



7 Marathons In 7 Days On 7 Continents

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Running the first marathon in Antarctica, “sort of” running, Jill Jamieson says. It was the first of seven marathons in seven days on seven continents to raise money and awareness to cure Alzheimer’s.

KEEP GOING



Jill Jamieson of Arlington ran seven marathons in seven days on seven continents to raise money and awareness to fight Alzheimer's, which killed her father. First up, Antarctica.



Running the first marathon in Antarctica, "sort of" running, Jill Jamieson says. It was the first of seven marathons in seven days on seven continents to raise money and awareness to cure Alzheimer's.



Keep Going. Temporary tattoo.

On a Quest to Help Cure Alzheimer's

PHOTOS COURTESY OF JILL JAMIESON

Jill Jamieson of Arlington runs seven marathons in seven days on seven continents.

BY ASHLEY SIMPSON
ARLINGTON CONNECTION

If you ever ask Arlington resident Jill Jamieson what's on her mind, there's a good chance she'll tell you that she's just "looking for crazy things to do."

By crazy, Jamieson is referring to unusually physically taxing endurance challenges that most humans couldn't even fathom: running back-to-back marathons around the globe, powering through ultramarathons, swimming long distances in rough, open waters, and so on.

What's not so crazy is that Jamieson completes these strenuous athletic events to contribute to a cause very dear to her heart: finding a cure for Alzheimer's Disease. In tandem with every athletic event tackles, she raises money for Alzheimer's Disease charities. Through it all, she also hopes to bring more attention to the devastating illness – and the need for related medical progress.

In the early hours of Feb. 7, she officially completed her most demanding athletic feat to date: the World Marathon Challenge. This is running seven marathons – each on a different continent – in just seven days (translation: 168 hours).

"It's the most taxing thing I've ever done and I imagine one of the most taxing things I ever will do," Jamieson said. "Doing seven marathons in seven days is not something I think the body is meant to do... especially since this challenge involved being in the air, flying on an airplane for 68 hours, waiting in immigration queues, and eating lots of airport food."

She took part in The World Marathon Challenge in support of the Alzheimer's Association, for which she is still fundraising. Her goal is to turn over \$26,200 to the Alzheimer's Association by mid-April.

"I still have some work to do with the fundraising," Jamieson said, explaining that her goal amounts to \$1,000 for every mile that makes up the marathon distance. "We are about halfway there. For a while I was

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The second marathon in the series of seven in seven days on seven continents was in Cape Town, South Africa.



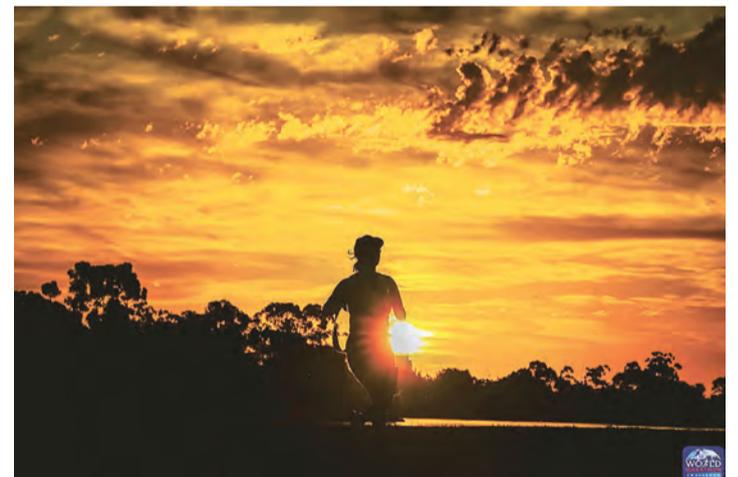
Loving the Perth marathon.



The runners gather for a selfie in Madrid, with Jill Jamieson in the center.



The starting line in Cape Town, South Africa.



Jill Jamieson of Arlington running seven marathons in seven days on seven continents for Alzheimer's, here running at sunset in Perth, Australia.



The most difficult marathon for Jill Jamieson was in Madrid, where she took a hard fall on the unpaved roads of a difficult course.

Students Showcase Arlington's Language Programs

Learning languages is more than conjugations.

BY EDEN BROWN
THE CONNECTION

In their first performance at the “Annual Celebration of Arlington’s World Languages, Diversity and Cultures” since the 2019-2020 (pandemic) school year, Arlington’s language students performed a wide-ranging program of fluent Chinese, original French poetry, Japanese song, Latin, Spanish, Arabic, German, and American Sign Language. The students had overcome the limitations of the Covid-19 pandemic which made language learning harder and gave the students few opportunities to perform in front of a crowd. They overcame budget cuts that threatened language programs. There was a sense of joy — and few stage jitters — as they got to showcase their skills.

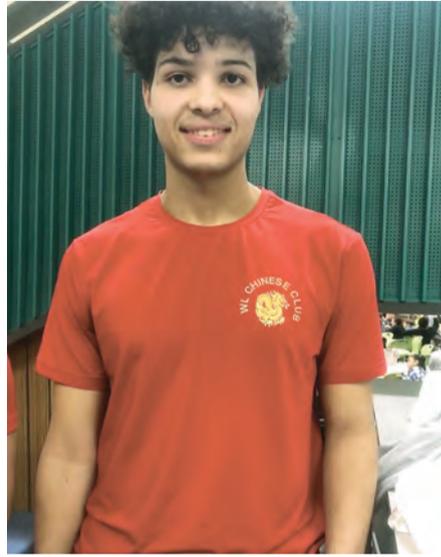
With American Sign Language at the top of the line-up, Elisabeth Harrington, Arlington Public Schools Supervisor for World Languages, pointed out to the crowd that ASL is now offered in four APS high schools. It is one of the fastest growing language programs in Arlington. “It is beautiful to see the students enter the culture of hearing impaired as they learn to sign,” Harrington said. This was a theme throughout the program: you don’t just learn a language, you appreciate the culture it inhabits. You learn more than words: the traditions, the dances, the music, the history, the culture. You “become” French or Chinese when you speak it, and you learn that the “different” culture is not so different after all.

Language learning was life changing for at least one student who showcased her ASL skills. Violet Moore said she was scheduled to take French but didn’t find a French teacher who was a good fit. She took ASL and is now in her fourth year. She is doing an ASL project at the Career Center as her “Capstone,” and has applied to colleges



Violet Moore found a lifelong passion in American Sign Language and is planning a career around signing. She is constantly signing as she talks.

PHOTO BY EDEN BROWN/THE CONNECTION



Cody Cambron, a senior at Washington-Liberty, speaks fluent and unaccented Chinese. “I started Chinese in seventh grade at Kenmore Middle School,” he said. “I definitely think starting it early helped with my accent.”



Arabic level four Wakefield High, from left, Zainab Kufaishi teacher; Jason Doll is at level 5 and has a Lebanese father; Fatmah Zaki is proud that she can read, write and communicate effectively now; Helena Helms wanted to learn a language her mother doesn’t speak; Jawan Sbeitan wanted to learn more about her culture.

PHOTO BY EDEN BROWN/THE CONNECTION



that specialize in ASL. “I was going to take French but after two weeks in ASL class I realized I wanted to be an interpreter, that this would be a lifelong passion and that I would go to college to perfect it.” Moore said everyone should study ASL. “It has so many practical uses and can even be used with (and by) autistic individuals who find it easier to communicate with ASL.” Justin, a stand-out ASL signer because of his eye contact, was proficient even as an eighth grader at Jefferson Middle School. He attributed his desire to learn ASL to his mother and grandmother, who both know ASL and “like to do things for other people.”

Everyone had different motivations for learning the language they chose. Several students with backgrounds or family from the Arab world wanted to learn more about

SEE HELPING, PAGE 6

Four Arabic language students from Wakefield High School dance “Dabka” from Lebanon. Arabic students total 16 in 6th grade, 81 in middle school and 136 in high school.

PHOTOS BY SHIRLEY RUHE/ARLINGTON CONNECTION



Jefferson Middle School Signing Class Level II sings a signing song “Party in the USA.” American Sign Language has the third highest number of world language students enrolled at 655 for 6-12th grade.



Jefferson Middle School American Sign Language II Class performs “When Will my Life Begin.”

Schools Train Teachers, Install Narcan Emergency Kits

After fatal overdose at Wakefield and multiple other overdoses, APS takes action.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

On Jan. 31, at about 9:30 a.m. police and fire were dispatched to Wakefield High School for the report of an unresponsive juvenile male inside a bathroom, an apparent drug overdose. Medics administered emergency medical aid before transporting the juvenile to an area hospital in critical condition. The teen later died at the hospital.

Four additional students were evaluated on scene by medics.

Because of this and multiple other incidents before and after, Arlington County Public Schools has taken the opioid issue head on. It has partnered with the County to educate and train all public school personnel in the warning signs of opioid overdose and how to administer Naloxone (Narcan) nasal spray to reverse the impact of an overdose. Narcan is the only effective treatment known to rapidly reverse the effects of an opioid overdose and can be used immediately before 911 responders arrive.

The emergency kit cabinets which will hold the Narcan have been on order and were installed on every floor of every public high school in Arlington by March 3. They are scheduled to be installed in all middle schools the week of March 6. Kristen Devaney, Director of Student Services for APS, says the cabinets will be unlocked and very accessible for quick and easy access in an opioid emergency.

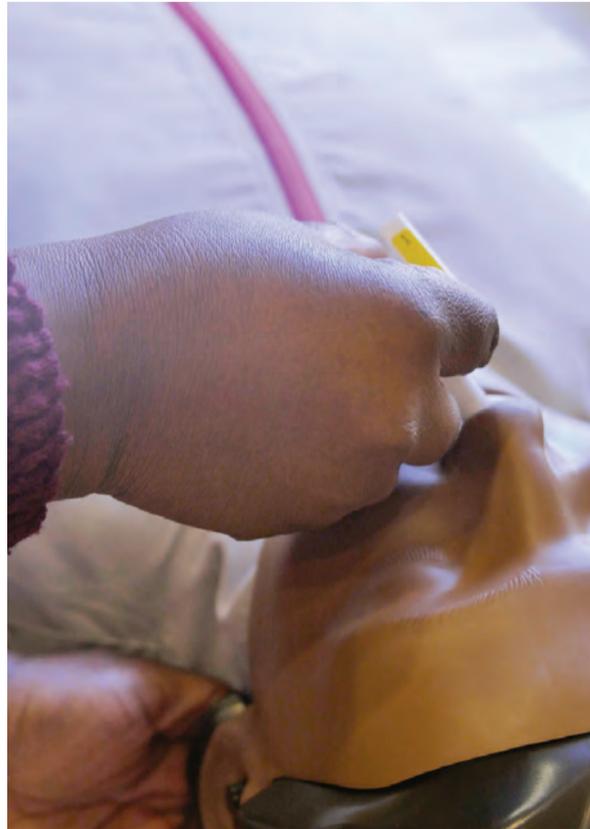
Optional Narcan training for school personnel began in the fall but in December 2022 became mandatory due to the opioid epidemic in the community. Devaney says 1,033 school staff members are currently trained in the use of Narcan, and a number of staff have requested to carry it with them. She says out of 493 requests for Narcan by school personnel, 134 have been supplied “but we can only order it once a month and there is a shortage.” She explains they had been getting Narcan supplies from Arlington Department of Human Services but DHS is now also giving it to the community “so we are reaching out to the state.”

Devaney says the training includes a seven-minute long video with a step-by-step explanation on how to administer Narcan with a brief explanation about opioids in addition to education for all staff on professional development days. She says the plan is to expand this training to include bus drivers and coaches. “Security staff already have the training.”

A Yorktown high school teacher comments, “The Narcan training was presented as entirely optional but I did the video the week the Wakefield student was hospitalized. It is my nature to respond to situations. The video was enough to know what to do but I wouldn’t feel comfortable if I hadn’t also been CPR trained.”

She has also requested her own Narcan supply because she is at the far end of the building a long way from the emergency

SEE AFTER FATAL, PAGE 8



An attendee at Narcan training practices the procedure for administering Narcan to an overdose victim.



Naloxone (Narcan) nasal spray which reverses the impact of a drug overdose.

FILE PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Police-Investigated Incidents Involving Opioids in Arlington

The data below is an overview of all police investigated incidents involving opioids in Arlington. In response to large increases in the number of incidents involving opioids in recent years, the Arlington County Police Department continues to improve the way incidents are tracked and investigated. The Department’s Organized Crime Section is consulted on all opioid overdose incidents and when possible, overdose victims are referred to the Department of Human Services peer support programs for follow-up.

Calendar Year	Total Incidents Involving Opioids*	Total Opioid Overdoses**	Total Opioid Overdoses – Non-Fatal	Total Opioid Overdoses – Fatal
2014	No Record	10	6	4
2015	73	10	6	4
2016	122	45	33	12
2017	157	74	55	19
2018	154	53	42	11
2019	95	42	36	6
2020	138	74	54	20
2021	156	92	64	28
2022	152	88	71	17
2023 (as of 2/22)	20	11	7	4

*ALL OPIOID INCIDENTS (OVERDOSES, POSSESSION AND DISTRIBUTION CASES)

**TOTAL FATAL AND NON-FATAL OPIOID OVERDOSES

Symptoms of Overdose

- ❖ Pale, clammy skin
- ❖ Breathing infrequent or stopped
- ❖ Deep snoring or gurgling (death rattle)
- ❖ Unresponsive to any stimuli
- ❖ Slow or no heart rate or pulse
- ❖ Blue lips and/or fingertips

Responding to Suspected Overdose

- ❖ Check for responsiveness by pinching an earlobe or rubbing the sternum.
- ❖ If no response, administer naloxone with a needle or nose spray, which will last 35-40 minutes.
- ❖ Place individual in a recovery position on the side to enhance breathing and prevent choking.
- ❖ Call 911 and tell them as much as you can.
- ❖ If the person has not yet started breathing, turn person over on back and initiate rescue breathing, one breath every five seconds for three minutes.
- ❖ Assess and administer second naloxone if needed.
- ❖ Apply “I have received Naloxone” sticker to the person’s hair or clothing.
- ❖ Be prepared to comfort them until help arrives because if the treatment is working the person will go into withdrawal and may vomit, start swearing, or come out punching.

Overdose Don’ts

- ❖ Do not put the person in water or an ice bath.
- ❖ Do not induce vomiting because they aren’t conscious and could choke.
- ❖ Do not try to stimulate the person with a hard slap or kick.
- ❖ Do not inject with foreign substances like salt or milk.

NEWS

Vienna Man Dies In Arlington Crash

At 3:37 a.m. on Saturday, March 3, Virginia State Police responded to a single-vehicle crash on westbound I-66 at the Rosslyn Tunnel.

A 2018 Range Rover was traveling west on I-66 when it ran off the right side of the road and struck a jersey wall just before the tunnel. It then traveled into the tunnel and overturned.

The driver, Talaat B. Hamooh,

26, of Vienna, Va., died during transport. He was not wearing a seatbelt and was ejected from the vehicle.

A passenger, Hussain A. Aljahdali, 29, of Arlington, Va., sustained minor injuries in the crash. He was wearing a seatbelt.

Excessive speed is being investigated as a contributing factor in the crash. The crash remains under investigation.

Sexual Assault on S. Four Mile run Drive

The Arlington County Police Department's Special Victims Unit is investigating a sexual assault on S. Four Mile Run Drive and is seeking the public's assistance in identifying the suspect.

At approximately 12:11 a.m. on March 6, police were dispatched to the report of a sexual assault at Columbia Pike and S. Four Mile Run Drive. Upon arrival, it was determined that at approximately 9:15 p.m. on March 5, the female victim, a juvenile in her teens, was walking in the 4900 block of Columbia Pike when the suspect began to follow her. As she turned onto S. Four Mile Run Drive, the suspect grabbed her from behind and touched her inappropriately before pulling her into a wooded area.

The suspect then produced a bladed object and sexually assaulted the victim before fleeing the scene on foot. The victim was then able to walk home and seek assistance.

The suspect is described as an unknown race male wearing a black jacket and black or gray sweatpants.

This remains an active investigation and anyone with information related to this incident is asked to contact Detective R. Munizza at 703-228-4171 or rmunizza@arlingtonva.us or the Arlington County Police Department's Tip Line at 703-228-4180 or ACPDTipLine@arlingtonva.us. Information may also be reported anonymously through the Arlington County Crime Solvers hotline at 1-866-411-TIPS (8477).

"FLOURISHING AFTER 55"

Office of 55+ Programs
Department of Parks
and Recreation
300 N. Park Dr.,
Arlington, VA 22203
703-228-4747

55+ Programs are in person at 55+ Centers, unless otherwise noted. A 55+ Pass is required to participate (starting at a \$20 annual fee). To join or register, go to registration.arlingtonva.us or call 703-228-4747.

Karaoke Night at Lubber Run 55+ Center, Thursday, March 9, 6 p.m. Registration # 913304-08.

Beginner quilting, learn how to create raised images from coils of one-eighth inch wide paper strips, Thursday, March 9, 1:30 p.m., Lubber Run 55+ Center. Cost \$18. Registration # 913310-05.

Gyrokinesis classes offer a unique method to coordinate movement, breathing and mental focus beginning Thursday, March 9, 8 a.m., 9 sessions, \$45. Registration # 913100-03.

Recreate artworks on display at area museums from the comfort of your home with Community Arts

Programmers, Thursday, March 9, 10 a.m., virtual. Registration # 913303-10.

Movie and munchies at Walter Reed 55+ Center, Thursday, March 9, 3 p.m., "King Richard" (2021) (PG13). Registration # 913804-06.

Hear a pre-recorded lecture for the U.S. Supreme Court Historical Society by Helen Knowles, author of "Making Minimum Wage: Elsie Parish v. West Coast Hotel Company," Thursday, March 9, 11:30 a.m., virtual. Registration # 913400-18.

Virtual tour of the Library of Virginia, Thursday, March 9, 2 p.m. by Community Outreach Specialist Ashley Craig. Registration # 913400-35.

Cooking demonstration of recipes for Tasteful Tea Parties, Thursday, March 9, 11 a.m., Walter Reed 55+ Center. Presented by Virginia Cooperative Extension Master Food Volunteers. Registration # 913501-02.

Stroke prevention, symptoms and causes, Friday, March 10, 11 a.m., Langston-Brown 55+ Center. Presented by Dr. Edward Allcock, D.O., medical director, Virginia Hospital Center Inpatient Rehabilitation Center. Registration # 913500-03.

SEE FLOURISHING, PAGE 11

CALENDAR

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Let us know about an upcoming event

connectionnewspapers.com/Calendar

LETTICE AND LOVAGE

The Little Theatre of Alexandria

FEBRUARY 25 – MARCH 18, 2023

thelittletheatre.com • Alexandria, VA • Box Office: 703-683-0496

Dr. Whyte's New Book

Released February 14, 2023

TAKE CONTROL OF YOUR HEART DISEASE RISK

JOHN WHYTE, MD

Chief Medical Officer of WebMD



Heart disease is the leading cause of death among Americans. You have the power to reduce your risk, and WebMD's Dr. John Whyte, MD will show you just how easy it is to do it.

You Have Heart Disease

Are words no one ever wants to hear. But, what if there was a way for fewer people, including yourself, to hear those words?

So now what?

Take Control of Your Heart Disease Risk, Dr. Whyte shares straightforward information to help you on your health journey, including:

- A risk calculator to assess your personal risk level
- A four-week meal plan with tasty recipes
- An exercise guide to help you move your body without needing to purchase fancy equipment
- Discussion of various digital tools and apps and whether they're worth the money

Despite advances in diagnosis and treatment, heart disease remains a major cause of illness and death. However, by proactively living a heart-friendly lifestyle, you can mitigate your risk for years to come.

...and this book will show you just how easy it is.

Order this and Dr. Whyte's other books on Amazon.com





A long time ago in the land of China the drum beat sounds the alarm about the arrival of the fearsome dragons in the village. The dragons posture, raising their heads and swinging their massive tails. But legend says dragons fear red and loud noises so it is with red scarves and beating drums that the dragons are scared away to roam through the audience at the Career Center on March 1. Presented by Washington Liberty Chinese students.

Students Showcase Arlington's Language Programs

FROM PAGE 3
 their culture and language: but one student just wanted to know a language her mother couldn't speak.

The origin story performed by Washington-Liberty students in Chinese was enlightening – and a little frightening – when the lions “menaced” the crowd with their bulging eyes and teeth. But it did answer a question many may have had about why there is so much of the color red, fireworks, and clanging cymbals during the Chinese New Year celebrations.

One of the most impressive aspects of the program was oral proficiency. The fluent Chinese sounded just right, and the poetry written by the French students in Danielle Karaky's class was delivered with just the right intonations. Cody Cambron, a senior who is in his fifth year of Chinese, said he started learning the language in seventh grade at Kenmore MS, which he thinks is why his accent is so good. “If I had to do something different-

ly, though, I'd do more language during summer break because you lose a lot between semesters. And the pandemic was really damaging to language study, but our teacher is fantastic and got us over that hurdle.” He looked over and smiled as he recognized his seventh grade Chinese teacher in the crowd. “In fact, all the language teachers I've had have been fantastic.”

Those teachers were glowing during the celebration. Janet Luu, who taught the Chinese speakers at Washington-Liberty, said her students worked hard and loved the language. “They are all fluent in Chinese now. Really fluent.”

And this was the key aspect of the celebration. Each of the students was guided by a very engaged language teacher. It was hard not to notice the bond between the teachers and students. These were the “children of the pandemic,” performing for the first time. Their teachers were like parents before the first play. That relationship –



Over 120 students participated in the annual Celebration of Arlington's World languages Diversity & Cultures at Career Center, March 1. This event grew out of Foreign Language Week instituted in 1956 to show the importance of languages in our world.

between the teachers and students, and the students themselves – is one of the reasons language learning is so valuable: it's about connections, communication, emotion, self-expression, and taking risks in a safe place. The German teacher was evidently proud and supportive of his student. The Japanese teacher was so pleased when her students got through their song. Cues were given and received. The students

were learning something that made sense to them, released tension, and formed their identities.

“All eight of our languages [taught in APS] were performed today,” said Harrington. “At APS, we have students from 149 countries who speak 88 different languages.” Students from diverse backgrounds, and the parents who watched them, delighted in seeing some of their culture represented in school.



An Arlington Career Center Chinese III student sings a song from the Song Dynasty.



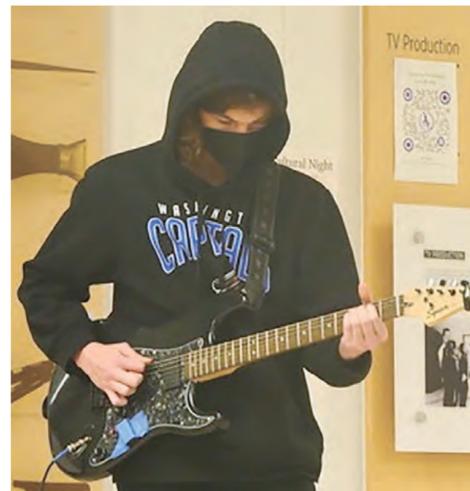
Three French students who had been studying Identity composed and presented original poems focusing on that theme.



A Chinese 3 class Arlington Career Center student, sings a classic Chinese song- “The moon represents my heart” while her instructor sings along beside the stage.



Randolph Elementary students sing “Ojala Que Lluvia Cafe” from the Dominion Republic by Luis Guerra. The Spanish language has the highest student enrollment with 4,506 students.



www.ConnectionNewspapers.com



Two Swanson Middle school students dance “Cumbia del El Salvador.” A Career Center student beats out a German band song on electric guitar. German students total 37 high school students.

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Two students from Dorothy Hamm Middle School sing “Como la flor” by Selena.

After Fatal Overdose at Wakefield and Multiple Other Overdoses, APS Takes Action

FROM PAGE 4

cabinet and “because I am located close to a bathroom.”

One middle school teacher comments that she has taken the training through a Microsoft Teams meeting and, “I think it was more of an attempt to present APS as responding proactively and quickly, as opposed to actually being helpful.” She was told she would receive a Narcan kit which was provided free from the State of Virginia. “However, there is a backlog of orders so it would take time for APS to receive.” She adds, “The superintendent’s boasting that we have all been trained is true but most would make the assumption that we could actually use the training which we can’t. I have spent so much of my personal money for school supplies that I am not willing to purchase my own.”

Using Narcan for the first time in an unknown emergency situation can be intimidating. Devaney says some staff don’t feel confident in the use of Narcan. “We highlight that it can’t hurt anyone so it’s important to go ahead and use it.” Also she emphasizes the Good Samaritan law applies which says that you can’t get in trouble for trying to help and administering it to someone. It is scary but the more we talk about it, we can normalize it.”

Dr. Matt Leonard, an emergency room doctor at Suburban Hospital in Bethesda, says, “Administering Narcan is similar to a defibrillator. It is a simple intervention that can save lives. I feel there is a tremendous fear of litigation if something goes wrong so it’s important to educate people about the Good Samaritan law in any intervention.”

Leonard lives in Arlington and has 15-year-old twins at Yorktown High School and a twelve-year-old at Williamsburg Middle School. He says they have open discussions in their family about what the kids are seeing in school and their friends’ groups. “There should be more open non-punitive discussion between parents and kids about what you do.”

Devaney says there were three different community conversations held at high schools this past week led by the substance abuse counselors to educate the community about the issues of opioid use in the schools. She says, “It’s really frightening so it’s important to talk about the warning signs. Parents are hungry to know more.” Devaney says we can’t train the students to use Narcan but we can educate them about the problem because they will be seeing it in the schools. And friends help each other; the more you talk about it, the easier it gets.

“We know opioids are used widely and we want to be sure we reach everybody.” She continues, “We don’t always know who needs support. There are definitely more referrals to see a substance abuse counselor in the schools and at younger ages.” There are only six counselors for all 41 schools—so few,” she says. “But we are trying to make sure we reach every single classroom, casting a wider net.”



Emergency kit with Naloxone (Narcan) installed at Yorktown High School last week.

Iris Gibson, teacher at Langston High School Continuum Program, keeps two doses of the free Narcan spray in her desk drawer at school. She has never used it and hopes she never will. “But, drugs are quite a problem. The kids go into the bathroom and come out behaving differently. What we see is students crushing up drugs and lighting them on fire in aluminum foil. They inhale the smoke and it gets them high faster.”

Gibson says the school has some kids on probation so they refer them to drug testing. “But the kids test negative. We have no idea how this can be. Maybe because they are synthetic drugs and don’t show up. We would love to know.” She says she has watched the video and feels confident she would know how to administer the Narcan but she says she has also taken the hands on in person training.

Leonard says he sees increasing presence of opioid ODs in the emergency room, almost on a daily basis especially with the

current fentanyl crisis, and he sees some of the same patients return. But he says the hospital sends discharged OD patients home with a Narcan kit which has reduced recidivism. Leonard says the patients are getting younger and younger with high school and middle school kids. “I think this is because of COVID and the psychological concerns, the isolation and kids spending more and more time at home with access to their parents medications.

“And unfortunately social media has changed things with more information available out there like Tik Tok and Facebook allowing more opportunity for kids at a younger age to be exposed to really dangerous drugs. Everyone has a phone and knows what happens within a matter of minutes.”

Devaney adds that the answer to a parent’s question in community conversations about where their kids get the drugs is “honestly we don’t know but it seems likely online where they are easily accessible and inexpensive like three or four dollars a pill.”

She says the substance abuse counselors say they see fentanyl in the schools and they hear straight from the students who is using drugs and if they use themselves.

Leonard adds that kids also get a lot of drugs from their parents’ supply. “The parents may be using chronic pain medications. The kids take medications from their parents’ supply and pass them around at what they call ‘skittle parties.’ Kids don’t even know what they are taking. They also get drugs from their friends.”

Leonard says a lot of incidents happen in school bathrooms with just kids there so it’s important to have teachers empowered to act within the first 4-5 minutes before significant brain damage can occur. Narcan can reverse the effects and buy time for the first responders to arrive.

Leonard applauds the efforts of APS to highlight the issues and to train the school personnel.

The Yorktown teacher adds, “I can be part of the solution but I wish we could have more of a systemic response to this monster. We have to be reactionary now because we didn’t have a proactive response a decade ago.”

Gibson agrees APS is doing as much as they can. “It’s a terrible problem. It’s not their fault there isn’t enough [Narcan] supply. And to expect us to have eyes and ears in every corner at school is an impossible task. I feel there is a lot of emphasis on what schools are doing but we have to do more on a societal level. The schools can’t do it alone.”

Leonard says he thinks recent events in the school system have brought to light a problem that has existed a long time. He says that that drug use and ODs have been stigmatized in the past. “It’s been the dirty little secret.” But he stresses that addiction truly is a disease, a medical illness, and we need to have a non-judgmental attitude. He adds that frank discussions are essential to early intervention that can truly save lives. “As an emergency room physician there are few things I do on a daily basis that can save lives as a physician and administering Narcan is one of them.”

Arlington County in conjunction with the Drug Enforcement Administration encourages the disposal of leftover medications in their biannual Prescription Drug Take Back Day events. They accept tablets, capsules, patches, vitamins, pet medications and other forms of prescription drugs but not liquids, syringes, and other sharps. In addition, the County maintains four permanent drug take back lock box disposal boxes around the area on a regular basis.

Arlington offers free online Narcan training the first Wednesday of each month at 12 p.m. and 7 p.m. It teaches the basics of the opioid epidemic and how to recognize and respond to an overdose. At the completion of the training you will be provided a free Narcan nasal spray by mail. For more information email narcan@arlingtonva.us

PHOTO CONTRIBUTED

ENTERTAINMENT

WEDNESDAY/MARCH 8

Start Your Veggies Right. 6:45 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Part of Garden Talks 2023. Plant your seeds and seedlings so they'll happily grow for you, and learn when and how to start seedlings from experienced gardeners.

FRIDAY/MARCH 10

Advanced Vegetable Gardening: Take Your Garden to the Next Level. 10 – 11:30 a.m. Online. Are you a gardener with some experience growing summer vegetables and looking to have some fun while upping your garden game? Join Extension Master Gardeners Dona Lee and Susan Wilhelm to learn about practical strategies for getting the most out of your gardening space while addressing environmental impacts such as summer heat, pests, and diseases. Topics will include the use of simple techniques to improve germination and growth, succession planting, interplanting/companion planting, and cover crops to create a healthy garden ecosystem. Free. RSVP at <https://mgnv.org/rsvp-for-public-education-classes/> to receive a link to participate.

SATURDAY/MARCH 11

Food for Thought Workshop. 1-4 p.m. At Fairlington Community Center, 3308 S. Stafford St., Arlington. Food for Thought: Planning Your 2023 School Garden – A school garden support orientation for teachers, school volunteers, parents, school custodians, Parent-Teacher Organization supporters interested in starting and maintaining successful school gardens. Workshop is free and open to those with interest in school garden support. Register at this link: <https://www.eventbrite.com/e/food-for-thought-planning-your-2023-school-garden-tickets-547706594167?>

SATURDAY/MARCH 11

Fitting In. Saturdays at 10 a.m. and 11:30 a.m.



The National Chamber Ensemble with Lowell Liebermann will perform on Saturday, March 18, 2023 at Marymount University in Arlington.

National Chamber Ensemble

7:30 p.m. At Marymount University Ballston Auditorium, 1000 N. Glebe Road, in Arlington. Join the National Chamber Ensemble (NCE) and world renowned pianist and composer, Lowell Liebermann, pianist, composer, conductor and musical master, for an evening of his original music, and one of Johannes Brahms most beloved works. Call 703-685-7590 for information.

At Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. Through clowning, movement, and original music, three performers will transform everyday objects into something extraordinary. Together, we can find the magic hidden inside the world around us! Fitting in is also touring to Alexandria preschools weekdays: March 14th-28th, 2023. If you are

interested in booking a performance at your school, email info@artsonthehorizon.org for more information. Visit the website: <https://www.artsonthehorizon.org/fitting-in.html>

WEDNESDAY/MARCH 15

Vegetable Garden Design. 6:45 p.m. Meets at Arlington Central Library, 1015 North

Quincy Street, Arlington. Part of Garden Talks 2023. Make the most of your growing space throughout the seasons with proper placement, timely planting, crop rotation, companion planting, and soil testing.

WEDNESDAY/MARCH 15

Spring Sip & Mingle. 5-7 p.m. At Punch Bowl Social, 4238 Wilson Blvd., 2nd Floor, Arlington. Enjoy scratch-made dishes, sip a selection of brews and wines, and play games while networking and engaging with the Ballston business community. Free for Ballston employees; \$20 non-employee entry.

WEDNESDAY/MARCH 22

Tomato Love. 6:45 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Part of Garden Talks 2023 Tomatoes are a popular crop in home gardens. Learn how you can grow and maintain tomatoes to make the most of your crop.

MARCH 25 TO APRIL 8

"Singing in the Rain." At Thomas Jefferson Community Theater, 125 S. Old Glebe Road, Arlington. Show times are Fridays and Saturdays at 8 p.m.; Sundays at 3 p.m. Presented by the Arlington Players; screenplay by Betty Comden and Adolph Green; songs by Nacio Herb Brown and Arthur Freed. Based on the classic Metro-Goldwyn-Mayer film.

THURSDAY/APRIL 27

AFAC Shining a Light on Hunger. 6:30-9:30 p.m. At Army Navy Country Club, 1700 Army Navy Drive, Arlington. This is AFAC's largest annual fundraising event held on Thursday, April 27, 2023 at Army Navy Country Club. Please join them at the spring celebration for great food, drink, music, laughter and fun. Your support for this event will help AFAC provide weekly groceries to all families. If you prefer to pay by invoice or check, or have any questions, contact Jolie Smith at Jolie.Smith@afac.org.

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KEEP GOING

Seven Marathons In Seven Days On Seven Continents

FROM PAGE 2

busy training and not outreaching, but now I'll be able to really focus on reaching my donation goal."

Jamieson considers it one of her greatest purposes to contribute to finding a cure for Alzheimer's Disease. She knows firsthand how devastating Alzheimer's is not only for people with the disease, but also for the people who love them.

"My dad was diagnosed with Alzheimer's, and ultimately died from it, and he is what continues to motivate me," she said. "I will continue to do these challenges and fundraise for the Alzheimer's Association and other organizations until there is a cure. Nothing of material value has come through so far – and Alzheimer's and dementia will impact one out of every three seniors. That means it is probably going to impact you somehow, whether it's you who gets it, someone in your family, or someone else you know. This is a call to arms; I'm committed to helping find a cure for this thing."

She began this journey nearly 20 years ago, when she began running long distances to cope with her father's diagnosis.

"It was really soon after my dad was diagnosed that I started running for therapy," Jamieson said. "I would just run until I couldn't anymore. It was kind of Forrest Gump-ish. It was a really good way to manage the emotions and give me time to think about things. There's no way you can prepare for one of your parents to get Alzheimer's. They lose their memory of you so caregivers and family members really suffer. Running was a healthy way to deal with emotions and anxiety of it all."

She was logging so many miles that she knew she could run a marathon, and in 2005, she ran her first – the Chicago Marathon. As she took on training, her father helped her create the Memory Joggers – a social running and adventure group that to this day raises money for Alzheimer's organizations.

"Ever since the Chicago Marathon, we've taken the threat of Alzheimer's as a call to action and hope to inspire others to do the same," Jamieson said. "We also create epic memories in the process."

Since 2005, Jamieson has run more than 40 marathons – both alongside members of the Memory Joggers and on her own. The World Marathon Challenge is something she did with 46 other participants from around

the world – but was on her own in terms of running for Alzheimer's Disease.

"Many of the other runners were fundraising for other causes – all great causes," Jamieson said. "They were all very similar to me, trying to do what's best for the world. When you do something this big, you can draw a lot of attention to your cause. We figure we have collectively fundraised more than a million dollars for various great causes. I am still fundraising, as are others."

Organized by Global Running Adventures, the World Marathon Challenge first started in 2015 to bring runners together to complete seven sanctioned marathons in seven days. Marathon locations are in Cape Town, South Africa; Nova, Antarctica; Perth, Australia; Dubai, United Arab Emirates; Madrid, Spain; Fortaleza, Brazil; and, South Beach, Miami, Florida.

"The coordinator of this race, Richard Donovan, has been doing this for ten years or so," Jamieson said. "He takes care of all the logistics and works with local race authorities to make sure that all these marathons are sanctioned. Our role as runners is to basically run. Fifteen to twenty of the runners ran shorter races, and the rest of us did the marathons. There was amazing camaraderie between all of us."

The group met in Cape Town, then flew to run their first course in Antarctica on a special aircraft designed for landing on an ice field. Then it was back to Cape Town, where they ran their second marathon. After that, a chartered plane took the runners to the other marathon locations.

This year's World Marathon Challenge was an overall success, with each of the marathoners finishing their seven races within the 168 hour time requirement. However, there were logistical issues and other unplanned situations that pushed the runners to their limits.

"The first problem we had is that the South African Civil Aviation authority was slow to give our charter plane the appropriate authorization to land," Jamieson said. "This delayed us eight hours. That and other flight delays meant that there were increasingly tight time limits to finish each marathon. In Brazil, some runners literally had to finish their mileage by doing laps around baggage carousels. It was a bit insane, but we were racing to get this done in seven days."

The marathon itself can be unforgiving, SEE KEEP GOING, PAGE 12

"FLOURISHING AFTER 55"

FROM PAGE 5

Step-by-step painting demonstration by a Community Arts Programmer, Monday, March 13, 10:30 a.m., virtual. Picture and supply list sent prior to class. Registration # 913303-12. Learn how to play Mexican Train Dominoes, Monday, March 13, 9:30 a.m., Walter Reed 55+ Center. Registration # 913600-15. Beginner bridge course, 10-part series taught by experienced bridge player Susan Court begins Monday, March 13, 1 p.m., Aurora Hills 55+ Center. Registration # 913602-01. Eating green for St. Patrick's Day, cooking demonstration of festive green dishes by

Virginia Cooperative Extension Master Food Volunteers, Tuesday, March 14, 11 a.m., Lubber Run 55+ Center. Registration # 913501-03. Medicare fraud and abuse, how to avoid becoming a victim, presented by a panel of experts, Tuesday, March 14, Walter Reed 55+ Center, registration # 913503-01 or virtual, registration # 913503-02. Reading Buddies, seniors pair up with preschoolers twice a month to read books provided by preschool teacher, Tuesday, March 14, 10 a.m., Lubber Run 55+ Center. Registration # 913301-09.

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CENTRE VIEW

Thank you to the hundreds of supporters who helped to keep all your Connection Newspapers alive throughout Alexandria, Fairfax County Arlington County and Potomac, Md. along with affiliated websites and digital media. Now we need help again in 2022.

Each local newspaper's mission aspires to provide greater community service, and we do know that our communities are better off if we continue to publish. Last year's financial support from readers and supporters like you bridged the shortfall before Federal PPP funding arrived, and both made our survival possible. We now await a decision for a grant from Rebuild Virginia in early February that we hope will help us in 2022 and beyond. But we need help to survive the first quarter, always a brutal time for cash flow in weekly newspapers. Thank you.

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All gifts will be used to fund our printed newspapers and websites and to meet obligations to our loyal and patient employees, writers, contractors and suppliers.

The ongoing pandemic continues to crush many newspapers across the country, and our newspapers continue to be at risk.

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The pandemic has hit small businesses hard, which in turn has reduced advertising revenue that keeps these local newspapers alive to provide hyper local news to residents. It feels like no small miracle to be looking forward into 2022.

The pandemic has been a bear, financially and otherwise. Revenue plummeted at the beginning in 2020. Some beloved advertisers have stayed the course supporting us throughout, and many more have done what they can. In the fall of 2021 we saw the return of some advertising for events and Grand Openings, but now oncoming clouds the horizon in so many ways. Revenue still remains short of expenses despite our greatly curtailed costs.

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Do or Die, and I Did; So Far Anyway



By KENNETH B. LOURIE

On or about Feb. 20, 2023, I celebrated (you bet I celebrated; every single day that I'm still alive I do) the 14th anniversary of my date with destiny, the date when Team Lourie (my wife, Dina; my brother, Richard, and me) attended our initial meeting with an oncologist (a specialty with which I don't believe I was familiar at the time). He was referred by my internal medicine doctor (who also had been the doctor who had called me the previous week with the results of my surgical biopsy). We had never met this man/oncologist before. Nevertheless, here we all were sitting across from one another in his office as he proceeded to read the reports from all the doctors who had been involved in the previous seven-plus weeks of various diagnostic tests to determine what had caused the pain in my rib cage. Pain which subsequently migrated to the other side of my rib cage and then completely disappeared. It all began, innocently enough (or so I thought) when I first went to Urgent Care on Jan. 1, 2009, for an assessment. (Yes, New Year's Day, of all days to go to an Urgent Care). However, it wasn't until this Feb. appointment that I learned the results of the two different sets of X-Rays, one CT scan, one PET scan and a surgical biopsy which had occurred since that first fateful day when the pain in my rib had made it difficult to breathe, especially inhale - and even bend over to tie my sneakers, as I got dressed to drive to the emergency room: non-small cell lung cancer, stage IV, a killer if there ever was one, and unfortunately, in medicine, there are many.

As the oncologist read all the reports/summaries from the physicians who had been investigating the cause of my rib pain, I couldn't quite believe what I thought I was hearing. I mean, I heard all the words from the oncologist, as he was sitting less than 10 feet away but really couldn't process what I was hearing. I remember saying "What?!" However, I clearly remember being told that I had a "terminal" diagnosis. The prognosis: "13 months to two years."

At that time, I was 54 and half and I had never spent a night in a hospital, broken a bone, or barely even had any stitches. Yet, here I was, in major harm's way. My luck, such as it had been, had officially changed. The worm, figuratively speaking, as so many have said in similar circumstances, had turned (along with everything else. Topsy turvy, inside out and upside down, might give you a sense of the total upheaval in your life when a boom such as this is lowered. Actually, it's more like kaboom). The most common description/word I can use to respond to being given a "terminal" diagnosis like this, out of the blue, no less, is/was surreal. It's hardly a unique reaction. I've heard others in similar do or die-type scenarios use the exact same word.

After receiving this life-changing news, the ride home, with Dina and I alone in the car, and my brother a phone call away, was one of stunned silence. Whatever words we exchanged are lost in the ether. I remember, we were barely able to converse. In a matter of 30 minutes or so, our world of possibilities just shrank to next to nothing. What little we understood about cancer, the treatment, my prospects, et cetera, paled in comparison to the fear and anxiety that enveloped us. Lung Cancer!? I thought was a smoker's disease? I never smoked a cigarette in my life, and moreover, being an outside salesman my entire adult work life until then, I rarely spent time in an office and so had never been around much second-hand smoke either. Yet here I was: jackpot city.

But I survived it all. And every February, I take stock and count (figuratively speaking) my blessings. As for the future, I sort of play it dumb and try to go about my business/life as if I haven't been afflicted with a "terminal" form of cancer. Not dying gives one a certain amount of hope. In the early days of every-three-month in person appointments and regular scans, I would often ask my oncologist what if-type questions about various scenarios and side effects and so forth. He was always hesitant to answer my questions. He didn't want to talk too much about scenarios that might never arise or side effects that I might not experience. Eventually, I got the message and the process: thinking too much (or constantly) about something unpleasant/impactful that may or may not happen health wise in the future was counterproductive. And I've been rewarded for my attitude and understanding ever since. And it's never clearer to me than it is every February: My favorite month of the year.

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

KEEP GOING

Seven Marathons In Seven Days On Seven Continents

FROM PAGE 11

and illness among this group of 47 runners made running seven of them in a row all the more challenging for the group.

"I got a nightmarish stomach flu in Cape Town just before the World Marathon Challenge began," Jamieson said. "That was the biggest challenge for me, because I could not keep down food or water for the first five marathons. I consumed zero calories and was fueled solely by sheer will power and the desire not to fail."

The most difficult marathon for Jamieson was in Madrid, where she took a hard fall on the unpaved roads of a difficult course. On the flip side, her favorite was the seventh and final marathon that took place in Miami.

"I loved that marathon for personal reasons," she said. "I officially finished the race on my father's birthday – in the wee hours of Feb. 7. It was on South Beach, right on the ocean, on a beautiful night for a run. I felt like he was with me the whole time."

After she crossed the finish line in Miami – with her father in spirit – her name went on a list that the overwhelming majority of people in the world – including long-distance runners – could only dream of being a part of.

According to The World Marathon Challenge's official website, "successful participants are recognized by the Intercontinental Marathon Club, which provides the definitive list of people who have run seven marathons on seven continents within seven days."

Jamieson said her average finish time for each of the seven marathons was around five hours.

"I wasn't running for time," she said. "It was definitely for the experience. There was banter along the way on the courses, and I would frequently stop and take selfies. The most important part of it for me, besides raising money and awareness for Alzheimer's, is that everyone on this ride with me became brothers in arms. We share something special."

If you were assuming Jamieson is done running long distances for a while, you'd be wrong.

Next up for her is the North Pole Marathon, which will take place on April 10th. With this polar run, she will conclude her fundraising associated with The World Marathon Challenge. Also after completing it, she will be admitted to another coveted running club: the Marathon Grand Slam Club.

"The Marathon Grand Slam is for runners who have completed a marathon distance of 42.195 km (26.2 miles) or longer on each of the seven continents and on the Arctic Ocean, specifically at the North Pole Marathon," Jamieson explained.

To date, only 33 other women have completed this challenge, according to the North Pole Marathon's official website.

Still, none of these "crazy" accomplishments are about the medals or the lists or the club memberships for Jamieson.

"Recognizing my family's strong predisposition to Alzheimer's, I embrace epic challenges to promote health and wellness, to contribute to a really important cause, and also to create memories so indelible that they might withstand the ravages of Alzheimer's, should I ever get it," she said. "In some ways, through endurance sports and extreme adventures, I am trying to Alzheimer's-proof my brain; in others, I am just living my very best life."

To contribute to Jill Jamieson's fundraising associated with The World Marathon Challenge, please visit http://act.alz.org/goto/Memory_Joggers



Jill Jamieson of Arlington running her Dubai marathon.



In Dubai, seven marathons in seven days on seven continents for Jill Jamieson of Arlington, running for Alzheimer's.



Jill Jamieson in the front of the pack in Fortaleza, Brazil.



It was super humid in Fortaleza, Brazil for Jill Jamieson's marathon.



Miami marked the seventh marathon of Jill Jamieson's grueling seven days.



Finally, on Feb. 7, Jill Jamieson of Arlington crosses the finish line in Miami, completing seven marathons in seven days on seven continents.



To help Jill Jamieson reach her fundraising goal to fight Alzheimer's, go to http://act.alz.org/goto/Memory_Joggers



Jill Jamieson with all the medals.

mer's-proof my brain; in others, I am just living my very best life."

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