

# The Arlington Connection

Mary Lockett watches the surprise car parade for her 104th birthday from the porch of the house where she has lived since she was born.

## Happy 104th Birthday!

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JOURNEY



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## Special Edition: PET Connection

Publishes:

February 24, 2021

Ads submitted by:

February 18, 2021

The Pet Connection will  
publish on February 24 and  
photos and stories of your  
pets with you and your family  
should be submitted by February 18.



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- Vienna, McLean Connection

## Neighborhood Parade Celebrates 104th Birthday

**Her secret? Blueberries daily.**

By SHIRLEY RUHE  
ARLINGTON CONNECTION

The snowflakes stopped and the sun came out Sunday, Feb. 7 in Green Valley just in time for Mary Lockett's surprise 104th birthday car parade. Lockett sat bundled up on the porch of the house on S. Kenmore where she has lived since she was born.

Happy birthday music blared out of the house next door, and neighbors across the street danced to the rhythm. Several police cars led the parade with sirens blaring followed by a fire truck with firefighters waving through the windows. Ellen and Dennis McLendon were first in line at 2 p.m. down the street to lead the 30 or so cars that followed decked with balloons and celebratory signs.

As the cars passed by the house for the second time honking and waving, friends passed out chocolate cupcakes and commemorative bookmarks to the drivers and passengers in the parade.

Ms. Mary Lockett was born on Feb. 7, 1917 as the sixth of eight siblings, and is the only one living today.

She credits her longevity to eating her blueberries daily. Lockett remains independent, driving until she was 90, and follows a regular schedule which has her up at



Mary Lockett's house and yard are festooned with balloons and signs to celebrate her 104th birthday as neighbors dance across the street.



Mary Lockett watches the surprise car parade for her 104th birthday

5 a.m., making her own meals, cleaning house and washing and ironing her clothes. She retires at night after she has watched Wheel of Fortune.

Lockett has been an active member of Mt. Pleasant Baptist Church in Alexandria for the past 80 years

and served as usher for more than 50 years.

Lockett has four children (two deceased), three grandchildren (one deceased) and six great-grandchildren. She was a domestic worker for many years and later worked at the Pentagon.

## 394 Boxes of Girl Scout Cookies and Counting

By SHIRLEY RUHE  
ARLINGTON CONNECTION

This is seven-year-old Erin Parks' first year selling Girl Scout cookies but she has sold 394 boxes so far.

Erin says she started in December when she sat down with her mother and created a video. "Hello, I'm Erin Parks and I'm selling Girl Scout cookies (enthusiastic smile). If YOU (arm points straight at camera) want to order them, I have thin mints, samoas, s'mores.....(hand and leg out— ta da)!"

Erin's mother says they started in December when she and Erin sat down together, and Erin created an email list of friends and family. Erin explains, "It was like about 23." The next step is to go on-

line to her selling platform. Erin says everything is online this year because of COVID.

When her dad was on his Zoom business calls, Erin said she would sneak into his office and jump on his computer to ask the people in his meeting if she could tell them about her Girl Scout cookies.

"You can ship them or have them delivered 'so I can practice my people skills'" as Erin's website explains. Her mother, Michelle, thinks so many people ordered cookies shipped this year to family or college students or friends because they didn't know where to get them so they used the mail."

Michelle says she is impressed with how the Girls Scouts have handled it with this year's constraints.

"I love to see how they have come up with creative goals, what it is like to have a business." Erin's website announces she has

achieved 150 percent of her goal and earned her personalized patch. "I learned how to count money, make change, and provide great customer service."

Erin explains "This is what I do. I get my mask, walk up to the door, put the cookies down and ring the doorbell." Michelle says they have arranged a delivery time ahead when people will be home.

"I step back and thank them for supporting me." Erin has been surprised at how everyone says they love Girl Scout cookies. She adds that thin mints and samoas seem to be the best sellers although the tagalongs are her favorite along with thin mints.

"This has been really fun."

**Erin Parks prepares to deliver Girl Scout cookies which she leaves at her customer's front doors contact free.**



PHOTO CONTRIBUTED

## ArPets: Meet Caia

# Here's What can Happen When a Dog is Considered "Less Adoptable"

BY JOAN BRADY  
ARLINGTON CONNECTION

When she met Goldie, she was struck by the label the dog had been given. Goldie was considered "less adoptable." And yet, Goldie, a stray rescue, was the perfect canine for her family, says Karen Fried-Harris.

Losing a dog can be heartbreaking. And that was certainly the case when Fried-Harris lost Goldie back in 2018. Her daughters, who lived with her, quickly worked to fill the void. Each adopted a rescue dog. With the two dogs and the three women, their hearts and home were wonderfully full.

When her daughters struck out on their own, taking their dogs with them, Fried-Harris began to consider getting another dog. Last spring, after the pandemic had kept her inside for months, the weather turned warm and the time was right.

Honoring Goldie and her status as a dog that others had dismissed as being too imperfect, Fried-Harris sought to make her own assessment as she searched for a good fit. She had just one non-starter; her new family member must enjoy the company of other dogs.

Goldie had been a Lost Dog and Cat Rescue Foundation (LDCRF) rescue and so Harris returned to LDCRF for help.

Little is known about Caia's history, but apparently she was found in Puerto Rico, eventually making her way to Arlington and LDCRF. She had some health issues, including a susceptibility to ear infections. But she had a spirit that was palpable.

"Anyone who had the opportunity to be in her presence could feel her inner beauty," according to Kim Williams, Public Relations Manager, LDCRF.



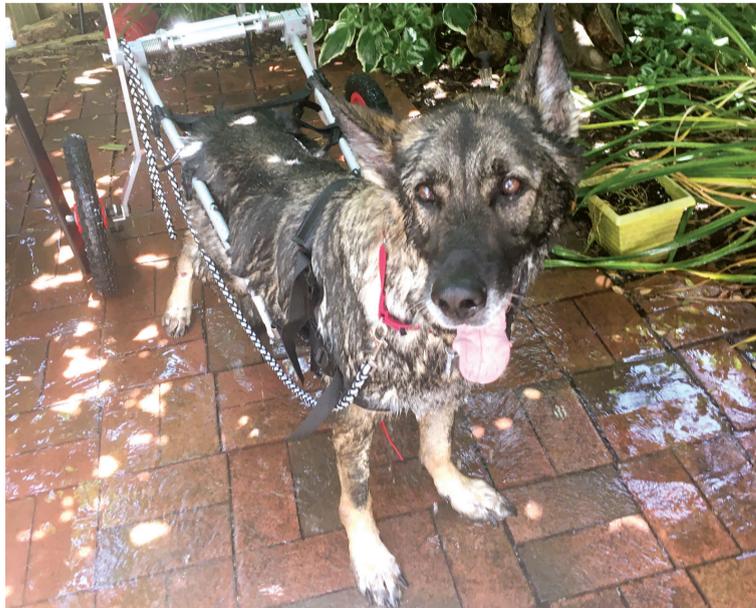
Who doesn't love a snow day?

Caia rocking her supportive wheels

Unfortunately, before the perfect pet parent/s had been found, Caia suddenly became paralyzed. With holistic medical interventions, including acupuncture, she did improve. But Caia continued to have difficulty walking, and finding a good match had grown more remote.

Fried-Harris had googled degenerative myelopathy and degenerative disc disease, the two potential causes of Caia's lameness. She was told about the allergy shots that Caia would continue to need to keep ear infections at bay. And while concerned about the possibility of extra health expenses, Fried-Harris resolved to meet Caia. What could it hurt? At that meeting, Fried-Harris immediately connected with Caia's gentle soul and brought her home the same day.

A wheeled device to help support Caia's back legs helped her get stronger through ever increasing walks. Soon she was walking without the need for assistance. Today, Caia and Fried-Harris enjoy a full schedule that includes walks, car rides, doggy play dates and trips to



PHOTOS CONTRIBUTED BY FRIED-HARRIS



Caia and Karen Fried-Harris

the dog park.

"She loves other dogs and gets along with everyone," according to

Fried-Harris.

Caia still has setbacks and if she does have degenerative myelopathy, her time on earth may be limited. And so, Fried-Harris and Caia strive to take joy in every single day.

*ArPets is a weekly feature for highlighting the well-loved pets of Arlington as well as animals who are available for adoption. If you or your dog, cat, iguana, bunny, rat or any other pet, has an interesting pet story to tell, send email to: joan@joanbradyphotography.com.*

*Joan is an award-winning Connection Newspapers columnist and local photographer specializing in pets, children and families and contemporary business portraits.*

### Interested in Adopting?

If you are interested in adding a cat, dog or small animal pet to your household, here are a few local rescue organizations who might be able to help you find your perfect match:

**Animal Welfare League of Alexandria**  
**Animal Welfare League of Arlington**  
**Homeward Trails**  
**Lost Dog and Cat Rescue Foundation**  
**PetConnect Rescue**  
**Wolf Trap Animal Rescue**

## More Pets

The Pet Connection, a twice-yearly special, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Friday, Feb. 19.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other crea-

tures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a managing pet? Is your business about pets? Have you helped to train an assistance dog? Do you

or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and their humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description of what is happening in the photo, and include address and phone

number (we will not publish your address or phone number, just your town name).

Email to editors@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

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# HOMELIFESTYLE



PHOTOS BY LUIS ALVAREZ.

Like the kitchen, many of the rooms feature large windows, at Park Grove in McLean.

## New Community with Park-Like Environment

McLean's Park Grove neighborhood inspired by former National Parks Director George Hartzog.

BY MARILYN CAMPBELL  
THE CONNECTION

A former public servant's creative vision and dedication to preserving parklands was the inspiration behind a new residential area in Northern Virginia. Park Grove, an eight-home community in McLean, Virginia is built on land that was once owned by former National Parks Director George Hartzog.

"His considerable contributions to our national parks formed the seed of the idea for the theme of Park Grove," said Jamie Gulick, Vice President, Gulick Group, the company that developed the neighborhood. "We've designed a warm, park-like environment in the community by using materials that evoke nature, invite sunlight into the homes with high ceilings and abundant windows, and create a clean-lined, peaceful, spa-like feel inside."

"We incorporated his work in a very literal sense with a small sculpture honoring his work in the community park area," added Gulick.

To bring the vision of living as if in nature into (or to) reality, Gulick engaged architect Bill Sutton, President, Sutton Yantis Associates Architects "They gave me a clean canvas to create, and I began my design process with layers and layers of hand sketches," he said. "... A consistent theme in my sketches was using low pitched hipped roof lines and wide eaves echoing the prairie style of Frank Lloyd Wright.

That design aesthetic is consistent throughout each home. "For the interiors, we wanted to complement the linearity of the exteriors inside with clean-lined simplicity," said Gulick. "The black exterior windows are white on the inside to promote an airy feel, and

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The modern and minimalist design allows the natural surroundings to be integrated into the décor at Park Grove in McLean.

they have only horizontal mullions, so we selected an interior door style that reiterated that shape."

The modern and minimalist design allows the natural surroundings to be integrated into the décor. "The main level ceiling is more than 10 feet tall, and the windows have transoms above to flood the homes with light," said Gulick. "We kept the decor understated, to accentuate the subtlety of the architecture."

A major architectural feature, says Sutton is the stairway leading to the second level. "The upper floor is likewise spacious, with an open loft area at the top of the stairs...and a large open owner's suite," he said. "The dominant feature is the openness of the floor plan."

Plans for the subdivision include expansive bedrooms, each with a walk-in closet and private bathrooms, features that Park Grove's current homeowners enjoy. "They appreciate the loft space upstairs off of the secondary bedrooms, as well as the size and functional design of [those bedrooms], which gives everyone their own private place to unwind," said Julie Zelaska, Principal, Executive Vice President, Smith | Schnider, LLC, who is the sales rep for the community.

Four of the eight homes remain. For more information on Park Grove, visit [www.parkgroveinmclean.com](http://www.parkgroveinmclean.com).

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.  
**-Werner Heisenberg**

**NEWS**

**Ambar Clarendon Brings It with Balkan Street Food**

BY ALEXANDRA GREELEY  
ARLINGTON CONNECTION

One of the cultural challenges of living in the Washington, D.C. metro area is sampling every possible international cuisine.

Fortunately for Northern Virginians, Arlington is home to a Balkan restaurant called Ambar. (Yes, it operates a location also in DC.) This accessible destination is a must-go for locals who are familiar with Mediterranean fare. And it is a must, too, for locals who want a tasty lunchtime treat from the restaurant's recently introduced Balkan street food menu with its array sandwiches.

Sandwiches, one may wonder since Balkan cuisine is focused on short rib goulash, stuffed cabbage, meat kebabs, and cheese pies made with phyllo dough. But these street food treats are just that: treats.

The new sandwich menu is the creation of Ambar's Executive Chef Ivan Zivkovic. The centerpiece of this newcomer menu is the large shareable sandwiches, which feature the slow cooked, locally sourced produce and the house-made smoked sausage. The sandwiches are served on seven-inch bread that is traditionally baked in a brick oven.

When patrons enter, they will take in the restaurant's layout: a long bar to the left with some seating, and to the right by the windows facing the sidewalk and separated from the bar by a low wall, the dining area. Towards the rear is the open-air kitchen, and with luck, patrons can get a glance at busy chefs and the waitstaff.

After being seated, patrons get the regular menu, but if they don't receive the "family meal" menu with its sandwich section, they should ask for it. Yes, sandwiches are generally considered very casual fare, but the Ambar kitchen puts our eight different choices.

Instead, the choices go from a Balkan kebab made with ground beef and seasoned with kajmak, to roasted lamb, an Ambar burger with pickled ketchup, to smoked sausage, to Balkan fried chicken, plus others. All sandwiches are served on a seven-inch Balkan bread that resembles pita bread, and all sandwiches come with fries and a mound of kale Caesar salad.

While many choices may likely resemble their American counterpart, such as the hamburger, the tempting option is to go all Balkan. The kebab and the Balkan fried chicken are terrific choices. The former comes as a lineup of grilled sausages assembled onto the bread and seasoned lightly with herbs and marinated onions. The chicken sandwich comes as two flattened chicken patties coated with crumbs and



Ambar's selection of shareable sandwiches, a new feature.



Ambar Clarendon

grilled, resulting in a crunchy delight.

Note: sandwiches may well be the meal's choice, but patrons should not skip past any opening dish. The veal soup is outstanding: its clear bone broth contains root vegetables and at the bottom of the bowl, a daub of crème fraiche—delicious. And consider baklava for dessert.

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## Virtual Programs

- ❖ The study of words, Wednesday, Feb. 10, 10:30 – 11:45 a.m. Registration # 912402-29.
- ❖ What's in a Will, Wednesday, Feb. 10, 1 – 2 p.m. Presented by Elder Law Attorney Ed Zetlin. Registration # 912404-12.
- ❖ Love songs live, performed by Julianne Corley, soloist, St. Matthews Choir, Washington, D.C., Wednesday, Feb. 10, 1 – 2 p.m. Registration # 912803-6.
- ❖ Travel discussion, share places to go, sights to see, Thursday, Feb. 11, 1 – 2:30 p.m. Registration # 912402-27.
- ❖ History discussion led by Dwight Rodgers, Encore Learning, Thursday, Feb. 11, 1 – 2:30 p.m. Focusing on cultural, economic, artistic and political issues. Registration # 912402-19.
- ❖ Basic drawing, learn various techniques, Friday, Feb. 12, 1 – 2:30 p.m. Simple supply list provided with registration # 912301-6.
- ❖ Overview of former First Lady, Dolly Madison, presented by Rebecca Roper, National

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### THURSDAY/FEB. 11

Monuments, Memory, History. 7-8:30 p.m.  
Virtual. The past naming of monuments and memorials is of present controversy. Why? Denise Meringolo discusses the history of the original naming and the philosophical and historical questions concerning us today. Visit the website: <https://arlingtonhistoricalsociety.org/>

### FRIDAY/FEB. 12

Build Healthy Soil and Manage Water in Your Yard. 11:30 a.m. Online. Healthy soil can absorb more water into the ground during a deluge and help your plants need less water when the dry times come. Learn how to build soil health in your yard, prevent or mitigate soil erosion and compaction by choosing appropriate plants, and determine whether certain landscaping techniques - such as terracing or a bioswale - might be appropriate for your yard. Extension Master Gardeners Joan McIntyre and Beth Buffington will explain how soil health and water management are fundamental to a more sustainable home landscape.  
Free. RSVP at <https://mgmv.org/events/> to receive link to participate.

### FRIDAY/FEB. 12

Home for the Heart Virtual Breakfast. 9 a.m.  
Home for the Heart will give you a behind the scenes look into the breadth of programs A-SPAN provides to clients. You'll hear stories of hope and after just a few moments

Park Service, Friday, Feb. 12, 4 – 5 p.m. Registration # 912400-20.

❖ Valentine Mixer, singles invited to meet in a low pressure setting, Friday, Feb. 12. 1 – 2:30 p.m. Registration # 912803-5.

❖ History of Arlington Forts, presented by Park Historian John McNair, Saturday, Feb. 13, 3 – 4:30 p.m. Registration #912400-11.

Needle crafters meet weekly, Monday, Feb. 15, 10 a.m. Registration # 912703-11.

55+ Live! Talk Show, meet 55+ Programs staff, Tuesday, Feb. 16, noon. Registration # 912801-11.

How Americans speak, discussion of regional dialects, Tuesday, Feb. 16, 1 p.m., Registration # 912400-25.

Explain moon lore with Park Naturalist Ken Rosenthal, Wednesday, Feb. 17, 6 p.m. Registration # 912400-25.

Nutrition in a bowl, Thursday, Feb. 18, noon. Registration # 912501-02.

African American genealogy research, Thursday, Feb. 18, 3 p.m. Registration # 912400-19.

Game night features the game, "Who Am I?," Friday, Feb. 19, 6 p.m. Registration # 912601-06.

Hallowed ground for all, discuss interconnections between African American history and the Arlington National Cemetery, Friday, Feb. 19, 1:30 p.m. Registration # 912400-14.

Acoustic hour with songs from the 60s through the 90s, Friday, Feb. 19, 1:30 p.m. Registration #912802-08.

of your time, you will leave the breakfast inspired and more committed than ever to support your neighbors in need. Free to attend. Visit the website: <https://interland3.donorperfect.net/weblink/weblink.aspx?name=E12354&id=2>

### FRIDAY/FEB. 12

Help Fill the Cruiser. 2-5 p.m. The Animal Welfare League of Arlington is hosting a Fill the Cruiser event. A contactless, drive-thru donation station will be located along the 2600 block of S. Arlington Mill Drive, outside the Animal Welfare League of Arlington. Join FRK9 Brooks and the Arlington County Police Department's Community Resources Section for a pet supply drive benefiting the AWLA. For a list of suggested items for donation and items the AWLA is unable to accept, visit their website: <https://www.awla.org/donate/other-ways-to-give/gifts-in-kind/>

### SATURDAY/FEB. 20

Sowing the Seeds of Victory: Growing Food in Troubled Times. 10:00 – 11:30 a.m. Online. Join Extension Master Gardeners Tricia Rodgers and Anne Wilson for an overview of home food production from World War I victory gardens to the present. They will introduce you to some of the heirloom crops that contemporary gardeners can grow in their gardens today. Free. RSVP at <https://mgmv.org/events/> to receive link to participate.

### ARLINGTON AWARDED \$2.3 MILLION FOR COVID-19 VACCINE OPERATIONS

Arlington County will receive more than \$2 million for COVID-19 vaccine operations, the Federal Emergency Management Agency (FEMA) announced last week. The award of \$2,283,147 will help with the County's COVID-19 vaccination efforts, including the providing supplies and commodities for personal protective equipment (PPE), other equipment, and supplies required for storing, handling, distributing/transporting, and administering COVID-19 vaccines. This funding will help ensure the County is equipped for rapid, widespread vaccine distribution once more doses are available. Learn more about the County's COVID-19 response, including vaccinations, by visiting [arlingtonva.us/covid-19](http://arlingtonva.us/covid-19) or calling the COVID hotline at 703-228-7999.

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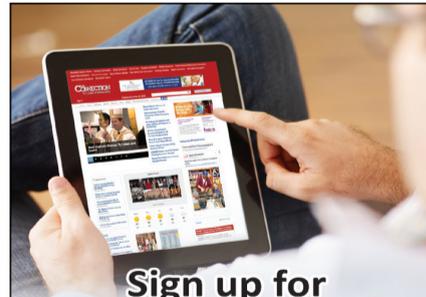
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## "Clinical Correlation Suggested"



By KENNETH B. LOURIE

Means what exactly? That was the suggestion written by the pathologist after "non small cell lung cancer" was written in the "diagnosis" section of the pathology report completed after my original surgical biopsy was performed at Holy Cross Hospital in early 2009. I had never seen this document until this past week, finally retrieving it after nearly 12 years, represents a kind of symmetry. Though 2009 is when my life as an officially-diagnosed-lung-cancer patient began, I am not at all prepared to say that my current life as a lung cancer patient is over. It's just called something else.

Nor am I prepared to say this document gives me much clarity or satisfaction for that matter. Unfortunately, getting re-diagnosed with papillary thyroid cancer recently doesn't change the past or guarantee the future. It does however, reshape it, potentially - for the better. When it comes to cancers you'd prefer to have and the ones you wouldn't, thyroid cancer, generally speaking is way more preferable than lung cancer. The survivability gap is all you need to know. The side effects and sacrifices required to live with thyroid cancer pale in comparison to those required of lung cancer patients. In fact, if you don't already know it, lung cancer is the leading cause of death among all cancers, by far. Moreover, more people die from lung cancer as do from the next four cancers combined. Lung cancer is a killer. So being reclassified from lung cancer to thyroid cancer is huge. The fact that I've survived so long already, 12 years post diagnosis, means I may have used up some of my unexpected life expectancy however. Still, it beats the alternative.

Originally, I was told my lung cancer was incurable and given a "13 month to two year" prognosis. Presently, as it relates to my current prognosis, it's sort of indefinite. The drug I'm taking is effective for three years. After which, I'm sort of on my own as there are no new drugs in the offing to manage my cancer. In effect, I am once again incurable, as the years of treatment for lung cancer had no effect on the underlying thyroid cancer and did a kind of damage that now means I can be treated but not cured. Quite different than had I been treated for thyroid cancer all along.

Yet, seeing this paperwork from 12 years ago which clearly lists "non small cell lung cancer, primary to the lung" has sort of stopped me in my tracks. So far as I understand/recall, there was no "clinical correlation." I started chemotherapy the following week. Was something neglected? Certainly, I didn't ask for a second opinion, which is on me, but was the oncologist supposed to research further? Was the pathology report sort of damning - me, with a kind of faint praise -- uncertainty, if you can extrapolate?

Otherwise, how does the profession account for my still being alive. When we got a second opinion a few months back from a head and neck (to include thyroid) cancer specialist at The Lombardi Cancer Center at Georgetown, she said, if I had lung cancer, I wouldn't still be alive so it's logical to presume the recent surgical biopsies that indicated thyroid cancer were likely confirming a long-standing cancer, and that quite probably I never had lung cancer but rather thyroid cancer that had metastasized to the lung. But there was no further investigation in 2009. The diagnosis - without a "clinical correlation" was non small cell lung cancer/ carcinoma.

At the initial meeting with my oncologist, it all sounded so serious and the doctor was so clear in his assessment of my situation, that it seemed irresponsible, foolish even, to wait. We scheduled my first chemotherapy infusion for the following week and the rest is history. Now I'm wondering if it was history that need not have been made.

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

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