

The Arlington Connection

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PHOTO BY EDEN BROWN/THE CONNECTION

Carla Büchler and her husband Wolfgang Büchler of Heidelberg Pastry Shoppe show off the key to the County just presented by Takis Karantonis (left) and Board member Julius Spain Sr. (right).

Heidelberg Pastry Shoppe: 50 Years Of Sweetness

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50 Years of Sweetness

PHOTOS BY SHIRLEY RUHE/ARLINGTON CONNECTION



Heidelberg Pastry Shoppe, an Arlington institution, celebrates its 50th anniversary as an Arlington business on Saturday, Feb. 15.



The Büchler family from left back row: Son Alexander and wife Maxi Büchler; Carla and Wolfgang Büchler; daughter Vivi and husband Chris Nichols. Front row from left: Grandchildren Abram and Isaac Büchler; Georgia Büchler; Tatiana Nichols; Owen Nichols.

Heidelberg Pastry Shoppe milestone in Arlington.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Heidelberg Pastry Shoppe customers crowd in front of pastry cases, stand in the free cupcake line and wait for a chance to offer Wolfgang and Carla Büchler congratulations for 50 years as a business in Arlington. Cars drive around the block and down the street trying to find parking for the event.

Saturday, Feb. 15 the Büchlers are hosting a celebration at the bakery from 9 a.m.-noon, with the key to the County to be presented at 10 a.m. Wolfgang emigrated to the United States in 1969 and spoke little English but when he couldn't find good bread anywhere he decided to make it himself. He began the bakery in 1975 and grew it into a "go-to" place for German food including bauernwurst, German potato salad, creamed herring, a variety of sandwiches and spreads as well as a wide selection of cakes, donuts, strudel, candies and pretzels.

The bakery began in 1975 and later moved to its present location at 2150 N. Culpeper Street in a new two-story building with a complete bakery upstairs. It has been voted Arlington's Best Bakery for a number of years, the best wedding cake by bridal magazines and a favorite of the Obama family during his Presidency.

Wolfgang chats with longtime customers and recounts stories

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Takis Karantonis, Chair of the Arlington County Board, celebrates "the best bread there is."



Carla Büchler with her husband Wolfgang Büchler shows off the key to the County just presented by Takis Karantonis (left) and Board member Julius Spain Sr. (right).



Carla Büchler is overwhelmed and grateful for family, staff and customers who have supported Heidelberg for 50 years.



Wolfgang Büchler, owner of Heidelberg Pastry Shoppe, with his wife Carla, tells Board Member Julius D. (JD) Spain Sr. that he won't open another branch of the bakery in South Arlington because he made a promise a long time ago to have only one business and only one wife.

USAID Shutdown—One Person's Story

Contractors have even less protection.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Feb. 7, 2025 — Hannah sits at home in Arlington today waiting for her furlough with USAID to begin at 11:59 pm tonight. It was on Friday, Jan. 24 that she first learned through a leaked memo from the State Department that her job was on the line after President Trump issued an Executive Order on dismantling USAID, the independent agency of the Federal government that is primarily responsible for administering civilian foreign aid and development assistance. She worked for a contractor to USAID, and says she has to wait to see what her company says. “They said it was very bad and they would not be able to sustain their business for more than 30-60 days without assistance from USAID.”

The first thing that had hit her was the two executive orders issued on Jan. 20 on gender identity and on diversity, equity, accessibility and inclusion. “I had to immediately remove the many articles I’d written on gender identity and disability inclusion from the USAID website.”

She says she still feels the grief and anger she felt that first day and has spent a lot of time in tears. “But it also lit a fire under me to save my job and career but also democracy. I not only lost my job and career but also my safety as an American. I’m truly afraid for what is to come next.”

Hannah has been in the field for 10 years with two years in the Peace Corps in Cameroon followed by her career with a contractor for USAID working in international development. She works in a technical capacity to advance the rights of women, ethnic and religious minorities by helping develop strategies and project activities to integrate human rights into development programs.

“Now I worry about what happens when people can’t get their malaria drugs or HIV medication and underrepresented groups who are being bullied and the lack of human rights where they live.” Hannah says she has



U.S. Sen. Tim Kaine speaks at a rally with USAID workers earlier in February.

managed budgets of up to \$125 million, built project team capacity, supervised staff and coordinated cross-functional teams. She has spent most of her career in the local Arlington-D.C. area but spent 2-3 weeks in other countries such as Iraq, Madagascar and Vietnam.

But Hannah said despite her emotions she couldn’t sit and wait to see what would happen. “I wrote letters to my representative and senators and created a template which I sent to about 100 friends that they could send out as well. It said our jobs are on the line and this threatens democracy.”

Feb. 9 — Hannah says this is what kept her going. “I went to the protest on Wednesday, and there were thousands of people there. It felt encouraging that I wasn’t alone, that I was fighting the good fight.” She says she had been disappointed — “Where are the Dems?” But Hannah said the protest gave her more confidence in the Congress. “I heard Senators Kane and Warner and others really explain what they are doing and that they had been hearing us.”

Hannah says she is spending her time

looking for another job and for other companies that fit her values and her needs. But she has been talking to other friends in the government who are now facing a freeze and looking for jobs, too, in a very competitive job market.

This job was more to Hannah than making a wage; she says she considered it a core part of her identity and “woke up every morning excited to make an impact. But overnight my dreams along with my identity and passion were torn apart.” She explains, when they took down the USAID website all of the institutional knowledge, notes on projects, reports were wiped out. “Our work was far from over.” She says she was working on projects to craft a vision for expanding employment opportunities for people with disabilities in the tourism sector of a West Asian country. And improve rehab for people with disabilities impacted by Agent Orange in Vietnam.

Hannah says her job working with a USAID contractor is not affected by the temporary injunction. “I am still furloughed. I closed my work email account officially Friday and Monday will be difficult because I

won’t be logging into work for the first time.”

Wednesday, Feb. 12. “Today things got even worse. The head of communications at my employer informed me that Elon Musk doxxed me along with two of my colleagues by retweeting someone who posted a screenshot of a LinkedIn post discussing our work advancing gender equality and social inclusion in USAID projects, and it mentioned my name ... the result is that I had to set my LinkedIn profile to completely private which is disheartening because it makes it more difficult for recruiters to look me up to learn more about my work.”

Thursday, Feb. 13. Hannah has little hope that the court injunction could help her situation. “I have very little hope because the courts move very slowly and the current White House Administration has already shown to refuse to follow the court orders for other matters.”

Friday, Feb. 14. Hannah is waiting to hear from her employer on what the news might mean for her regarding the judge who ruled late Thursday that the Trump Administration must reverse the stop work temporarily on existing USAID contracts. “The concern is that my employer still hasn’t been paid for their work between November and January and so they can’t continue the work until they get paid.” And Hannah adds that several USAID contacts focusing on climate change, and gender equality including gender-based violence in South Africa are receiving termination notices which are illegal because termination notices require 30 days advance notice and strong justification.

Monday, Feb. 17. Now Hannah is figuring how to use her experience and skills in a different industry. Hannah has applied for about 20 jobs in the last week and has had one phone interview today for a project manager position. “And I would say I still have hope. It will get worse before it gets better. But I try to see some of what is left and hope we can reverse all actions. I do hope after we hit the lowest of lows that we can rebuild democracy. I will be the first in line to rebuild.”

Stores Scrambling on Eggs

Maybe you can find a dozen eggs and maybe you can’t. Since H5N1 avian influenza hit wild migratory birds in September 2024 and jumped to domestic fowl, entire flocks have had to be destroyed. Bird flu infections in December 2024 and January 2025 were three times higher than last year. The monthly average price of a dozen large grade A eggs reached a 45-year high in January.

Grocery stores are scrambling by limiting the number of cartons per customer and raising the cost with prices reported as high as \$10 and up per

dozen locally. The national average is now \$4.95 per dozen with the Department of Agriculture predicting an additional 20 percent increase this coming year.

And some shelves are just plain empty.

Restaurants are also adjusting their menus to put a surcharge on egg dishes or to substitute plant-based products. The Department of Agriculture predicts that the egg market could continue to feel the effect of the highly infectious virus for months to come.

— SHIRLEY RUHE



PHOTO BY CLAUDIA SCOTT

Whole Foods at Pentagon City sign limits eggs to three cartons but shelves are empty.



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New Photo Speeding Cameras Installed

Camera	Zone	Address	Tickets by Issued Date
ACSP001	Campbell ES	SB 600 block of S. Carlin Springs Rd.	2,146
ACSP002	Barrett ES	SB 400 block of N. George Mason Dr.	716
ACSP003	Washington-Liberty HS	EB 4500 block of Washington Blvd.	3,361
ACSP004	Carlin Springs ES / Kenmore MS	SB Unit block of S. Carlin Springs Rd.	841
ACSP005	Claremont ES / Wakefield HS	SB 1900 block of S. George Mason Dr.	1,365
ACSP006	Yorktown HS	EB 5200 block of Yorktown Blvd.	131
ACSP007	Randolph ES	SB 1200 block of S. George Mason Dr.	952
ACSP008	Arlington Science Focus ES	NB 1300 block of Kirkwood Rd.	359
ACSP009	Ashlawn ES	WB 5800 block of Wilson Blvd.	1,920
ACSP010	Claremont ES / Wakefield HS	NB 1900 block of S. George Mason Dr.	1,836
Grand Total			13,627

GRAPHIC PROVIDED BY ACPD

Locations of speed cameras where 13,627 tickets were issued between Sept. 26-Dec. 23, 2024

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Flashing beacons around Arlington school zones signal safety cameras are recording your speed, and tickets will be issued for speeding. A new PhotoSPEED program was initiated by the Arlington County Police Department in August 2024 with the installation of speed cameras at 10 locations around school zones.

In late January 2025 eight additional cameras were 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 Blvd.

- SB 100- block of N. McKinley Road
- EB 3500 block of 2nd Street S.
- NB 1600 block of N. Veitch Street

“This is a tool to modify behaviors and to deter speeding as well as increase transportation safety,” ACPD Chief Andy Penn says.

The Virginia legislature enacted legislation in 2020 allowing localities to install speed cameras at schools and construction zones. Penn says he has the funding to pay for 18 speed cameras. Currently cameras are installed in the vicinity of 17 public schools.

Penn says he doesn’t know what the budget will provide for next year.

There are a lot of different data that can be used to show effectiveness of the program including reduction in traffic accidents. Or comparing a reduction in the num-

ber of tickets issued over a comparable time period. “This is early on in monitoring data. Once we have enough to be analyzed, we’ll know the impact.” He says a study by DOT in 2020 cited that speed cameras could reduce crashes by 50 percent.

Penn says the specific sites were chosen after a process of evaluation. “Our staff worked to identify potential sites considering whether it was a location to install the camera and whether there was good visibility in certain areas to capture the beacon.” He says sometimes there were structural challenges. Penn explains the cameras are only active during school arrival and dismissal when the beacon is flashing.

Penn provided the breakdown of the locations where 13,627 tickets have been issued between Sept. 26-Dec. 23, 2024.



PHOTO BY SHIRLEY RUHE

Photo safety camera at 5200 block of Yorktown Blvd. near Yorktown High School.

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.

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/s2FuFdaYWdZm4t-Pw2.

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 providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use

of pesticides and fertilizers, and creating space for native flora and fauna. Visit audubonva.org/audubon-at-home-1/ for more. Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a 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. Registration is free and highly recommended to reserve spots, which are open on a first come

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BULLETIN BOARD

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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.

Arlington Rotary Club Lunches. Thursdays, 12 - 1:30 p.m. Club meetings are at 12:15 to 1:15 on the second and fourth Thursdays of each month. On the 2nd Thursday we meet

at a restaurant in Arlington (currently Texas Jacks BBQ). On the 4th Thursday we meet via Zoom (click [HERE](#) to join). Newcomers are welcome to join the Zoom meeting. Organization comes together for humanitarian services. Listen to guest speakers on various topics of interest. Visit <https://arlingtonrotaryclub.org/>

Job Seeking Help. 5-9 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit www.arlingtonva.libcal.com.

Arlington PFLAG Community Group. 7:30-9 p.m. on the second Tuesday of each month, PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgender people and their families. Meets at the Unitarian Universalist Church of Arlington, 4444 Arlington Boulevard. Contact arl.pflag@gmail.com for more or go to www.pflagdc.org

Helmets Toastmasters meet Thursdays, 7:30-8:45 a.m. at Pentagon Library and Conference Center. Toastmasters is an international organization that helps everyone speak, think, lead and listen better. Most clubs are meeting online at this time. Contact Carl Sabath carl.e.sabath.civ@mail.mil or 703-695-2804 or Elizabeth Femrite elizabeth.m.femrite.civ@mail.mil or 571-256-8674.

Soil Testing. Virginia Cooperative Extension is offering soil testing services to analyze soil and determine what is needed to condition soil for plantings. The routine soil test is all one normally needs for a fertility evaluation. Pick up soil sampling box at the Virginia Cooperative Extension Arlington office, 3308 S. Stafford St., 8 a.m.-5 p.m. Monday-Friday. Send filled soil sample box with form and fee to the Virginia Tech Lab for analysis. Fees vary, visit www.soiltest.vt.edu/Files.

Alzheimer's Association Support Group has meet-

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Heidelberg Pastry Shoppe Milestone in Arlington



PHOTOS BY SHIRLEY RUHE/ARLINGTON CONNECTION

Nathan Smith, a 19-year employee of Heidelberg Pastry Shoppe, squirts lemon frosting on a free cupcake for a Heidelberg customer. He says they have made 1,000 cupcakes for the day's special event from 9 a.m.-noon.

FROM PAGE 3

from years gone by, sometimes covering three generations of families. Their family including son and daughter with spouses and five grandchildren mingle with the crowd. Wolfgang points to his son, Alexander. "I am the first 50 years and he is the next 50 years," he says.

The day is offering free cupcakes and a line has formed nearly to the front window but it is moving fast. "Chocolate or vanilla?" Nathan Smith asks before he swirls a choice of chocolate, lemon or mocha frosting on the top of the cupcake and points to the sprinkles and other toppings. Smith has worked at Heidelberg for 19 years.

At 10 a.m. the ceremony begins to honor the bakery and present Wolfgang and Carla with a key to Arlington County. County Board chair Takis Karantonis asks the crowd, "Who wouldn't come out for a cupcake from Heidelberg?" He says the bakery is an institution. "People have grown up here." He says it is important for three reasons: "It is a neighborhood business that has made it 50 years, as well as a family business, and this is all of us here." He adds, "It connects me with my ethnic heritage, a familiarity, real bread." Karantonis was born in Greece and attended university in Germany.

"This is the best bread there is; if you tried to buy bread on Amazon, you would regret it." A loud "boooo" erupts from the crowd.

"It is the biggest struggle to retain neighborhood businesses. It is a huge challenge and you choose to come here. Now his son gets the next 50 years."

Julius D. (JD) Spain Sr. newly-elected Arlington County Board member, says he lived 7 years in Europe when he was in the Marine Corps with three of those years in Stuttgart. "I went back and forth to Heidelberg. When I moved here in 2009 I wondered where I could get some of that good bread in America. So I found Heidelberg and have been going back and forth the past 16 years. It is not just a business, it

is a place for family and community." He continues, "We love you, we appreciate you. We are here to support you; let's get 50 more years."

When Spain suggests to Wolfgang that he should open a branch of Heidelberg Pastry Shoppe in S. Arlington, Wolfgang answers, "I made a decision a long time ago I would only have one wife and one business."



Wolfgang and Carla Büchler admire the key to the County that they just received in honor of their 50 years in business in Arlington.

Carla Büchler thanked the crowd, "I'm overwhelmed and grateful to our family, customers

and staff. "Wolfgang's comments were short but heartfelt. "No speech, I'm just happy."



Seven-year-old Griffin Halzel gazes at the Heidelberg Pastry Shoppe cookie case declaring the M&M sprinkled cookies are his favorite.



Eighteen-month-old Max Tesser waits in a long line with his father, Michael, for his vanilla cupcake with strawberry icing.



Grace Aguero sporting her Valentine's heart dress declares that the chocolate chip cupcake is her favorite choice at Heidelberg.

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.

Stay Active and Independent for Life (SAIL), exercise classes to improve strength, balance and fitness, Mondays and Thursdays, March 3 – May 22, 1 p.m., Lubber Run 55+ Center, registration # 913502-01 or Tuesdays and Thursdays, March 4 – May 22, 10:30 a.m., Arlington Mill 55+ Center, registration # 913502-02. No fee.

Library of Virginia's digital records presentation by the Library's Outreach Specialist Peter North plus how to access valuable historical records and archives, Thursday, Feb. 20, 3 p.m., virtual. Registration # 912400-19.

Coral reef crochet project to raise awareness of the effects of climate change, Thursday, Feb. 20, 4 p.m., Lubber Run 55+ Center. Bring yarn and crochet hooks (some will be available). Basic skills helpful; some instruction by 55+ volunteer will be available. Drop-in.

Eurogames, a genre of tabletop games emphasizing strategy, skill and player interaction over luck and conflict, Thursday, Feb. 20, 9:30 a.m. – 12 p.m., Walter Reed 55+ Center. Play a rotation of games including Wingspan, Ticket to Ride, Settlers of Catan and more. Registration # 912600-03

55+ Travel group will journey to the College Park Aviation Museum for a one hour guided tour, Friday, Feb. 21. Cost \$19, Arlington resident; \$22, non-resident. Registration # 902502-08.

Just beneath the surface and behind the scenes of three professional artists, Friday, Feb. 21, 10:30 a.m., virtual. Presented by Community Arts Programmer Jim Halloran. Registration # 912302-08.

Aurora Hills 55+ Center's book club will discuss "The Demon of Unrest" by Erik Larson, Monday, Feb. 24, 11:30 a.m. Drop-in.

Pride 365: "Every Body" documentary tells the story of three intersex individuals from Childhood to adulthood, Tuesday, Feb. 25, 5:30 p.m., Walter Reed 55+ Center. Registration # 912804-15.

Matinee movie at the Mill, "When Harry Met Sally" (1989) (R), Tuesday, Feb. 25, 1 p.m., Arlington Mill 55+ Center. Registration # 912804-10.

55+ Travel group will visit the Smithsonian's National Portrait Gallery and American Art Museum for Sir Isaac Julien's impactful "Lessons of the Hour" plus the "Felix Gonzalez-Torres Always to Return" exhibit, Wednesday, Feb. 26. Cost \$11, Arlington resident; \$13, non-resident. Registration # 902502-10.

History of the Civil Rights Movement and activists like Rosa Parks, Martin Luther King Jr. and Malcom X, Wednesday, Feb. 26, 2 p.m., Aurora Hills 55+ Center. Black History Month presentation by Cory Cox, 55+ Operations Supervisor. Registration # 912400-14.

Local history discussion about Arlington's rich history, Wednesday, Feb. 26, 1:30 p.m., Lubber Run 55+ Center. Registration # 912402-08.

Preparing to sell your home, review the home selling process and hear valuable tips, Wednesday, Feb. 26, 11 a.m., Lubber Run 55+ Center. Presented by licensed realtor Philippa Main. Registration # 912404-07.

Introduction to winter seed sowing followed by a chance to plant your own seeds to take home, Wednesday, Feb. 26, 6 p.m., Arlington Mill 55+ Center. Seeds will be provided, but bring supplies listed on your registration receipt. For both novice and experienced gardeners. Registration # 912401-02

Secret lives of famous fakers, delve

into the biographies of several well-known forgers and how they were caught, Thursday, Feb. 27, 9 a.m., virtual. Registration # 912302-03.

Why health directives are necessary, presented by Elder Law Attorney Ed Zetlin, Wednesday, Feb. 26, 11 a.m., virtual. Registration # 912404-08.

Arlington's Halls Hill, one of the first historically Black neighborhoods in Arlington, Thursday, Feb. 27, 1:30 p.m., Langston-Brown 55+ Center. Presented by lifelong resident Saundra Green. Registration # 912400-15.

Virtual tour of Central American countries, Ecuador, Thursday, Feb. 27, 1 p.m. Learn about its history, culture, food, geography, politics and more, virtual. Presented by Ashley Gomez Lubber Run 55+ Center. Registration # 912400-41.

Jigsaw puzzle contest and swap, participants work in teams of three to complete a puzzle and win a prize, Friday, Feb. 28, 1:30 p.m., Langston-Brown 55+ Center. Bring a puzzle to swap. Registration # 912600-06.

Movie matinee, "Green Book" (2018) (PG-13), Friday, Feb. 28, 12:30 p.m., Aurora Hills 55+ Center. Registration # 912804-07.

NASA's Shuttle Program from its inception to its conclusion, Friday, Feb. 28, 10:30 a.m., Lubber Run 55+

Center. Presented by former Kennedy Space Center employee George Cecchetti. Registration # 912400-34.

Wake and Make, morning art activity using materials found around the house, Friday, Feb. 28, 9 a.m., virtual. Presented by Community Arts Programmer Jennifer Droblyen. Registration # 912303-19.

55+ Travel group will attend the bio-musical "Heartbreak Hotel" at the Performing Arts Center in Fredericksburg, Sunday, March 2. Cost \$104, Arlington resident; \$120, non-resident. Meal included. Registration # 902503-01.

Environmentally sound yard cleanup, Monday, March 3, 1 p.m., Walter Reed 55+ Center. Learn how to do it in a way that supports wildlife and is aesthetically pleasing. Presented by Master Gardeners and Master Naturalists. Registration # 913401-01.

Preparing to sell your home, join licensed realtor Philippa Main for a session on what to expect plus valuable tips, Monday, March 3, 11 a.m., Lubber Run 55+ Center. Registration # 913404-01.

Fitness room equipment orientation, Monday, March 3, 1:30 p.m., Thomas Jefferson Community Center. Learn how to use fitness equipment. Registration # 913100-20.

SEE FLOURISHING, PAGE 10



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The new Citi branch is located at 2879 Clarendon Blvd., Arlington, Va. 22201

Citi Opens Clarendon Branch

On Feb. 11, 2025, Citi held a ribbon cutting ceremony for the grand opening of its new Clarendon branch in Arlington, Va., joined by the Greater Washington Board of Trade, Doorways and True Ground Housing Partners. Other attendees included the Arlington Cham-

ber of Commerce, the Arlington Economic Development and Community Lodgings.

Over the past five years, the Citi Foundation has granted over \$45 million to visionary community organizations working across Greater Washington, D.C. Citi volunteers support underserved communities across Greater Wash-

ington, D.C., from homebuying education classes to career readiness workshops to helping pack 20,000 meals for low-income D.C. residents as a part of the 2024 annual Global Community Day campaign.

The new branch is located at 2879 Clarendon Blvd, Arlington, Va. 22201



PHOTOS CONTRIBUTED

On Feb. 11, 2025, Citi held a ribbon cutting ceremony for the grand opening of its new Clarendon branch in Arlington, Va. From left: Lisa Naymik, Area Manager at Citi; Mindy Mercaldo, Head of U.S. Branch Network at Citi; Ed Patterson, Central Southeast Region Head at Citi; George Longwell, Greater Washington Board of Trade; Ameer George, Clarendon Branch Manager at Citi; Ed Roncoroni, Area Manager at Citi.

FLOURISHING AFTER 55

FROM PAGE 9

Generative Ai: Every day possibilities explained by Barbara Phillip, technology consultant and former GMU professor, Tuesday, March 4, 1 p.m., Arlington Mill 55+ Center. Participants will learn how Gen Ai can enhance daily activities, spark creativity and support lifelong learning. Registration # 913403-01.

Haiku, learn how to use this Japanese poetry form used to treasure and share life experiences, Tuesday, March 4, 2 p.m., Lubber Run 55+ Center. Workshop presented by award-winning haiku poet Rick Black. Registration # 913300-07.

Langston-Brown 55+ Center's book club will discuss "Lula Dean's Little Library of Banned Books" by Kirsten Miller, Tuesday, March 4, 1 p.m. Drop-in.

Luck of the Irish sing-along with pianist Valerie Welsh Wed., March 5, 4 p.m., Lubber Run 55+ Center. Clapping, stomping and hand jive are encouraged. Registration # 913304-14.

50 Famous Firsts for American Women, from serving in the military to winning Olympic Gold, extraordinary achievements of trailblazing women, Wednesday, March 5, 2 p.m., Aurora Hills 55+ Center. Presented by Cory Cox, 55+ Operations Supervisor. Registration # 913400-29.

Learn to ride a bike, indoor class led by staff from BikeArlington, Wednesday, March 5, 9:30 - 11:30 a.m., Walter Reed 55+ Center. Bikes and helmets provided. Registration # 913400-20.

Opera appreciation for lovers and learners of the art and drama of opera, Wednesday, March 5, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti accompanying a video of Richard Wagner's "Siegfried," the third opera in his "Ring Cycle. Registration # 913300-01.

55+ Travel group will journey to Philadelphia for the annual Flower Show, the nation's largest and longest-running horticultural event, Wed., March 5. Cost \$120, Arlington resident; \$138, non-resident. Meal on your own. Registration #902503-02.

Paint & Sip along with Community Arts Programmers Jennifer Droblyen and Jim Halloran to recreate art works on display in area museums, Thursday, March 6, 10 a.m., virtual. Registration # 913303-01.

Game night, Thursday, March 6, 4 - 7 p.m., Walter Reed 55+ Center. Join 55+ volunteers for an evening of various table games. Registration # 913600-02.

Introduction to basic Spanish, six sessions beginning Thursday, March 6, 1 p.m., virtual. This is a series of classes that build on each other. Must pre-register for each class. Taught by Lubber Run 55+ Center Director Ashley Gomez.. Registration # 913650-01.

BULLETIN BOARD

FROM PAGE 7

ings. They are open to people with Alzheimer's, their caregivers, family members and friends. Free. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be found at https://www.alz.org/nca/helping_you/support_groups.

Pentagon Legacy Toastmasters meet Tuesdays 5:15-6:30 p.m. in the Pentagon Main Cafeteria/food court, left of Dunkin Donuts. Most clubs are meeting online at this time. Toastmasters is an international organization that helps people speak, think, lead and listen better. Call 703-695-2604 www.toastmasters.org.

The Friends of the Planetarium Visit www.friendsoftheplanetarium.org to find up-to-date show times, a schedule of future events, information about Friends of the Planetarium membership, astronomy news and events, the history of the David M. Brown Planetarium, a link to the Friends' store, and more.

The Northern Virginia Regional Park Authority announces that cyclists and pedestrians will now have access to the W&OD Trail beyond normal daylight hours. The new W&OD Trail hours are from 5 a.m. to 9 p.m., from Shirlington in Arlington County, to the western town limit of Herndon in Fairfax County.

Lifeline Personal Alert System. Virginia Hospital Center Senior Health

staff locally manage the personal emergency response system. Help is available 24 hours a day, seven days a week. Monthly cost starts at \$42. Call 703-558-6859 for more.

Musical Instruments Wanted. Instruments of any type or size — from a piano to a piccolo, in response to school's needs. Donations are tax exempt. Contact Miriam Miller, Opera NOVA for pick up. 703-536-7557; mcdm1@verizon.net; www.operaguilddnova.org.

Online Salary Negotiation Workshop. AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit salary.aauw.org and <https://www.aauw.org/resources/career/boost-your-career/tackle-hurdles-to-salary-negotiation/>

VOLUNTEERS NEEDED

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers an array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an

SEE BULLETIN, PAGE 14



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
POWHATAN	13851	621	COSBY ROAD	GADDES CREEK	1/22/2025
FRANKLIN	7916	705	CHESTNUT HILL R705	PIGG RIVER	1/22/2025

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 at 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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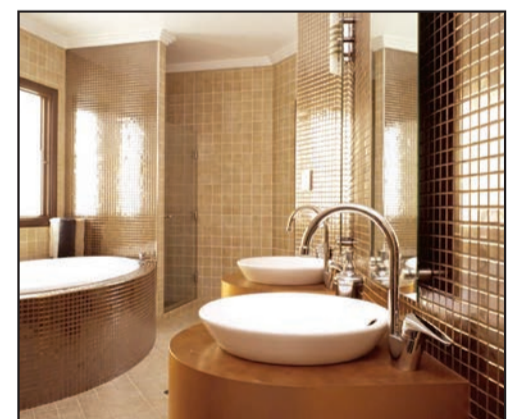
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Fair Unemployment Benefits Strengthen Our Communities

BY SEN. ADAM EBBIN

As the session passed its halfway point, 22 of my bills have passed the Senate (including 16 with bipartisan support) and are being considered by the House of Delegates.



Ebbin

Three of my bills can measurably improve the lives of everyday Virginians.

In today's gig economy many Virginians work jobs without benefits, some as their primary source of income and others in addition to their full time jobs. Families are working harder than ever, but endure ever-increasing employment uncertainty. Additionally, many families in the 39th Senate district have been affected by threats, uncertainty, and cuts made by President Trump to our federal workforce.

Despite Virginians working multiple jobs and longer hours to make ends meet, they are still facing rising prices for groceries, rent, and other necessities.

I have three bills focused on unemployment benefits. The first, SB 878, combines the work of the Commission on Unemployment and the Unemployment Insurance Subcommittee into one to reduce unnecessary duplication. This bill also ensures nonlegislative stakeholders from labor and management continue to play a role in monitoring and evaluating Virginia's unemployment system.

SB 1056 would increase unemployment insurance weekly benefit amounts by \$100 per week. Virginia's unemployment benefits are too low to assist workers in covering basic necessities. Weekly benefit amounts have not been increased since 2012, and unlike thirty-six other states, Virginia's benefit amounts do not increase based on a statewide metric. Fewer than 14 of every 100 unemployed workers in Virginia receive any unemployment insurance benefits.

SB 1057 would increase the amount of income that a person qualifying for unemployment

could deduct from their benefits from \$50 to \$100 per week while working part-time. Policy experts in unemployment insurance (UI) have recommended that the earning limit placed on claimants should be set to give them a real incentive to work and hopefully a better chance of leading to full-time work. In Virginia, the income disregard was last revised in 2005. At the time, the minimum hourly wage in Virginia was \$5.15. As of 2025, the minimum hourly wage in Virginia is \$12.41. The income disregard in Virginia has not kept pace with hourly wage growth. My bill would update our outdated numbers from two decades ago.

In Virginia, I believe every person deserves a fair chance to pursue their career with dignity and professional satisfaction. When hardworking Virginians are faced with unemployment, the support of the Commonwealth can be the difference between a successful career transition and sinking into more difficult situations.

My Role In Standing Up to Regressive Bullying Behavior

It's important that we all stand

up against the bullying behavior impacting federal workers and vulnerable communities that flies in the face of our values and priorities.

Last Wednesday, I joined with State Senate Majority Leader Scott Surovell, House Speaker Don Scott, and other lawmakers to demand that Governor Youngkin begin to focus on threats 144,483 Virginia federal workers face from Trump.

One constituent's email stuck with me. She is a mental health professional who has seen a spike in mental health conditions as her clients grapple with uncertainty in Trump's executive actions and policies. While President Trump seeks to dismantle the federal workforce, including USAID, and Governor Youngkin continues to be more focused on currying President Trump's favor than doing his job, I will continue to represent you. I will use my platform to denounce President Trump's antics when they threaten the livelihoods of Northern Virginians.

Thanks for the continued opportunity to serve,

Adam P Ebbin

Airplane Crash 76 Years Ago Killed 55 at National Airport

World War II surplus flown into flight path by reckless pilot.

BY MIKE SALMON
THE CONNECTION

The recent fatal airplane crash with the military helicopter at Reagan National Airport was not the first time a fatal crash occurred in this part of the Potomac River, just north of Old Town. A lesser-known crash occurred on Nov. 1, 1949 when a Bolivian pilot named Erick Rios Bridoux flying a P-38 "war surplus" airplane hit an Eastern Airline plane, killing 55 people.

The P-38 and the DC-4 were at the final approach at the airport and the P-38 "failed to comply with the traffic pattern prescribed" for the airport, reported a local newspaper. There were 51 passengers on the Eastern Airlines plane and

four crew members.

According to an old newspaper article dated Jan. 6, 1950, the Bolivian pilot was charged with seven counts in the fatal crash for violating Civil Aeronautics Administration, who said he was flying in a careless and reckless manner. The CAA asked that his pilot's license be revoked. On Oct. 24, the same pilot flew the P-38 war surplus plane to Beacon Field in Mount Vernon and back to National Airport without a valid permit, getting cited for that violation too.

The CAA claimed the plane was not in airworthy condition at the time. Bridoux denied all responsibility for the crash.

Eastern sued him for \$500,000, the article stated.

After World War II ended in August 1945, the United States had thousands of extra combat



PHOTO BY MIKE SALMON/CONNECTION

A surplus WWII plane being restored. There were thousands of surplus airplanes after the war like the P-38 that crashed at National Airport.

airplanes. The Reconstruction Finance Corporation had 500 buyers for the planes but they didn't sell enough, so at one point they tried to melt them into aluminum ingots for other uses. Many were parked in the Arizona desert near a place called Kingman, Arizona, according to General Aviation News.

Fast forward to January 13, 1982

and 78 people lost their lives in another crash into the Potomac River. This time it was Air Florida flight 90, a Boeing 737 that took off on an icy day and hit the 14th Street Bridge over the Potomac River. Four motorists on the bridge were killed as well. The ice and snow build up on the wings were a factor.

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ENTERTAINMENT

LADIES TENNIS MEMBERSHIP DRIVE

The Glebe Ladies Tennis Club (GLTC) is now holding its annual membership drive open to all women in or near Arlington who enjoy playing tennis. This is a congenial group of women tennis players of all levels. They currently have over 100 members who participate in a variety of tennis social events scheduled throughout the year. Members pay a small annual fee which covers the cost of reserving courts for Wednesday drop-in, the annual directory, and many other events. For more information or to join the club please visit our website at:

<https://sites.google.com/view/glebe-ladies-tennis-club/home> Those who join by March 1, 2024 will be included in the Annual Directory.

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.

FEB. 11 TO MAY 4

"In the Heights." At Signature Theatre, Arlington. The joyous Tony Award-winning triumph by Lin-Manuel Miranda (Hamilton) and Quiara Alegria Hudes (Daphne's Dive). Latin rhythms and hip-hop lyrics infuse "96,000," "Paciencia y Fe," "Carnaval del

Barrio" and the title song as this celebration of community and culture energetically bursts off the stage with Signature's trademark immersive style. Lights up on Washington Heights, NYC where the streets are full of music, and everybody's got a dream. With the neighborhood on the brink of gentrification, and a life-changing winning lottery ticket somewhere in their midst, the vibrant inhabitants share hope, loss and love as they plan their futures while cherishing their home. Specialty Nights: Discussion Nights March 18 and April 9; Pride Night April 25; and ASL Interpreted March 29 (2 PM)

FRIDAY/FEB. 21

Winter Pruning for Woody Plants.

10:00 - 11:30 a.m., Online. Winter is an excellent time to prune many trees and shrubs. Extension Master Gardeners Molly Newling and Angela McNamara will explain why and how to prune to remove crossing and rubbing branches, suckers, water sprouts, and damaged wood. They will discuss the best practices for reducing shrub size, trimming hedges, and carefully removing larger limbs. The results will be trees and shrubs with healthier and fuller growth, better flowers and fruit, and a more attractive home landscape. Free. RSVP at <http://mgnv.org/rsvp-for-public-education-classes/> to receive a link to participate.

SATURDAY/FEB. 22

Feel the Heritage 2025. Noon to 5 p.m. At Charles Drew Community Center, Arlington. Arlington's 31st annual Feel the Heritage Festival welcomes hundreds each year to learn about the Arlington's historically African-American neighborhoods with live entertainment, delicious food and dozens of vendors.

SATURDAY/FEB. 22

"Women in the Military: A Long and Honored Tradition", 10:30 am - 12:00 pm at Lubber Run Community Center, 300 N. Park Drive, Arlington. Presented by Arlington AAUW. Speaker is CDR Sandra Lawrence, USN Ret.

SATURDAY/FEB. 22

International Mother Language Day. 5 p.m. At Kenmore Middle School | Glencarlyn, Arlington. This multicultural celebration and performance brings 25 socio-cultural organizations from the DC area to commemorate the Amor Ekushey/International Mother Language Day. Plus, join at 3pm for the Children and Youth Art Competition.

SATURDAY/FEB. 22

"Poets Theme" poetry reading with Bennie Herron and Carol Beane. 4-6:30 p.m. At Fred Schnider Gallery | Virginia Square, Arlington. Visit the Fred Schnider Gallery of Art for a poetry reading featuring Carol Beane and Bennie Herron, and view Bennie Herron's exhibition All of the Pieces are Women. Bring a poem as well - the mic will be open!



"In the Heights" can be seen now through May 4, 2025 at Signature Theatre in Arlington.

SATURDAY/FEB. 22 CLIMATE RESOLUTION CELEBRATION RALLY, 11 a.m. to 12 p.m.

Courthouse Plaza, Bozman Government Center, 2100 Clarendon Blvd., Arlington, Va. 22201. EcoAction Arlington is organizing a rally to support the adoption of a climate resolution at the Arlington County Board's February 22 meeting. Following the County Board vote, there will be a short program and celebration on Courthouse Plaza. In case of inclement weather, the event will move inside.

FEB. 22 TO MARCH 2

Flip the Script: Jamila's Table.

Encore Stage & Studio at Thomas Jefferson Community Theatre | Arlington Heights, Arlington. The play follows Jamila, a young African American restaurant owner, as she strives to evolve her family's restaurant into a community hub on Columbia Pike in Arlington, Virginia. She embraces the diverse cultures of the area including Vietnamese, Latinx and African American through their food and traditions, aiming to unite the community for her restaurant's future. Join Encore Stage & Studio for an inspiring journey where flavors meet and cultures are celebrated.

SUNDAY/FEB. 23

Arlington Philharmonic: A February Fanfare. 4 p.m. At W-L High School Auditorium | Virginia Square, Arlington. Warm up this winter with a free beautiful symphony orchestra concert featuring violinist Akemi Takayama. Join before the concert for a festive reception hosted by Encore Learning.

FRIDAY/FEB. 28

Native Spring Ephemerals. 10:00 - 11:30 a.m., Online. While they bloom for only a short time, ephemerals such as Bloodroot, Trout Lily, and Virginia Bluebells can add beauty to the home garden in spring while providing critical support to early-emerging pollinators. Join Extension Master Gardener Elaine Mills for a greatly updated presentation on 23 ephemeral species native to the Mid-Atlantic with a discussion of their special adaptations for success, their use in landscape design, and their care. Free. RSVP at <http://mgnv.org/rsvp-for-public-education-classes/> to receive a link to participate.

MARCH 7 AND 14

Free Classical Music Concerts. At Saint George's Church, 915 N. Oakland Street, Arlington. The

Friday Morning Music Club invites everyone to free classical music concerts the first and second Fridays of the month. The program for March 7 features five songs for mezzo-soprano, viola, and piano by Loeffler; Trio for clarinet, cello, and piano by Farrenc; and piano solo selections by Saperton, Ger-shwin, and Godowsky. The March 14 program features selections by Mozart, Lazarus, and Ravel. The one-hour concerts start at noon. Free, no ticket required. Visit <https://fmmc.org>

SATURDAY/MARCH 8

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 DC area's finest comics. The new headliner for March's show is the hilarious Umar Khan!

SATURDAY/MARCH 8

Arlington Choral Presents Enchant!

5 p.m. At Westover Baptist Church, Arlington. An evening of moving poetry and music awaits you as the Arlington Choral presents Enchant! This concert features the second performance of We Are the Lucky Ones by Jocelyn Hagen, this new commission by the Choral is set to poems by Julia Singer and Freya Manfred, exploring the roles of fortune and desire in our lives. Alongside Hagen's masterpiece, the choral will perform Gustav Holst's The Cloud Messenger, a lush, evocative work set to an ancient Sanskrit poem about married love that transports listeners to mystical realms with its storytelling and lush harmonies. You'll also hear a new poem by Bahir Nasiri, a poet laureate of Afghanistan, that offers his perspective on the themes explored in the concert. Come and experience the power of music to communicate deep emotions, connect us to the ethereal, and reveal the enchantment in the world around us. Tickets start at \$25, with free admission for children ages 17 and under. Visit arlington-chorale.org

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 Synetic Theater. At Thomas Jefferson Theater in Arlington. Synetic 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 Synetic returns to the District for this first time in over a decade!

MARCH 15-16

Jane Franklin Dance Farewell at

Theatre on the Run. 7 p.m. Saturday at 7 p.m.; Sunday at 3 p.m. At Theatre on the Run, 3700 S Four Mile Run Drive, Arlington. Tickets: \$23 through Mar 13. (\$25 starting Mar 14) \$28 at the Door Sunday Mar 16 Family Ticket \$70 (2 adults/2 children under 10) till Mar 13 Info: <https://janefranklin.com/performances>

SATURDAY/MARCH 15

Spring E-CARE 2025. 8:30 a.m. to 3 p.m. At Wakefield High School, 1325 S. Dinwiddie Street, Arlington. The Arlington Environmental Collection and Recycling Event (E-CARE) is a biannual environmentally friendly drop-off event where residents can safely dispose of old electronics and household hazardous materials (HHM). Arlington residents can drop off the listed materials during Spring E-CARE 2025, including:

- ❖ Paint Products (25-can limit)
- ❖ Old Electronics/Batteries
- ❖ Garden Chemicals
- ❖ Fire Extinguishers
- ❖ Household Cleaners
- ❖ Petroleum Products
- ❖ Flammable Solvents
- ❖ Automotive Fluids
- ❖ Small Metal Items

MARCH 20 TO MAY 4

A Brighter Light. At Arlington Artists Alliance Galleries, 2700 Clarendon Blvd., Suite R330, Arlington. Alliance Gallery is pleased to present A Brighter Light, an Arlington Artists Alliance member juried show exploring themes of hope, clarity, renewal, and optimism. The exhibition seeks to present light in a new way through artists' use of color, shadow, and texture to convey emotions of optimism during times of uncertainty or darkness. How can light change our perspective? A Brighter Light aims to celebrate resilience and beauty in ordinary, everyday life. Opening Reception: Thursday, March 20, 2025, 5-7 p.m.

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Brown v. Board of Education SCHOLARSHIP COMMITTEE

ACCEPTING APPLICATIONS
THROUGH APRIL 11, 2025

The Brown v. Board of Education Scholarship Program was established by the General Assembly to provide educational opportunities for persons who were denied an education in Virginia between 1954 and 1964 due to the closing of the public schools during Massive Resistance. The scholarship is now available to those individuals and to their descendants. The program is open to eligible applicants for the 2025–2026 school year. For applications and information on eligibility, visit:
BROWNSCHOLARSHIP.VIRGINIA.GOV



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Employment

Engineer III, HNTB Corporation, Arlington, VA. Responsible for the production and modification of design calculations, technical reports, engineering plans and specifications for major transportation projects. Local travel required up to 10% for project field visits. Reference job # 0154 & mail resume to N. Carr, 715 Kirk Drive, Kansas City, MO 64105. EOE including disability and vet.

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BULLETIN

FROM PAGE 11

upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Food Distribution Volunteers. 2:30-5:30 p.m. at Columbia Grove Apartments, 1010 S. Frederick St. Weekly volunteers are needed every Tuesday to assist with food distribution. Work includes set up, distribution and break down. Sign up at volunteer.leadercenter.org.

Volunteer Drivers needed to help senior citizens get to their medical and therapy appointments at the Shepherd's Center of McLean-Arlington- Falls Church. To find out more about the Shepherd's Center and how to volunteer to provide transportation and other services, call the Center at 703-506-2199 or e-mail the Center at info@scmacf.org.

Volunteer Leader for Sensory Garden. At 2909 S. 16th St. Hours are flexible but must be able to meet during the day at least once per month. Gardening experience preferred, but not required, must be 21. Volunteer.leadercenter.org

AARP Foundation Tax-Aide is seeking volunteers to participate in a free, non-profit program, offered in conjunction with the IRS, that provides tax filing assistance to people of low- and middle-income, with special attention paid to those aged 60-plus. Training will be available in December and January to help taxpayers Feb. 1-April 18, 2017. Visit www.aarp.org/taxaide.

Invasive Plant Removal Events. Help protect watersheds and keep Arlington County parks beautiful. There are several monthly invasive plant removal events sponsored by Arlington County Invasive Plant Program. For more, and to register, call 703-228-1862. See a map of these locations.

- ❖ First Saturdays @ Haley Park, 9-11 a.m.
- ❖ Second Saturdays @ Gulf Branch Nature Center, 2-4 p.m.
- ❖ Third Saturdays @ Tuckahoe Park, 10 a.m.-noon
- ❖ Third Sundays @ Long Branch, 2-5 p.m.
- ❖ Fourth Saturdays @ Benjamin Baneker Park, 10 a.m.-noon
- ❖ Fourth Sundays @ Ft. Bennett Park, 10 a.m.-noon

The Arlington House Victorian Dance Society, an interpretive program of Arlington House, the Robert E. Lee Memorial (National Park Service), is currently recruiting new members. This all-volunteer group was founded in 2012 under the direction of dance mistress Amy Kassens Delery, and performs dances of the mid-19th century in period clothing at Arlington House, Fort Washington Park, the Frederick Douglass Historic Site, Glen Echo, and other local venues. No previous dance experience is necessary but being able to dance with the musical beat is required. Rehearsals are held one Sunday afternoon each month at Goodwin House Bailey's Crossroads and regular attendance is expected. Contact Amy Delery at arlington-victoriandance@gmail.com.

Virginia Cooperative Extension's varied programs are all supported by community volunteers. No experience is required to volunteer; VCE provides training and volunteer resources. Interested volunteers can find out more at <http://bit.ly/VCEVolunteer>.

Marymount University Achieves ‘Research University’ Designation

Classification determined by research expenditures, number of research doctorates awarded.

Arlington, Va. — Marymount University has reached a significant milestone in its Strategic Plan trajectory as it has been designated a Research University for 2025 by the American Council on Education (ACE) and the Carnegie Foundation. This recognition reflects the institution’s commitment to advancing knowledge, fostering innovation and addressing pressing societal challenges through impactful research initiatives.

The classification was determined based on Marymount’s 2023 annual research expenditures of \$2.6 million and the awarding of 63 research doctorates. This marks a significant step towards the University achieving Research 2 (R2) status, a longtime strategic goal. R2 institutions are distinguished by high levels of research spending and doctorate production, requiring an annual expenditure of at least \$5 million and the awarding of at least 20 research doctorates.

“We set a strategic goal in 2019 to become a research-intensive institution, and our new Research University designation is a direct result of our efforts,” said Dr. Irma Becerra, President of Marymount University. “We remain steadfast in our commitment to advancing knowledge that serves society.”

Marymount’s research profile has expanded significantly in recent years. In 2024, its grant portfolio increased by \$6 million, bringing its overall research portfolio to \$21 million. This funding supports diverse interdisciplinary projects shaping the future of health care, artificial intelligence, ethics, workforce development and more.

Following the retirement of Dr. Rita Wong, who dedicated 30 years to advancing Marymount’s mission through academics and research, the founding director of Marymount’s Center for Optimal Aging, Dr. Patricia Heyn, has stepped into the role of Interim Vice President for Research. Under her leadership, the University remains focused on strengthening its research infrastructure and expanding faculty and student engagement opportunities.

Over the past few years, University researchers have led several noteworthy studies:

- ❖ The National Security Agency (NSA) selected Marymount to build and operate a cybersecurity clinic through a \$1.5 million grant. The initiative, led by Dr. Diane Murphy, aimed to increase the cybersecurity capabilities of small businesses and nonprofits in the DMV region by helping them prevent, detect and respond to cyber threats. Marymount was one of just four institutions nationwide to receive the NSA grant.

- ❖ Marymount was one of only 15 universities nationwide to receive the National Institutes of Health’s AIM-AHEAD Program for AI Readiness grant. The newly formed AI

Health Equity Lab, led by Dr. Nathan Green, is spearheading this initiative alongside the Center for Optimal Aging and Center for the Innovative Workforce. The grant enables Marymount to establish cross-disciplinary research labs focused on grant writing, training and AI-driven health research.

- ❖ A \$1.46 million award from the National Science Foundation (NSF) is supporting Marymount’s STEM Scholars Program, a need-based scholarship initiative that helps students in STEM majors persist in their studies and pursue essential and fulfilling careers. The program is designed for students of Biology, Biochemistry, Computer Science, Cybersecurity, Engineering or Information Technology who demonstrate financial need and academic potential in their chosen field.

- ❖ A \$1.2 million grant from the U.S. Health Resources and Services Administration (HRSA) is funding 84 fellowships for students in Marymount’s School of Counseling as they prepare to serve high-needs populations and meet the demands of a growing profession. Fellows are awarded a \$10,000 stipend for a two-semester internship placement in a medically underserved area.

- ❖ Marymount’s Dr. Julie Ries teamed up with the nonprofit Up Ending Parkinson’s to explore how rock climbing enhances mobility, balance and mental health for individuals with Parkinson’s disease. Preliminary results demonstrate that climbing significantly improves motor function and quality of life, challenging preconceived notions about the limitations faced by Parkinson’s patients. This groundbreaking research has gained national recognition, including being spotlighted by CBS News Sunday Morning.

- ❖ In collaboration with VHC Health, Marymount’s Malek School of Nursing Professions and Dr. Theresa Gaffney have created an initiative to accelerate the development of a diverse, practice-ready nursing workforce. Funded by a \$500,000 grant from the Virginia Department of Health, this ‘Earn to Learn’ program expands nursing student enrollment, strengthens faculty capacity, increases clinical rotation sites and provides one-to-one RN mentorship. Upon graduation, Nursing students will also have enhanced access to employment opportunities

in Northern Virginia.

Marymount’s commitment to research excellence is further reinforced by the work of its three interdisciplinary research centers, which serve as hubs for scholarship and collaboration.

- ❖ The Center for Optimal Aging drives and advances gerontological innovations, discoveries and solutions to promote a meaningful, enriched and dignified life for all.

- ❖ The Center for Professional Ethics convenes the thought and executive leadership of the Marymount learning community through research, education, advocacy and advisory services for impactful responses to questions of professional ethics, organizational integrity and responsibility, principled leadership, integral ecology and global social justice.

- ❖ The Center for the Innovative Workforce is a multidisciplinary research hub that informs workforce education, planning and policy and advances solutions to transform, build and sustain a high-quality, resilient and diverse workforce that can meet society’s changing needs.

“We believe research is a vital tool for innovation and societal progress,” said Marymount University Provost Dr. Pamela Slaven-Lee. “Our recognition as a Research University positions us to further expand our research enterprise, engage our students in transformative inquiry and meaningfully contribute to the global body of knowledge.”

Both undergraduate and graduate students at Marymount have many opportunities to participate in research activities with faculty. Undergraduate students can also apply for acceptance into the Honors Program, where undergraduate research with a faculty mentor is a priority.

About Marymount University

Marymount University is a nationally ranked, private, Catholic, doctoral-granting university and Hispanic-Serving Institution (HSI) in Arlington, Va. As Marymount celebrates its 75th anniversary in 2025, it remains dedicated to innovation, excellence and preparing students to make a meaningful impact. Learn more at marymount.edu.

It’s All Relative



By KENNETH B. LOURIE

As you regular readers may have gleaned from reading this column over the years, I had great parents and was raised in a wonderful and nurturing environment which enabled my brother, Richard, and I to go on and live productive lives. However, there was one element missing from our upbringing (more so for me since I was five years younger than my brother): grandparents. Oh, they were there all right (except for my maternal grandmother who had died a few months after I was born), but only during my childhood, not my adolescence and certainly not my adulthood as they all had died long before. As a result, I have fleeting memories of my two grandfathers (Hyman and Jacob) and one grandmother (Bessie), most of which involve visits to nursing homes.

However, when I married into my wife Dina’s family, not only did I gain in-laws, I also inherited – for lack of a better word, Dina’s two grandmothers (Frances and Filomena) and one grandfather (Cesare). All with whom I would develop adult relationships which would last over 25 years – and only occasional visits to nursing homes, an experience much different than I had with my own grandparents. It wasn’t so much a revelation as it was an enriching and rewarding opportunity. An opportunity I feel extremely fortunate to have had. It makes me smile – and remember, to this day.

Juxtaposed against this history and combined with my own cancer diagnosis – which originally was a “13 month to two years” prognosis, I share the following story/acceptance of reality from Dina’s Italian grandfather “Chez.” The ‘acceptance of reality’ to which I refer is death. A very common thought/pre-occupation if you’re diagnosed with “terminal” cancer or are an individual of a certain advanced age. And the type of conversation that I never had with my own grandparents as I was too young, and they were too old (if you know what I mean). Yet one I occasionally had with Dina’s grandparents.

As per usual, it was a holiday, so Dina and I were visiting West Chester, Pa. where “all the relations” lived, and we were staying overnight with her grandparents – also as usual. “Chez” all I were talking about cars for some reason. Dina’s grandparents owned one car, an Olsmobile Omega, a four-door sedan. Chez got to talking about all the cars he had owned, and he remembered back an impressive number of years/cars. And within this car context, “Chez” says that the Omega is the last car he’ll ever own. He’ll rarely drive the car anyway. Usually, I drove it when we visited. But his admission, at least to me, was a tacit acceptance of his own inevitable death (he was already into his late 80s at this juncture but still living at home). However, it was said with humor and sincerity if that’s even the word. No regrets, no complaints, no why or woe is me. Just understanding that, to quote Forrest Gump’s mother (Sally Field) “Death is just a part of living.”

I am sharing this anecdote with you because recently I’ve been thinking an identical thought to myself lately. I’ve been saying that the 2019 Audi Q3 that I’m driving and still paying monthly for, ultimately will be the last car that I own/buy. Since I’ve been saying it to myself, I’m not sure I’ve been saying it with the same humor as “Chez” had said all those years ago. I sure hope so. If so, it’s an attitude I learned from him. And one I’m proud to have learned.

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

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Many birds, like red-bellied woodpeckers, visit bird feeders in winter.



Winter aconite is one of the earliest plants to bloom in Northern Virginia, in February.



Beech trees retain their leaves all winter.



Snowdrops are in bloom in February.



Many birds feed on poison ivy berries in winter.



Squirrel nests are very visible before trees leaf out.



Chipmunks emerge from their underground burrows on warm days.

What's Happening Outside?

BY GLENDA C. BOOTH
CONNECTION NEWSPAPERS

During winter's cold grip, nature may seem dead, but there's a lot going on out there. Biologists say nature is dormant. For some wildlife, romance is in the air.

Bald eagles have mated, are incubating eggs and soon will raise young eaglets nestled down in their nests.

Barred owl courtship is underway. Signs of courtship behavior include a pair perched close together, bobbing heads and bowing, raising their wings and calling. Great horned owls too are mating.

Waterfowl like northern pintail ducks and tundra swans at Mason Neck will soon fly north to their breeding grounds.

Mammals More Active

This is prime breeding season for coyotes and foxes in our area, say county biologists. Some people report being awakened in the middle of the night by the piercing male fox's mating call.

White-tail deer are dropping their antlers. They bred in late September through February. Does usually have twins between May and July, says Virginia's Department of Wildlife Resources website.

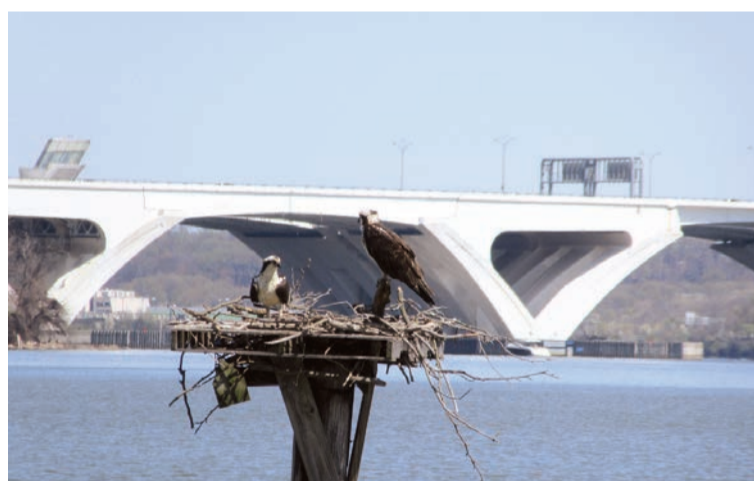
Eastern gray squirrels do not hibernate and scamper about all year. Their nests, clumps of leaves and twigs called dreys, are very visible in trees about 30 feet above ground before the leaves come out. Males chasing females may be mating behavior. Their young will be born between March and April. On an occasional warm day, chipmunks may leave their burrows to forage.

Beavers, not true hibernators, are leaving the warmth of their wetland lodges more frequently. Muskrats also do not hibernate and by late winter they may be seen more frequently as they become more active in daylight hours.

River otters, active in the Potomac River and its tributaries, have been spotted catching fish and running about in Huntley Meadows Park, reports Chris King, the park's Natural Resource Manager.

He observes, "This year has been a challenging one for some of our wildlife owing to a very poor mast crop which normally sustains the animals through the winter. Particularly low yields of acorns and hickory nuts as a result of the long-lasting snow and cold have made it difficult for foraging wildlife."

Fish, frogs and turtles slowed their metabolism for winter and burrowed into the ground to sur-



For many years, ospreys have had a nest on a platform at the Belle Haven Marina.

vive in a state of dormancy. Some insects overwinter as larvae, nymphs, eggs or pupae. Some hibernate. Some insects like bees spend the winter inside hollow stems.

Plant Life

American robins and cedar waxwings flock and feed on berry-bearing shrubs and trees like American holly. Many bird species also feed on eastern red cedar and poison ivy berries. Heads up! Poison ivy's hairy vine may not have leaves, but it too, like summer's leaves, can cause rashes.

Some early-blooming buds are starting to open. February's snow-

melt revealed snowdrops blooming.

Beech and red oak trees kept last summer's leaves all winter, but they will drop them soon. Maple tree sap will soon rise.

A March Preview

Though March weather can be unpredictable, spring will come, officially on March 20. Bulging buds will open. Overwintering insects and amphibians will emerge.

Male groundhogs will end their winter hibernation, leave their burrows and mate with females that give birth four weeks after mating. "Groundhogs begin to emerge when they sense the ground and

air temperature is rising," according to a Library of Congress article. "An extended winter could delay the growth of the plants they need to eat after their long hibernation. They will delay their mating season and emerge later to make sure that there is food available. Since they lose over half their body weight during hibernation, this is very important for their survival." And no, despite the myth, their shadow does not predict when spring will arrive.

Ospreys will return from their southern wintering grounds, mate and reconstruct or build messy nests near waterways on light poles, platforms, channel markers, stumps and in trees. Like all raptors, they have keen eyesight, powerful talons and a strong curved beak for tearing their prey. Excellent anglers, nicknamed "fish hawks," they will bring fish to their young.

Tree swallows, Northern rough-winged swallows and wood ducks will return. Bald eagles will bring fish and other prey to their eaglets.

Amid the sweet scents of spring, stinky skunk cabbage plants will rise. This plant gets its name from its odiferous "aroma" that the brave can whiff by breaking off a leaf. Virginia bluebells will brighten woody areas.