

The Arlington Connection

At Lyon Village Spray park on the opening weekend of the summer.

ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10 ♦ SENIOR LIVING, PAGE 11

PHOTO BY SHIRLEY RUHE/THE CONNECTION

Voting for
Lt. Governor
PAGE 3

Kicking Off Summer

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JUNE 4-17, 2025

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NEWS



Bobby Austreih and his friends entertain with songs of Pete Seeger at Neighborhood Day.

Neighborhood Day Event Spreads Community Spirit

BY SHIRLEY RUHE
ARLINGTON CONNECTION

The sound of “Country Roads, Take Me Home” echoed through the open Central Library door where the Arlingtones had moved their group inside as the raindrops fell.

Tom Weiner, a baritone with the Arlingtones says he has been singing with the barbershop group for 48 years. He says the songs have changed over time from “Wait Til the Sun Shines Nelly” to favorites from today but the harmony continues. “Making harmony with other people as a team is

great.” Weiner adds, “Today is my birthday,” and holds up a cake presented by their chapter with a large “90” in frosting swirls across the top.

Todd Minners, who has been with the group for the last 8 years, says the barbershop changed to add mixed voices several years ago.

“We’re one of the first groups in the nation to incorporate women into barbershop.” He says the group has a summer program Tuesdays from 6:45-7:45 pm running from June 24-Aug. 12 at the Gunston Middle School.

SEE NEIGHBORHOOD, PAGE 4



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Democratic Candidates Vie in Primary

PHOTOS FROM INTERNET CAMPAIGN SITES

Do you know the Primary Election candidates?

BY SUSAN LAUME
THE CONNECTION

Democrats will hold a Primary Election on June 17 to select their candidates for Lt. Governor and Attorney General. Early voting is open now through June 14. Virginians go to the polls this November to select new top state officials: Governor, Lieutenant Governor, and Attorney General. The slate for the parties' gubernatorial candidates is set: Democrat - Abigail Spanberger; Republican- Winsome Earle-Sears; Independent - Andrew White. Republicans have single candidates for Lt Governor - John Reid, and for Attorney General - Jason Miyares.

**Vote by June 17;
in person early voting
until June 14;
request mailed ballot
by June 6.**

Many voters may be attempting to differentiate between the candidates who ascribe to the same Democrat party philosophies. In making a choice for your vote, one might consider each candidate's past experience to identify elements important to you. Did he/she hold a past government office, align with a union, participate with a particular volunteer group or association? Is law experience, a historical development ground for politicians, important to you or are you looking for a different background? Is there a particular issue of importance to you on which the candidate has taken a position?

A brief summary of the six Democratic Lt. Governor and two Attorney General candidates running in the Democratic primary is provided here. To find more in-depth information, see campaign web sites.

More details

<https://www.elections.virginia.gov/casting-a-ballot/calendars-schedules/upcoming-elections.html>

Local News?

If you find local news coverage helpful, consider donating to help the Connection continue to publish. See GoFundMe <https://gofund.me/333a276b>

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DEMOCRATIC PRIMARY CANDIDATES FOR LT. GOVERNOR

The lieutenant governor serves as the president of the Senate of Virginia, running the Senate sessions when the body meets; and votes only to break ties. The lieutenant governor is first in the line of succession to the governorship if the governor dies, resigns or leaves office. The elected position was created by the Virginia Constitution of 1851. Between 1776 and that time, a Speaker of the Senate had been chosen by its elected members. The position is part-time with a salary set by the Virginia Constitution at \$36,321. There have been 42 lieutenant governors in history, including during the Confederacy. Some have gone on to serve as governor or to other political offices.

The candidates are:

Alex Bastani

Worked as an economist for the Department of Labor; served as local union president; experience as an attorney, and character actor. Education: Law degree, George Mason University, 1994; Bachelor, George Washington University. Lives in Arlington.

<https://progressivevirginiansforalex-bastani.com/>



Alex Bastani

Dr. Babur Lateef

Physician and owner of Advanced Ophthalmology Inc; currently elected as member at large for Prince William County School Board from 2018 to 2028. Education: Northeast Ohio University College of Medicine; Bachelor, Youngstown State University. Lives in Prince William County.

<https://lateefforva.com/>



Dr. Babur Lateef

Victor Salgado

Worked as Senior Litigation Counsel for the Department of Justice, Public Integrity Section, and as adjunct professor of law at Georgetown University Law Center. Education: Law degree from Wisconsin Law School; Bachelor, George Washington University. Lives in Arlington County.

<https://www.victorforvirginia.com/>



Victor Salgado

Sen. Ghazala Hashmi

First elected to the Senate in 2019; and currently elected as Senator for District 15 with a term through 2028. The first Muslim and first Asian American in the Virginia Senate. Thirty year career as a professor, teaching at Reynolds Community College, and the University of Richmond. Education: PhD in American literature from Emory University; Bachelor, Georgia Southern University. Lives in Chesterfield County.

<https://ghazalaforvirginia.com/>



Sen. Ghazala Hashmi

Sen. Aaron Rouse

First elected to Senate in a special election from 2023 to 2024; currently elected to Senate District 22, 2024-2028. Served as at large member of Virginia Beach City Council, 2019-2022. Former NFL/UFL professional athlete. Founder of non-profit organization, Rouse's House. Education: Bachelor, Polytechnic Institute and State University. Lives in Virginia Beach.

<https://rouseforvirginia.com/>



Sen. Aaron Rouse

LeVar Stoney

Former mayor of Richmond, 2016 - January 2025; first African-American Virginia Secretary of the Commonwealth, 2014-2016. Education: Bachelor, James Madison University. Lives in Richmond.

<https://www.levarstoney.com/>



LeVar Stoney

DEMOCRATIC PRIMARY CANDIDATES FOR ATTORNEY GENERAL

The Attorney General of Virginia is the Commonwealth's legal representative and chief law enforcement officer. The primary duties include managing a legal staff, and providing legal advice and representation to the governor, members of the General Assembly, and other state agencies and officials; enforcing state laws, and conducting investigations into various criminal activities. The position is full-time for four years and without term limits. The current salary is \$150,000. The candidates, by law, must be at least 30 years old, a US citizen, and have been a member of the Virginia bar for at least five years prior to election.

The two Democrat candidates are:

Shannon Taylor

Currently serves as Commonwealth's Attorney for Henrico County, elected in 2011. Serves as president, Virginia Commonwealth's Attorney Association. Education: Law degree, University of Virginia Law School, 1995, Bachelor University of Virginia. Lives in Henrico County.

<https://shannontaylorva.com/>



Shannon Taylor



Jay Jones

Jay Jones


Currently a practicing trial attorney; served as state delegate for District 89, 2018-2021. Formerly an Assistant Attorney General in DC for the Office of Consumer Protection.

Education: Law degree, University of Virginia, 2015; Bachelor, in history and government, William and Mary University. Lives in Norfolk.


<https://jayjones.com/The>

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NEWS

Neighborhood Day Event Spreads Community Spirit



PHOTOS BY SHIRLEY RUHE/THE CONNECTION
Tom Wiener of the Arlingtones celebrates his 90th birthday singing barbershop at Neighborhood Day on May 31.

FROM PAGE 2
He says, “all voices are welcome with no auditions, and you get four free singing lessons to learn harmonization. We also like to have new voices join.”

The room inside the library is packed with tables that were quickly moved from the sidewalk and set up side by side in true community cooperation. The Washington Caps stand is manned by a young woman who has been attending events since she was a kid and is now on their events staff. The Animal Welfare League is close by with the Woman’s Club and Latinas Leading Tomorrow on both sides.

Bobby Austreih, who says he has lived all over but now is a resident of Arlington, plays the guitar with vigor and sings with two friends to add to the festivities. He said the group has been playing together for a year and today they are playing the songs of Pete Seeger. “We met online at SOJO (Sing Out, Jam Out) which is a monthly group for people who like to sing or play an instrument.”

The NOVA BOARDGAME GROUP has set up a display with Rolling Realms and Castle Combo and a selection of some of the modern board games offered at their free Sunday and Monday game events at libraries in Arlington and Falls Church. Blake Tippins and

SEE NEIGHBORHOOD, PAGE 5



Raindrops don’t keep the cotton candy enthusiasts from linking up for an afternoon treat at Neighborhood Day.



Arlington County Police Department Corporal Cassandra Skelton helps carry the ACPD display inside the Central Library after the raindrops started on Saturday at Neighborhood Day.



An enthusiastic Washington Caps fan, now an employee, mans the booth at Neighborhood Day.



Stacy and Blake Tippins who started NOVA BOARDGAMES in 2017 and Kaitlin Pitsker who helps run the monthly Sunday and Monday events at local libraries.

Neighborhood Day Event Spreads Community Spirit

FROM PAGE 4

his wife Stacy started the group in 2017 and now run it with Kaitlin Pitsker, an early participant.

Stacy says the events last 2-3 hours and most are easy to learn. She points to "Wingspan," a popular game of medium level that will take 2-3 hours. You must be an adult to play but the groups span all ages, genders and ethnicities with from 15-50 attending any one event. Pitsker says, "We are very welcoming and find we have a lot of women who come to the events." The summer/fall schedule can be found at novaboardgame-group.com.

The rain has stopped and children

gather around the stand just outside the library door offering small bags of popcorn and snow cones.

Neighborhood Day, celebrated in Arlington for over 40 years as a way to connect with neighbors, businesses and local groups, was taking place in a number of locations across Arlington on Saturday, May 31. Traditionally events can range from organizing a neighborhood BBQ, field day or ice cream social to requesting a fire truck or hosting a food drive for AFAC.

Arlingtoners entertain with a Barbershop version of "Country Roads Take Me Home"



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PHOTOS BY SHIRLEY RUHE

Morgan Hale and Liying Wu are playing Graces, an old-time game played by women which they had seen demonstrated at Mount Vernon May 24. It involves placing two crossed wooden sticks inside a ring and then releasing the ring to fly through the air and hopefully land on the other player's wooden sticks.

Summer Is On The Way

BY SHIRLEY RUHE
ARLINGTON CONNECTION



A young visitor from Alexandria stamps his foot to stop the timed squirt of water at the Lyon Village Spray park on the opening weekend of the summer.

Two friends sit on the lawn at Lyon Village Park on Memorial Day Weekend.

Morgan Hale says they are playing Graces, an old time game for women which they saw demonstrated the previous day on a trip to Mount Vernon. Liying Wu, visiting here from Florida, says, "It was supposed to make women more graceful. That's why they call it Graces."

Hale says, "They didn't sell this game anywhere, including in the gift shop there, so we had to make our own. We went to Home Depot and bought 4-foot wooden dowels which

SEE SUMMER IS ON THE WAY, PAGE 12

A pick up game of basketball is taking place on the court next to the spray park at Lyon Village Park.



Riding 4,000 Miles for a Cause

By Shirley Ruhe
Arlington Connection

The cross country bike ride is a week underway. Today is a day of rest.

Matthew Boothby and six college friends who just graduated from William and Mary are biking 4,000 miles from ocean to ocean starting in Hampton Beach, Virginia and ending in San Francisco. The ride is a fundraiser to raise visibility and funds for juvenile cancer. Boothby is doing the ride to honor the memory of his friend Jimmy Alverson who battled cancer from 12-years-old until he died 8 1/2 years later in 2023 from medulloblastoma brain cancer and AML leukemia.

Boothby says he and Jimmy went to the same Arlington church Sunday School and then high school youth group with his first mission trip to Puerto Rico.

"I remember when Jimmy had his cancer treatments he looked different but then when he talked he was the same old Jimmy, same sense of humor." So when someone mentioned the idea of this trip it just seemed like the right thing to do.

Boothby reports, "The first four days of our trip were beautiful and the last three days a torrential downpour. It's a little bit less fun. It gets cold in the West Virginia mountains. It was downhill, then eight straight miles with wind and rain in your face."

But he says they run a pretty tight schedule and don't have the option to skip riding one day. "We have the hosts planned for every day of the trip along with the laundry and shower facilities." He says all seven of the group hit low points at different times but luckily not all seven of them have been down at the same time. He says there is always one of them who is pointing to the next hill and urging the others to go just a little further.

"The first few days have been exhausting. I've never done anything this physical. All of us said we would train for the ride, but we didn't do it. There has been a steep learning curve. Biking 70 miles a day can be brutal." Boothby said none of the group had really been bikers. "I just bought a new Cannondale gravel bike three days before the trip. The brakes didn't work on the bike I had."

Boothby says they are taking a route in partnership with Ulman Foundation, a nonprofit, that used to do a yearly 4-K cross country bike ride to support young adults with cancer. Then when Covid hit,

Boothby says their ride fizzled out. So when the group of seven decided to try the cross country ride they were able to get the route from Ulman along with a list of the hosts Ulman had used in the past.

"We had to call all of them to see if they were willing to host again. Some said 'yes.' Some said 'no.' Some didn't even pick up. Out of 63 days, we have identified 50 hosts so far."

Boothby said almost all of their lodging will be free at churches or YMCAs and "We'll spend a few nights in national parks, stare up at the stars. We're now at a pastor's house in Charleston, West Virginia." He says if they don't have a host they will cold call churches which are usually a good resource. "We have sleeping bags and cots. All we need is a roof. If they don't have room, they have ideas like the fire department just down the street or two nights ago we stayed in a summer camp that wasn't opened yet. We got to sleep in the cabins. They gave us showers and everything."

Boothby says they ride between 50-65 miles a day. "We aim to leave at 6 a.m. and keep the same schedule every day. We figure it won't be so hot and there will be a lot less traffic on the road. So far we haven't made it but we did leave at 6:30 am one day. We check the weather and usually grab a granola bar or two. We've been lucky a few hosts have given us breakfast."

So far all of their evening meals have been provided by the hosts. "Every dinner has been pasta which is good when you're riding. He explains three of the riders are applying to medical school and one is a kinesiologist so they have a lot of nutritional knowledge. "Carbs in the morning and 3/1 ratio of carbs/protein at night."

When they are riding the seven hours every day Boothby says, "Sometimes I just put my head down and ride." The bikers who are applying to medical school say they are thinking about what to put on their application forms. "I am a government major and there aren't a lot of jobs there right now so I spend time thinking about what I want to do and where to apply and that I should have studied harder when I was in college." Boothby had an internship on Capitol Hill and also one with a lobbyist and thinks he would like to do public service, probably in the environmental area.

The group has a transport vehicle that travels with them to carry the tents and cots and extra gear. But still you have to be careful



The group of seven bike riders headed cross country to raise funds to help treat juvenile cancer. Nate Kim, Jeff Newton, Lucas Teuber, Mathew Berthoud, Matthew Boothby, James Long, Brian Simmons, with Pastor Won in Staunton, Virginia.

what you take because he points out packing two months of clothes for seven guys would fill it up. "I think I have two pairs of shorts, three pairs of socks, two shirts, one pair of biking shorts and a couple of books." He has chosen to read "Endurance" about Ernest Shackleton's voyage across Antarctica with all of his trials and tribulations. "I think it's fitting — don't you? No matter what we go through I can read what happened to him and it is worse."

The transport is driven by a series of rotating volunteer friends and family who each take a few days shift. Boothby's mom may be taking the four-day shift in Nevada in the middle of July when they don't have a driver. "And July 16 is my birthday. I'll be turning 23."

So tomorrow it's off at 6 a.m. (or so) to Huntington, West Virginia. Their fundraising side has just hit \$22,000 as a group. Every dollar raised will go to support Ulman Foundation's work. Donations to support their Team Tribe group or an individual member may be made to impact.ulmanfoundation.org.

PHOTOS CONTRIBUTED
Matthew Boothby at the
beginning of his 4,000
mile bike ride



ENTERTAINMENT

APPLY FOR A FREE TREE

THIS FALL

Applications for Fall 2025 Tree Planting Open Until June 23. EcoAction Arlington, through the Tree Planting Program, offers Arlington residents the chance to receive a free native tree to help grow our urban canopy. Fall planting is around the corner, so don't miss out. The Tree Canopy Equity Program serves historically under-resourced neighborhoods with low tree canopy coverage. Thanks to the generosity of the funders, residents in 13 target neighborhoods are provided a wider range of species to plant including small trees and shrubs. Apply for free native tree(s) and shrub(s) through the Tree Canopy Equity Program if you live in one of these neighborhoods: Arlington View, Arlington Mill, Aurora Highlands, Barcroft, Buckingham, Columbia Heights, GlebeWood, Glencarlyn, Green Valley, John M Langston, Long Branch Creek, Penrose, Radnor/Ft. Meyer Heights.

FRESH BLUEBERRIES

The Kiwanis Club of Arlington is selling 10 lb. boxes of fresh blueberries for \$45. Your purchase supports 30-plus local nonprofits helping Arlington kids with food, health, education, and leadership programs.

Beneficiaries include:

Arlington Thrive
Capital Caring: Point of Hope Camp
Music For Life
YMCA Arlington and more!
Pick-Up Details:
Friday, June 20 | 9:00 AM – 6:00 PM
Saturday, June 21 | 9:00 AM – Noon
Cherrydale United Methodist Church-
Parking Lot, 3701 Lorcom Lane,
Arlington.

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 Uni-

versity, 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

New Series: Bingo



Ocho de Bastos (pop, Latin pop) will appear on Thursday, June 5, 2025 at Live Music in the Plaza at Westpost in Arlington.

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

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 p.m.

JUNE 2 TO AUG. 8

Plaza at Mason Square Summer Events. At Mason Square Plaza, Arlington. From dance, to yoga to music and art -- something for everyone! Meet a friend for coffee, take a break between classes, or participate in one of the new weekly programs and events. The Plaza at Mason Square has plenty of chairs, tables, and large umbrellas to keep you comfortable in the sun. Registration for these events is not required, and these events are offered at a first come first serve basis.

Schedule: <https://ularlington.gmu.edu/events/> Learn more here: <https://ularlington.gmu.edu/plaza/>

THURSDAYS, JUNE 5, 12, 19, 26

Live Music in the Plaza at Westpost. 7-9 p.m. At Westpost at National Landing, 1201 South Joyce Street, Arlington. Enjoy an exciting lineup featuring live bands, solo artists, acoustic sets, and more. Free and for the entire family.

Schedule:

June 5: Ocho de Bastos (pop, Latin pop)

June 12: JParis Trio (pop rock)

June 19: Shelby Blondell Duo w/perc (roots rock)

June 26: Uncle Jesse (pop)

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 Impichchaachaaha' 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 performers,

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

Yacht Party. 5-7 p.m. At The Village at Shirlington, 2700 S. Quincy St., Arlington. Kick off summer in style at The Village at Shirlington with a Yacht Party featuring Yot Rox, a Yacht Rock Band. Wear your best linens, florals, and boat shoes, and join us for a fun evening featuring live music, exclusive specials from our restaurants and retailers. It's the perfect day to sip, stroll, and shop while enjoying the best of summer with friends, family, and neighbors. Visit <https://www.instagram.com/villageatshirlington/>

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>

NEWS

Blueberries, Arlington Kiwanis

Once-a-year blueberry delivery is just two weeks away. Deadline to order is Saturday, June 14th.

For \$45, you'll receive a fresh-picked, juicy 10-pound box of premium blueberries — the same price as last year. But this isn't just about delicious berries. Every box you buy helps a child in Arlington.

Your support funds vital programs that fight economic insecurity, support mental and physical health, strengthen education, and build youth leadership and sports opportunities.

These berries are more than sweet — they're powerful. But you only have until pickup weekend to make a difference:

Can't use a box yourself? Please consider donating a box to the Arlington Food Assistance Center (AFAC). One act of kindness can go a long way for a family in need.

Place your blueberry order here before they are gone <https://arlingtonvakiwanis.com/blueberries/>

com/blueberries/

Pick-Up Details: Friday, June 20, 9am – 6pm

Saturday, June 21, 9am – Noon
Cherrydale United Methodist Church-Parking Lot

3701 Lorcom Lane, Arlington, VA 22207
Helpful Tips:

❖ Add Blueberries@Arlingtonvakiwanis.com to your contacts so you don't miss our pickup reminders.

❖ Have special pickup needs? Please leave a note in the comments section of the order form.

Every box brings hope. Every bite supports a brighter future.

Thank you for standing with Arlington kids — one sweet blueberry at a time.

Kiwanis Club of Arlington
Post Office Box 100131
Arlington, VA 22210
(703) 646-1850

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-Ar-

SEE BULLETIN BOARD, PAGE 11



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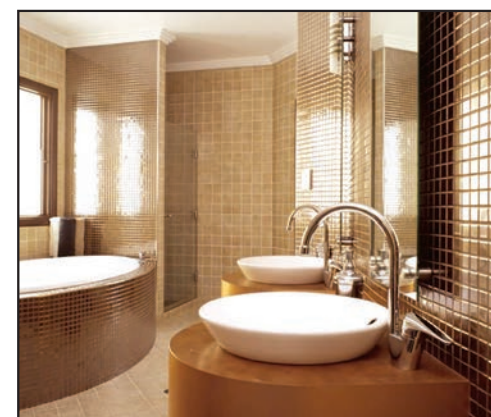
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SENIOR LIVING

Flourishing After 55

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

55+ Programs are in person at 55+ Centers unless otherwise noted. A 55+ Pass is required to participate starting at a \$25 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.medstarcapitaliceplex.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, 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.

al. Registration # 914600-13.

Fitness equipment orientation, Thursday, June 5, 1:30 p.m., Langston-Brown 55+ Center. Learn how to properly use fitness equipment. Registration # 914100-19.

Pride Dance Bingo, fun game that combines cardio dancing with Bingo, Thursday, June 5, 1 p.m., Walter Reed 55+ Center. Registration # 914802-01.

Old-Time and String Band Jam, Thursday, June 5, 5 p.m., Lubber Run 55+ Center. Bring your guitars, fiddles, banjos, mandolins and dulcimers for an open "jam" of Appalachian old-time (pre-blue grass) and string band music. All skill levels welcome. Registration # 914304-14.

55+ Travel group will enjoy a Tea with Mrs. B in Falls Church, Friday, June 6. Savor fine teas and treats in a charming setting. Cost \$86, Arlington resident; \$99, non-resident. Registration # 902506-01.

Senior Housing Fair, learn about the various options and resources available for affordable housing, home modifications and more, Friday, June 6, 11 a.m.- 1p.m., Lubber Run 55+ Center. Open to all ages; no 55+ Pass required. Drop-in.

The Arlington Spellbinders are a group of folks who enjoy oral storytelling and will meet, Friday, June 6, 9:30-11:30 a.m., Langston-Brown 55+ Center. Newcomers welcome. Drop-in.

55+ Travel group will journey to Annapolis to discover hidden foliage treasures in a Secret Garden tour, Saturday, June 7. Wander through enchanting gardens tucked away in the heart of the city's historic streets. Cost \$65, Arlington resident; \$75, non-resident. Registration # 902506-02.

Cooking demonstration featuring food safety and side dishes by Virginia Cooperative Extension Master Food Volunteers, Monday, June 9, 11:30 a.m., Walter Reed 55+ Center. Registration # 914501-01.

Scale down, a weight loss support group, private weigh-ins, interesting programs, Monday, June 9 and Monday, June 23, 1:30 p.m., Langston-Brown 55+ Center. Drop-in.

Keep the best and get rid of the rest, presented by Matthew Quinn, Quinn's Action Galleries, Monday, June 9, 1:30 p.m., Langston-Brown 55+ Center. Learn how to sort through family treasures and how estate sales and auctions work. Registration # 914400-08.

Navigating change and uncertainty, improve skills to make wise choices and identify new opportunities, Monday, June 9, 1 p.m., Lubber Run 55+ Center. Program led by Sallie Wiley, facilitator and certified coach. Registration # 914400-09.

Canadian visionary artists, presented by art historian Joan Hart, Monday, June 9, 1 p.m., Aurora Hills 55+ Center. Learn about

the Group of Seven, artists famed for their striking Canadian landscapes. Registration # 914302-02.

55+ Travel group will cruise across the Chesapeake Bay to St. Michaels, Monday, June 9. Explore the historic village, unique boutiques and historical sites. Cost \$120, Arlington resident; \$138, non-resident. Includes admission to Chesapeake Bay Maritime Museum. Registration # 902506-13. Dine on your own.

Memorializing enslaved people in Arlington's history, Tuesday, June 10, 1 p.m., Arlington Mill 55+ Center. Presented by Jessica Kaplan, editor, Arlington Historical Society Magazine. Registration # 914400-16.

Genealogy 101, learn how to use primary sources including Ancestry.com to explore your family's roots Tuesday, June 10, 11:30 a.m.- 1 p.m., Lubber Run 55+ Center. Presented by experienced genealogist Eileen Bogdanoff. Registration # 914402-01.

Pasta cooking demonstration with Virginia Extension Cooperative Master Food Volunteers, Tuesday, June 10, 10 a.m., Lubber Run 55+ Center. Registration # 914501-02.

To the beach with books, book talk highlighting both fiction and non-fiction with Arlington County librarian, Wednesday, June 11, 1 p.m., Aurora Hills 55+ Center. Registration # 914400-24.

History roundtable participants will discuss the impact of insects and diseases, Wednesday, June 11, 11:15 a.m., virtual. Registration # 914402-04.

The study of words, learn about the history of English and languages as a whole, Wednesday, June 11, 10:30 a.m., Lubber Run 55+ Center, registration # 914402-12 or virtual, registration # 914402-13.

55+ Travel group will visit the D.C. Congressional Cemetery for a LGBTQ+ walking tour. Wednesday, June 11. Not ADA compliant. Cost \$21, Arlington resident; \$24, non-resident. Registration # 902506-04.

Virtual South American tour of Spanish speaking countries begins with Uruguay and Paraguay, Thursday, June 12, 1 p.m., virtual. Presented by Ashley Gomez, Lubber Run 55+ Center Director. Registration # 914400-28.

Beginner quilling, create beautiful raised images from coils of one-eighth inch wide paper strips, Thursday, June 12, 1:30 p.m., Lubber Run 55+ Center. Cost \$18. Supplies provided. Registration # 914310-01.

Karaoke Night, Thursday, June 12, 6 p.m., Lubber Run 55+ Center, registration # 914304-20. Enjoy a night of music, laughter and unforgettable memories.

New, Spades, a classic trick-taking card game typically played with four in partnerships, Friday, June 13, 1 p.m., Walter Reed 55+ Center. Beginners welcome. Drop-in.

tables, 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

SEE BULLETIN BOARD, PAGE 12

Accidentally Not on Purpose



By KENNETH B. LOURIE

Other than not getting a handicapped sticker for my car - which I briefly considered back in the early daze of my cancer life, or affixing a "new driver, please be patient"-type bumper sticker on the rear of my car to provide me some leniency and/or latitude behind the wheel, I've never "weaponized" my affliction as a means of avoiding us meeting by accident. Nevertheless, it's becoming increasingly clear of late that even a short drive (seasons notwithstanding, although winter does provide unique challenges) to my local Giant (less than 1.5 miles) shouldn't encourage this driver to put on the blinders. I have to respect the fact that there are plenty of other drivers who regard these local-type errands as a bit of a race.

"Drive defensively" is a phrase which has been drilled into our driving heads for as long as I can remember in an attempt to prevent drivers meeting by accident. Although plenty of accidents can't be prevented/avoided, at least we drivers can be alert and not increase the likelihood that we'll meet unexpectedly, shall we say. Which means paying attention when behind the wheel and not taking our local errands/routines for granted because there are many other drivers who will. This also means not to fuss with the radio or the windows, keep your windshield clear and your wiper fluid full, buckle up, and most importantly keep your eyes focused on what's ahead, not behind you or to the side.

However, a major design upgrade to automobiles of late that I have finally embraced are the radio's controls being relocated from the dash to the wheel. No more looking down and to the right, generally describing, to adjust your radio preferences. I was guilty of that misdirected focus much too often. Finally, I have started pressing the radio's buttons on my wheel. Now I can increase/decrease volume and search up or down the radio dial all while keeping my eyes on the road; especially when you consider the number of satellite stations on your car's radio. A search, if done manually, could take more than a few seconds, time when you're not paying strict attention (or any kind of attention for that matter). Eliminating that manual temptation has enabled me to keep my attention where it belongs: on the road and away from the radio. As such, I feel so much more in control, even without my handicapped tag or new driver bumper sticker.

Still, most of us living in the suburbs need a car for commuting or "erranding." Walking to and from or using public transportation eliminates these car-related distractions (Duh!). Unfortunately, much of suburban life requires - or works better/more efficiently with an automobile at your disposal. Therefore, it makes logical sense to behave/drive responsibly since the regularity/frequency of driving in your car increases exponentially the chances (I didn't say likelihood) that you might get into an accident. Logically thinking, why not make a commitment to the activity which exposes you to your greatest risk of death or disability: driving your car.

If any of these accidents could be predicted/planned for, you would, as my friend Beverly refers to it, be called an "on purpose." Since it's rare that these driving actions occur on purpose, why not act your age and drive like you have a future. Sure, we have a present, but as I know all too well, your future is hardly guaranteed. As in the game of Monopoly, and the overall game of life, it's usually riskier to take a "chance" than it is to grab an "opportunity."

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

BULLETIN BOARD

FROM PAGE 9

lington-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 vege-

Summer Is On The Way

FROM PAGE 6

we had cut in half. Originally we got wooden rings and decorated them like we saw demonstrated but the rings got broken when we played on concrete. I think they played on grass. The metal rings were painful when they hit our hands.”

So they ended up with rubber rings “and this thing that glows in the dark. We played with it last night and it was a lot of fun.”

Back and forth. Caught, missed. Try again. A lot of laughter in between. Hale explains the hoop sits on two sticks and then when you pull the sticks out, the hoop flies away.

“Lying, you are an engineer. What makes it work?”

“It just goes.”

Hale and Wu have been friends since middle school in Florida. They attended different colleges but a year after graduation are still good friends.

Wu comes up here a lot. “And I had no idea I would be playing this all weekend. It’s a great time.”



Fifteen-month-old Riley Goyette, with the help of her mother, balances on the concrete wall around the spray park.

PHOTOS BY
SHIRLEY RUHE

Welcome to Lyon Village Park Sprayground

HOURS:
Monday & Thursday 2-8 p.m.
Closed Tuesday
Wednesday & Friday 10 a.m.-3 p.m.
Saturday & Sunday Noon-8 p.m.

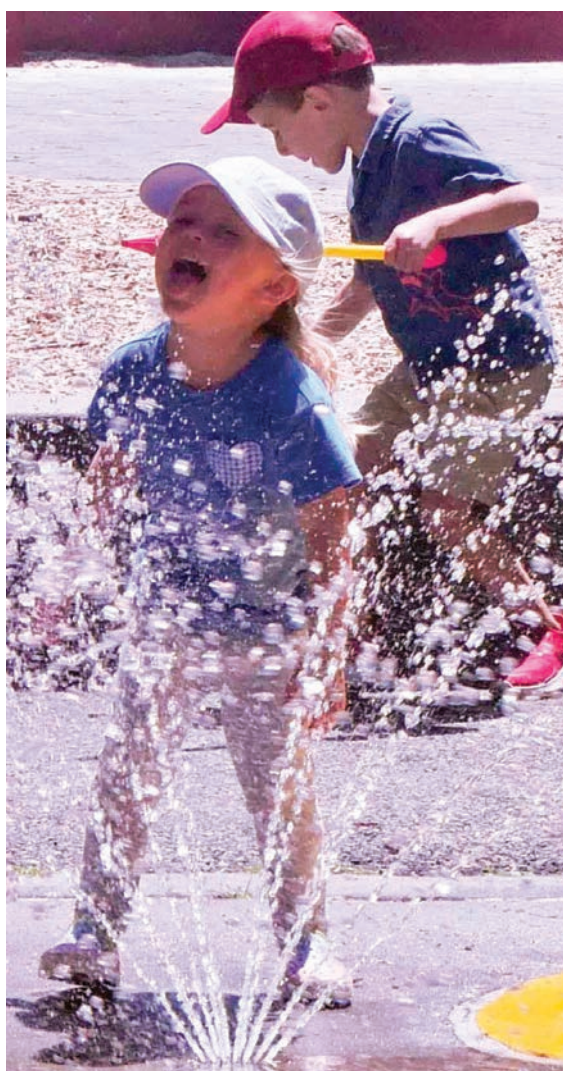
What You Need to Know

- Concrete is slippery when wet. Water shoes (not flip-flops) are HIGHLY recommended.
- No pets allowed.
- No Lifeguard on duty. Adult supervision is required.
- Interact with the spray ONLY if free of diarrhea for the past two weeks.
- Diaper-age children or incontinent persons must wear a “swim diaper.”
- No running or horseplay allowed.
- Appropriate swimwear required.
- Do not climb or hang on features.
- AVOID drinking the water.
- No glass containers, bicycles, skateboards or inline skates.
- No food or drink allowed.
- To report fountain problems call: 703-228-6525

Where Can You Play in Water in Arlington?

Park	Address	Hours
Drew Park	3514 22nd St. S.	Monday & Thursday 2-8 p.m. Closed Tuesday Wednesday & Friday 10 a.m.-3 p.m. Saturday & Sunday Noon-8 p.m.
Hays Park	1516 N. Lincoln Street	Monday & Thursday 10 a.m.-3 p.m. Tuesday & Friday 2-8 p.m. Closed Wednesday Saturday & Sunday Noon-8 p.m.
Lyon Village Park	1800 N. Highland Street	Monday & Thursday 10 a.m.-3 p.m. Wednesday & Friday 2-8 p.m. Closed Tuesday Saturday & Sunday Noon-8 p.m.
Penrose Square	3423 Columbia Pike	Monday & Thursday 10 a.m.-3 p.m. Tuesday & Friday 2-8 p.m. Closed Wednesday Saturday & Sunday Noon-8 p.m.
Virginia Highlands Park	600 S. Hays Street	Monday & Thursday 10 a.m.-3 p.m. Tuesday & Friday 2-8 p.m. Closed Wednesday Saturday & Sunday Noon-8 p.m.

Lyon Village Spray Park



There’s more than one way to get a drink of water.

BULLETIN BOARD

FROM PAGE 11

native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit audubonva.org/audubon-at-home-1/ for more.

Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a RE-VIVE! training. Contact Emily 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.

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 as 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 arlingtonpflag@gmail.com for more or go to www.pflagdc.org

Helmetsmen 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 meetings. 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.

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.