

The Arlington Connection

Freedom fighter Joan Mulholland, who travelled to Mississippi to demonstrate for civil rights in 1961, signs a book for a visitor at the Arlington Juneteenth event.

Celebrating Juneteenth

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Rev. DeLishia Davis
Moving from Calloway

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JULY 2-15, 2025

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Juneteenth Celebration Displaced by Storm

Joyful celebration on June 19, despite moving indoors.

I've been fascinated by Juneteenth ever since I learned about it a few years ago. How could something so important to African Americans be completely unknown to most other Americans? The fact that people in Texas did not know about the end of the war and Emancipation until years later reminds me that history about slavery in America remains less available than it should. But information was anything but missing from the Arlington Juneteenth event at Wakefield High. Originally scheduled for Metropolitan Park near HQ2, a storm forced the event to Wakefield.

Willa Neal, who last year was invited to the White House to celebrate Juneteenth becoming a federal holiday, said the celebration of Juneteenth had been a pretty quiet event when she grew up. It was more of a family day. She was quick to assert that the real founder, or godfather, of Juneteenth was C. Anderson Davis, who had been her minister in Bluefield, West Virginia, where she grew up. Opal Lee and Edwards get the credit, but Davis should be recognized even more, she said.

The Rev. C. Anderson Davis is mentioned on a Bluefield, West Virginia website, as the "Grandfather of Juneteenth." Born in the coal town of Pocahontas, Virginia, he became involved with civil rights and the National Association for the Advancement of Colored People (NAACP). He and his wife moved to Houston, Texas in 1969 to reorganize the NAACP. Davis reorganized the National Emancipation Association 1973 giving Juneteenth new life. He was the drafter of the Juneteenth Proclamation which was later used by a Texas State Representative of Houston to make Juneteenth a state holiday in Texas in 1980, the first official holiday in the state for African Americans. The Texas official allegedly submitted the proclamation without Rev. Davis' permission and without citing Davis as the original author. Opal

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Freedom fighter Joan Mulholland, who travelled to Mississippi to demonstrate for civil rights in 1961, signs a book for a visitor at the Juneteenth event.



Felecia Brice McFail shows residents how to make a beautiful family tree with calligraphy. Also involved with Arlington Art Truck and other community activities, McFail can be found on Instagram.



Gmelyn Joe, Education Coordinator, WHUT, Howard University Television. "Now you know there is more than one public television station that needs your support," she said.



One of the exhibits at the Juneteenth celebration was a book stall sponsored by READ, (Read Early and Daily) <https://www.readbooknook.org/> a nonprofit children's bookshop showcasing "mirror and window" books and offering the "best of the best" in newest titles. At the Juneteenth event, READ was giving away books (limit of 2) with titles like "Hana's Hundreds of Hijabs," by Razeena Omar Gutta. There is a READ Book Nook at Ballston Quarter, M2, Suite 2250. Profits from the sale of books go to donations of books to children.

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.

Arlington County 55+ Centers will be closed Thursday, June 19 in observance of Juneteenth

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.

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.

Artful mind, tranquil mind, artist Sushmita Mazumdar teaches simple origami and bookmaking techniques as a way to offer a quiet escape, Wednesdays beginning June 25 through July 30, Arlington Mill 55+ Center, 6 p.m. Registration # 914310-06.

Friendly games of volleyball, co-ed, beginners and experienced players welcome, Thursday, July 3, 2 p.m., Lubber Run 55+ Center. Drop-in.

Independence Day Quiz Bowl, Wednesday, July 2, 11 a.m., Lubber Run 55+ Center. Quiz focuses on history of Independence Day, famous Presidents and key events in U.S. history. Registration # 914600-16.

Give line dance a try, learn the basics from volunteer Hanni Cordes while enjoying the music and camaraderie, Wednesday, July 2, 10:15 a.m., Walter Reed 55+ Center. Drop-in.

Opera appreciation group will discuss and watch video of "Götterdämmerung," the final opera in Wagner's Ring Cycle, Wednesday, July 2, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti. Registration # 914300-03.

Memory Café for people with dementia and their caregivers to enjoy meaningful activities together, Thursday, July 3, 1:30 p.m., Walter Reed 55+ Center. Drop-in.

History discussion group led by Dwight Rodgers of Encore Learn-

ing, Thursday, July 3, 1 p.m., virtual. Registration # 914402-07.

Old-time and String Band jam, Thursday, July 3, 5 p.m., Lubber Run 55+ Center. Bring your banjos, guitars, fiddles, mandolins and dulcimers for an open "jam" of old-time (pre-bluegrass) and string band music. All skill levels are welcome. Registration # 914304-16.

55+ video exercise, seated class to improve flexibility and circulation from the comfort of a chair, Monday, July 7, 10:15 a.m., Aurora Hills 55+ Center. Drop-in.

Estate planning 101, practical workshop covering the essentials of wills, trusts and protecting assets, Monday, July 7, 1:30 p.m., Aurora Hills 55+ Center. Presented by Attorney Alison Lambeth. Registration # 914404-02.

Online registration for 2025 Northern Virginia Senior Olympics opens Monday, July 7 and closes Friday, Aug. 29. NVSO begins Saturday, Sept. 13, 9:30 a.m., Thomas Jefferson Community Center. Check the website for all details, www.nvso.us or email, nvso1982@gmail.com.

55+ Travel group will visit the Museum of Shenandoah Valley in Winchester to explore the "Jacob Lawrence: 3 Series of Prints" exhibit showcasing 31 works by the renowned African American artist, Tuesday, July 8. Cost \$27, Arlington resident; \$31, non-resident. Bring your own lunch. Registration # 902507-02.

Financial scams: Just Say No! Tips to protect yourself offered by Virginia Cooperative Extension Master Financial Education Volunteers, Tuesday, July 8, 10 a.m., Lubber Run 55+ Center. Registration # 914400-05.

Genealogy 101, learn how to use primary resources to explore family roots, Tuesday, July 8, 11:30 a.m., Lubber Run 55+ Center. Led by experienced genealogist Eileen Bogdanoff. Registration # 914402-02.

Reader's Theater—Radio Plays. Act in a fun reading of vintage radio plays with sound effects, but no sets or costumes, Tuesday, July 8, 5:30 p.m., Walter Reed 55+ Center. Registration # 914301-08.

Continuum of care, increase your familiarity on how services such as home health care, skilled nursing, rehabilitation and senior residential living are presented by a panel of experts, Tuesday, July 8, 1:30 p.m., virtual. Registration # 914404-03.

History roundtable participants will discuss the French and Indian War (1754-1763), Wednesday, July 9, 11:15 a.m., virtual. Registration # 914402-05.

Book exchange at Lubber Run 55+ Center, Thursday, July 10, 6-7 p.m. Take home some great new reading material. Please make sure books

SEE FLOURISHING, PAGE 6

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The Rev. DeLishia A. Davis



Rev. Dr. James E. Victor, pastor of Mount Olivet Methodist Church



Parissa Dehghanti-Tafti, Commonwealth Attorney



Takis Karantonis, Chair Arlington County Board

Rev. DeLishia Davis Leaves Behind Legacy Beyond Calloway

BY SHIRLEY RUHE
ARLINGTON CONNECTION

The Arlington community celebrated with joy but some sadness the departure of The Rev. DeLishia Davis as the pastor of the historic Calloway United Methodist Church. The church bulletin board out front says “Open Minds, Open Hearts, Open Doors.”

Calloway church was established in 1866 in the historically Black Halls Hill neighborhood of Arlington a couple of miles away from its current site where it began as a prayer service. The current church was built on its present site at 5000 Langston Blvd. in 1904 where it serves a multicultural congregation today.

Davis has been reassigned to a Methodist Church in Fairfax with the rotating assignments traditional for the pastors of the Methodist Church. Davis has been a pastor for 28 years serving in Mississippi, Pennsylvania and New Jersey.

She says her parents were military so she adjusts very well to the changes in life. “I’m ok with it.” She traces her calling back to five generations of pastors beginning with

her great great grandfather in Wilmington, N. Carolina.

She has served at Calloway for 8 years where she has reached beyond the walls of the church into the lives of Arlingtonians in her many roles in the community including her duties as current President of the local NAACP.

She thinks back to when she arrived at Calloway. “I found a small aging congregation but loving and kind. When I used to eat at Heidelberg Bakery right next door, people would often tell me they didn’t know the church was still operating. We have grown in ministries since then and getting people to come in and also formed a number of community relationships.”

Davis has also set up a food pantry inside the church on Tuesdays and Thursdays for canned food and groceries packaged in containers. Other days there is food located in a container outside the church. “People come by all the time. We also give them a gift card for perishables.”

Davis thinks her biggest challenge was getting people back into the church after Covid. “A lot of people chose to stay home, and we had 30 deaths in the congregation



Wilma Jones, member of Calloway Methodist Church and representative of the John M. Langston Civic Association

during that period of time.” She says some people still choose to watch the special recorded service on Sunday.

“I try to get them to come back to worship in person.”

During the ceremony Davis was lauded many times for her work, both serving the congregation and the broader community, and her efforts to always give 100 percent.

The Rev. James Victor, pastor of Mount Olivet Methodist Church on Glebe Road

preached on Numbers 6:24-26, the popular benediction which allowed him to recount the ways Davis has been blessed by God and in turn has blessed the Arlington community. “This blessing will carry on for Rev. Davis and the Arlington community.”

Leaders, clergy and friends spoke in turn about Davis’ contributions to the community.

Arlington County Board chair Takis Karantonis as well as the Vice Chair Matt de Ferranti gave remarks along with an emotional remembrance by Commonwealth Attorney Parissa Dehghanti. The church was filled with community leaders and clergy, friends, family and members of Calloway.

June 30, was Davis’ last day. As she looks forward to her next assignment, she says she will first take time to get to know the congregation, to be an observer and assess the needs in the community.

“Success is just having the relationships.”

But she says although everyone likes a new challenge, “I want Calloway to know they will always have a place in my heart. I have loved being a pastor in Arlington. They have become like family, and I will always be around for them.”



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GENERAC

Employment

Accounting Manager - Govt. and Compliance, Stand Together Chamber of Commerce, Inc., Arlington, VA: Supervise accountants on the financial reporting and electoral compliance team. Telecommuting permitted up to 3 days per week. For complete job description, list of requirements, and to apply visit <https://careers.standtogether.org/> and search for Accounting Manager - Govt. and Compliance.

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

Be a part of our:

Wellbeing pages, the first week of every month.

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

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

Senior Living, fourth week of every month.

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THE CONNECTION
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FLOURISHING AFTER 55

FROM PAGE 4

you bring to swap are in good condition. Registration # 914801-04.

Avoiding scams and fraud, virtual presentation by Arlington County Police on scams targeting the 55+ community and tips to recognizing fraud and more, Thursday, July 10, 3 p.m. Registration # 914400-06.

Fitness equipment orientation at Madison Community Center for 55+ participants, Thursday, July 10, 10:15-11:15 a.m. Registration # 914100-20.

55+ Travel group will tour the Maryland State House in Annapolis, Friday, July 11. Photo ID required. Dine on your own after the tour. Cost \$15, Arlington resident; \$17, non-resident. Registration # 902507-03.

Post Independence Day Puzzle Painting, Friday, July 11, 1 p.m., Aurora Hills 55+ Center. Join 55+ Operations Supervisor Cory Cox and get creative as you paint and assemble patriotic puzzles. Supplies provided. Registration # 914310-07.

Bunco Bunch, players enjoy a fun dice game of luck, Friday, July 11, 1:30 p.m., Walter Reed 55+ Center. No prior experience needed. Registration # 914600-10.

Cancer prevention 101, presentation will explore the 10-step preventive approach outlined by the American Institute for Cancer Research, Tuesday, July 15, 12 p.m., Lubber Run 55+ Center. Led by Blanca Cali, MASM, CDR, Virginia Hospital Center. Registration # 914500-03.

Uncensored conversation about widowhood, led by Mary Dempsey, author of "Finding Love after Loss: A Relationship Road Map for Widows," Tuesday, July 15, 1 p.m., Arlington Mill 55+ Center. Registration # 914400-13.

55+ Travel group will journey to Luray, VA for a tour of Luray Caverns, Tuesday, July 15. Bring a picnic lunch or dine at the café. Not wheelchair accessible. Cost \$45, Arlington resident; \$52, non-resident. Registration # 902507-04.

Learn to play Euchre, a classic trick-taking card game, easy to learn, Tuesday, July 15, 5 p.m., Walter Reed 55+ Center. Registration # 914600-18.

Cooking demonstration with tasty tomatoes, Wednesday, July 16, 10:30 a.m., Arlington Mill 55+ Center. Presented by Virginia Cooperative Extension Master Food Volunteers. Registration # 914501-06.

Collecting data for your family tree, Wednesday, July 16, 10 a.m., Langston-Brown 55+ Center. Led by experienced genealogist Eileen Bogdanoff. Registration # 914400-15.

Memory Café for people with dementia and their family caregivers who can enjoy meaningful dementia friendly activities together, Thursday, July 17, 1:30 p.m., Walter Reed 55+ Center. Drop-in. For further details call Adult Services Librarian Zoe Mann at 703-228-5193.

WWW.CONNECTIONNEWSPAPERS.COM

OPINION

Speed Cameras Will Be Operational During Summer School

The Arlington Public Schools Summer School Program will run from July 7 through Aug. 1, 2025. PhotoSPEED safety cameras located at Summer School locations will remain operational throughout the duration of summer learning.

The PhotoSPEED safety cameras at the following locations will remain operational during Summer School:

- ❖ EB 5800 block of Williamsburg Boulevard
- ❖ EB 3500 block of 2nd Street S.

- ❖ SB 1200 block of S. George Mason Drive
- ❖ EB 4500 block of Washington Boulevard

Speed safety cameras are operational when the school zone lights (beacons) are flashing during school arrival and departure. Violators will be issued a \$100 ticket (civil fine) per infraction to the vehicle's registered owner.

PhotoSPEED is part of Arlington County's Automated Safety Enforcement Program and supports the County's Vision Zero program efforts.

gram efforts.

The Vision Zero Action Plan is in its fourth year of implementation as the County works toward the goal of eliminating severe injuries and fatalities in our transportation network by 2030. The plan identifies automated speed enforcement as a tool to lower speeds and enhance equity in enforcement. Find more information on the Vision Zero webpage, including maps and safety data, safety project implementation, and community engagement.

ENTERTAINMENT

CENTERS FOR OPPORTUNITY ARLINGTON

The Centers for Opportunity Arlington is a safe, stigma-free place to spend time for those recovering from homelessness, substance use, and mental illness. It has a donation closet that needs adult clothing and shoes. Some participants at the Center are looking for jobs and need the proper attire. Located at 3219 Columbia Pike, Suite 101, Arlington. Contact Greg, Program Coordinator at 703-567-1346.

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.

Now thru 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



The Lyon Village 4th of July Parade and Picnic takes place on Friday, July 4, 2025.

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/>

WEDNESDAY/JULY 2

Coffee and Conversation. 10-11 a.m. Via Zoom. Northern Virginia Long-Term Care Ombudsman Program. Nearly 75 percent of adults 65 or older will need some sort of long-term care as they age. But finding the right care situation can be challenging. Ms. Camden Doran, a Supervisor with the Northern Virginia Long-Term Care Ombudsman program, will discuss the services they provide to facilitate the process of finding long-term care and ensuring that seniors thrive in their new environment. Zoom link:

<https://us02web.zoom.us/j/88948577106?pwd=eW0rN1RTTU5ITmJ5NnF2QXZINmdUQT09>

You also have the option to dial in by phone at 929-205-6099. The meeting ID is 889 4857 7106 and the Passcode: 872327.

FRIDAY/JULY 4

Lyon Village 4th of July Parade and Picnic. 11 a.m.

At the corner of Key Blvd., and N. Jackson Street, Arlington. Come and start lining up at 10:30 a.m. Included in the parade will be antique cars, and police and fire vehicles. Come and march in the parade with family and friends or just enjoy the parade as it passes near your house. To sign up your vehicle, email John Carten at GJCarten@verizon.net. Line-up for the parade will be on N. Jackson

Street just before Key Blvd.

WEDNESDAY/JULY 9

Coffee and Conversation. 10-11 a.m.

Via Zoom. Co-Housing. Finding safe and supportive communities as we age is something that many seniors struggle with. Our existing homes may be too big, too expensive, or we no longer feel connected to our neighborhood, yet we're not ready for assisted living. Co-housing may provide an opportunity that many may not have considered. Ann Zabaldo, Executive Director of Mid-Atlantic Cohousing, will talk to us about co-housing and why we should consider it when thinking about our future housing needs. Zoom link:

<https://us02web.zoom.us/j/88948577106?pwd=eW0rN1RTTU5ITmJ5NnF2QXZINmdUQT09>

You also have the option to dial in by phone at 929-205-6099. The meeting ID is 889 4857 7106 and the Passcode: 872327.

SATURDAY/JULY 12

Comedy Karaoke Trivia Funtime Show.

7:30 p.m. At Highline RxR, located at 2010 Crystal Drive, Arlington. Bring a team or fly solo and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle! Hosted by Christian Hunt, this amazing experience features comedy from the D.C. area's finest comics. The headliner for July's show is the hilarious Dom Grayer!

Bane of my Existence



By KENNETH B. LOURIE

Now that I've reached an age, I never thought I'd reach, I have a lingering (now that I'm still here) perspective on life in the cancer lane. It has to do with a subject, make that a decision that anyone diagnosed with a serious, life altering/potentially life-ending disease presumably (I can only speak for myself) has to address/make: how do you plan/allocate resources for the future when you barely have a present? Moreover, what happens if you end up having a future you never really anticipated/expected nor one your doctors gave you much hope of ever having? (Oncologists are like the late Howard Cosell: "They tell it like it is".)

Tim McGraw, the country music super star - and sometimes actor, sang a song about this very dilemma in his "number one country song of the year of 2004," as voted on by Billboard: "Live Like You Were Dying." Even though I wasn't diagnosed yet, I remember it well as its number one status cemented its replayability. And after my diagnosis in 2009, I sure enough heard (occasionally I'd listen to country-music stations) it again. It resonated to say the least. To say the most: it was part discouraging and part reality. Diagnosed with stage IV, non-small cell lung cancer in late Feb. 2009 with a, according to my oncologist, "two-percent survival rate" beyond year five, I was sort of a dead man walking. How I ever managed to drive home the 35 minutes from the medical center after my oncologist lowered this boom on myself/Team Lourie at that initial Team Loure meeting, is beyond me. The word I used then to describe my feelings is a word I've often heard from others experiencing similarly traumatic/devastating news/circumstances: "surreal."

Nevertheless, here I sit, pen in hand, 16+ years later having lived beyond all expectations associated with a "13 month to two years" prognosis. A terminal diagnosis if there ever was one, and there's been plenty, especially if you're diagnosed with lung cancer, the leading cause of cancer deaths in the country, more than the next four categories combined. Still, "Live Like You're Dying" never set well with me. In fact, my philosophy/m.o. was to live like I was living. However, as put forth in my opening paragraph, as a practical matter, as motivation for a thousand decisions that one makes, how does one actually do it?

I mean we don't have an automatic pilot (though some of you might have an automated attendant or a driverless car; there's no real similar option in life). You have to play the hand you dealt (hopefully that hand is not aces and eights). In fact, how does one ignore the medical realities and not die when the best statistics from The American Cancer Society, or U.S. Cancer Statistics report otherwise. They're kind of the big dogs in the cancer world; how do I ignore their reports and stay on the porch? I don't know anything other than as of noon or so on that fateful day in February 2009, I'm no longer buying green bananas.

But I'm alive still. Due to an amazing amount of God-provided good luck no doubt. Moreover, I've made some changes in my life; stopped eating and drinking certain things and incorporated some non-Western ideas into the mix and maintained an attitude that even though I had "terminal" cancer, I was going to live today as any normal, pre-cancer day. Live every day like I was dying? Not me. Then as now, I take the good with the bad, the high with the low and look forward, never backward. In addition, I'll plan for the future, and not at the expense of the present. And the present won't dominate my life. My health status will be considered as part of a bigger picture. As a cancer patient, there's only so much you can control, but I can control my attitude. I'm positive about that.

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

Juneteenth Celebration Displaced by Storm

FROM PAGE 3

Lee is also mentioned as the “founder of Juneteenth” because she and her supporters walked from Fort Worth to Washington, D.C. in a zigzag pattern across the South, making sure to hit big cities along the way. They walked 2.5 miles a day, symbolic of the 2.5 years it took for the news of emancipation to reach enslaved people in Texas.

To learn more about C. Anderson Davis, see: <https://www.bluefieldwv.gov/community/page/reverend-c-anderson-davis>

Willa M. Neal said that this Juneteenth would pale by comparison with her last one: She was invited to the White House to celebrate the first time Juneteenth had become a federal holiday. “It was amazing,” she said with a big smile, “and it was kind of on my bucket list to go to the White House and meet the President.” Neal told the story of how the real “godfather” of Juneteenth was Reverend C. Anderson Davis. He was a minister in her church in Bluefield, West Virginia. He never got as much credit for making Juneteenth a holiday as Opal Lee and Al Edwards did, but, Neal said, he should have.



PHOTOS BY EDEN BROWN/THE CONNECTION



Joan Mulholland’s book, “History Matters,” was on display at the Juneteenth event. You can always find Mulholland at any community day featuring Arlington’s African-American community.

BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](https://www.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](https://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.ourladyqueenof-peace.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.

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington’s community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/agingmatterswera to listen to programs. <https://www.mixcloud.com/AgingMatters/>
Volunteer Bike Repair Night. First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary.
Public Financial Fraud, Waste and Abuse Hotline. Arlington County public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse. Anyone can submit a complaint to the hotline at 1-866-565-9206 or at arlingtonva.ethicaladvocate.com. The hotline website is available in English and Spanish. Phone calls can be taken in many languages.
Created by the Arlington Initiative to Rethink Energy (AIRE) in partnership with the Arlington Public Library, the nation’s First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools can be borrowed, such thermal imaging cameras, energy meters and books play a vital role in achieving a “greener” home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit library.arlingtonva.us/locations/central-library or call 703-228-5990.
Arlington Rotary Club Lunches. Thursdays, 12 - 1:30 p.m. Club meetings are at 12:15 to 1:15 on the second and fourth Thursdays of each month. On the 2nd Thursday we meet at a restaurant in Arlington (currently Texas Jacks BBQ). On the 4th Thursday we meet via Zoom (click HERE to join). Newcomers are welcome to join the Zoom meeting.. Organization comes together for humanitari-

an services. Listen to guest speakers on various topics of interest. Visit <https://arlingtonrotaryclub.org/>
Job Seeking Help. 5-9 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit www.arlingtonva.libcal.com.
Arlington PFLAG Community Group. 7:30-9 p.m. on the second Tuesday of each month, PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgender people and their families. Meets at the Unitarian Universalist Church of Arlington, 4444 Arlington Boulevard. Contact arl.pflag@gmail.com for more or go to www.pflagdc.org
Helmsmen 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.femrite.civ@mail.mil or 571-256-8674.
The Northern Virginia Regional Park Authority announces that cyclists and pedestrians will now have access to the W&OD Trail beyond normal daylight hours. The new W&OD Trail hours are from 5 a.m. to 9 p.m., from Shirlington in Arlington County, to the western town limit of Herndon in Fairfax County.
Lifeline Personal Alert System. Virginia Hospital Center Senior Health staff locally manage the personal emergency response system. Help is available 24 hours a day, seven days a week. Monthly cost starts at \$42. Call 703-558-6859 for more.