders, the wind and runoff can kill trees and shrubs.

Managing Icy Conditions

Several organizations have some "salt



Correct use of salt or ice-melt, with a few granules spread out.



INTERSTATE COMMISSION ON THE POTOMAC RIVER BASIN
Incorrect use of salt or ice-melt

smart" tips. Here are some from Fairfax Water:

- ❖ Shovel early and often. Remove snow before it turns to ice.
- ❖ Use salt only after clearing snow and never to "burn off" snow. Spread it evenly.
- ❖ Clear and salt only in areas needed for safety.
- ❖ Use less. More salt does not mean more melting. A 12-ounce coffee mug of salt should be enough for a 20-foot driveway or about 10 sidewalk squares.
- ❖ If temperatures drop below 15 degrees, do not use salt. It will not work. Try sand or native bird seed.
- ❖ After the ice melts, sweep remaining salt into safe storage.
- ❖ Channel downspout water to drain onto ground areas rather than impervious walks and driveways where it will run off.

Managing Roads

The Virginia Department of Transportation (VDOT) is responsible for 14,238 miles of Northern Virginia roads and begins plowing when two inches of snow have fallen, Mount Vernon Supervisor Dan Storck told constituents in his Jan. 3 newsletter.

When problematic weather is predicted, VDOT pre-treats some roads with a salt and water mix called brine, "to help prevent a bond from forming between the pavement and icy precipitation, making it helpful for crews to make roads passable," says VDOT's website.

VDOT's snow removal priorities are as follows: first interstate highways and limited-access roadways; then, primary roads and major secondary roads; low-volume secondary roads.

WWW.CONNECTIONNEWSPAPERS.COM

New Approach for 2025 for the Connection

Twice a month publication schedule with more digital delivery.

Happy New Year.

For the snow lovers among us, it's been a wonderful week, if you could take the time off and enjoy the snow. Some find it a bit of a rude awakening, cold weather combined with snow that just kept coming. Plus we all know people who have moved here from snowier states who can't help but express their dismay at the local willingness to close schools and stay home to be safe and make way for the plows to do their jobs.

To begin 2025, the Connection Newspapers, along with the Mount Vernon Gazette and Alexandria Gazette Packet, are planning to publish on a new schedule, twice a month, first and third weeks of the month in most months. We hope to use this potentially cost saving measure to provide more opportunities for digital news in the weeks between, bringing news alerts and items of interest via email, website and social media. Sign up for a digital subscription at <https://www.connectionnewspapers.com/subscribe/>

Not only will you get the link to our digital editions when the print editions come out twice a month, you will also get notice of top stories in between.

Check our Instagram and Facebook stories now. Every day we highlight upcoming events, non-

profits working to make life better for people in need, news, animal rescues, traffic and road work alerts and more.

On Instagram, go to <https://www.instagram.com/connection-newspapers> and follow us. Click on our logo to see what we're highlighting in Instagram Stories each day.

For Facebook, go to <https://www.facebook.com/Connection-Newspapers/>

Yes, it is true that we continue to struggle to bring in enough revenue to keep doing what we're doing. In addition to forever reducing costs, we are also looking for contributions and sponsors to help bridge the gap. The Connection, Alexandria Gazette Packet, Mount Vernon Gazette need your help to keep going.

Newspaper advertising is lagging, leaving our revenue very short. Without getting more help ourselves, we won't be able to con-

tinue to showcase the community. Without help we won't be able to continue publishing. We hope to research nonprofit status in coming months. We hope to invest in a more robust online presence, possibly saving some print costs. We hope to expand our coverage and reach. But right now we need help just to continue to do what we are doing.

Please extend a portion of your generosity for your community newspapers.

You can mail a check made out to Local Media Connection or Alexandria Gazette Packet or Connection Newspapers or Mount Vernon Gazette, and mail it to 1606 King Street, Alexandria, Va. 22314 (We do not have nonprofit status yet.)

You can donate to our GoFundMe campaign. <https://gofund.me/82995c2d>

You can always support us by advertising, call Debbie Funk at debfunk@connectionnewspapers.com

Let Us Know Your View

Connection Newspapers welcomes views on any public issue.

Letters must be signed. Include home address and home and business numbers; we will only print your name and town name.

Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors.

Send letters

Online www.connectionnewspapers.com/contact/letter/
By email: editors@connectionnewspapers.com

By mail to: **Letters to the Editor The Connection**
1606 King St., Alexandria VA 22314

You can comment on our Facebook page or find us on Twitter
www.facebook.com/connectionnewspapers
<https://twitter.com/alexgazette>
<https://twitter.com/mtvernongazette>
<https://twitter.com/followfairfax>

Never miss an issue, get a free digital subscription, <http://www.connectionnewspapers.com/subscribe/>

BULLETIN BOARD

FROM PAGE 5

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/s2FuFdaY-WdZm4tPw2.

Donations Needed. Our Lady Queen of Peace Catholic Church, 2700 South 19th St.,

is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated, the pantry will rebag), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit www.ourladyqueenofpeace.org 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 provid-

ing 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

SEE BULLETIN, PAGE 8



Route 1 Multimodal Improvements Feasibility Study Arlington County

Virtual Public Information Meeting

Tuesday, January 14, 2025, 6:30 p.m.
<https://www.vdot.virginia.gov/Route1MultimodalStudy>

The Virginia Department of Transportation (VDOT) invites you to join a public information meeting for the Route 1 Multimodal Improvements Study to identify enhanced multimodal connectivity and accommodations along Route 1 (Richmond Highway) from 12th Street South to 23rd Street South to meet the changing transportation needs of the Crystal City and Pentagon City communities.

This meeting will provide an opportunity for the public to learn more about the feasibility study progress; review the results of the updated data collection since the last public meeting in May 2023; learn about the Route 1 Speed Study recommendations and receive an update on the latest design concepts modified since the last meeting.

The meeting will be held as a **virtual/online meeting**. Information for accessing and participating in the virtual meeting is available at <https://www.vdot.virginia.gov/Route1MultimodalStudy>. The study team will make a presentation beginning at 6:30 p.m. followed by a question-and-answer period.

Review study information and meeting details on the webpage above or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-2599 or TTY/TDD 711 to make an appointment with appropriate personnel.

Give your comments during the meeting, or by **February 11, 2025** via the comment form on the study website, by mail to Mr. Dan Reinhard, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or by email to route1multimodalstudy@vdot.virginia.gov.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964, as amended. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775 or TTY/TDD 711.

State Project: 0001-000-894, P101
UPC: 115882
Federal: NHPP-5B01 (107)

In case an alternate date is needed, the meeting will be held Wednesday, January 29, 2025, at the same time.

Sign up for

FREE DIGITAL SUBSCRIPTION to all of our papers



www.connectionnewspapers.com/subscribe



“A Funny Thing Happened on the Way to the Forum” can be seen Oct. 29 to Jan. 12, 2025 at Signature Theatre in Arlington.

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.

VOLUNTEER FOR ARLINGTON'S COMMUNITY AMBASSADOR PROGRAM

Arlington Neighborhood Village, in partnership with Arlington County and Marymount University, has started the Community Ambassador Program (CAP). CAP is a volunteer fueled system that identifies “Ambassadors” connected with civic associations, faith communities, senior centers, apartment buildings, etc. These individuals will be trained to be a reliable source of information about the many opportunities available to older adults in Arlington.

Ambassadors will spread the word about programs and support services, opportunities for social and civic engagement, and educational and enrichment activities for older adults in their own neighborhoods. They are actively recruiting ambassadors to act as a bridge between their community and the Arlington safety net, providing information and soliciting feedback to improve offerings that help older adults remain safe, independent, engaged, and connected to their community.

Contact cap@anvarlington.org if this is something you are interested in or want to learn more. Let's work together to create a supported and connected community for all ages! Receive Support Services: Are you a senior in Arlington? Do you need support services but don't know where to look? Are you looking for fun and enriching activities in Arlington? Email or call 703-509-8057 and they will connect you with an Ambassador.

THROUGH JAN. 26 Assembly 2024: Horizon Scan-

ning Exhibit. At the Museum of Contemporary Art, Arlington. The exhibition is organized by MoCA Arlington Curator of Exhibitions Blair Murphy and guest curator Jared Packard. Launched in 2019, Assembly highlights current material and conceptual trends among contemporary artists. Since 2022, the exhibition has had a national focus, showcasing work by some of the country's rising stars and giving them a platform on the doorstep of the nation's capital. Assembly 2024: Horizon Scanning opens on the eve of the presidential election, four miles from the center of Washington, DC. In this time of multiple, overlapping, and seemingly perpetual crises, and with that proximity in mind, the exhibition brings together artists whose work can help us grapple with our tumultuous present by offering strategies to navigate and reimagine the future.

THROUGH JAN. 12
“A Funny Thing Happened on the Way to the Forum.” At Signature Theatre, Shirlington, Arlington. It's a comedy night in Sondheim's zany, hysterical, Tony Award-winning musical romp. In one of the greatest musical comedies of all time, three households reside next to each other in ancient Rome. Just outside their doors, the exploits of a quick-thinking Roman slave, a braggart soldier, a beautiful courtesan, a lovesick young man and others devolve into uproarious chaos in a fast-paced, witty and monumental escapade. With mistaken identities, wily ruses, madcap chases, a love story, and a happy ending of course, “A Funny Thing Happened on the Way to the Forum's” audacious and irreverent spectacle has something for everyone.

SATURDAY/JAN. 11
Comedy Karaoke Trivia Funtime Show. 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. 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 amazing experience features comedy from the D.C. area's finest comics. The headliner for January's show is the

hilarious Umar Khan.

SATURDAY/JAN. 11
Paint, Build, Create. At Fairlington Community Center, Arlington. Paint, Build, Create is an annual Science, Technology, Engineering, Art, and Math (S.T.E.A.M.) special event brought to you by the Arlington County Department of Parks and Recreation. Visit: <https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Programs/Art/Paint-Build-Create>

SUNDAY/JAN. 19
Arlington's Tribute to Dr. Martin Luther King Jr. 5:30-6 p.m. At Wakefield High School Auditorium, Arlington. Join Arlington County as they honor the life and legacy of Dr. Martin Luther King Jr. at the 2025 MLK Tribute event. This year's production, “Dreams, Faith, and Justice in Action” showcases local talent in the form of dance, music, and storytelling while also highlighting local organizations that live out the importance of Dr. King's work right here in Arlington. Visit: <https://www.arlingtonva.us/Government/Departments/Parks-Recreation/MLK-Tribute>

SATURDAY/FEB. 8
Comedy Karaoke Trivia Funtime Show. 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. Presented by The Capital City Showcase, which produces some of the best events in the DC area. Bring a team or fly solo and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle! The headliner for February's show is the hilarious



Arlington's Tribute to Dr. Martin Luther King Jr. takes place on Sunday, Jan. 19, 2025 at Wakefield High School in Arlington.

Patrice DeVeaux!

SATURDAY/FEB. 15
“Love at the Cinema.” 7:30 p.m. Presented by National Chamber Ensemble. At Gunston Arts Center - Theatre 1, 2700 South Lang Street, Arlington. For info: (703) 685-7590.

SATURDAY/MARCH 8
Comedy Karaoke Trivia Funtime Show. 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington. Presented by The Capital City Showcase, which produces some of the best events in the DC area. Bring a team or fly solo and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle! The headliner for March's show is the hilarious Winston Hodges!

MARCH 14-23
“The Immigrant.” Presented by Synthetic Theater. At Thomas Jefferson Theater in Arlington. Synthetic premieres “The Immigrant,” a new project from Paata and Irina Tsikurishvili based on the 1918 silent cinema classic directed by and starring Charlie Chaplin, which recently entered into the public domain. Blending silent-cinema pathos and techniques with the theater's own unique style, the story of the perils a young emigre encounters on leaving her homeland for the New World is sure to delight audiences of all ages. World Premiere in Arlington on March 14th, and the show will move to Theater J in Washington, D.C. for 3 weeks in April as Synthetic returns to the District for this first time in over a decade!

BULLETIN BOARD

FROM PAGE 7
a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! 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.

SEE BULLETIN, PAGE 11

NEWS DEPARTMENT: arlington@connectionnewspapers.com

Mary Kimm
Editor and Publisher
mkimm@connectionnewspapers.com

Shirley Ruhe
Contributing Photographer and Writer
slrbc@aol.com

Eden Brown
Contributing Writer
arlington@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Publisher
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Art/Design:
Laurence Foong
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com



Arlington National Cemetery Annual Wreaths Out Event

Arlington National Cemetery and Soldiers' and Airmen's Home National Cemetery in Washington, D.C. will hold their annual removal of wreaths, known as Wreaths Out, on Saturday, Jan. 11, beginning at 8 a.m.

Thousands of visitors are expected to help remove approximately 257,000 wreaths at Arlington National Cemetery and approximately 14,000 at SAHNC. The high volume of visitors at Arlington National Cemetery may create traffic congestion and delays on nearby streets and at the cemetery's entrances.

The top priority is the safety and

security of visitors and employees during this event.

Visitors should anticipate large crowds and difficulty driving vehicles in the vicinity of Arlington National Cemetery due to road closures.

Visitors are encouraged to use all four entrances to access the cemetery: the Memorial Avenue Welcome Center, the Ord and Weitzel Gate (near the Marine Corps War Memorial), the Service Complex Gate (near the Air Force Memorial) and, for DoD cardholders, the Old Post Chapel Gate.

Vehicular access on cemetery grounds will not be permitted until normal operations resume. The

Welcome Center Parking Garage will open to the public at 8 a.m. on a first-come, first-served basis. There will be no visitor tram service on Saturday. The gravesite shuttle will resume once the cemetery returns to normal operations.

We recommend that visitors use public transportation or a ride share service for travel to and from the cemetery.

The drop-off location for ride share services is adjacent to the Arlington Cemetery Metro Stop on Memorial Avenue.

All visitors must pass through security screening before entering the cemetery. Prohibited items include: large bags or backpacks,

firearms and weapons of any type, laser pointers, aerosol containers, soda cans, coolers, picnic baskets, tripods, lighters, screwdrivers (or similar tools), air horns, personal protection sprays and insulated beverage containers. Clear plastic water bottles are permitted.

Guidance for Visitors

- ❖ Give vehicles and heavy equipment the right of way.

- ❖ Remove Wreaths Across America wreaths only. Leave all other wreaths/decorations in place.

- ❖ Place wreaths in dumpsters positioned throughout the cemetery.

- ❖ When dumpsters are filled,

carry remaining wreaths to unfilled dumpsters. Please do not place wreaths outside of dumpsters or anywhere else in the cemetery.

- ❖ Please follow instructions from staff to ensure the safety of visitors.

- ❖ To aid with the removal of multiple wreaths, the public is permitted to bring in PVC pipe, rope and broomsticks. No sharp metal objects are permitted.

- ❖ Visitors are encouraged to dress warmly and bring work gloves, or other appropriate gear.

For the latest information and event details, please visit www.arlingtoncemetery.mil/waa

Apply to the 29th Community Police Academy

The Arlington County Police Department is accepting applications for the 29th Community Police Academy. The Community Police Academy is an educational program designed to enhance communication, collaboration and mutual understanding between the police and the community they serve. Its goal is to

increase participants' awareness of how the Arlington County Police Department operates and its vital role within the community.

Program Overview

Through an immersive, multi-week experience, participants will gain knowledge and understanding of how police officers

are trained, their daily work environment, and the wide scope of work they perform in service to the Arlington community. The program includes lectures, panel discussions, question and answer sessions, and hands-on experiences, including a special off-site session on a Saturday, outside of Arlington County. Classes are pre-

sented by Departmental leadership, sworn and civilian staff from across the agency and government partners. Participants will engage in thought-provoking discussions, including those about current events and effective policing practices, and can ask questions of presenters throughout the program. Some of the topics covered in the

Community Police Academy curriculum include recruitment, legal considerations, use of force, mental health interventions, homeless outreach, community and youth outreach, criminal investigations, the K9 unit, tactical operations, and patrol operations.

The Community Police Academy
SEE COMMUNITY POLICE, PAGE 11

www.connectionnewspapers.com/advertising

THE CONNECTION Newspapers & Online

Alexandria **Gazette Packet**

Mount Vernon **Gazette**

Potomac **ALMANAC**

Turn to the Connection Newspapers digital and print advertising options to reach customers in your community!

- EMAIL BLASTS
- DIGITAL BILLBOARDS
- FRONT PAGE SHOUTOUT
- SOCIAL MEDIA
- SPONSORED CONTENT

Target the right audience.



For Advertising: Call 703.778.9431 or
Email sales@connectionnewspapers.com

**Same Company, Same Employees,
Same Great Value - Now Celebrating 20 Years!**

TWO POOR TEACHERS
Kitchen and Bathroom Remodeling



- Electrical (ELE)
- Gas Fitting (GFC)
- Heating Ventilation and Air Conditioning (HVA)
- Plumbing (PLB)
- Residential Building (RBC)

Fully Insured & Class A Licensed Since 1999



10% down
nothing until the job is complete for the past 17 years

Free Estimates 703-999-2929

Check if your contractor is licensed at the state level
<http://www.DPOR.virginia.gov>

Visit our website: www.twopoorteachers.com

Legals

Legals

Any warranty claim against 1718 N Monroe LLC, a dissolved Virginia limited liability company, shall be submitted to 1718 N Monroe LLC in writing no later than one year following substantial completion of the Project. The claim may be mailed to 2430 S. Kenmore St., Arlington, VA 22206, and the claim shall include:

- **Claimant's contact information:** Full name, address, phone number, email address.
- **Purchase information:** Date of purchase closing and property address.
- **Description of the problem:** Detailed explanation of the defect or malfunction, including when it started occurring and any relevant symptoms.
- **Relevant Product details:** If any manufactured product is involved in the claim, the product type, product name, model number, serial number.
- **Warranty claim statement:** Clearly state that you are making a warranty claim and reference the specific warranty section you are relying on.

A claim against the dissolved limited liability company will be barred unless a proceeding to enforce the claim is commenced prior to the earlier of the expiration of any applicable statute of limitations or three years after the date of publication of this notice.

**Call today and receive a
FREE SHOWER
PACKAGE
PLUS \$1600 OFF**



1-877-591-9950

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445






FINANCING AVAILABLE WITH APPROVED CREDIT

**Human Trafficking?
NOT IF I'M AROUND**



You have the power to stand up to abuse in Virginia. Call **#77** to report suspicious behavior and be a human-traffic hero.




CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Legals

Legals

Any warranty claim against 2628 Upland LLC, a dissolved Virginia limited liability company, shall be submitted to 2628 Upland LLC in writing no later than one year following substantial completion of the Project. The claim may be mailed to 2430 S. Kenmore St., Arlington, VA 22206, and the claim shall include:

- **Claimant's contact information:** Full name, address, phone number, email address.
- **Purchase information:** Date of purchase closing and property address.
- **Description of the problem:** Detailed explanation of the defect or malfunction, including when it started occurring and any relevant symptoms.
- **Relevant Product details:** If any manufactured product is involved in the claim, the product type, product name, model number, serial number.
- **Warranty claim statement:** Clearly state that you are making a warranty claim and reference the specific warranty section you are relying on.

A claim against the dissolved limited liability company will be barred unless a proceeding to enforce the claim is commenced prior to the earlier of the expiration of any applicable statute of limitations or three years after the date of publication of this notice.

Legals

Legals

Any warranty claim against 4848 28th Street LLC, a dissolved Virginia limited liability company, shall be submitted to 4848 28th Street LLC in writing no later than one year following substantial completion of the Project. The claim may be mailed to 2430 S. Kenmore St., Arlington, VA 22206, and the claim shall include:

- **Claimant's contact information:** Full name, address, phone number, email address.
- **Purchase information:** Date of purchase closing and property address.
- **Description of the problem:** Detailed explanation of the defect or malfunction, including when it started occurring and any relevant symptoms.
- **Relevant Product details:** If any manufactured product is involved in the claim, the product type, product name, model number, serial number.
- **Warranty claim statement:** Clearly state that you are making a warranty claim and reference the specific warranty section you are relying on.

A claim against the dissolved limited liability company will be barred unless a proceeding to enforce the claim is commenced prior to the earlier of the expiration of any applicable statute of limitations or three years after the date of publication of this notice.

Be prepared before the next power outage.



**It's not just a generator.
It's a power move.™**

Receive a free 5-year warranty with qualifying purchase* - valued at \$535.

Call 844-947-1479 to schedule your free quote!

GENERAC

*Terms and Conditions apply.

Employment

Survey Research Analyst (Higher Education) sought by Hanover Research Council in Arlington VA to identify client needs & translate them into well-defined rsrch rqsts. Dsgn customzrd rsrch prjcts on topics for Higher Ed clients. Scope & phase out cmplx multi-phase prjcts to fit Hanover model. Mnge exectn of educatn rsrch prjcts using different mthdlgies by Hanover's staff of Content Analysts & Rsrch Associates. Communicate & expln Hanover's mthdlgies & findings to clients. REQ: Mstr's degree in Public Policy, Internat'l Affairs or clsly rtd fld + 6 mnths' exp in survey analysis. Exp must incld 6 mnths in each of the foll: market rsrch; rsrch studies using primary & secondary analysis methods; data vislization; quantitative & qualitative rsrch techniques; quantitative report writing for tchncl & non- tchncl audiences; data wrangling; data collection & ops for survey rsrch & survey instrmnt dsgn. To apply email resume to careers@hanoverresearch.com. Must include job code SRAHE0924.

Employment

Survey Analyst sought by Hanover Research Council in Arlington VA to diagnose survey mthdgy & idntfy key qstns based on client's business need. Prep cmplx & tchncl survey dsgns. Mntr data colctn & implmnt qualty cntrl measures. Analyze survey data using statstcl tools. Idntfy, dvlp new methdlgies & modify current methdlgies to imprve division's wrk qualty. Produce guidelines & trainings for use by other analysts to ensure approp usage & max effctvness of advncd resrch methdlgies. REQ: Bchlr's degree in Economics, Data Science or clsly rtd quantitative fld + 1 yr exp in data transfrmtn & cleaning. Exp must incld 1 yr in each of the foll: data quality check; survey design; survey programming (inclgd Qualtrics); resrch & report writing. Exp must incld 6 mnths in each of the foll: Advanced data analysis (inclgd data segmentation, clustering, regression, factor analysis, PCA, decision trees, latent class analysis); Advanced survey methdlgies (inclgd MaxDiff, Conjoint, TURF, Price Ladder, brand equity measures, word highlight & image heatmap analysis, qualitative data coding); R; Power BI; Tableau; Sawtooth & Project mngmnt. To apply email resume to careers@hanoverresearch.com. Must include job code SA0924.

CALENDAR

			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Let us know about an upcoming event

connectionnewspapers.com/Calendar

Apply to the 29th Community Police Academy

FROM PAGE 9

is a 10-week program beginning on Thursday, Feb. 27. Classes will take place on Thursdays from 6:30 p.m. to 9:30 p.m. at the Arlington County Courthouse (1425 N. Courthouse Road). An Experience Day will take place on a Saturday during the program at the Northern Virginia Criminal Justice Academy in Ashburn, Va. During the Experience Day, participants will have the opportunity to put their new skills and knowledge from the Community Police Academy into action during simulation call for service scenarios put on by officers from various units within the department. There will not be a session held on April 17 in observance of Arlington County Public School's spring break.

To receive a graduation certificate, participants must attend at least eight of the 10 sessions.

Interested applicants must be at least 18 years old and should live, work, attend school, or be otherwise affiliated or engaged with Arlington community organizations. Due to the nature of the material covered in the academy, a criminal history check will be conducted on each applicant. Prior arrests and/or convictions do not necessarily prohibit participation in the academy and each applicant will be reviewed on a case-by-case basis. Class size is limited, and every effort will be made to maintain a balanced enrollment reflective of Arlington's diverse community. Online applications are due no later than Sunday, Jan. 26, 2025 at 11:59 p.m.

Complete the Online Application

<https://us.openforms.com/Form/561a146d-a2b5-49b8-9bb4-9d65728339e3>

Contact Information

For more information about the CPA, contact Sergeant D. Brooks of the Department's Community Engagement Division at ACPDCED@arlingtonva.us.

BULLETIN BOARD

FROM PAGE 8

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.dementiacareconnections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/agingmatterswera to listen to programs. <https://www.mixcloud.com/AgingMatters/>

Volunteer Bike Repair Night. First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary.

Public Financial Fraud, Waste and Abuse Hotline. Arlington County public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at arlingtonva.ethicaladvocate.com. The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

Created by the Arlington Initiative to Rethink Energy (AIRE) in partnership with the Arlington Public Library, the nation's First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools can be borrowed, such thermal imaging cameras, energy meters and books play a vital role in achieving a "greener" home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit library.arlingtonva.us/locations/central-library or call 703-228-5990.

CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM
TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Legals

Any warranty claim against 4853 30th LLC, a dissolved Virginia limited liability company, shall be submitted to 4853 30th LLC in writing no later than one year following substantial completion of the Project. The claim may be mailed to 2430 S. Kenmore St., Arlington, VA 22206, and the claim shall include:

- **Claimant's contact information:** Full name, address, phone number, email address.
- **Purchase information:** Date of purchase closing and property address.
- **Description of the problem:** Detailed explanation of the defect or malfunction, including when it started occurring and any relevant symptoms.
- **Relevant Product details:** If any manufactured product is involved in the claim, the product type, product name, model number, serial number.
- **Warranty claim statement:** Clearly state that you are making a warranty claim and reference the specific warranty section you are relying on.

A claim against the dissolved limited liability company will be barred unless a proceeding to enforce the claim is commenced prior to the earlier of the expiration of any applicable statute of limitations or three years after the date of publication of this notice.

Legals

Any warranty claim against 4859 30th LLC, a dissolved Virginia limited liability company, shall be submitted to 4859 30th LLC in writing no later than one year following substantial completion of the Project. The claim may be mailed to 2430 S. Kenmore St., Arlington, VA 22206, and the claim shall include:

- **Claimant's contact information:** Full name, address, phone number, email address.
- **Purchase information:** Date of purchase closing and property address.
- **Description of the problem:** Detailed explanation of the defect or malfunction, including when it started occurring and any relevant symptoms.
- **Relevant Product details:** If any manufactured product is involved in the claim, the product type, product name, model number, serial number.
- **Warranty claim statement:** Clearly state that you are making a warranty claim and reference the specific warranty section you are relying on.

A claim against the dissolved limited liability company will be barred unless a proceeding to enforce the claim is commenced prior to the earlier of the expiration of any applicable statute of limitations or three years after the date of publication of this notice.

Be a part of our:

Wellbeing pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Senior Living, fourth week of every month.

Questions?

E-mail sales@connectionnewspapers.com or call 703-778-9431



Employment

Product Research Analyst sought by Hanover Research Council in Arlington VA to prfrm resrch for prdct strtgy team @ Hanover using secondary & primary resrch to spprt cmpny's ldrshp decision-mkng processes. Spprt & prmte rfmnt of existing & dvlpmnt of new prdcts. Spprt & prvide inputs across prdct dvlpmnt lifecycle incldg but not lmtd to competitive intelligence, prdct tstng & mntenance, in-depth prdct rvws, etc. Dply & mntn Hanover's competitor monitoring prgrm. REQ: Mstr's degree in Industrial Engrg, Manufactrng Engrg or clsly rtd fld + 6 mnths' exp in exploratory resrch to inform prdct dvlpmnt. Exp must incld 6 mnths in each of the foll: quantitative & qualitative resrch techniques; secondary resrch methdlogies; market resrch; data summarizatn & synthesis; competitive intelligence analysis; strtgy planning & writing & resrchng for busnss or prfssionl audience. To apply email resume to careers@hanoverresearch.com. Must include job code PRA0924.

Find us on Facebook and become a fan!

www.Facebook.com/connectionnewspapers

 The Connection to Your Community
www.connectionnewspapers.com

Point Taken



By KENNETH B. LOURIE

Monday sometime, unbeknownst to me, I stepped on a spikey thing (not "a pop top"), but I did "cruise on back home." It wasn't until later when I took my right sneaker off and couldn't pull my foot out that I saw the rusty nail-ish thing that had penetrated the sole of my sneaker and then embedded itself in the ball of my foot, thereby preventing an easy removal (I was attached, sort of). However, after 15-plus years of miscellaneous chemotherapy, not only do I have neuropathy (as a side effect) in both feet, but I also have frozen/numb-ish feet (fortunately, no other extremities are affected). As a result, I didn't feel the penetration. Only later, as I've described, did I see what had gone in.

Naturally, being a blockhead and stubborn male, I did nothing about this intrusion. I don't even think I told my wife Dina about it. My theory and reasoning concerning this kind of possible medical event is not addressing it immediately and expecting/hoping that neglect will somehow lead to healing: wrong! And certainly not the smartest move by a long-term cancer patient who presumably has a compromised immune system, given that I'm still on chemotherapy/targeted therapy seven days a week, every week. That being said, and I hope I don't jinx myself by saying it, but, I am never sick; cold, flu, allergies, nothing. I do take a lot of supplements, less than before, but I can't say for sure whether they're contributing to my overall good health or not. I'll be naïve and say: I imagine they're helping. After all, I am 15 years, give or take, past the original "13 months to two years" prognosis I received back in Feb. 2009.

But when medical incidents, like this spikey, rusty nail occur/intrude in life, common sense must prevail. I have always been told by my previous oncologist and medical staff not to hesitate but rather always call/come in when anything/everything happens. Being a cancer patient is serious business and offers little advantage to those who wait. If one is ever to have a chance minimizing the effects of whatever is causing pain, et cetera, it is better to be safe than sorry – or worse. Still, human nature (or at least my nature) sometimes wins out and the smarter more prudent action is not taken. My incorrect assumption is somewhere between the less said the better and I'll be all right in a day or two. Hardly the right play when you have Papillary Thyroid cancer with a side of stage IV chronic kidney disease and have had meetings recently with a dialysis expert. I may be a cynic (may be?) but it's unlikely being slow on the uptick is going to keep me alive. I need to be Quick-draw McGraw if I'm going to defeat this enemy. And if cancer isn't the health enemy number one, I shudder to think who's vying for the title. Cancer doesn't need a competitor, it's scary as hell on its own.

And maybe it's that fear which haunts me, going into a hospital and never coming out. In fact, the end of this saga is, I finally went to Urgent Care after an appointment I had previously scheduled with and orthopedic doctor to address a chronic sore knee. The knee I knew to address, but the rusty spike I thought I should ignore. Good thinking, Ken. Hopefully, I've learned my lesson. I really don't suppose the longer I'm an active cancer patient, the more able I'll be to fend off whatever medical malady presents. It's probably the exact opposite. Da! I guess I'm afraid of the slippery slope.

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



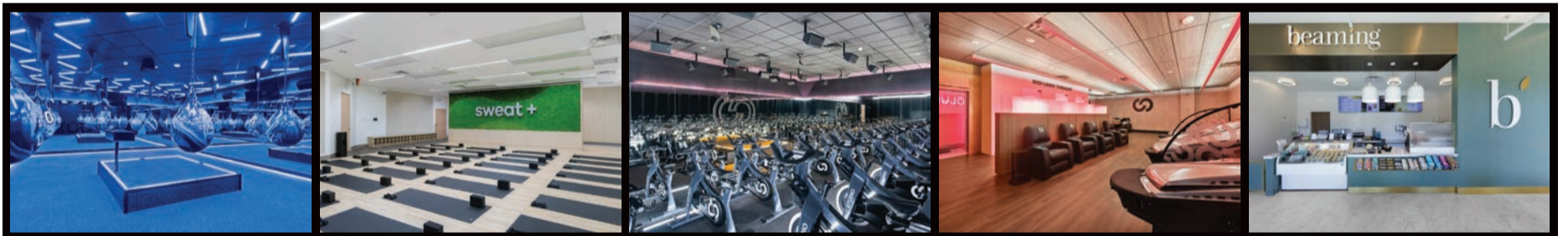
ARLINGTON - NATIONAL LANDING

Welcome to a new cutting-edge fitness experience that brings top-of-the-line amenities, best in boutique studio classes, and wellness services together in one gym.



GET ON THE LIST >

Experience exclusive perks, discounts and events!



STATE-OF-THE-ART GYM / BOUTIQUE FITNESS STUDIOS / CRYOTHERAPY & RECOVERY LAB / KALOLOGIE® MEDSPA / BEAMING - A HEALTHY MARKETPLACE

ARLINGTON - NATIONAL LANDING
3550 S. Clark Street, Arlington
(703) 248-7020
www.clubstudiofitness.com

TYSONS CORNER
1500 Cornerside Blvd. #A, Vienna
PARKING ON LEVEL 3
(703) 349-7656

Certain amenities and services may be available for an additional fee. Images depict a typical Club Studio fitness club; locations may vary. ©2025 Fitness International, LLC. All rights reserved.