

Staff Sgts. Adrienne Doctor and Sidonie McCray of the U.S. Army Band play taps for wreath-laying at The Tomb of the Unknown Soldier at Arlington National Cemetery.

U.S. Army Band Celebrates Centennial

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U.S. ARMY PHOTO BY PFC. GABRIEL SILVA

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WELLBEING

Combatting the Toll of Racism on Mental Health

Black Health and Wellness is the theme of Black History Month 2022.

BY MARILYN CAMPBELL
THE CONNECTION

After walking into a hospital room to administer medicine, her patient told her to go find a nurse because he wanted his prescriptions to be administered by a professional, recalls Kezia, who has a master's degree in nursing and has practiced for more than 20 years.

"Since I'm black he probably thought that I was there to empty his garbage can. I had to explain to him that I was a nurse and I'm not even sure he believed me," she recalled from her home in Fairfax. "I have to let things like that roll off because I have to deal with all kinds of people all day."

The stanzancy of experiencing racism, even subtly, can have a negative impact on the mental health of those on the receiving end of such behaviors, say area mental health professionals. The theme of Black History Month 2022, "Black Health and Wellness," offers an opportunity to recognize and address the issue on a personal level.

The theme is set by Association for the Study of African American Life and History. <https://asalh.org/black-history-themes/>

"Constantly feeling the need to repress slights and other acts of racism is psychologically damaging," said Arlington psychotherapist Robyn Wright, Ph.D. "The unresolved pain of being a victim of racism is fertile ground for mental health problems like depression, anxiety and substance abuse."

Expressions of racism are often unconscious or subtle, and therefore are not addressed or recognized, advised family therapist Jaelyn Lewis who practices in Bethesda and Alexandria. "Most white people don't express overt racism like using racial slurs, so it's easy for us to overlook it, accept it and bury the anger and sadness," she said. "We have to make ourselves aware of the toll that it's taking on our mental health."

"We have to find ways to take care of ourselves and give ourselves a mental health break," continued Lewis. "Sometimes this means getting out of our comfort

zone and finding ways to practice relaxation every day. We can do it through meditation and even deep breathing to reduce the stress that we've become so accustomed to that we don't even recognize it."

Identifying a place that is filled with like-minded people can be empowering and stress-relieving, advises Wright. "It can be spending time with friends who you can let your guard down with," she said. "It can also be at church or another house of worship. The bottom line is that we need a reprieve from the feeling of constantly having our guard up or feeling like we have to look or behave a certain way to feel accepted."

Anger is often an automatic reaction to racism or bias. Using those feelings to take action in a way that brings about change can reduce the negative impact on one's mental health, suggests Lewis.

"Most white people don't express overt racism like using racial slurs, so it's easy for us to overlook it, accept it and bury the anger and sadness. We have to make ourselves aware of the toll that it's taking on our mental health."

—Jaelyn Lewis

"Vote, register to vote, make sure your family and friends register and vote. Speak up calmly when you feel racism or bias. Protest and raise awareness but do it peacefully so that people will be able to hear and accept our views."

Resisting the urge to give up or succumb to feelings of hopelessness can help guard against depression, says Wright. "You don't have to experience racism first-hand to feel the effects of it," she said. "Even seeing it on television or reading about it in the newspaper can be painful. ... Learning about the rich history of African Americans and important contributions to society that are often overlooked, can give you a sense of pride instead of a sense of being inferior."

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Campaign Finance Reform Finds Support in Both Parties

Campaign finance reform is a priority for nearly 90 percent of Virginians.

BY EDEN BROWN
ARLINGTON CONNECTION

Arlington resident Sheila Taylor wants one thing to happen in Richmond this year: campaign finance reform. “The reason campaign finance reform is the most important issue for me is because it affects all the other issues: climate change, gun control, voter rights, and good policing. I remember when, probably before the Citizens United case, citizens were voters, now corporations have the vote. If money were no longer such a major factor in campaigning, we’d have speedier campaigns, and legislators we could trust to vote their conscience, not what the people who financed them demand.”

The 2010 Supreme Court’s ruling in Citizens United v. Federal Election Commission enabled corporations and other outside groups to spend unlimited funds on elections, ruling that limiting independent political spending from corporations and other groups violates the First Amendment right to free speech.

This year, a bipartisan caucus supporting campaign finance reform may get traction. A group called Money Out Virginia, advocates in Virginia affiliated with the group American Promise, is calling for Virginians to support over 20 pieces of legislation designed to reduce big money donations to legislators in Virginia. Bills seeking to restrict the personal use of campaign funds, strengthen current disclosure provisions, enhance oversight authority of the State Board of Elections and limit contributions have been sponsored by members of both parties.

Virginia is one of only a handful of states with no limit on contributions to candidates, and it has no restrictions on personal use of campaign funds. What that means is anyone can give any amount of money to a politician in Virginia, and that candidate for public office can spend the money on anything from a new car to golf clubs. Virginia has a Board of Elections but no detailed regulatory oversight over campaign finance.

Nancy Morgan, coordinator of the Virginia chapter of American Promise, Money Out Virginia, said last week, “If campaign finance reform is going to get passed, it will be this year.” Virginians noticed how much money was spent on campaigns because it was hard to ignore: the cost of elections for the House of Delegates in 2021 totaled over \$80 million, 20 percent higher than 2019. Twenty-two candidates each raised over one million dollars to campaign for a seat that pays \$18,000 a year.

The race for Governor exceeded \$130 million dollars, double the cost of elections in 2017. A record amount of money — \$7 million — was contributed by undisclosed donors. By the end of October 2021, some voters answered the door to canvassers saying: “Tell your candidate we don’t want anymore of these TV ads and mailers. Tell them they can spend millions of dollars on something that actually helps people and doesn’t litter our streets with brochures.”

“These results indicate Virginia voters view campaign finance reform as an important issue.”

— Dr. Bromley-Trujillo, research director, Wason Center

A recently released poll shows Virginians do care about campaign finance reform, despite years of denials by legislators who said it’s not a priority for voters. The Wason Center for Civic Leadership at Christopher Newport University poll indicated 78% of Virginians support reducing money from big campaign donors, and 88% of Virginians support public disclosure of contributions.

The polling confirms voters’ perceptions that unchecked political spending in Virginia by corporations, special interest groups and wealthy individuals is overwhelming the voices of average citizens. As a result,

candidates devote an increasing amount of time to fundraising, rather than engaging with voters and constituents. Big spending weakens the ability of Virginians to freely and fairly elect a representative government of, by and for the people.

Money Out Virginia commissioned the poll. The group works to decrease the influence money has on politics by supporting an amendment to the U.S. Constitution that would give states more power in regulating election spending and supporting campaign finance reform in Virginia.

The poll, which included seven questions about campaign finance in Virginia, was conducted between Nov. 3 and Dec. 2, 2021. Polling was conducted by phone, with 826 households targeted. This included 364 households on landlines and 462 households on cell phones.

“These results indicate Virginia voters view campaign finance reform as an important issue,” said Dr. Bromley-Trujillo, Wason Center Research Director. “Moreover, Republicans and Democrats actually find themselves on the same side of several campaign finance reforms, as shown in this survey.”

“Virginia citizens like myself seek campaign finance reform to enable our elected legislators to better reflect the interests and will of the average citizens of the Commonwealth.”

— Nancy Morgan, MoneyOutVirginia

Virginia does not currently limit campaign contributions in any capacity; polling showed that 75% of Virginians support limits to the amount of money coming from big campaign donors such as corporations, individuals and political action committees in state and local elections. When it comes

Campaign Finance Reform

Important legislation and what pro-reform Virginians can do to support it: https://docs.google.com/document/d/1N-pynXHGiTlwv87T5y0fTg-EJBX440Cgq-jvL_nQhXW4/edit

Bills are being heard both in the (Virginia) Senate and in the House. To track bills, see: <https://lis.virginia.gov>

to banning political contributions from corporations specifically, 56% of Virginians support banning the practice. Polling also shows that 73% of Virginians support banning the personal use of campaign funds, which is not currently prohibited in Virginia.

“These polling results reveal that Virginia voters recognize that good governance is a critical barometer for our democracy,” said Shruti Shah, President and CEO of the Coalition for Integrity.

VaOurWay’s Executive Director, Heidi Drauschak, added, “These issues have been discussed in Virginia for many years and these polling results show that Virginians now expect the General Assembly to act.”

Two disclosure bills did make it out of the Senate: SB318 (Sen. Barbara Favola) and SB 222 (Sen. Jeremy McPike).

But two limitations bills died in the Senate and some key bills might be hitting roadblocks in the Republican-controlled House of Delegates. Two bills, one by Del. David Bulova (HB492) and Del Tim Anderson (HB86) got out of the House Appropriations sub-committee on Jan. 31.

Because there is resistance by legislators to change an unregulated system, activists are counting on Virginians to get the word out to each representative if these bills are to pass. MoneyOut is hoping voters will do the most effective thing they can do besides vote: call or write their delegate and senator to urge them to pass the bills.

To learn more about this topic, see: <https://vmop.org> and <https://www.coalitionforintegrity.org/swamp2020/> and follow the effort to reform campaign finance on www.facebook.com/MoneyOutVA/

Ballston BID Hosts Capitals Watch Party Series Away games will be broadcast in Ballston with Caps swag, prizes and more

Ballston BID, in partnership with Washington Capitals and Ballston Quarter, will host a streamed watch party series, through April 29th. This spirited event will offer a “home-away-from-home” experience for local fans searching for an energizing environment to view Capitals away games. All remaining five games will be live projected on a high definition jumbo screen outdoors at Quarter Market Plaza. The plaza will be equipped to accommodate hundreds of Caps fans while they eat, drink and “Rock the Red” with local Ballston businesses.

“We are excited to partner with Ballston BID to offer away-game Capitals watch parties at Ballston Quarter for the remainder

of the regular season,” said Capitals vice president of marketing Amanda Tischler. “With Ballston serving as the location of our practice facility MedStar Capitals Iceplex, we are thrilled that area fans will be able to cheer on the team from a unique home environment.”

The Ballston BID is rolling out the Capitals Red carpet for attendees with giveaways hosted on their social media channels including branded stadium seat cushions, autographed items and much more.

For more information about the Capitals watch parties, giveaways and other Ballston BID events, follow on Instagram @BallstonBID and Facebook @BallstonVA. Attendees are encouraged to share photos of the event on social

media using #Ballston and #CapsWatchParty.

For more information and event details, visit Ballston BID’s website: <https://www.ballston-va.org/>

When:

Thursday, Feb. 24 at 7 p.m.

Wednesday, March 9 at 8 p.m.

Friday, March 18 at 7 p.m.

Thursday, April 14 at 7 p.m.

Friday, April 29 at 7 p.m.

Where: Quarter Market Plaza, Ballston Quarter, 4238 Wilson Blvd, Arlington, VA 22203

Price: Free and open to the public.

Photo opps/visuals: Festive Caps gear wearing fans, Caps swag and jumbo screen displaying Caps game, family-friendly.

About the Ballston Business Improvement District (BID)

The Ballston Business Improvement District (BID) is a 25-block neighborhood with more than 8.3 million SF of office space, one-million SF of retail space and 8,000 residential units. The BID works to attract, support and connect the most compelling and ambitious minds in our region. Ballston’s blend of urban sophistication and neighborhood charm make it a premier business, cultural and entertaining destination with top universities, scientific research organizations, Fortune 500 companies, upscale hotels, retail, green space, 60 restaurants and home to the Washington Capitals – all easily accessible by metro and major thoroughfares. For more information about the Ballston BID, visit www.ballstonbid.com

OPINION

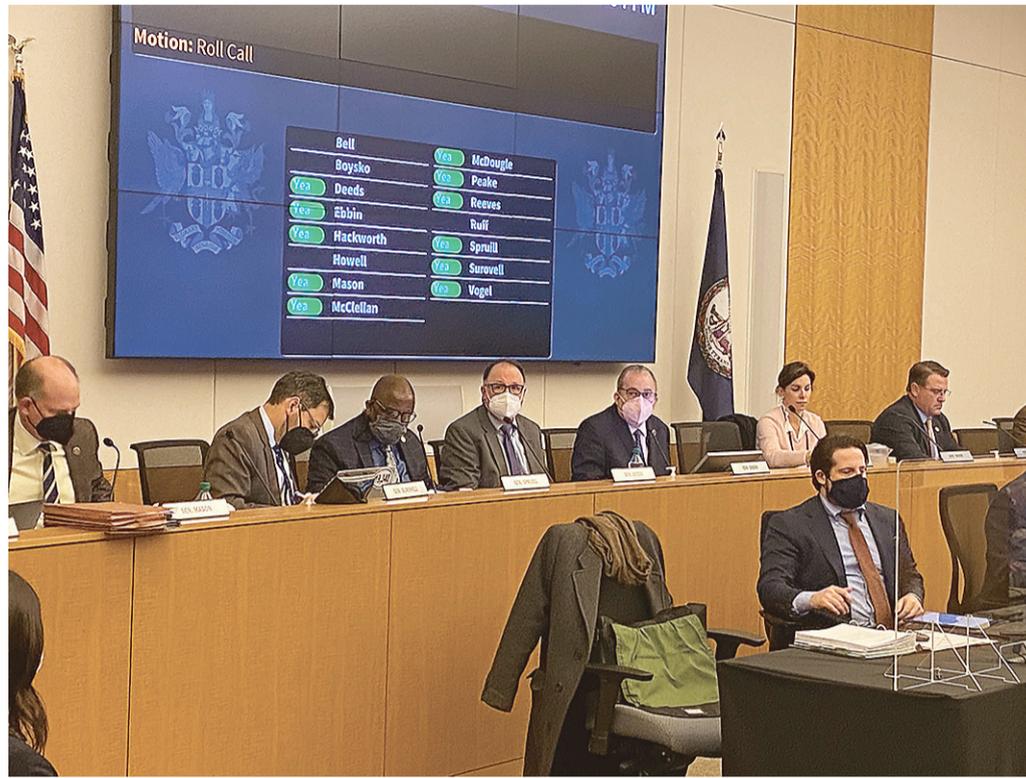
Meet the Secretaries

BY SEN. ADAM EBBIN

The media often focuses on the legislation on the Senate floor, when bills face debate and votes by the full body. However, the majority of the General Assembly's work occurs in committee and subcommittee meetings. In these hearings, legislators present their bills for the first time, fine-tune language, and assess the fiscal and agency impact of their proposals. During the new administration of Gov. Glenn Youngkin, our committees are also meeting with his newly appointed cabinet members before we vote on whether to confirm their appointments.

In the Senate, we have asked each new cabinet Secretary-designate to attend a meeting of the subject matter committee most closely related to their expected role in the administration. I have enjoyed their testimony and the opportunity to question them on their plans for the next four years. The Finance and Appropriations Committee heard from the incoming Secretary of Finance, Stephen Cummings — who will oversee the financial transactions of the Commonwealth including taxes collection and distribution of state aid to localities. Mr. Cummings has an extensive background in the banking and finance industries and has chosen a talented team of deputy secretaries including a well trusted former staff member of the Senate Finance Committee. I asked several questions of him, including how the administration plans to pay for the \$3.5 billion in new spending on tax rebates, charter schools, and economic development they have requested. His answer did not outline a clear plan for this significant change to our two year budget, which our constitution requires be balanced.

In the General Laws and Technology Committee, we have heard from Secretary of the Commonwealth Kay James and Secretary of Administration Lyn McDermid. Ms. James — who will oversee appointments to boards and commissions, manage clemency petitions, and oversee restoration of voting rights — previously served under Gov. George Allen as the Secretary of Health and Human Resources, and most recently was the president of the conservative Heritage Foundation think-tank. I was heartened by her public commitment to “easily and seamlessly” restoring voting rights of felons



Sen. Adam Ebbin chairing the Privileges and Elections committee.

who have completed their sentences. However, I had a number of questions on her public support of “natural law” — a conservative theory opposing same sex marriage, her opposition to the federal Equality Act, and whether she supported the newly formed LGBT advisory board, which makes policy recommendations on LGBTQ issues to the governor. Her responses indicated that she would uphold the laws we have established to support LGBT rights, and I look forward to working with her office to ensure that is the case in reality.

Secretary McDermid will manage procurement and state buildings, administer employee policies and benefits, and oversee elections. I complimented her focus on cybersecurity and interagency data sharing to improve government services. However, I was concerned she may share Gov. Youngkin's support for attempts to roll back access to the ballot and use of “election integrity” on the campaign trail. I asked her if she believed Virginia's elections are free and fair and she agreed this was true despite Gov. Youngkin making “election integrity” one of his top campaign issues.

As the various Secretaries make their way through their respective committees, my colleagues and my focus is on ensuring that Virginia is in the best possible hands, and continues on a trajectory of shared success. However, some appointments are more controversial than others. My office has received over 500 emails opposing Mr. Andrew Wheeler's nomination as Secretary of Natural Resources, for example, but every appointment requires attention. We will make those final determinations when their appointments come to the floor for a final vote.

Last week I was honored to be appointed as the Chair of the Privileges and Elections Committee, which reviews and takes initial votes on these appointments. The Privileges and Elections Committee traces its historic roots back to the first Committee of the Virginia House of Burgesses, which was founded in 1619. George Washington, whose Mount Vernon Estate is in the 30th District, served as the Chair of the House Committees committee during the 1760s.

It is my continued honor to serve the 30th District.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNews-papers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

FRIDAY/FEB. 4

Seeds: Selecting and Starting.

10-11:30 a.m. Online. Jump-start your vegetable garden! Get the scoop on seed selection — hybrid vs. heirloom, which seeds to start indoors and what's required to get them growing. Extension Master Gardeners Jasmin DeCoursey and Pam Newton will explain how

to make your own starter pots, create simple lighting systems, and practice winter sowing by starting seeds outdoors in milk-jug greenhouses. Germination is complex, but seed starting is reassuringly simple! Free. RSVP at <https://mgov.org/events/> to receive a link to participate.

NEW COVID TESTING SITE IN ARLINGTON

A new Covid-19 PCR Testing Site has opened in Arlington. Curative's testing site in Arlington is located for the general public at Arland LLC at 1113 Arling-

SEE BULLETIN, PAGE 5

Let Us Know Your View

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BULLETIN

FROM PAGE 4

ton Blvd, Arlington, VA 22209, operating Monday - Friday from 9 a.m. - 5 p.m. Appointments can be made ahead of time by visiting curative.com, as well as info on other testing sites in Virginia and across the country.

DONATIONS NEEDED

Pet Food Bank. AWLA has established a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYwDzm4t-Pw2.

ONGOING

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

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.

Public Financial Fraud, Waste and Abuse Hotline. Arlington County launched a new 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.

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.

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.

Arlington County, in partnership with the Human Rights Commission's Equality Task Force, has launched a web page with

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The original U.S. Army Band at Fort Hunt in 1922.

It All Started at Fort Hunt The U.S. Army Band centennial was Jan. 25, 2022.

BY GLENDA C. BOOTH
MOUNT VERNON GAZETTE

Fort Hunt Park's visitors today hear crows cawing, chickadees chirping, airplanes descending to National Airport and vehicles buzzing up and down the George Washington Memorial Parkway. One hundred years ago, they might have heard the melodious sounds of trumpets, saxophones and flutes rippling across the rural landscape from what was then the U.S. Army's Fort Hunt.

January 25, 2022, marked the centennial of the U.S. Army Band's founding at Fort Hunt.

In 1922, the Coast Artillery Corps was stationed at the fort to help protect Washington, D.C., the nation's capital, from naval assault ships coming up the Potomac River, though one observer at the time wisecracked that this unit was not capable of attacking a dinghy.

The Army had started a music school in 1910-1911 at the Washington Barracks, today's Fort McNair, but when they organized a formal band of around 100 men, they moved to Fort Hunt because some buildings, now long gone, were available. Most of the band members were single and lived in barracks. In just nine months, September 1922, the band moved from Fort Hunt to the Washington Barracks.

There's another local connection: Fort Belvoir's Army Institute of Heraldry created the Army Band's uniform, one authorized exclusively for this band.

The original band had both professionals and novices. The first leader, Warrant Officer Francis Leigh, graded the musicians.

"Some could barely play an instrument," snickers Adam Lessard, today's head of the band's collections and archives.

The band's first public performance was at an April 27, 1922 dedication of a statue of General Ulysses S. Grant at the U.S. Capitol. To travel from Fort Hunt to performance sites members had to be



Members of the U.S. Army Band "Pershing's Own" march down Pennsylvania Avenue during the 59th Presidential Inauguration in Washington, D.C., Jan. 20, 2021. Military members from across all branches of the armed forces of the United States, including Reserve and National Guard components, provided ceremonial support and Defense Support of Civil Authorities during the inaugural period.



The U.S. Army Herald Trumpets pose for a photo on the White House lawn. The Herald Trumpets are The Official Fanfare Ensemble to The President of The United States.

"creative," Lessard says, navigating over muddy roads, using street cars and taking water taxis across the Potomac River. (The south section of the George Washington Me-

morial Parkway to Mount Vernon Estate was completed 1932.) They had their first radio broadcast in 1923 and in the 1930s averaged four a week. In 1927, they

performed at a ceremony honoring Charles Lindberg's historic Spirit of St. Louis flight from New York to Paris, France.

In 1942, Fort Myer in Arlington

became their home installation and is still their home today, near Arlington National Cemetery where they often play for funerals and ceremonies. Fort Myer today is called Joint Base Myer-Henderson Hall.

Starting as a mostly concert band of around 86 musicians, today the band has 256 professional musicians who stage 6,000 performances or missions a year. There's a concert band, ceremonial band, strings, chorus, herald trumpets, blues band and a band that plays rock, pop, country, rhythm and blues and inspirational music.

Pershing's Own

The band is called "Pershing's Own" because General John "Black Jack" J. Pershing believed the U.S. Army should have a band like the polished ones he had seen in Europe in World War I. He ordered the band's formation and believed it could boost the troops' spirits.

MAKING HISTORY

Today's Pershing's Own is a group of highly-trained, professional musicians who perform at some of the nation's most high-profile events, for U.S. Presidents, the U.S. Congress and foreign dignitaries.

They are the official band for full honor ceremonies at Arlington Cemetery's Tomb of the Unknown Soldier. They provide buglers for wreath layings and do the fanfare for arrivals of foreign heads of state. They perform patriotic programs, for example, at the U.S. Capitol with the National Symphony Orchestra.

Mount Vernon resident Sergeant First Class Paul Tucker, a saxophonist, loves the camaraderie, shared sense of mission and playing with world-class musicians, he says. "Performing in the Army Band at important ceremonies and concerts in our nation's capital has been an incredible honor, whether it is the Presidential inaugural parade or a Medal of Honor recipient ceremony or an outdoor summer concert. It is personally very re-

SEE IT ALL STARTED. PAGE 7
WWW.CONNECTIONNEWSPAPERS.COM

DOD PHOTO BY U.S. ARMY SGT. JACOB HOLMES

U.S. ARMY PHOTO BY THE UNITED STATES ARMY BAND



U.S. ARMY PHOTO BY STAFF SGT. VICTORIA CHAMBERLAIN
Sgt. Major Christal Rheams sings with The U.S. Army Blues.



The U.S. Army Strings perform in the Rose Garden of The White House.

PHOTO BY ANDREA HANKS

It All Started at Fort Hunt

FROM PAGE 6

warding to both make music and also represent the U.S. Army.”

The band welcomed John Glenn back from his historic space flight in 1962 and played for the Apollo 11 astronauts’ return from the moon in 1969. Pershing’s Own performed at the 1987 summit of U.S. President Ronald Reagan and the Soviet Union’s General Secretary Mikhail Gorbachev.

After the Sept. 11, 2001, terrorist attacks, band members helped with recovery efforts at the Pentagon and a month later, participated in a memorial service at New York City’s Ground Zero. They performed for the 50th anniversary of NATO (North Atlantic Treaty Organization) in 2005.

In 2021, they played for the post-inauguration wreath-laying ceremony for President Joseph Biden at Tomb of the Unknown Soldier. Their brass quintet, one of the band’s ensembles, played for people arriving for the late General Colin Powell’s funeral this past November.

Diplomacy

The musicians have also practiced diplomacy. In World War II, the band had a two-year deployment to North Africa and Europe. It came under a German V-2 rocket bomb attack in Antwerp, Belgium, in 1944. Rockets aside, “Playing concerts in countries like Algiers and Morocco, they were representatives of the American liberating force,” Lessard says.

In 2002, some band members did a six-day USO tour of Kuwait, Afghanistan and Uzbekistan to support Operation Enduring Freedom.

The band had a memorable exchange with China’s Military Band of the People’s Liberation Army in 2011 and 2012, performing together at the Kennedy Center, at the United Nation in New York and in China, playing both American and Chinese pieces. “We are more similar than we are dissimilar,” commented then Major General Michael Linnington.

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The U.S. Army Herald Trumpets for the White House arrival of Chinese President Hu Jintao with U.S. President George W. Bush.



Staff Sgts. Adrienne Doctor and Sidonie McCray play taps for a wreath-laying at The Tomb of the Unknown Soldier.

U.S. ARMY PHOTO BY PFC. GABRIEL SILVA

When dignitaries visit the U.S., the band plays the national anthem of the visitor’s home country.

Hollin Hall resident and percussionist Larry Ferguson found his two USO tours to Iraq and Afghanistan to be very rewarding. For him, the band has been a capstone of his musical pursuits that started 36 years ago. At age 10, he began playing drums and he’s been a percussionist playing instruments like the drum, cymbals, xylophone, triangle and tambourine for 20 years. “The Army and the Army band have been an amazing career. I’ve been fortunate enough to pursue my passion while giving something back to the nation through concerts and high-profile ceremonies,” he says.

Emily Ross, who handles band operations, played the clarinet

with the band for 17 years. “It’s a great way to serve your country and perform the music that you love,” she believes. Band members surely agree.

Forthcoming Events

The U.S. Army Band will have several centennial events, including an April gala concert at Washington’s Constitution Hall, virtual and outdoor concerts and possible tours. Visit usarmyband.com, Facebook www.facebook.com/usarmyband, Instagram @usarmyband, and YouTube www.youtube.com/c/usarmyband

In China

See the YouTube documentary, “In China,” the U.S. Army Band’s trip to China, <https://www.youtube.com/watch?v=BL5VJ9o7y6g>



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February 23, 2022

Ads submitted by:

February 17, 2022

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ENTERTAINMENT

STARTING JAN. 31

Monday Morning Music (MMM). 10-11:30 a.m. Via Zoom. Begins its spring semester under the directorship of Victoria Gau who is partnering with Ellen Myers Kliman to focus on the theme of Opera. These zoom classes take place on alternate Mondays and are available by recording for those unable to attend the session. The classes focus on opera as developed around its political/social context. Gau is an Oberlin-trained violinist and conductor who wears many musical hats in the area and Kliman is also Oberlin trained and has performed early music, cabaret, opera, operetta, musical theatre and chamber music throughout the Washington area. For more information, contact glpasley@gmail.com.

NOW THRU FEB. 22

Jane Franklin Dance Presents Forty+ Project. 12:30-1:30 p.m. At 3700 S Four Mile Run Drive, Arlington. Forty+ is starting a new project with choreographer Andie deVaulx. Designed for movers who enjoy participating with others, the upcoming Forty+ Project is a rewarding experience. The weekly sessions help dancers to hone

physical skills and dance technique while engaging in the creative process. This project culminates with performances at Arlington's Theatre on the Run, February 26 at 7:30 pm and February 27 at 5 pm. The project is open to people of all physical facilities. No previous performance experience is necessary. Visit www.janefranklin.com or call 703-933-1111.

SATURDAY/FEB. 12

NCE Valentine Concert. 7:30 p.m. At Unitarian Universalist Church of Arlington, 4444 Arlington Blvd, Arlington. National Chamber Ensemble presents Beguiling Brahms and Schumann (Valentine's Concert). February's Valentine's Concert will present two great Brahms Sonatas for Violin and Piano - exciting, moving, superb and deeply passionate works reflecting Brahms' wondrous lyricism and romantic flair. These works will be paired with Robert Schumann's riveting Sonata in A Minor. Schumann, another great composer, was a personal friend of Brahms, and his music will provide the perfect addition. An exquisite program featuring romantic music for violin and piano with the artistry of pianist Carlos Cesar Rodriguez and



Monday Morning Music zoom classes with the focus on opera start on Jan. 31.

violinist Leonid Sushansky. Visit <https://www.nationalchamberensemble.org/tickets.htm>.

SATURDAY/FEB. 12

Imagine. 2:30-4:30 p.m. At Lubber Run Park (Fire Ring) and Lubber Run Community Center (Oak Room), 200 N. Columbus Street, Arlington. What would a climate-solved Arlington look like? Grab a hot beverage, make s'mores by the campfire, and get inspired by listening to climate- and nature-related literature.



Then, learn from local community organizations about their long-range climate action plans, and contribute your own solutions to climate problems facing Arlington. All ages welcome. Visit the website: <https://arlingtonva.libcal.com/calendar/apl/our-environment-our-future-imagine>

SUNDAY/FEB. 13

Galentine's Day at National Landing. 11 a.m. to 1 p.m. At Commonwealth Joe Coffee Roasters, 520 12th St. South, Arlington.



Celebrate friendship with the National Landing BID as it teams up with Lily's Flower Truck and Commonwealth Joe for a Galentine's Day to remember. For one day only, the first 20 guests to make a purchase at specialty coffee roaster Commonwealth Joe will receive a free DIY flower bouquet from Lily's Flower Truck. A portion of the proceeds will benefit local animal shelters. Visit the website: <https://national-landing.org/do/will-you-be-my-galentine>

Black History Month Events

From a self-taught mathematician who mapped out the nation's capital to abolitionist sisters who partnered with Frederick Douglass to the first Black player in the NBA, African Americans have shaped the history of Alexandria.

Explore more ways to celebrate Black history and culture throughout February and year-round on Visit Alexandria's Black History and Culture page. <https://www.visitalexandriava.com/things-to-do/historic-attractions-and-museums/african-american/>

Black History Month Events & Experiences

Manumission Tour Company Virtual Tour of Local Black History: Freedom's Fight in Alexandria February 3, 2022, from 5 to 7 p.m.

Admission: Free (Registration required) Virtual alexlibraryva.org

Join Manumission Tour Company to (virtually) travel the streets of historic Old Town Alexandria and hear the little-known stories of Africans and African Americans, both enslaved and freemen, at a time when Alexandria was one of American's main centers for the international and domestic slave trade. This program will give participants insight into Alexandria's pre-civil war history of urban slavery, and highlight runaway enslaved individuals, like stepbrothers Oscar and George Ball, free African Americans like Moses Hepburn and early abolitionists, such as pharmacist Edward Stabler, who pushed back against the "Peculiar Institution" of slavery.

Manumission Tour Company curates guided cultural heritage

tours designed to highlight Alexandria's extensive African American History. Learn more here. <https://www.manumissiontours.com/> 10% Discount on Manumission

Tour Company Bookings

Throughout February

Throughout February 2022

Admission: \$15 per adult; \$12 per child (pre-discount)

Tour locations vary within Old Town, Alexandria, VA 22314 manumissiontours.com

Manumission Tour Company curates guided cultural heritage tours designed to highlight Alexandria's extensive African American History. Owned by a fourth generation Alexandrian, Manumission Tour Company offers weekend guided walking and bus tours February through December. Tour routes include "Freedom's Fight in Alexandria," "Duke Street Black History" and "Still's Underground Railroad." Personalized group tours and step-on services are available by request.

An Afternoon Lecture with the Equal Justice Initiative

February 8, 2022, from 4 to 5 p.m.

Admission: Free (Registration required) Virtual alexandriava.gov/historic

Attend an afternoon with Trey Walk, project manager with the Equal Justice Initiative (EJI). Join the Alexandria Community Remembrance Project (ACRP) to learn more about EJI and the ACRP's work with them to educate Alexandria citizens about Alexandria's two lynchings that occurred in 1897 and 1899.

The Life and Times of Charles Young: Presented by the National Park Service

February 10, 2022, from 7 to 8 p.m.

Admission: Free (Registration required) Virtual alexlibraryva.org

Join Park Ranger Roger Osorio, from the Charles Young Buffalo Soldiers National Monument, to learn the story behind Colonial Young's life and the legacy he created. Charles Young, born to enslaved parents, persevered through racism and prejudice to become one of the first African American graduates from West Point Military Academy and went on to serve in many capacities and missions throughout the United States and the world at a time when opportunities for Black Americans were severely restricted. Please contact mzimmerman@alexlibraryva.org with questions or for more information.

Storytime with the Alexandria Black History Museum

February 12, 2022, at 10 a.m.

Admission: Free Virtual alexlibraryva.org

Educate kids during story time with the Alexandria Black History Museum, a collaboration with the Alexandria Library. Join Mrs. Lillian Patterson for story time and hear about African American history. The event is great for children ages 4 to 8, but all are welcome. Recurring story times occur on the second Saturday of each month.

A White Historian Explores "Race Riots"

February 12, 2022, at 11 a.m.

Admission: Free (Registration

required) Virtual alexandriava.gov/historic

Violent clashes between large crowds of different races have disturbed the social order in the United States since long before the Civil War, and the phrase "race riot" has been used to describe such disparate events such as the Tulsa massacre of 1921, the 1968 uprisings following the assassination of Martin Luther King and the anti-Chinese riots of the 1870s. Susan Strasser investigates the term and a history of racially-charged violence that has framed American discussions of race. Register here to receive the Zoom link. https://zoom.us/webinar/register/WN_VJNkJWGDQ0CANEIVjDN4Og

Virtual Film Screening and Discussion of "Odessa's Reign"

February 16, 2022, from 7 to 8:30 p.m.

Admission: Free (Registration required) Virtual alexandriava.gov/historic

Tune into a film screening and discussion of "Odessa's Reign" with producer Robin Hamilton. Crowned "Queen of the Underworld," a Black female gangster runs the most lucrative gambling ring in D.C. in the 1950s and manages to keep the D.C. police in her back pocket. Runtime is 25 minutes. Robin Hamilton is an Emmy-award winning television host, producer and moderator for town halls and forums. She is the founder and principal of the Around Robin Production Company, where she creates videos for nonprofits to help with fundraising, marketing and messaging.

Washington Revels

Jubilee Voices in Concert

February 19, 2022, from 11 a.m. to 12:30 p.m.

Admission: Free (Registration required)

Virtual alexandriava.gov/historic

The Alexandria Black History Museum presents the Washington Revels Jubilee Voices in concert. Join the Rebels as their members explore the rich history of African American music.

Left Behind: Stories from the Underground Railroad

February 22, 2022, from 7 to 8 p.m.

Admission: Free (Registration required)

Virtual alexlibraryva.org

Master Storyteller Sheila Arnold looks at what formerly enslaved people left behind when they escaped to freedom. Freedom — it's what we all desire, but if you had to leave something or someone behind, could you do it for the hope of a word called "freedom?" Through story, song and audience interaction, Master Storyteller Sheila Arnold, looks at the fugitive slaves from the Underground Railroad and shares what they left behind — family, clothes, name and even life.

There are surprises that were left behind as well, and this presentation brings humor along with thought-provoking moments. The program is historical storytelling at its best. A one-hour program that begins with the audience's thoughts and leads to stories that will stay in your mind long after the presentation has ended. Appropriate for all ages.



PHOTOS BY KEVIN MORRIS (@KEVMOFOTO)

Keira (Carlstrom) D'Amato pounds the pavement at the 2022 Chevron Houston Marathon.

“I’m really proud of myself that I had the courage to start.”

— Keira (Carlstrom) D'Amato

Keira (Carlstrom) D'Amato, a 37-year-old Oakton High School alumna, shattered the U.S. women’s marathon record on Jan. 16 with a time of 2:19:12 at the 2022 Chevron Houston Marathon.

Oakton Alumna Breaks U.S. Marathon Record

Discipline and courageous inner conversations fuel perseverance.

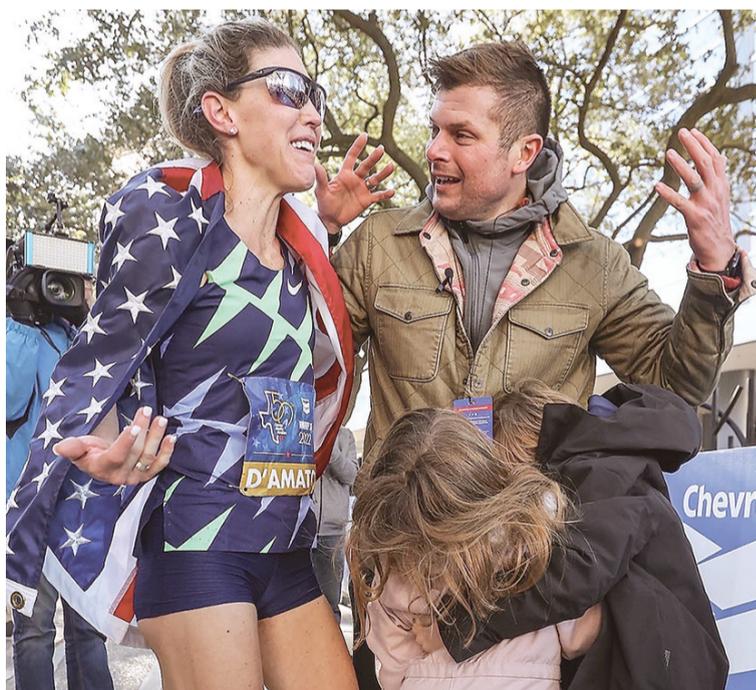
BY MERCIA HOBSON
THE CONNECTION

It took Keira (Carlstrom) D'Amato, a 37-year-old Oakton High School alumna, mother of two, and career woman, eight years to rediscover her love of running and put on her sneakers again. After she did, D'Amato shattered the U.S. women’s marathon record on Jan. 16 with a time of 2:19:12 at the 2022 Chevron Houston Marathon, running an average pace of 05:19 minutes a mile. The record stood since 2006 when American Deena Kastor won the London Marathon in 2:19:36.

As a young soccer player D'Amato (then Carlstrom) joined her high school freshman cross country team on a whim, only to discover that running was her genuine love. She raced competitively at American University in Washington D.C. only to be sidelined by an injury she thought would end her competitive running.

D'Amato shared the one thing she is most proud of about herself in an interview on Jan. 20, and it is not the win. “This whole journey

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Keira (Carlstrom) D'Amato’s strong support team, her family, husband Anthony, and their children, Tommy, 7, and Quinn, 5, surround her with love.

has been intimidating for me; it’s scary. I didn’t quite know the path that I was on the whole time, but I’m really proud of myself that I had the courage to start,” D’Amato

said.

Because of her family, friends and community’s love and support, she persevered even when she felt “out of place” on a path full of ups

and downs. The ups, according to D’Amato, were simple, but she refused to allow the downs to drag her under.

“Stuff would go wrong, and I would write it off quickly,” she said.

D’Amato persuaded herself that these would be speed bumps in her rearview mirror. Going through hardships and disappointments, she said, is challenging because one can feel alone and believe that things will always be this way. “You just have to keep your head down and believe that the best is yet to come,” she said.

D’Amato remembers her most difficult running challenge. Her fitness had improved quickly as she aimed to compete in the United States Track and Field Olympic Trials in 2021. Then a hamstring issue threw everything into disarray, derailing the trial. “There is no way you are going to make it to the finish line if you do not make it to the starting line,” she observed. Her dream vanished.

D’Amato has been going to physical therapy twice a week since then. “And I’m doing exercises

almost every day to help create strength and balance. Getting old isn’t easy ... but the 2024 Olympics are still top of my mind,” she said. D’Amato will be 39 years old when the next Olympics take place.

One of the things that provides her the most encouragement and allows her to take risks is the support of her family, husband Anthony, and their two children, Tommy, 7, and Quinn, 5. It makes no difference to them whether D’Amato is first or last. “They are still going to love me.”

D’Amato admitted that running is a selfish sport because it takes a long time to train at her level. Sometimes she runs early in the morning before the children get to school. Other times, it is while they are at school, and on given weekends, she needs to hire a babysitter because her husband is in the Air National Guard.

“Our family had to get creative with how to make it all fit,” she said.

Throughout her recent record-breaking marathon run, she feared the win would not happen

SEE OAKTON, PAGE 10

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NEWS

Oakton Alumna Breaks U.S. Marathon Record

FROM PAGE 4

for her that day. The winds were blowing at 10 to 14 mph, making the temperature feel like it was in the twenties. But she convinced herself that she had to continue to push until she was absolutely broke.

"Go a little further, further," D'Amato told herself. She asked inwardly why this is not feeling easy, only to respond, "You're trying to go where no American woman has ever gone before. This isn't going to feel easy," she recalled saying to herself.

The mental discussions D'Amato had with herself during the marathon pushed her that day — she was going to do it to make "herself proud." Running had given her the confidence and goal-setting abilities she needed to achieve. D'Amato said that she had worked hard on how she speaks to herself, especially when things are not going her way and that encouraging inner conversation made a difference.

"I know what it feels like to fail, and I know what it feels like to succeed. In a marathon, everything is hurting. You are exhausted; you can barely breathe; your legs are pounding, and you start feeling sorry for yourself. Your brain tries to convince you just to slow down. ... I've been to that point and felt disappointed after the race. Oh man, there was more in the tank," D'Amato said.

"That happened in this race; everything was starting to shut down. I just didn't want to come up short. Whatever I needed to push through to get there, I was



PHOTO BY KEVIN MORRIS (@KEVMOFOTO)

Keira (Carlstrom) D'Amato spurs herself forward in the marathon, carrying on a conversation with herself: "You're trying to go where no American woman has ever gone before. This isn't going to feel easy,"

willing to do," she said.

Being kind to herself, being her own cheerleader, and ending up feeling proud is the message that D'Amato gives to the sport that has given her so much. She speaks in various settings and is passionate about helping others discover their passion for running from an early age.

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FLOURISHING AFTER 55

Contact: Judy Massabny,
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55+ Programs are virtual, indoors at 55+ Centers and outdoors. A 55+ Membership is required to participate (\$20 annual fee). To join or register, go to registration.arlingtonva.us or call 703-228-4747.

Local history discussion to feature Washington-Liberty High School, Wednesday, Feb. 2, 1:30 p.m. Registration # 912402-12.

Black history in Arlington (part 1) presented by Karl VanNewkirk, Arlington Historical Society. Two part program begins Wednesday, Feb. 2, 1 p.m. Aurora Hills 55+ Center. Registration # 912400-02.

Drop in basketball for women age 50+, Wednesday, Feb. 2, 7 p.m., Langston-Brown 55+ Center. Bring basketball, white and dark color shirts.

Normal versus abnormal aging discussion presented by representative from the George Washington Institute for Brain Health and Dementia, Thursday, Feb. 3, 6 p.m., Lubber Run 55+ Center. Registration # 912500-11.

Tai Chi practice, experience helpful, led by experienced volunteers, Friday, Feb. 4, 1 p.m., Arlington Mill 55+ Center. Drop in.

Spellbinders, volunteer storytellers, to meet for continuing education, support and camaraderie, Friday, Feb. 4, 9:30 a.m., Langston-Brown 55+ Center. Registration # 912301-07

Early morning art activity with community arts programmer Jennifer Droblyen, Monday, Feb. 7, 9 a.m. Registration # 912303-03.

Recreating art masterpieces, Monday, Feb. 7, 1 p.m., Lubber Run 55+ Center. Registration # 912303-11.

Step-by-step painting demonstration with a community arts programmer, Monday, Feb. 7, 10:30 a.m. Registration # 912303-19.

Ice skating, exclusive time for 55+ members, Mondays, 8:10-9:10 a.m., MedStar Capitals Iceplex, Ballston Mall, level 8. Skate rental, \$1; parking \$1. Drop in.

Samsung phone help, basics and more, Tuesday, Feb. 8, 1 p.m., Arlington Mill 55+ Center.

BULLETIN BOARD

FROM PAGE 5

resources for the LGBTQ community. The new webpage compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health. There are also topics specifically for teens and youth — such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit topics.arlingtonva.us/lgbtq-resources.

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. MICHAEL W. SMITH Returns to The Birchmere, May 19, 2022, 7:30pm, Alexandria, VA.

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 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. now on Zoom. Organization brings together political and business leaders for

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Bring device and specific questions. Registration # 912909-01.

Rock music legends, Bob Dylan and Bruce Springsteen, Tuesday, Feb. 8, 1:30 p.m. Registration # 912400-34.

Continuum of care professionals discuss options, answer questions, Tuesday, Jan. 8, 1 p.m.. Registration # 912500-15.

Black history in Arlington, Part 2, Wednesday, Feb. 9, 1 p.m., Aurora Hills 55+ Center. Presented by Karl VanNewkirk, Arlington Historical Society. Registration # 912400-03.

History roundtable, Wednesday, Feb. 9, 11:15 a.m., the impact of WWII on history. Registration # 912402-09.

The Rocking Chairs rock-n-roll band, open rehearsal, hits from the 50s through the 70s, Wednesday, Feb. 9, 11:30 a.m., Madison Community Center. Drop in.

Open art studio for artists who work at their own pace, no instruction or materials available, Wednesday, Feb. 9, 10 a.m., Friday, Feb. 11, 11 a.m., Arlington Mill 55+ Center. Drop in.

Sgt. Rodney M. Davis, one of only 88 African-Americans to receive the Congressional Medal of Honor for extraordinary courage and patriotism, Thursday, Feb. 10, 1:30 p.m. Presented by John Hollis, author of Davis' awe-inspiring story. Registration # 912400-30.

Line dance classes, beginner level, Thursday, Feb. 10, 1 p.m., Arlington Mill 55+ Center; Friday, Feb. 11, 10:30 a.m., Aurora Hills 55+ Center. Drop in.

Movie discussion, "The Last Daughter," (2021), Thursday, Feb. 10, 3 p.m. Registration # 912402-06.

Mah Jongg, American style, Thursday, Feb. 10, noon-4 p.m.; Saturday, Feb. 12, noon - 3:45 p.m., Arlington Mill 55+ Center. Drop in.

Open House at Arlington Mill 55+ Center, Saturday, Feb. 12, 11 a.m.-1:30 p.m. Preview programs, visit open art studio, meet staff. Registration # 912899-01.

humanitarian services. Listen to guest speakers on various topics of interest. Visit <https://arlingtonrotaryclub.org/>

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

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

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.m.femrite.civ@mail.mil or 571-256-8674.

Donations Needed. Our Lady Queen of Peace Catholic Church, 2700 South 19th St., is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated), the pantry will rebag), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. Donations are collected during Mass each Sunday. Visit www.ourladyqueenofpeace.org for more.

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The Time is Now



By KENNETH B. LOURIE

For the first time in nearly 13 years, I forgot I had cancer. More specifically, I nearly forgot I had quarterly scans next week. In fact, I only remembered them the Friday before the Wednesday, five days ahead. And I only remembered them because of a bone-strengthening injection I get every four weeks which requires lab work. Lab work which must be completed one to two days prior to the injection. Lab work which determines whether I receive treatment or not. If levels of any number of measures are too high (creatinine, magnesium, calcium, as but a few examples) or too low (potassium, white blood cells), I'm not treated and sent back home with a re-scheduled injection date weeks or even a month later. The logic for the delay, as best I understand it, is to allow one's body to rest and recuperate, sort of, from previous treatments and overall cumulative cancer wear and tear. Nevertheless, the protocol for these injections is every four weeks so it's recurring enough that the thought of it, the preparation for it, never leaves my mind. But the scans however, are something else entirely and easier to misplace, if you know what I mean? Three months doesn't come around nearly as regularly as monthly.

Over the course of months, one can get caught up in life and the miscellaneous responsibilities involved. And before you realize it - or before I realized it, my quarterly scans were a mere five days away, Wednesday, Feb. 2, the day this column publishes. Never in my cancer-patient history had I ever been this late to the party. Fortunately, these appointments are always made by my oncologist immediately after we discuss the results of the previous scans. It's never left to this patient's chance which I imagine is a good thing considering the likelihood of finding available appointments this close to my oncologist's timeline. (And it's been my experience that adhering to the doctor's timeline might be important for my diagnostic health.) And though typically I receive electronic and text reminders from my provider, it just so happened that I remembered I had forgot before I received any reminders. Fortunately, all is not lost and there's no actual harm done. However, for a cancer patient who takes great pride in navigating the entire cancer treatment/appointment process, this temporary oversight has been quite surprising.

As a cancer patient, I've kept the pedal to the metal thinking that letting off the gas might be harmful to my health. I've never stopped treatment or took a break - as my oncologist occasionally suggested, always worried that a delay might be bad for my health. I've always been aware of my appointments and responsibilities and have been "compliant," as my provider says, meaning I've done what they've told me to do and never missed an appointment (apparently some do). When I woke up this past Friday and it hit me that my lab work and scans were next week, I couldn't believe I had totally forgot about it.

The experience of nearly forgetting my cancer care has shaken my confidence a bit. I thought I was "Charles in charge" and on top of my cancer business. I knew who, what, where when and why. I didn't exactly take it all for granted but I had assimilated it all into my routine and thought I had a handle on it. Perhaps my subconscious was taking a much-needed break. I will readily admit that being a cancer patient is all it's cracked up to be. Sometimes, a brake in the action is exactly what the patient needs.

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

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