



The Arlington Connection

Sydney and Juliet, age 8, added their thoughts about what they love about Arlington to the LOVE sign at the Arlington Palooza.

More Trees Where
They're Needed Most
PAGE 3

Uplifting Voices Often
Left Out of Classroom
PAGE 5

So Much
To Love
PAGE 12

PHOTO BY EDEN BROWN/THE CONNECTION

SUPPORT FOR EVERY MOMENT



CARE FOR EVERY FAMILY

At The Sylvestery at Vinson Hall Retirement Community, exceptional care is more than a promise—it's a way of life. When you walk into our specialized Memory Care neighborhood, you are greeted with bright, circular hallways filled with sunlight from our interior courtyards. Private suites offer residents comfort and a sense of home. And our building's unique design gives them the freedom to be able to venture safely throughout the community. Our team is what makes us truly special. We are here for your whole family—delivering care, connection and community for all.

**Schedule a tour today and experience the care that makes The Sylvestery feel like home.
Call 703-935-1438 or visit VinsonHall.org to get started.**



**VINSON HALL
RETIREMENT COMMUNITY**
supported by Navy Marine Coast Guard Residence Foundation



Arlington Teen Impetus for Planting Trees in Arlington View

Mount Olive Baptist Church benefits from EcoAction Arlington Program.

BY EDEN BROWN
THE CONNECTION

What does it take for a teen, who could be hanging out with friends at Starbucks or playing Call of Duty, to initiate and implement a project to improve an area of Arlington where tree shade is badly needed?

Teigan Hellman, who grew up in Arlington, was inspired to initiate this project after participating as a volunteer on an environmental sustainability project with Amigos de las Americas in Costa Rica (AMIGOS) last summer. AMIGOS is a nonprofit organization that seeks to inspire future leaders through service and immersive experiences. After returning, Hellman was accepted into Amigos' Social Impact accelerator program, an action-focused accelerator empowering volunteers to strategize with local stakeholders to implement service projects in their home communities.

"I think that people can easily get so focused on problems outside of their community that they forget about problems inside their community. AMIGOS didn't just give me a better understanding of environmental problems all around the world, AMIGOS inspired and encouraged me to get engaged with environmental issues in my home community," said Hellman.

Hellman reached out to EcoAction Arlington with an interest in doing a project to help the environment, and EcoAction Arlington connected him with Mount Olive Baptist Church. He then worked with EcoAction Arlington staff and organized the project, coming up with the concept, researching the best native species trees, and purchasing the trees with the funds provided through the So-

cial Impact Accelerator program. Teigan engaged volunteers from the TreeStewards of Arlington/Alexandria to help with the species selection which included arrowwood viburnum, buttonbush and red chokeberry.

The project directly supported EcoAction Arlington's Tree Canopy Equity Program, which has a goal to radically increase tree planting in Arlington neighborhoods, like Arlington View, with the lowest tree cover. Launched in 2022, this program prioritizes tree planting to address heat islands and other health impacts in neighborhoods with low tree canopy and higher-than-average minority populations and people living in poverty. Since the program's inception, EcoAction Arlington has planted more than 800 trees and shrubs in the 13 target neighborhoods.

"It was amazing," said Kisha Sogunro, EcoAction Arlington Outreach Manager, "When we started the tree planting and invasives removal, no one on the street was outside.

But once they saw what we were doing, the whole neighborhood opened up their doors and came out to help. We were so determined to get rid of the vines and non-native plants, it became a real community effort and people want to continue it now."

EcoAction Arlington was pleased to support Mount Olive Baptist Church. "The involvement of Arlington's faith community and volunteers from neighbors in Arlington View have been instrumental in our work to improve the tree canopy in Arlington," said Fitsum Geremedhin, EcoAction Arlington Tree Ambassador.

"We at Mount Olive Baptist Church are so grateful to EcoAction Arlington and Teigan Hellman for their generous support in providing and planting trees across our church properties. This commitment to environmental stewardship and community beautification has left a meaningful and lasting impact on our grounds and hearts," said Minister Kimberly Taylor.

Mount Olive Baptist Church is a historically African American congregation with a long history of striving to "Be and Become" the Church for this present age. The



Teigan Hellman loading trees into his car.



The red chokeberry was one of the native trees selected for the spot.



Teigan Hellman picks up trees at the Earth Sangha, a native plant nursery in Springfield.

church was founded in 1873 by freed slaves living in a settlement known as Freedman's Village located in what is now Arlington National Cemetery.

Founded on the principle of environmental stewardship, EcoAction Arlington is committed to transforming Arlington into a sus-

tainable community through advocacy, education and direct action. The organization is dedicated to improving the natural environment, fostering environmentally friendly practices and ensuring environmental justice.

For more information, see: Mt. Olive Baptist Church's web-

site.
EcoAction Arlington's website.
<https://www.earthsangha.org/wpn>
<https://treestewards.org>

About EcoAction Arlington:
For more information, please visit EcoAction Arlington's website



Produce bagging center opens May 12 for the program sponsored by the Friends of Urban Agriculture (FOUA).



Audrey Moore, supervisor on May 12 for the Friends of Urban Agriculture (FOUA) food bagging collection

Goal: Break 2024 Record 15,000 pounds produce donated in 2024

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Spring gardening season is here, and donations of fresh vegetables crowd the table at Rock Spring United Church of Christ on Monday, May 12 as the produce bagging session gets underway.

Radishes as large as golf balls, fresh lettuces, kale and a number of herbs as well as a package of broccolini and cherry tomato plants have been donated by Arlington gardeners as part of the Friends of Urban Agriculture (FOUA) program to provide fresh produce to local food pantries.

Every Monday during the growing season from 12:30-2:30 p.m., donations can be dropped off at the Rock Spring UCC location at 5010 Little Falls Road in Arlington.

Volunteers repackage the produce into family-size portions which are delivered to local food pantries. Starting in August the center will be open Mondays and Thursdays.

On Monday, May 12, volunteers from Woodmont Community Integration Center are sitting at tables ready to go to work. Some of the volunteers such as Phelan Robertson, Christian Madlansacay and Erica Sanchez have volunteered in the past for the food bagging while others such as Eric Aintson and Will Waddell say this is their first year. However, Waddell says he has done volunteer work before for the National Hon-



Volunteers from Woodmont Community Integration Center bag produce as part of their volunteer efforts for the community.

or Society. Sanchez says she does it to help people in the community.

Dahlia Camacho, the Community Integration Coordinator, says they take the program participants in their day program to a lot of different places like museums, field trips, and Waddell volunteers "out to lunch on Fridays—I like Popeyes."

Woodmont Community Integration Center is a non-profit community-based program for individuals with intellectual, developmental and physical disabilities. "It involves them in activities that promote social function and allows them to communicate with peers and learn life skills."

Audrey Moore, the supervisor of the FOUA bagging effort on Monday says they have had a surprisingly large contribution for the first day of the program. She points to a table filled with bags of lettuces, kale, a few strawberries, enormous radishes, and an assortment of thyme, rosemary and basil.

Moore said when they have finished today she will deliver the produce to local food pantries.

"I'm sure we'll go to Our Lady Queen of Peace; they're serving 900 now every week," Moore said. "And gardeners can also take their contributions directly to other sites that are listed on the FOUA website."

In 2024, Arlington gardeners donated 15,000 pounds of produce, and the goal is to break 20,000 pounds in 2025.



Access Up to \$20,000 in Homeownership Grants

Chain Bridge Bank, N.A. has partnered with the Federal Home Loan Bank of Atlanta to offer Down Payment Assistance Grants for eligible first-time and repeat primary home buyers.*

Call or email today before funds run out.



703-840-8440



grants@chainbridgebank.com



chainbridgebank.com/fhlbgrants

Chain Bridge Bank, N.A.



*The Downpayment Assistance Grant is offered through the Federal Home Loan Bank of Atlanta. Household income restrictions and other requirements apply. Please see Federal Home Loan Bank of Atlanta's Affordable Housing Program Implementation Plan at www.fhlbatl.com for complete product requirements. Must be 18 or older to apply. Loans and grant subject to credit and property approval. This is not a commitment to make a loan. Rates and specifics subject to change without prior notice. Exclusions apply. Contact a Chain Bridge Mortgage Loan Officer for details. Member FDIC. Equal Housing Lender.

The Echo Project

How local mentors are filling gaps schools leave behind.

BY MARILYN CAMPBELL
THE CONNECTION

In a sunlit living room in Alexandria, the furniture has been pushed aside to make room for a semi-circle of folding chairs. Teenagers sip from mismatched mugs, notebooks in their laps, while a low table is covered in printed speeches, paperback novels, and bold-font headlines clipped from recent news.

At the center of it all is a con-

“We’re not just talking about the past. We’re preparing these kids to be the ones who shape the future.”

— Maya Henderson

versation — part literature discussion, part life talk — that’s both urgent and electric.

This is The Echo Project, a grassroots mentorship initiative launched earlier this year by a group of young Black professionals from Alexandria and Arlington. In response to recent shifts in educational policy that threaten the inclusion of African American narratives in school curricula, these volunteers created a program to fill in the gaps and uplift the voices often left out of the classroom.

“The goal is to make sure Black students see themselves in the stories they read — not just during Black History Month, but in every chapter of history,” says Maya Henderson, a co-founder and mentor.

The Echo Project pairs high school students with mentors who meet weekly in homes like this one

to explore literature, history, and current events that shape their cultural identity. Each session revolves around a theme, like *Voices Erased*, which focuses on banned or marginalized texts, *Power in Protest*, which explores movements from the Civil Rights era to the present, and *Building Legacy*, which encourages students to imagine and shape their own futures.

These sessions go far beyond book discussions. Students and mentors analyze primary sources, study oral histories, and talk openly about how it feels to grow up in a world where representation is often an afterthought — or actively suppressed.

“Some of the kids told us they’d never read anything by Toni Morrison in school,” says David Alston, a mentor who grew up in Alexandria. “They didn’t know about Angela Davis. They’d never heard of Fred Hampton. That’s not an accident, it’s policy. And we’re here to push back.”

The project is also a direct response to the rollbacks in Diversity, Equity, and Inclusion (DEI) policies sweeping across the country, policies that have left many educators hesitant to discuss race, culture or identity for fear of backlash. In that silence, The Echo Project offers not just information, but community.

“I used to think history was just dates and wars,” says 16-year-old

mentee Nia Bell. “Now I know history includes my family, my neighborhood, the books they don’t teach us in school. That changes everything.”

Sessions often result in creative student work — poetry, spoken word pieces, podcast segments, or even mock public hearings. And beyond academic enrichment, the program emphasizes civic education, teaching students how local school board decisions connect to national debates, and how to make their voices heard.

“I’ve never had a space like this before,” says Amir, a junior from

Arlington. “We talk about what’s happening in the world and in school, and the mentors actually listen. It makes me want to show up and speak out.”

Mentors guide students in writing letters to school officials, preparing public comments, and attending board meetings. They see this as essential because curriculum is not just about facts, but about which voices are amplified and which are erased.

“We’re not just talking about the past,” says Maya. “We’re preparing these kids to be the ones who shape the future.”

Though still new, The Echo Project has already mentored over two dozen students, with plans to expand into neighboring school districts.

It’s powered by community donations, borrowed living rooms, and a deep belief that young Black students deserve more than token representation; they deserve truth, depth, and inspiration.

“The Echo Project is about reclaiming space,” Maya says. “It’s about showing Black students that their stories aren’t side notes, they’re center stage. And they always have been.”



Mentors and students in The Echo Project gather in a living room for one of their weekly sessions, where conversations about literature, history, and identity foster connection and cultural empowerment.

The New Columbarium

at Walker Chapel Historic Cemetery
Circa 1842

Open Hearts, Open Minds, Open Doors for All

4102 N. Glebe Road, Arlington VA 22207
www.TheColumbarium.org
[Email: Cemetery@WalkerChapel.org](mailto:Cemetery@WalkerChapel.org)

Closing or Pause in Neighborhood Institution?

After 50 years of operation Walker Chapel Preschool won't open next year.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

In early May Walker Chapel UCC preschool announced a “pause” in their preschool to take effect this spring at the end of the school year due to declining enrollment. The preschool has been in operation for 50 years.

Suzanne Romness, the current director of the preschool says, “They call it a ‘pause’ but it’s really a closure. Even if they were to reopen the preschool again, it wouldn’t be the same. They haven’t asked any of the teachers to stay. This has been a neighborhood institution for many years, and no one is happy about it, the parents or the teachers.”

She continues, “I’m heartbroken. This has been such a big part of my life. And they are putting six people out of a job.” Before becoming director of the preschool, Romness had been a teacher at the preschool since 2013 and still teaches the two-year-old class in addition to being the director. Her son attended the preschool. “He’s now 20.”

Romness says she first learned about the action on Thursday, May 8 when the pastor and church leadership informed her about the decision. “I had just had a meeting with the pastor on Monday about alternatives to keep the pre-school open so I was totally shocked.”

Pastor Teer Hardy says he was shocked and disappointed, too. “The Walker Chapel preschool is a ministry of the church. That’s how it started 50 years ago.” But he explains, “The church doesn’t exist for itself. The goal at the end of the day is how to care for the community.”

He says, “The decision to pause the preschool was made carefully and thoughtfully by the church leadership. The preschool didn’t have the enrollment to sustain themselves next year. They weren’t going to break even.” Even though the preschool is independent and not associated with the church’s religious affiliation, it is considered by the church to be part of their mission, and therefore the church board controls the decision on whether the preschool continues.

Romness says, “It’s been very difficult since Covid, and we have had a rough year but that doesn’t mean it will always be the same every year. We could have had a chance to make it work.”

Pat McGeehan, the previous director of the preschool for 40 years says, “The preschool started as a small operation with two one-day classes a week, one for the one-year-olds and one for the two-year-olds. It was really a “mother’s day out” where the parent could take the morning to go to the dentist or just have a free morning for herself.

“It was really so the kids could have fun.”

There was a time when there were lots of fun field trips, and for a while the preschool was a coop.

As time went on there was an ebb and flow as the needs changed, and the preschool added more days and more classes for 3 and 4-year-olds. And they started to get more structured when parents wanted to make it more like a preschool with some academics. Now they have three classes five



Teer Hardy, pastor of Walker Chapel United Methodist Church

days a week with small classes of eight children and two teachers for each class.

McGeehan says it has been a neighborhood institution. “It was a comfortable place to be. Everyone got along. Years after the fact I go to church or the grocery store and someone says, ‘you taught my kid; I have the pictures to prove it.’ Or ‘remember so and so?’”

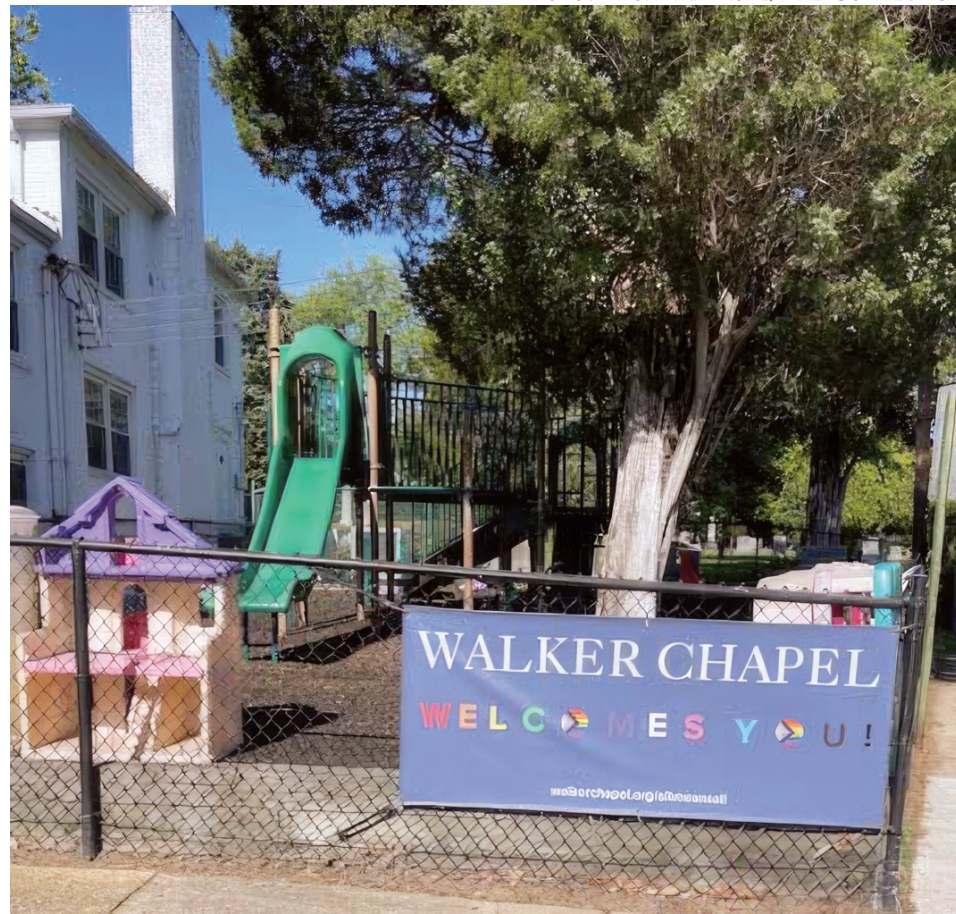
Ruth Haubert, the preschool bookkeeper for over 40 years, says she had three kids and two grandkids who went to Walker Chapel preschool. “When my grandkids drive by they still say ‘that’s my school.’ There was continuity over the years. My grandkids would bring home a handprint, and I would say ‘that’s just like the one your dad did.’”

Hardy says the plan is to pause and to discern what will serve the community better. He said the decision to pause the preschool was announced in May to give the families time to find an alternative for their children in the fall.

“We met with Mt. Olivet United Methodist Church to assure that they had space in their Mt. Olivet Preschool for the Walker Chapel families if they chose to move their children there.

“The need for child care is there so the question is how to adapt. Now more parents work full time and want a full day program. We are trying to serve and will be reaching out during the next year to the community to get their input on what would best meet their needs.”

In the meantime, Romness says she knows that the parents, children and teachers would say what best meets their needs is to keep things just the way they are.



Walker Chapel Preschool to “pause” operation after 50 years.



Hudson demonstrates the clapping song in the pre-K class at Walker Chapel Preschool.



Yeva shows her pre-K class the Z card—sounds like zzzzz, zzzzz as the class makes it to the end of the alphabet.

WWW.CONNECTIONNEWSPAPERS.COM

Hit and Run Injures Arlington Officer

An Arlington County Police Officer is recovering after being struck in a hit and run crash during the early morning hours of Saturday, May 17.

At approximately 3:59 a.m., two officers were outside of their vehicles while conducting a traffic stop in the 1600 block of S. Eads Street when an unrelated passing

vehicle struck one of the officers and fled the scene. Medics transported the injured officer to an area hospital with serious but non-life-threatening injuries. He has been released from the hospital and is recovering at home.

During the course of the investigation, officers located the striking vehicle parked and unoccupied nearby and identified the

driver. He turned himself into police on the afternoon of May 17. As a result of the investigation, Anthony Aquice, 24, of Arlington, was arrested and charged with felony Hit and Run. He's being held without bond in the Arlington County Detention Facility.

"I implore drivers to slow down and move over any time you see flashing blue, red or amber lights. It's not only the law, it may

also save a life," said Chief Andy Penn.

This remains an active investigation and anyone with information related to this incident is asked to contact the Arlington County Police Department's tip line at 703-228-4180 or ACPDTipline@arlingtonva.us. Information may also be reported anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).

Seat Belts: Click It or Ticket

The Arlington County Police Department, in partnership with The U.S. Department of Transportation's National Highway Traffic Safety Administration, is urging drivers to buckle up ahead of a national Click It or Ticket high-visibility seat belt enforcement and education effort. The national seat belt campaign, which coincides with the Memorial Day holiday, runs from May 19 to June 1, 2025.

One of the safest choices drivers and passengers can make is to buckle up. Seat belts are the best defense against impaired, aggressive and distracted drivers. Being buckled up during a crash helps keep you safe and secure inside your vehicle; the seat belt slows you down and spreads crash forces over the strongest parts of your body. According to NHTSA, the national seat belt

daytime use rate in 2023 was 91.9%, which is good — but it could be better. Despite steady increases in observed seat belt use, approximately half of all passenger vehicle deaths are unrestrained.

Virginia law requires everyone under the age of 18 to be properly secured in a safety belt or child safety seat no matter where they are sitting in the vehicle, and the driver is responsible for making sure this happens. In addition, Virginia law requires everyone in the front seat of vehicles to be properly restrained, regardless of age, and those 18 and older can be ticketed.

New Priority Dispatch for 911

Arlington County is implementing the Priority Dispatch System in the Emergency Communication Center for emergency

medical, fire and police call handling. This advanced dispatch protocol is designed to ensure efficient, high-quality and consistent emergency response across various calls for service in the County.

Developed by the International Academies of Emergency Dispatch, the Priority Dispatch System provides standardized call-taking and response protocols that guide 9-1-1 telecommunicators through every type of emergency.

The Arlington County Emergency Communication Center will go live with the Medical and Fire Dispatch protocols this month, with plans to go live with Police Dispatch protocols in July.

Arlington County Public Safety Telecommunicators (PSTs) have undergone extensive additional training during this tran-

sition and are ready to handle the more 80,000 calls that come in each year.

"An important thing for residents to remember is that as soon as the dispatcher has identified the location and main issue — what we call the Chief Complaint — help is being dispatched right away," said Jacob Saur, Emergency Communication Center Administrator.

The new system can enhance service in several ways, including pre-arrival instructions. Dispatchers can provide medically approved guidance over the phone before first responders arrive, including CPR, bleeding control, and childbirth support.

Calls are also prioritized based on severity, helping reduce strain on emergency services and ensuring critical incidents get the fastest response.

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.

VOLUNTEER DRIVERS NEEDED

Have some extra time to drive a neighbor to a doctor's appointment? You pick the days, times, and places that are convenient for you. There is NO MINIMUM driving requirement. Not only do you help older adults in need, you also get to meet wonderful folks, often with very interesting backgrounds and stories to tell. The Shepherd's Center of McLean-Arlington-Falls Church (SCMAFC), is an all-volunteer, non-sectarian, non-profit organization. Its mission is providing free transportation to seniors for medical and dental appointments or run errands to grocery stores and pharmacies. To sign up, visit the website at <https://scmafc.org/volunteer>, or email contact@scmafc.org with questions.

DONATIONS NEEDED

Pet Food Bank. AWLA has established a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYWdZm4tPw2.

Donations Needed. Our Lady Queen of Peace Catholic Church, 2700 South 19th St., is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated, the pantry will rebag), dry beans, canned vegetables, soup, small jars

of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit www.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 Siqveland at 703-228-0913 or esiqveland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness/ for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

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

Your future.
Your care.
Our focus.



Introducing our onsite Hemodialysis Unit, in partnership with Nova Dialysis, providing advanced care and personalized services to meet all of your dialysis needs.

Clinical Capabilities

IV Antibiotics
Vent and Trach Dialysis
Short-Term Dialysis Management



Comprehensive Services Include

- Consultative Visits by On-Staff Nephrologists
- On-Site Cardiology & Pulmonary Rounding
- Health Coaching & Dietary Education
- Routine Medical Management of Co-Morbidities
- RenalX Monthly Support Group
- Dialysis Wing
- Dedicated Transport Aides
- Full Case Management Services
- 24/7 Guest Service



2729 King St, Alexandria, VA 22302
WoodbineRehab.com / 703.836.8838

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>

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.

SPRINGTIME AT AMAZON'S MET PARK

Take advantage of the wonderful weather, music, activities, fitness classes and food at Amazon's Met Park, 1400 S Eads St, Arlington, with special events and weekly programming. Since its grand opening in 2023, Met Park has served as a top venue for community engagement events, and

the program offerings continue to grow! This May, Met Park has something for everyone, with series that are sure to become a regular part of DMV residents' routines. Whether you are looking to get moving or connect with others in the community, Amazon's Met Park hosts multiple events every week in partnership with local organizations to create special experiences for businesses, locals and guests.

Met Park's May series and special events include: Crafts and Jazz Series Live music and crafting series for the whole family in partnership with the Museum of Contemporary Art Arlington (MoCA), DC Jazz Festival and National Landing BID

Event dates: 10 a.m. – 1 p.m. every Sunday through June 15 4:30 p.m. – 6:30 p.m. every Thursday from May 8 to June 12 Farmers Market Eat Loco sponsors a Farmers Market with a selection of fresh fruit, vegetables, artisanal breads, teas, baked goods and more

Event dates: 10am – 1 p.m. every Saturday 11am – 2 p.m. every Tuesday New Series: Bingo Met Park is kicking off a new bingo series!

Event dates: 4 p.m. – 5 p.m. every other Wednesday through June. The bingo dates in May are the 7th and 21st

Amazon Armed Forces Cycling Classic The Amazon Armed Forces Cycling Classic is the region's premier cycling event, with opportunities to participate for cyclists of all abilities.

Event date: May 31, 2025, from 10 a.m. – 2:15 p.m. and June 1st, 9:45 a.m. — 2:15 p.m.

NOW THRU MAY 23

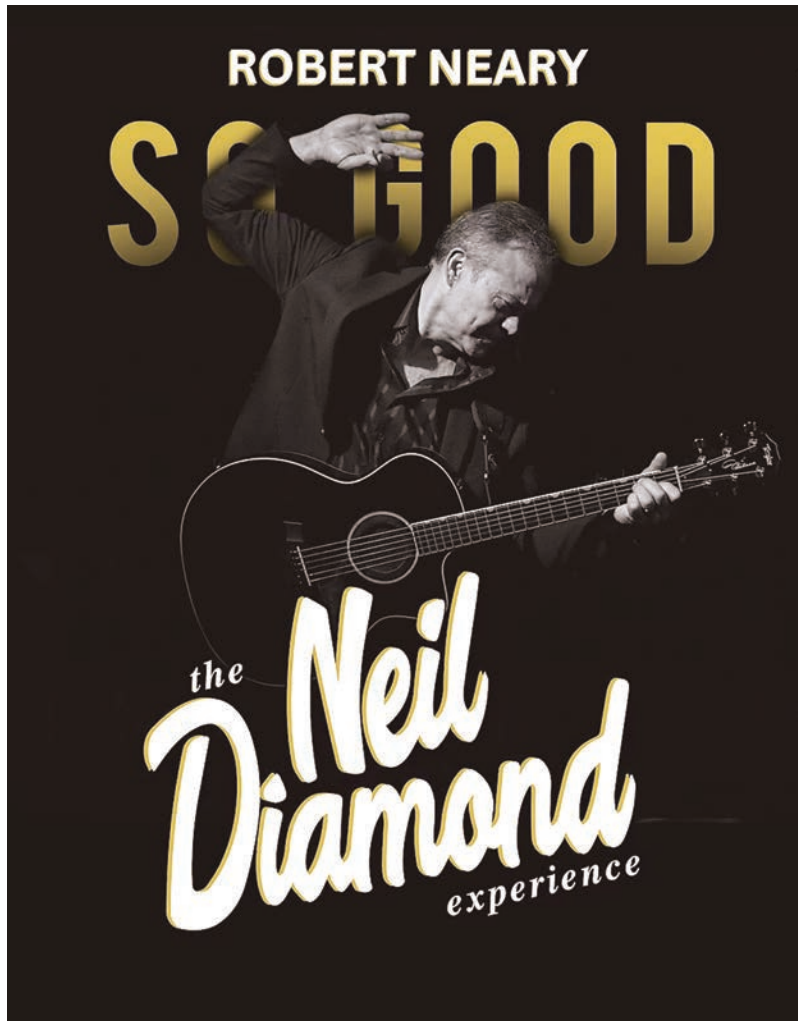
Shakespeare's Hamlet. At Gunston Arts Center, Theatre Two, Arlington. Directed by Avant Bard Artistic Associate Kathleen Akerley, this production delves into themes of grief-fueled disorientation, offering a searing study of how one individual's mourning can have devastating consequences for those around them. Tickets available at <https://avantbard.org/project/the-tragedy-of-hamlet/>

NOW THRU MAY 25

A Passage of Force Through Matter: Current Painting. At Museum of Contemporary Art Arlington (MoCA). Chairmen's, Meyer, & Smith Galleries, Main Level. Featured artists: Tom Bunnell, Asha Elana Casey, Claudia Aziza Gibson-Hunter, Matthew Mann, Maggie Michael, and Marisa Rasum. A Passage of Force Through Matter asserts the ongoing vibrancy painting within contemporary art and considers the role it can play in navigating and destabilizing our overburdened image landscape.

NOW THRU MAY 25

Joshua Challen Ice: Something to Do With My Hands. At Museum of Contemporary Art Arlington (MoCA). Experimental Gallery, Lower Level. Installation view of Joshua Challen Ice: Something to Do With My Hands. Joshua Challen Ice creates sculpture, kinetic, and



So Good – The Neil Diamond Experience takes place on Friday, May 23, 2025 at the Arlington Music Hall.

light-based installation art to explore ideas related to architecture and philosophy. Drawing on his background in lighting design and technology for the stage, he creates fully immersive artworks. In Something to Do With My Hands, Ice presents a new installation created for SOLOS 2025 that explores issues of care, maintenance, and creation.

NOW THRU MAY 25

Brandon Morse: Gradually, All at Once. At Museum of Contemporary Art Arlington (MoCA). Truland Gallery, Lower Level. Brandon Morse, Continental Drift, 2025, Generative video, sound, mixed media. Brandon Morse works with generative systems in order to examine the poetic and metaphorical potential of physical phenomena such as entropy and emergence. Through the use of code and the creation of custom computer software, he builds simulations of seemingly complex systems. The resulting videos and video installations seek to draw parallels between the ways these systems work and the ways in which we, both individually and collectively, navigate the world around us. Brandon Morse: Gradually, All at Once takes place as part of MoCA Arlington's SOLOS 2025, part of the Museum's long-running SOLOS exhibition program.

MAY 15 TO JUNE 29

Student Art Show. At Arlington Artists Alliance Galleries, The Crossing Clarendon at 2700 Clarendon Blvd., Suite R330, Arlington. Arlington Artists Alliance will host its sixth partnership exhibition for high school students from the Arlington Career Center, at the

Alliance Gallery @ The Crossing Clarendon. Through mentorship of Arlington Artists Alliance staff and volunteers, students will participate in developing and producing a professional art show. Students will learn all aspects of art show production including curating the exhibition, designing promotional materials, framing, pricing, and providing inventory details to the gallery. Gallery Hours Wed-Sun 12-6 pm; Opening Reception: Thursday, May 15, 2025 from 5-7 p.m. Visit arlingtonartistsalliance.org/alliance-gallery

WEDNESDAY/MAY 21

LGBTQ+ Community & Allies. 6 to 7:30 p.m. At Arlington Central Library. LGBTQ+ Mental Health Panel Discussion: Join in a vital discussion on mental health issues in the LGBTQ+ community. Mental health professionals SC Nealy (LGBT+ Counseling Collaborative), Timothy Elliott (Timothy Q. Elliott, MSW LLC), and representatives from He She Ze and We and Safe Space NOVA will discuss the unique challenges LGBTQ+ folks face with mental health and barriers to mental health care, as well as resources and strategies for improving your mental health as an LGBTQ+ person.

MAY 23-26

Veterans Art Exhibit. At 3445 Washington Blvd., Arlington. American Legion Post 139 will host its first annual Veterans Art Exhibit Memorial Day weekend, May 23–26, 2025, at the newly renovated Post. This free public event invites the community to experience powerful, deeply personal works of art created by local veteran artisans. This unique exhibition highlights the

creative talents of veterans and family members who have transformed their military experiences into meaningful works of art.

Event Schedule:

❖ Private Opening Reception (Invitation Only):

Friday, May 23, 6 – 9 p.m.

❖ Artist Talk and Awards Ceremony: Monday, May 26, 1 – 2 p.m.

FRIDAY/MAY 23

So Good – The Neil Diamond Experience. 8 p.m. At Arlington Music Hall, Arlington. Broadway and TV star Robert Neary will deliver a one-of-a-kind celebration of Neil Diamond's legendary music. This show is more than just a tribute—it's a full-scale, immersive experience, featuring 22 of Diamond's greatest hits performed with electrifying authenticity, plus fascinating, behind-the-scenes stories about the man behind the music. For ticket info visit: [visit: https://arlingtonmusichall.org/](https://arlingtonmusichall.org/)

SATURDAY/MAY 24

Water Safety Days. At Long Bridge Aquatics & Fitness Center, Arlington. Are you ready for summer? Before all the pool parties and beach days, join them for Water Safety Days at Long Bridge Aquatics & Fitness Center -- where fun meets life-saving skills. Free.

SATURDAY/MAY 24

Lesson Zero. 9:30 p.m. to 12:30 a.m. At The Celtic House, 2500 Columbia Pike, Arlington. Admission is free and street parking is available. For more information see www.youtube.com/lessonzero and www.reverbNation.com/lessonzero.

MAY 24 AND 25

Make a Splash-- Safely! At Long Bridge Aquatics and Fitness Center, Arlington. This free family-friendly event will cover the basics of swimming and water awareness to help everyone feel more confident in and around the water. Learn life-saving tips and make water safety a priority this summer!

WEDNESDAY/MAY 28

55+ Fitness Day and Health Fair. 11 a.m. to 1 p.m. At Lubber Run Community Center, Arlington. Celebrate National Senior Health and Fitness Day. Enjoy health screenings, including fall risk assessments; fitness class demonstrations with opportunities to chat with instructors; Q&As with dietitians, pharmacists and insurance counselors; and more! This event is free and open to everyone: no 55+ Pass required!

MAY 31 TO JUNE 1

Armed Forces Cycling Classic. The weekend kicks off on Saturday, May 31, with the Amazon Armed Forces Cycling Classic's Challenge Ride. The Challenge Ride offers a 21km closed course that welcomes cycling enthusiasts of all skill levels, and will now start and finish in our Nation's Capital. Participants will enjoy the opportunity to ride against the backdrop of Washington, DC, and Arlington's most iconic landmarks. Participants can aim for gold, silver, or bronze medals, awarded based on the number of laps completed during the three-hour event. The weekend's activities also include two days of races, featuring the nation's top Pro/Am men's and women's cycling teams.

www.ConnectionNewsPapers.com



The Armed Forces Cycling Classic takes place May 31 to June 1, 2025 in Arlington.

ties also include two days of races, featuring the nation's top Pro/Am men's and women's cycling teams. Saturday's race will be held on a short, spectator friendly course in DC, utilizing the same start/finishing area as the Challenge Ride. On day two, the racing moves to Arlington, VA, for the 27th edition of the Clarendon Cup Pro/Am bike races. cyclingclassic.org.

SUNDAY/JUNE 8

Living History at Fort C.F. Smith Park. A day of living history that will include drilling activities, specialized fort tours and more. Come learn about Civil War life in Arlington County and beyond at this free event. Visit the website: <https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Parks-Events/2025/Nature-and-History/Living-History-at-Fort-CF-Smith-Park>

SUNDAY/JUNE 8

Common Threads – 9th Street Quartet's Season Finale with Composer Q&A. 4 p.m. At St. George's Episcopal, 915 N Oakland St, Arlington. This program pairs Debussy's iconic String Quartet in G Minor with striking contemporary works by Florence Anna Maunders, Steven Snowden, and Jerod Impichchaaha' Tate. There will be a live virtual Q&A with all three living composers after the performance.

SATURDAY/JUNE 14

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 headliner for June's show is the hilarious Danny Rouhier from 106.7 The Fan! Tickets: \$10/\$15 at capitalcityshowcase.com

SATURDAY/JUNE 14

27th Annual Columbia Pike Blues Festival. 1-8:30 p.m. At Columbia Pike at S. Walter Reed Drive, Arlington. This year's Blues Festival is about more than incredible tunes — it's a celebration of everything that makes Columbia Pike so special: its rich diversity, deep community roots, and vibrant local culture. The 2025 festival lineup features all DMV-based perform-

ers, including headliner Everyday Everybody, and opening act Rick Franklin, a proud Arlington native whose blues stylings reflect the legacy and evolution of the genre in our region. Festivalgoers can expect an incredible musical lineup, local food trucks, a beer garden, artisan vendors, and family activities that reflect Columbia Pike's eclectic character.

FRIDAY/JUNE 20

Play All Day VA: Join Arlington Parks and Recreation on June 20 for a statewide initiative to celebrate the longest day (the summer solstice) through PLAY! The mission is to provide FREE programs and services for the community from sunrise to sunset. The goal is for citizens to get involved in community programs that highlight what P&R represents! Visit the website: <https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Parks-Events/Play-All-Day-VA>

SATURDAY/JUNE 21

Spring E-CARE. At 1425 N. Quincy St., 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 these listed materials:

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

Visit the website: arlingtonva.us/E-CARE or call 703-228-5000.

SATURDAY/JUNE 21

Arlington Open Pickleball Tournament. Join the Arlington Open Pickleball Tournament on June 21 for a day of fast-paced rallies, fierce competition, and community fun! Whether you're a rising intermediate 3.0 player or a seasoned 4.5 tournament regular player, this indoor event guarantees great matches, cool swag, and a shot at the podium. Grab your partner and register early—spots fill fast. Game on! Visit the website: <https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Parks-Events/Arlington-Open-Pickleball-Tournament>



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
GRAYSON	8733	58	HIGHLANDS PKWY	CABIN CREEK	4/23/2025
LUNENBURG	11654	661	GALLION TOWN ROAD	TRIB OF REEDY CREEK	4/11/2025
GRAYSON	8915	741	HOMESTEAD ROAD	BIG FOX CREEK	4/10/2025
BEDFORD	2679	604	RIVERSIDE INN CIRCLE	HUNTING CREEK	4/8/2025

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.

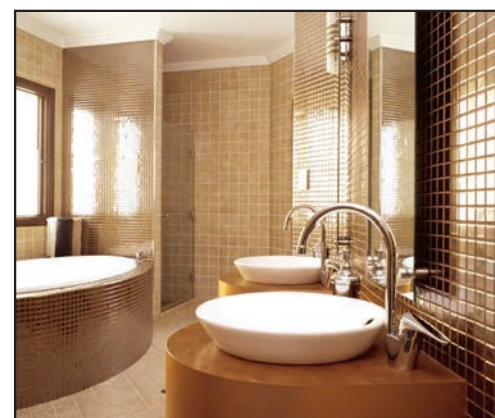
Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov or the Load Rating Program Manager, Manjil Devkota at 804-786-4064.

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.

**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



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

ERIEHOME™ Trust the Nation's #1 Roofing Contractor
Award-Winning Roofing and Customer Service
Erie Roofing Since 1976

LIMITED TIME OFFER
50% OFF
Installation

FREE ESTIMATE
SCHEDULE TODAY!
Call 1.844.902.4611

CALL TODAY! 1.844.902.4611

New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Erie Construction Mid-West, Inc ("Erie"). Offer terms and conditions may apply and the offer may not be available in your area. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Erie or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on homeservicescompliance.com. All rights reserved. License numbers available at erielicenses.com

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!

*Terms and Conditions apply.

GENERAC

**The Bath or Shower You've Always Wanted
IN AS LITTLE AS 1 DAY**



\$1000 OFF* OR **\$1500 OFF** when financing with remodelingloans.com™ OR **0% Interest** For 18 Months™

OFFER EXPIRES 6/30/2025
Military & Senior Discounts Available

CALL NOW!
(844) 945-1631

BATH CONCEPTS INC

*Includes labor and product; bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires 6/30/2025. Each dealership is independently owned and operated. **Third party financing is available for those customers who qualify/Participating dealers only. See your dealer for details. ©2025 BCI.

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

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

Employment

Product Manager, i360 Holdings, LLC, Arlington, VA: Analyze business requirements and translate those needs into functional requirements that clearly state project scope for specific products and features. Domestic travel required up to 10%. 100% telecommuting. Applicant can reside anywhere in the US. To apply, email resume to kevin.campbell@kochcc.com. Please include job number 171893 in the subject line.

SAVE \$350 when you transform your patio into an outdoor oasis.

SunSetter
America's #1 Awning

- Instant shade—at the touch of a button.
- Enjoy more quality time with family and friends.
- Up to 10-Year Limited Warranty.



Call 1-844-746-2332 now to SAVE \$350 TODAY!

America's #1 Awning!

Past issues of

THE CONNECTION
NEWSPAPERS

back to 2008
are available at

<http://connectionarchives.com/PDF>

Find us on Facebook and become a fan!

www.Facebook.com/connectionnewspapers

THE CONNECTION
Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

The Arlington
Connection

www.ConnectionNewspapers.com

Twitter @ArlConnection

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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
debfunc@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](mailto:MaryKimm)

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

Art/Design:
Laurence Foong

Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com

Virginia
PRESS
Association
Award Winning Newspaper

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.

Coffee or Tea and Thee, Mondays and Thursdays from 9 to 10 a.m., socialize with other 55+ friends at Lubber Run 55+ Center. Drop-in.

Volleyball, all skill levels welcome, Tuesdays, 3:30 – 5:30 p.m., Langston-Brown 55+ Center and Thursdays, 2 – 4 p.m., Lubber Run 55+ Center. Both are drop-in.

Introduction to beginners line dancing class with 55+ volunteer Suzie Pratts, Fridays, Aurora Hills 55+ Center. Learn box step, quarter turn and grapevine. Drop-in.

Cribbage, a challenging card game yet easy to learn and play, Fridays, 10 a.m. – 12 p.m., Walter Reed 55+ Center. Drop-in.

Water walking and lap swimming to strengthen muscles at Long Bridge Aquatics Center, Mondays, 8-10 a.m., Wednesdays, 1-3 p.m. No instruction provided. Long Bridge Aquatics Center membership required or pay daily admission fee. Located at 333 Long Bridge Drive. Drop-in.

Tai Chi practice with experienced volunteers, no instruction provided, Mondays, 2-2:45 p.m., Aurora Hills 55+ Center; Tuesdays, 1-2:15 p.m., Walter Reed 55+ Center; Fridays, 1-2:15 p.m., Walter Reed 55+ Center. All are drop-ins.

55+ Ice Skating, Mondays, 8:40 – 9:40 a.m., MedStar Capitals Iceplex, roof level parking at Ballston Quarter. \$1 skate rental fee. Pre-registration required at www.medstarcapitalsiceplex.com, click on Senior Public Skate.

Play pickleball, 55+ Pass required at the following 55+ centers: Walter Reed, Mondays, 8:15 a.m.- 4 p.m.; Tuesdays and Thursdays, 12:30 – 4 p.m.;

Wednesdays, 2:15 – 4 p.m.; and Fridays, 8:15 a.m. – 4 p.m.; Arlington Mill, Mondays, Wednesdays and Fridays, 10 a.m.- 3 p.m., Tuesdays and Thursdays, 12 – 3 p.m. Drop-ins.

Women's drop-in basketball, Wednesdays, 7:15 p.m.-8:45 p.m., Langston-Brown 55+ Center. Drop-in.

Opera appreciation group will hear the rarely-performed epic opera "Les Troyens" by French composer Hector Berlioz, based on a poem "The Aeneid" by Virgil, a Roman poet, Wednesday, May 21, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti. Registration # 913300-06.

Sing along with pianist Valerie Welsh, songs from the late 60s, lyrics provided, Wednesday, May 21, 4 p.m., Lubber Run 55+ Center. Registration # 913304-25.

Eurogames, tabletop games in rotation emphasizing strategy, skills and player interaction over luck and conflict, Thursday, May 22, 9:30 a.m., Walter Reed 55+ Center. Beginners welcome. Registration # 913600-07.

Organization tips offered by Virginia Cooperative Extension on how to control clutter, Thursday, May 22, 10 a.m., Arlington Mill 55+ Center. Registration # 913400-07.

Another Hour of Stephen Sondheim's music with singing actresses Judy Lewis and Jane Petrovsky, pianist Ken Schellenberg and cellist Deborah Larson, Tuesday, May 27, 11:30 a.m., Lubber Run 55+ Center. Registration # 913301-06.

Movie matinee, "The Best Exotic Marigold Hotel" (2011) (PG-13), Tuesday, May 27, 1 p.m., Lubber Run 55+ Center. Registration # 913804-03.

Music appreciation program explores Selena Quintanillas' unique blend of Tejano, pop and cumbia that revolutionized Latin music, Wednesday, May 28, 1:30 p.m., Aurora Hills 55+ Center. Presented by 55+ Operations Supervisor Cory Cox. Registration # 913400-39.

Local history discussion collects Arlington's rich past, Wednesday, May 28, 1:30 p.m., Lubber Run 55+ Center. Registration # 913402-09.

55+ Fitness Day and Health Fair, open to all ages, 55+ Pass

not required, Wednesday, May 28, 11 a.m. – 1 p.m., Lubber Run 55+ Center. Health screenings, fall risk assessments, fitness class demonstration, Q&A with dietitians and more. Drop-in. Sponsored by Arlington County 55+ Program, Marymount University, Virginia Hospital Center and Arlington Neighborhood Village.

55+ Travel group will tour Chanticleer Garden, Wayne, PA, where foliage trumps flowers, gardeners lead the design and even drinking fountains are sculptural, Wednesday, May 28. Cost \$108, Arlington resident; \$124, non-resident. Bring your lunch to picnic in the garden. Registration # 902505-09.

Puzzle exchange, trade and discuss favorite jigsaw puzzles, new or gently used, Thursday, May 29, 6 p.m., Lubber Run 55+ Center. Registration # 913801-05.

Pedaling for a Purpose, hear from avid cyclist David Young who biked all the way from Pittsburgh to D.C. to explore historic transportation infrastructure, Thursday, May 29, 3 p.m., virtual. Registration # 913400-22.

Tracking spring bird migration in real time with volunteers from Arlington Regional Master Naturalists and the Northern Virginia Bird Alliance, Thursday, May 29, 1 p.m., Arlington Mill 55+ Center. Learn how to support migratory birds. Registration # 913400-19.

Decades Dance Party, celebrate Older Americans Month, music from the different eras and genres, Friday, May 30, 9:30 – 11 a.m., Arlington Mill 55+ Center. Dress up in an outfit from your favorite decade. Open to all ages; 55+ Pass not required. Registration # 913899-09.

Movie matinee, "The Hitman" (2023) (R), Friday, May 30, 12:30 p.m., Aurora Hills 55+ Center. Registration # 913804-06.

55+ Video exercise, gentle seated exercise class designed for seniors to improve flexibility, strength and circulation, Monday, June 2, 10:15 a.m., Aurora Hills 55+ Center. Video instructions provided; no in-person instruction. Drop-in.

Gustav Klimt's golden paintings symbolizing the height of Viennese art at the beginning of the 20th century, presented by art historian Joan Hart, Monday,

June 2, 1 p.m., Aurora Hills 55+ Center. Registration # 914302-01.

Let's play easy piano duets, Mondays beginning June 2 through August 25, 4 p.m., Walter Reed 55+ Center. Participants must have at least basic knowledge of the piano. No instruction provided; music supplied to take home to practice. Registration # 914304-13.

New, Creative Commons, a space for artists to explore their projects at their own pace, Tuesday, June 3, 1-3 p.m., Lubber Run 55+ Center. No supplies or instruction provided. Registration # 914303-01.

Introduction to the ukulele taught by volunteer Sandy O'Shea, Tuesday, June 3, 4 p.m., Walter Reed 55+ Center. No experience required; limited ukuleles available. Registration # 914304-01.

BBQ fundraiser at Rockland's Barbeque, 3471 Washington Blvd., Tuesday, June 3, 11 a.m. to 9:30 p.m. 15% of proceeds benefit the Alliance for Senior Programs which supports Arlington's 55+ (senior) Programs. Carry-out orders count; vegetarian options available. Games and drawings throughout the day.

Langston-Brown 55+ Center book club to discuss "The Women" by Kristin Hannah, Tuesday, June 3, 1 p.m. Drop-in.

Medicare changes, the new 2025 Inflation Reduction Act taking effect on Medicare Part D explained by Manny Adams, Steinlage Insurance, Wednesday, June 4, 11 a.m., virtual. Registration # 914503-01.

Plant and cutting swap, meet fellow plant enthusiasts and trade for new-to-you plants, Wednesday, June 4, 6 p.m., Arlington Mill 55+ Center. Please make sure plants and cuttings are healthy and pest-free. Registration # 914401-01.

Opera appreciation, complete operas from NYC Met on Demand with professional commentary by George Cecchetti, hear and discuss "Die Fledermaus" by Johann Strauss, Wednesday, June 4, 1:30 p.m., Lubber Run 55+ Center. Registration # 914300-01.

Calling all trivia buffs for a fun-filled challenge, Thursday, June 5, 11 a.m. – 12:30 p.m., virtual. Registration # 914600-13.

Label Me Incredulous



By KENNETH B. LOURIE

I never thought I'd say this - or live long enough to say it, but I'm practically out of those return-address labels that we all were inundated with a decade or so ago (much less so nowadays). Like many people, I suppose, I kept the return-address labels - that were offered up as an inducement/shame/guilt/awareness even, of certain charitable pursuits and have used them regularly ever since. The labels were a quid pro quo/presumptive "thank you" of sorts (as were light bulbs, notepads, appointment books as well as miscellaneous pins/medallions/keepsakes and too many others to list - or remember; fireman, disabled, police officers, et cetera, I just remembered) to us to encourage us to mail a check to their organization. As a result of their unsolicited outreach, I had sheets of return-address labels that I placed in my desk drawer. Now, unbelievably so, that drawer is nearly empty of labels.

When I first started receiving these return-address labels, I was, give or take, in a diagnostic process which ultimately led to me being "prognosed" with a "13 month to two years" life expectancy: non-small cell lung cancer stage IV. Which made Kenny a very dull boy and one without too many years to live. At age 54 and a half, no less. But amazingly life has gone on. I have balanced (or tried to) the present with the maybe-having-a future. Rather than shut it down/woe is me, I decided to live like I was living (not 'live like I was dying'), that is, living with a future: a future with bills to pay and return addresses to provide. The onslaught of these return-address labels was, as my late mother used to say: "Too much for anybody's nerves." I exaggerate when I characterize their in-home penetration as overwhelming, but the frequency with which these labels/solicitations arrived in our mailbox - and requests for a contribution, was almost comical. They became, to me anyway, a kind of white-whale-type noise. After a while, I ignored the message and took the labels, only occasionally making a contribution.

Now I am down to my last sheet, actually, my last two return-address labels. Based on my diagnosis and "terminal" prognosis, I had no statistical reason to think I'd outlive my accumulation of these return-address labels. Nor did I ever think I'd live to see the completion of the ICC, but I have. Now I wonder if I'll ever see the completion of the Metro's new Purple Line. Having said/written that, I now have to say something that I've never had to say before: I need some return-address labels.

Here again, as I sit and stare at my computer waiting for results of today's every four-week lab work, I am still struggling/juggling my thoughts about life and death, the past, present and the future and where I fit. But this is nothing new. I've been through it going on 16 and half years. And though I'm very experienced at dealing with this sort of emotion, believe it or not, it doesn't get any easier. Familiar, sure. And it's never more familiar than when I use my return-address labels. When I affix a label, it takes me back to late February 2009 when I first received that "terminal" diagnosis. It's where I am now. Still, I can't help wondering if it's where I'll be later.

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

'Arlington Has the Best Events!'

Many pleasure
of the Palooza.

By EDEN BROWN
THE CONNECTION

There is a lot to love about Arlington. Parks and trees were at the top of the list of things residents wrote about as they scribbled on the huge letters that spelled out L-O-V-E standing on the lawn of the Lubber Run community center. The Arlington Palooza, now in its fifth year, turned out to be one of those lovable things about Arlington.

The DuPont Brass band was the

centerpiece of the day, with a big, dance-able sound, including the Sousaphone, trumpet, and trombone. Calling their music "Eclectic Soul," the band's original five members busked in Metro stations to pay their tuition at Howard University. For more, see: <https://www.dupontbrass.com>.

There was something for everyone: dance classes, great music, things to buy, food trucks, climbing towers, politicians, bouncy castles, coloring, and corn snakes. The NAACP, Takis Karantonis, Bike Arlington, Vision Zero, Arlington Dems, and others didn't miss the chance to get more serious messages across to attendees, who took advantage of a beautiful day to come out and enjoy the event.



Relben Nogueira and his daughter, Lea, 9, enjoyed the festivities. Lea liked the reptiles and got a pair of earrings from a vendor.



Jason Lima and Carla Claure, with Defensores de la Cuenca (Protect Your Watershed) were helping to inform people about the need to reduce plastics in the environment and keep water clean. For more about the organization, see: www.tucuenca.org



PHOTO BY EDEN BROWN/THE CONNECTION

Christine Baker works with Vision Zero, an Arlington government initiative that seeks to reduce traffic accidents of all kinds. It is defined as "a strategy to eliminate all traffic fatalities and severe injuries, while increasing safe, healthy, equitable mobility for all." The idea originated in Sweden in the 1990s. They sought to implement system-wide improvement for safety. Baker has been with Vision Zero since its inception. Collecting data on accidents definitely helps highlight where the problems are so changes can be implemented, she said.



Sydney and Juliet, age 8, added their thoughts about what they love about Arlington to the LOVE sign.



Some of the comments made on the LOVE letters expressed what people love about Arlington.

Ahsan and Asiyah, brother and sister, enjoyed the dance class, and their mother, who came with them from the District, was effusive about the Palooza. "Arlington has the best events! We come over here all the time."



Dance classes were offered throughout the Palooza: here Susan Chastain who led the dance class stands with two women from her 55+ Zumba class at Langston-Brown Community Center, Jessica Lengkong and Kerry Corley. Ting Yan is on the left.



Ari, age 7, was intrigued by the corn snake, shown by Park Naturalist, Robert Barnovsky, who had also brought a model of a Copperhead, so kids would know the difference. Some were hesitant to touch; some, like Lea, were pleased to be able to hold the snake.