

The Arlington Connection

Miranda Carter and Michael Nelson are buying plants that need sun since a big tree came down in their backyard and changed the landscape. At the Long Branch Nature Center and Park yearly native plant sale.

Native Plants For the Win

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PHOTO BY SHIRLEY RUHE/THE CONNECTION

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Survivors Find Healing by Writing Poetry

BY SHIRLEY RUHE
ARLINGTON CONNECTION

The poets sit scattered across the auditorium at Lee Center in Alexandria waiting for their turn on the stage. The goal of “Embrace Your Poetry Share” is to create a trauma-informed, survivor centered space for all of those impacted by sexual violence and their supporters.

“It illustrates the power of community and art in the individual collective healing process and reminds us all that we are not alone,” says Linley Beckbridge, Development director at Doorways in Arlington.

The participants who have signed up to read their poetry at the event on Wednesday, April 26 each have an individual story but all share the trauma and self doubt that come from sexual violence in its many forms. Some are nervous, others are assertive, others still recovering from the hurt and still seeking answers. Some can’t let go of it; others won’t let it define them anymore.

“I pray for the ability to self regulate, let go of my fear; to ask the question again and again even when I cannot bear to hear the answers again and again.”

Holly Karapetkova, Arlington’s poet laureate, begins the evening by reading a poem written by her student, Jordan, for Karapetkova’s creative writing class at Marymount University and read at a campus event last fall. Karapetkova says she held this “Speaking Out on Sexual Assault Event” because she had heard from a number of students who had experienced sexual assault and wanted to speak out about it. She explains that sexual assault is a big problem on all college campuses.

Solidarity is why she held this event because part of what is going on is that people speaking out gain courage from each other. “Some shared experiences for the first time,” says Karapetkova.

Jordan said the sexual assault happened when she was 16 years-old, about five years ago. And at the Marymount event when she read her poem, “I finally felt like I got it out there. I came from a community that was very religious. If I told people about it, the common response was to pray about it.” She says she was frustrated and angry. “I didn’t feel like I was getting help. I felt like I was alone.”

Jordan says it helped her to heal by writing. She found that by putting it in words really helped instead of telling about it. “Saying it out loud and openly left me vulnerable with a form of media like this. But there were other people there who knew.” She said it was a release, more of an honor to be able to feel comfort. “It was more of a survival story in a way.”

“Her eyes scream ‘help me’
Why did it happen?
I have no answer.....
Will we be ok?
I finally have an answer



Poet LKN from the Philippines on zoom for Embrace Your Poetry Share event on Wednesday, April 26. Holly Karapetkova, Arlington poet laureate. Sonja Allen, Executive Director of Alexandria’s Guest House.



Doorways staff, board and volunteers at Embrace Your Poetry Share event.

I hold her shaking hand
We will be ok
She is hurt
She is guarded
She is withering
but someday she will be ok.”

LKN, a poet attending the event from the Philippines, explains even the male gender can be assaulted. He is a victim of rape in 2017 by four men in Manila who drugged him in a bar. The poem he wrote is a reaction to a comment he got several weeks ago about a poem he had written relating to his rape. “They wanted me to make it less powerful, less impactful.”

He had performed in person in Manila earlier this month and was approached by some attending the event who had not been personally impacted themselves. LKN says they found it disturbing and wanted him to make the poem more hopeful. “Rape is never hopeful. But those who were there who had experienced sexual assault lauded my poems.

LKN was published by Doorways in 2020

and has been attending Poetry Share virtually since 2021. He says poetry has been a companion of his trauma. “It listens to the pain all survivors share — a part of us got stolen that moment, and we can never have it back. Later in the year he plans to release his debut full collection of poetry.

“when I share about rape,
I wish my rapists taught me
how to water it down lower than ignorance
is bliss of softening trauma can feel so good
like how they try to shush me
when I tried to scream for help?....

I wish rape didn’t burn
the children’s books in my body
or the spotlight of my childhood’s innocence
they were all razed of judgment i can’t reclaim
the recollections of my ruin is all i have
should i let others’ consideration fill my library?

Sonja Allen, Executive Director of Guest House, read “I Need to Speak,” a poem from the Alexandria poet laureate, Zeina Azzam.

“Choose to remember or not to remember,
forgive or not to forgive

the ones who hurt you. Each time you speak
the prick of a memory fades.”

Elizabeth Tropea is assistant director of Artemis House, a 24-hour emergency shelter in Fairfax County offering temporary housing, case management, access to employment resources and legal services. She puts her experience with the clients into poetry. “It’s magic to put words onto paper.”

She observes that their clients are in major survival mode when they arrive at the shelter and are dealing with homelessness as well as sexual assault. “They can’t work through their grief yet; they are worrying about their next meal and where they will stay the night.”

And she adds that unlike other assault victims the people who come to their shelter don’t have a support system to help them through the grief.

“I have always loved poetry and this Share the Poetry Event was an intersect of poetry with the work I do. Art is incredibly healing; I hope to incorporate more of it in the work I do.”

“I pray for the strength to step into these spaces
again and again and again
to ask the questions again and again and again
even when I cannot bare to know the answers
again and again and again
I hold onto hope that these inadequate actions and efforts will
somehow contribute to the end of another’s abuse
so they do not come home to pain
again and again and again
so they might begin again
I cannot be a savior, but I can be a seer.”

The event was sponsored by Doorways, a 24-hour emergency shelter and family residential home for formerly homeless in Arlington; Guest House, a residential facility in Alexandria for women who have committed non-violent crimes; and the Alexandria Sexual Assault Center which has a 24-hour hotline and offers services to abuse victims. Over the last 10 years, the event has morphed from in-person before Covid, to all virtual during the pandemic to a hybrid in-person/virtual event on Zoom this year.

“I’ve made bad decisions
You’re behind bars
and I’m shooting for the stars
I’m no longer the victim
You didn’t win and I’m proud to be me.”



Virginia Pasley and Sandra Jacobs in Vinnytsia Ukraine in 2006.



Virginia Pasley with the woman (babusya/grandma) she lived with when Pasley went back for a visit in 2013.

PHOTOS CONTRIBUTED

Former Peace Corps Volunteers Remember Ukraine

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Virginia Pasley and Sandra Jacobs have been friends since they served in the Peace Corps together in Ukraine in 2007. Sandy and her husband Eric lived in Vinnytsia, the capital of the region, and Pasley lived in the small town of Bratslav, about an hour away.

Now both live in Arlington where Pasley is a teacher at Wakefield High School and Jacobs is in the Foreign Service. But both of them keep close ties with their host families and other friends in Ukraine. Pasley visited her host mother in 2013, speaks with her every several months and recently arranged to send her some funds for long-awaited cataract surgery. “I got someone to help me send the money because my Ukrainian is imperfect.”

Pasley says the families in their host cities are not in the direct line of fighting but there have been bombings. “And those who stayed say it is very stressful, an exhausting situation. They are constantly on guard.”

Pasley says that when they were in Ukraine, Jacobs was in the geographical area that spoke Russian and she learned Ukrainian. Now she says even though Russian may be their first language, people are now speaking Ukrainian. “It is the result of the invasion. Things have changed a lot.”

Jacobs explains Ukrainian farmers are very productive and incredibly resourceful. Everyone has a garden and keeps chickens, even in a high rise apartment. She says her host mother cans enough food to feed five families and puts it in the basement of an 11-story apartment.

“On Feb. 24, the day of the invasion, everyone went out to the fields and planted. They have a long-term focus.”

Jacobs says food is a unique relationship; everything there is truly farm to table. “My first host mother was an incredible cook. I helped her plant potatoes and work in the field. Many people in the city still have family in the towns and the villages. During harvest you help your family members.” She adds, “they take pride in making nourishing food for your body from scratch.”



Borshch with pampushky rolls.

One of her favorite dishes is a vinaigrette. “It’s not a salad dressing. It’s beef and carrots and pickles you’ve made and dill and beans. It’s incredibly wholesome and beautiful. They make sure they are feeding the body.” And borsch can have many variations with the green/zeleniy a favorite.

The cookbook explains every family had a secret ingredient that they added to their version of the soup. Jacobs says this week at the Lubber Run Farmer’s Market in Arlington they had sorrel. “This time of the year in Ukraine everyone gets excited because it makes this amazing borsch with chicken, dill, potatoes and sorrel —not your traditional borsch.”

Pasley says one of her favorite foods was varenyky — dumplings stuffed with cabbage. Jacobs adds when Ukrainians were sick they swore by honey-pepper vodka, garlic and falo (pig’s fat). It seemed to work.

Jacobs explains that when Peace Corps volunteers arrive in a country, they are given a cookbook guide “to keep them alive with recipes from the area so they don’t starve if they have never cooked before or weren’t familiar with the ingredients.” She says what they received was a grassroots version printed off as a Word document and spiral bound.

A volunteer who lives in Texas got the

idea to expand the cookbook, and the idea just took off. Former Peace Corp members around the United States put it together using Google docs. Jacobs, who was one of the organizers says, “We solicited stories and photos from all over and published the entire book that way. It’s kind of amazing.”

Last year someone got the idea to sell the cookbook as a fundraiser for Ukraine. Pasley says they have sold about 3,000 copies so far. “In March my choir (the Capitol Hill choir) gave a concert in Washington D.C. featuring all Ukrainian composers. We sold the cookbook after the concert.” Pasley adds that Ukrainians love music and she has been happy to share videos of the Choral’s Ukrainian pieces on social media to let people know that we are thinking about them every day and have not forgotten what Ukraine is going through.

The proceeds so far have yielded over \$40,000 which is used to make small targeted mini-grants of \$1,500 for identified needs in Ukraine such as firewood for a communal kitchen, kitchen equipment for a communal kitchen and to keep the lights on in a school. “The grants are when we know the person—a direct person to person connection.”

Jacobs says “the book really was a way for those of us not there working on the front lines in Ukraine to focus on their cultural

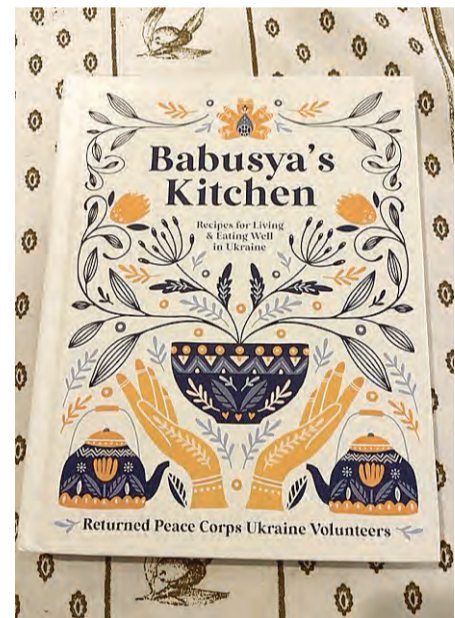


PHOTO BY SHIRLEY RUHE/THE CONNECTION

Babusya’s Kitchen Ukrainian cookbook written by returned Peace Corps volunteers.

heritage preservation. There are no Peace Corps volunteers now “but it’s a way to keep the relationship going. ... Putin says Ukraine doesn’t deserve to exist as a country so we focus on telling the story of Ukraine culture and food.”

Babusya’s Kitchen is dedicated to the babusyas or grandmothers of Ukraine who work through the day to provide for their families and keep track of friends and neighbors. The dedication of the book says, “Peace Corps volunteers were told that if they feel unsafe, find a babusya and sit next to her. Nobody will bother you when you’re near someone who is known to be so caring and so fierce.”

The cookbook ventures beyond the recipes to explain the Ukrainian ingredients and substitutions, a quick guide to the Ukrainian language so you don’t confuse the word for cabbage roll with the word for a group of young boys. Some recipes like mashed potatoes sound familiar and others like kholodets (with 1 meaty pig leg from the knee and down), maybe not so much.

To order the cookbook Babusya’s Kitchen Cookbook allianceforukraine.org.

WWW.CONNECTIONNEWSPAPERS.COM

"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.

Trivia challenge, Thursday, May 4, 11 a.m., virtual. Registration # 913600-08.

Bring healthy and pest free plants or cuttings to trade with others, Thursday, May 4, 3 p.m., Lubber Run 55+ Center. Registration # 913401-03.

Around the world to South Korea to honor Asian American and Pacific Islander Heritage Month, Thursday, May 4, 1:30 p.m., virtual. Overview of Korean culture, art, history and U.S. ties, presented by Adam Wojciechowicz from the Korean Culture Center. Registration # 913400-28.

Create personalized 3D Pop-Up holiday cards, Thursday, May 4, 12:30 p.m., Arlington Mill 55+ Center. Materials provided, however, participants can bring additional supplies. Registration # 913310-08.

RAFT Dementia Support Program helps to keep individuals in their

homes, increases caregiver resiliency and addresses family stress. Presented by Alice Straker and Sydney Palinkas from the Regional Older Adult Facilities Mental Health Support Team, Friday, May 5, 1 p.m., Aurora Hills 55+ Center. Registration # 913500-06.

Uber and Lyft, overview of ride sharing apps presented by tech guru Nick Englund, Friday, May 5, 11 a.m., Walter Reed 55+ Center. Registration # 913403-14.

Pickleball Social at Arlington Mill's re-opened gymnasium, enjoy friendly competition, music, light refreshments, Friday, May 5, 11 a.m., 1 p.m. Registration # 913201-06.

Setting boundaries as a caregiver, what needs to be said and when, Monday, May 15, 10 a.m., Lubber Run 55+ Center. Presented by caregiver and epidemiologist Dr. Margaret Ulfers, George Washington University. Registration # 913500-12.

Watch and discuss the documentary, "Cobra Gypsies" (2015), Monday, May 15, 1:30 p.m., Aurora Hills 55+ Center. Registration # 913402-03.

Springo, a take on Bingo with prizes, Tuesday, May 16, 10:30 a.m., Lubber Run 55+ Center. Sign up early as space is limited. Registration # 913899-05.

Genealogy 101, share information and research tools, Tuesday, May 16, 11:30 a.m., Lubber Run 55+ Cen-

ter. Led by experienced genealogist Eileen Bogdanoff. Registration # 913402-06.

Card making workshop, join the group to practice using techniques such as die cuts, embossing folders, distress inks and stamps, Tuesday, May 16, 11:30 a.m., Madison Community Center. Supplies provided. Drop-in.

Acoustic Café, live performances by local musicians, open to all ages, Tuesday, May 16, 7 p.m., Walter Reed 55+ Center. Registration # 913301-03.

Opera appreciation group will hear musical selections from "Peter Grimes" by English composer Benjamin Britten, Wednesday, May 17, 1:30 p.m., Lubber Run 55+ Center. Professional commentary by George Cecchetti. Registration # 913300-07.

Food safety at home, learn about proper food storage, expiration dates and internal refrigerator temperature, Wednesday, May 17, 10:30 a.m., Arlington Mill 55+ Center. Presented by Virginia Cooperative Extension. Registration # 913501-11.

What happens to a loved one's possessions after their death? Hear how to be fair and avoid conflict, Wednesday, May 17, 1 p.m., Aurora Hills 55+ Center. Presented by Virginia Cooperative Extension.

SEE FLOURISHING, PAGE 9

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Fishing Boats Retrofitted for Improved Service to Veterans

Veterans Fishing Adventures returns to fleet of four.

BY SUSAN LAUME
THE CONNECTION

Veterans Fishing Adventure rechristened two boats in its fleet on April 29th at Pohick Bay Regional Park's marina. But it's hard to tell if the story starts there or somewhere else. Does it start dockside at Pohick Bay, with a bottle broken on the bow, or on the battlefield in a foreign land, or in a retired Marine's living room as he talks with his daughter over popcorn and a movie? For this telling, we will make a start in the small town of Milton, population 4,482, located along the Salmon Falls River in southeast New Hampshire, and home to the Eastern Boat Works.

Volunteers from Veterans Fishing Adventures in Lorton traveled to the New England town recently to reunite with two of the boats from their fleet after about six months in retrofit. Then they escorted the boats back to Virginia for continued service providing veterans and their families fishing and boating trips on the Potomac and Occoquan rivers. The non-profit organization has offered such trips, without charge, for four years, operating on donations and volunteer help. Although open to all veterans and their families, Veterans Fishing Adventures offers those with physical limitations an opportunity to participate and take their children fishing. With four specially fitted boats in the fleet, Veterans Fishing Adventures makes as many as three trips per week, allowing Veterans with disabilities to enjoy a pastime that most can enjoy without much thought for the logistics.

Veterans Fishing Adventures volunteers, many themselves veterans, were greeted warmly in New Hampshire by Milton residents. First responders with lights flashing gave escort along streets lined by waving town residents on their way to the "reveal" of the two retrofitted boats, including "4 Freedom," a 248 Explorer. Smiles and applause greeted the trailered boat as it moved from behind Eastern Boat Works large manufacturing building for its first viewing after upgrades. Addressing the crowd of well-wishers, boat works owner Greg Hopkins said, "It's not about what you have; it's what you do, and what you do for others, to make every day special. We have

our own challenges, but these people [VFA] showed me that there is no challenge you can't overcome."

He listed the refitting tasks done by Eastern Boat Works crew on "4 Freedom" to include the impressive flag wrapping and new sponsorship decals; a lot of sanding, buffing, painting and waxing; a new motor and impressive electronics, redone interior cabins, and the handicap accessible door for wheelchairs. He added "it's kinda tough when you cut a hole in a boat."

Hopkins joined VFA's founder Ed Moore, Tim Majewski and other volunteers in returning the boats, overland, to Pohick Bay for the rechristening event.

Also on hand were Iraq War veteran Chris Walker, a triple amputee as a result of an IED detonation injury, and World War II veterans Val Dadamio and Henry Miller. During the Iraq War, from 2003-2011, IEDs were used extensively by insurgents against U.S.-led forces causing significant injuries and deaths.

Dadamio and Miller served at the five week long Battle of the Bulge in December 1944 to January 1945. It was Germany's last offensive on the Western Front in World War II; described as the largest and bloodiest single battle fought by the U.S. in that war.

A bagpiper, gathering of first responders, veterans, and others saw the three veterans and some family members on a short cruise on the Pohick Bay near the docks.

SEE VETERANS FISHING, PAGE 8



Iraq War Veteran Chris Miller (seated center) breaks a bottle for the boat christening celebration.



Helping hands extended in thanks for military service at the core of Veteran Fishing Adventure; Ed Moore with World War II Veteran Val Dadamio.



World War II Veteran Val Dadamio, 100 years old, is all smiles after his cruise of Pohick Bay, with VFA's Ed Moore.



Veterans Chris Miller, Val Dadamio and Henry Miller return to dock on Veteran Fishing Adventure's flagship, "Not 4 Gotten".



A large crowd gathers to welcome Veteran's Fishing Adventure boats return to the fleet after retrofit, and to thank honored veterans for their service.



Veteran Fishing Adventure's flotilla passes before the colored water cannon of TowBoatUS.



Fairfax County's rescue fleet now includes an airboat intended for shallow water rescues in the muddy areas of Pohick Bay.



Fishing vessel "4 Freedom," retrofitted with a new motor, wrappings, electronics and a handicap accessible door, returns to service in Pohick Bay and adjacent rivers.



Retrofit details include a new interior as well as new motor and electronics.



Residents of Milton New Hampshire line the route to welcome Veteran Fishing Adventure Veterans and volunteers to reunite with their retrofitted boats serviced at Eastern Boat Works.

PHOTOS BY SUSAN LAUME/THE CONNECTION

PHOTO COURTESY VETERAN FISHING ADVENTURE

PHOTO COURTESY VETERAN FISHING ADVENTURE

Veterans Fishing Adventures Returns to Fleet of Four



Well wishers gather at the boatyard for the reveal of "4 Freedom".

FROM PAGE 6

The flotilla included the VFA fleet, Fairfax County Marine Police boat, and county and private rescue boats, including Fairfax County's newly acquired air boat. Two boats equipped with water cannons provided a red-white-&-blue water arch in celebration of the flotilla parade, fit for a New York Harbor celebration, albeit on a smaller scale.

Returning to dock, well-wishers

formed a long line to thank the three veterans for their service. Miller was asked if he will return for a fishing trip to go for the enormous Blue catfish that inhabit the rivers. He said he is awaiting completion of a rod and reel set accommodated for his prosthetics, "so the fish don't take these arms back to sea with them."



Ed Moore

To see *The Connection's* award winning story on VFA's support of Ukrainian veterans, see <http://www.connectionnewspapers.com/news/2022/nov/29/injured-ukrainian-soldiers-enjoy-fishing-adventure>. For a link to VFA organization, see veteransfishingadventure.org.



Retrofitted boats are trailered home to Virginia.

PHOTOS COURTESY VETERAN FISHING ADVENTURE

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Cristol To Step Down

Arlington County Board member Katie Cristol will be stepping down from her role on the Arlington County Board, effective July 4, 2023.

Cristol is ending her tenure early to become the Chief Executive Officer of Tysons Community Alliance, a new non-profit public-private partnership promoting equitable economic growth and community development in the Tysons area.

“Though arriving a little sooner than anticipated, this transition is every bit the same opportunity to share my deep gratitude to the Arlington community: For the privilege to represent you and for the partnership in achieving new policies, directions, and plans for our shared future,” Cristol said. “I feel great optimism about the County’s future.”

Cristol was elected to the County Board in November 2015 and served as the Board’s chair in 2018

and 2022. During that time, she led in advancing human services and sustainable regional public transit networks through partnerships such as Arlington’s Project PEACE, the Northern Virginia Transportation Authority, the Virginia Railway Express Operations Board, and the Virginia Municipal League.

Cristol adds that, as she transitions from the County Board, “I am looking forward to continuing to serve our dynamic Northern Virginia region in my new role and to maintaining the title most important to me: Arlington resident.”

Pursuant to Virginia Code 15.2-705, the Arlington County Board must fill Board member Cristol’s vacancy by appointment within 30 days of her departure date of July 4. The Board will hold a public hearing to appoint a new member who will serve the remainder of Cristol’s term, which ends on December 31, 2023.

Orthopaedic Foot and Ankle Center Opens in Arlington

The Orthopaedic Foot and Ankle Center, a division of The Centers for Advanced Orthopaedics (CAO), celebrated the grand opening of its new Arlington location on Friday, April 28.

The grand opening festivities included a ribbon-cutting ceremony hosted by Rosslyn BID, along with giveaways and light food and beverages. Guests also enjoyed music and a Remarkable Feet shoe giveaway. All providers and staff members of the Orthopaedic Foot and Ankle Center were present to welcome the community and answer any questions about the new location.

The Orthopaedic Foot and Ankle Center is a part of CAO; the new Arlington location marks the center’s continued expansion throughout Virginia.



From left, Dr. Thomas H. Sanders, Dr. Steven K. Neufeld, and Dr. Daniel J. Cuttica. They are partners at CAO’s The Orthopaedic Foot & Ankle Center division.

“FLOURISHING AFTER 55”

FROM PAGE 5

Registration # 913404-05.

What family possessions to keep and what to give away, presented by Matthew Quinn, Quinn’s Auction Galleries, Wednesday, May 17, 1:30 p.m., Langston-Brown 55+ Center. Learn how estate sales and auctions work. Registration # 913404-06.

55+ Travel group will enjoy The Tea Cart, Shenandoah Valley’s premiere British tearoom in Berryville, VA, Wednesday, May 17. Cost \$80, Arlington resident; \$92, non-resident. Registration # 902305-05.

Name that Tune with musician Carl Gold, guess the titles of songs from 1950 – 1970,

Thursday, May 18, 2 p.m., Langston-Brown 55+ Center. Registration # 913304-12.

How to navigate social media platforms including Twitter, Facebook and Instagram, Thursday, May 18, 10 a.m., Lubber Run 55+ Center. Presented by 55+ Center Director Ashley Gomez. Bring your phone or other device. Registration # 913403-15.

Glencarlyn Park wildlife walk after a presentation by a naturalist from Long Branch Nature Center, Thursday, May 18, 6 p.m. Registration # 913106-24.

Movie matinee at Arlington Mill 55+ Center, “Tomorrow War” (2021) (PG-13), Thursday, May 18, 1 p.m. Discussion of favorite scenes to follow. Registration # 913804-05.

Medication safety at home, proper storage and disposal can save lives, Thursday, May 18, 11 a.m., Walter Reed 55+ Center. Presented by Emily Siqveland, opioids manager, Arlington’s Dept. of Human Services. Registration # 913500-13.

Library of Virginia’s Genealogy series to focus on researching state hospital medical records, Thursday, May 18, 2 p.m., virtual. Presented by community outreach specialist Ashley Craig. Registration # 913400-34.

History discussion led by Dwight Rodgers from Encore Learning, Thursday, May 18, 1 p.m., virtual. Registration # 913402-16.

Route 1 Multimodal Improvements Feasibility Study Arlington County

Virtual Public Information Meeting

Monday, May 15, 2023, 6:30 p.m.

<https://www.virginiadot.org/Route1MultimodalStudy>

The Virginia Department of Transportation (VDOT) invites you to join a public information meeting for the Route 1 Multimodal Improvements Study. This virtual meeting will provide an update on Phase 2 of the feasibility study, which is identifying enhanced multimodal connectivity and accommodations along Route 1 (from 12th Street South to 23rd Street South) to meet the changing transportation needs of the Crystal City and Pentagon City communities. The meeting will include an overview of the proposed travel demand management (TDM) strategy and an update on the multimodal design.

The purpose of the second phase of this study is to further analyze the feasibility of the at-grade roadway recommended in the first phase. Phase 2 is developing a TDM strategy aimed at reducing vehicular trips through the area, providing additional feasibility analyses and multimodal street design options, and updating the Phase 1 multimodal transportation analyses as needed.

The meeting will be held as a **virtual/online meeting**. Information for participating in the virtual meeting is available at <https://www.virginiadot.org/Route1MultimodalStudy>. The study team will make a presentation beginning at 6:30 p.m. followed by a question and answer period.

Review study information and meeting details on the webpage above or during business hours at VDOT’s Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call ahead at 703-259-2599 or TTY/TDD 711 to make an appointment with appropriate personnel.

Give your comments during the meeting, or online by **June 9, 2023** via the comment form on the study website, by mail to Mr. Dan Reinhard, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or by email to route1multimodalstudy@VDOT.virginia.gov.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775.

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YARD SALE
Saturday, 5/6
8am-12pm (rain date 5/7).

MCLEAN HAMLET neighborhood, conveniently located near Tysons Corner, just miles from DC and accessible from 495, 66 and 267. Tons of items from multiple houses! Furniture, household items, children's toys, bikes, books, car seats and more!

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Yoi Yoi, LLC trading as Ryu Izakaya, 3030 Columbia Pike, Arlington, Arlington County, VA 22204-4377. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Mixed beverage restaurant license: beer, wine, and mixed beverages, on and off premises license to sell or manufacture alcoholic beverages. Kriengkrai Seesiadkha, Managing Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or (800) 552-3200.

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Chicken & Whiskey Clarendon LLC trading as Chicken & Whiskey, 3033 Wilson Blvd., Arlington, Arlington County VA 22201 + 3843 The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine, Beer Mixed Beverages. Consumed on and off premises license to sell or manufacture alcoholic beverages. Charles Koch/Managing Partner/Owner. Date notice posted at establishment: 5/3/2023. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or (800) 552-3200.

Legals

ABC LICENSE

PETER CHANG 6 LLC trading as NiHao, 1550 Crystal Drive suite F, Arlington VA 22202 + 4138. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on & off premises/mixed beverage restaurant license to sell or manufacture alcoholic beverages. Yu Zhang, owner/ The Veritas Law Firm. Date notice posted at establishment: 4/24/2023. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

CALENDAR

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22	23	24	25	26	27
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Let us know about an upcoming event

connectionnewspapers.com/Calendar

CALENDAR



Encore Stage & Studio presents "Flip the Script" through May 7, 2023.

CHECK OUT THE PLANT CLINICS

The Alexandria Old Town Farmer's Market Plant Clinic at 301 King St, Alexandria opens Saturday, May 6 at 7:00 - 9:30 a.m. The Arlington Farmers' Market at N 14th and N Courthouse Roads opens Saturday, April 22 at 8:00 - 11:00 a.m. The Del Ray Farmers' Market Plant Clinic at Oxford & Mt. Vernon Avenues, Alexandria opens Saturday, May 6 from 8:30 - 11:00 a.m. The Fairlington Farmers' Market Plant Clinic at 3308 S Stafford St, Arlington, opens Sunday, May 7 at 9:00 - 11:00 a.m.

APRIL 28 TO MAY 7

"Flip the Script." At Encore Stage & Studio, Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. The award-winning children's theatre, Encore Stage & Studio, is honored to present an original play, Flip the Script - From Nauck to Green Valley: Transforming a Community. Encore's Flip the Script program works with local student writers to develop original theatre pieces focused on Arlington, Virginia's African American voices and encourage community conversations. Inspired by the Green Valley neighborhood, formerly known as Nauck, this play looks at the history of one of the county's oldest African American communities through the eyes of four fictional characters. The cast is comprised of student performers between ages 9-18 including some residents of the Green Valley neighborhood. This contemporary story explores and celebrates the entrepreneurial spirit that thrives there today.

MAY 1-26

Women x Women: A Group Show by Anya Getter and AAA Members. At Gallery Underground, 2100 Crystal Drive, Crystal City Shops, Arlington. Opening Reception is Friday, May 5, 5-7 p.m. The Focus Gallery of Gallery Underground will present "Women x Women", an art exhibition showcasing the work of eight female Arlington Artists Alliance members. Women x Women celebrates the diverse perspectives and experiences of women, highlighting the complexities of being a woman, with all the struggles and joys therein. This group show features charcoal drawings, cold and hot wax treatments, embroidery, encaustic, fused glass, mixed media, acrylic and oil paintings. This show is not to be missed by art lovers, feminists, and anyone looking to broaden their perspectives and celebrate the contributions of women to the art world.

WEDNESDAY/MAY 3

Herbs for Health & Flavor. 7 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Part of Garden Talks 2023. Fresh herbs can take your cooking from good to great. There are herbs for all cuisines and growing conditions. Which will you grow? How do you grow them? Where do they fit with your vegetables?

MAY 5 AND 6

"Whistle Down the Wind." 7 p.m. At 4000 Lorcom Lane, Arlington. The St. Andrew's Players proudly present "Whistle Down the Wind," a parable about faith, conviction, and the fragile optimism of youth. The story of three rural children and the wounded stranger they believe to be Jesus, "Whistle Down the Wind" is a musical that soars with the human spirit. Suggested donation: \$15 for adults, \$7.50 for children 12 and under. Based on the novel by Mary Hayley Bell and the screenplay by Willis Hall and Keith Waterhouse and the film by Richard Attenborough and Bryan Forbes. Adapted by Russell Labey and Richard Taylor. Questions or reservations: email jwmassant@gmail.com. To learn more, visit standrewsarlington.org.

FRIDAY/MAY 5

Managing Common Vegetable Insect Pests. 10:00 - 11:30 a.m., Online.

Join Kirsten Conrad, Agriculture/Natural Resources Extension Agent for Arlington and the City of Alexandria, to learn how to identify common insects and pests that affect your vegetable garden. Kirsten will provide tips and tricks on how to limit and even prevent damage to your vegetable crops and will discuss organic and cultural controls for these pests. Free. RSVP at: <http://mgnv.org/rsvp-for-public-education-classes/> to receive a link to participate.

SATURDAY/MAY 6

LAC Spring Show and Sale. 10 a.m.-4 p.m. At LAC Studios, Leeway Overlee, 5722 Langston Blvd., Arlington. Looking for something truly unique? Shop local! LAC Studios has ceramics, pottery and hand-pulled prints, all for sale.

SATURDAY/MAY 6

Florafest at Potomac Overlook Park. 10 a.m. to 1 p.m., Potomac Overlook Park, 2845 Marcey Road, Arlington. An event all about gardening, native and invasive plants. Extension Master Gardeners will lead tours of the vegetable garden and be available to discuss all things vegetable gardening in Northern Virginia. There will also be activities for children focusing on seeds, including planting seeds in pots to take home. Free. For more information see: <https://www.novaparks.com/parks/potomac-overlook-regional-park/events/florafest>

SATURDAY/MAY 6

Jane Franklin Dance in Creativity in Motion. 2 p.m. and 3 p.m. At the Museum of Contemporary Art Arlington, 3550 Wilson Blvd., Arlington. The performance features works by choreographers Sarah J. Ewing, Jane Franklin, Robert J. Priore, Kevin White for Forty+ Project and is directed by Jane Franklin.

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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.

Please, help save these historical papers.

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.

The Northern Virginia area's best read and most trusted source for community news includes the Alexandria Gazette Packet, Mount Vernon Gazette and all Connection Newspapers in the metropolitan region.

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 omicron clouds the horizon in so many ways. Revenue still remains short of expenses despite our greatly curtailed costs.

Connection Newspapers has been offering these local newspapers to residents for over 200 years. Countless residents have grown up with these papers covering significant moments in the lives of family and children, news, community events, school activities, and even pictures of your dogs and cats. Internet news and large national newspapers cannot provide the local connection or historical connection that local papers like Connection Newspapers and the Alexandria Gazette Packet provide. If your child, dog, mother, father, neighborhood, school has been featured, you understand the value of local community newspapers.

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Kicking the Bucket - List



By KENNETH B. LOURIE

Whether it's literally been true or not, it feels like I've been off the Kenny-with-cancer-go-round for a few months, especially since I've been focused/preoccupied with my brother's death and its impact on me (see lots of previous columns). And if the reason for the break-in-the-cancer action wasn't so horrible, I might have enjoyed the past few months of non-cancer centrality. Because if there's one thing a cancer patient needs are time/life when cancer isn't front and center, but rather back and to the side. These non-cancer moments may be a delusion, but oh, what a feeling!

And therein lies the key to surviving/trying to thrive with cancer. Living like you're living, not "Living like you were dying," as Tim McGraw sang in 2004. Moreover, for me, it's living as if you have something to live for, not just die from. And while you're living, not just dying, let's stop blaming the cancer. God knows (and everyone else knows to) that cancer is a great excuse for not doing a whole host of things. Nevertheless, as much as possible - and it's not always possible, I've tried not to use it as an excuse. If it were used, it's so easy, so acceptable; using it as the ultimate excuse becomes almost narcotic. Once you start using it, it's hard to stop. Although a cancer diagnosis is hardly a privilege, it is an explanation for whatever you don't want to do. Be it household, personal or business. And these decisions are not always intended. The cancer has a way - through its many emotional tentacles - and physical challenges, to control one's subconscious. Without really thinking about it, doing - or not doing, almost is out of your control. And so, you blame the cancer.

But I don't want to. I want to blame me. I want to take responsibility for myself/my actions - or lack thereof. In addition, I don't want to be seen as Kenny-with-cancer. I want to be treated as if I didn't have cancer: for good, bad, or indifferent. Nor do I want to do things/go places/make lists just because I'm diagnosed with a "terminal" form of cancer. Again, I don't want to live like I'm dying because if I do, I know I'll do whatever I'm doing because I'm dying, and I want/need a certain experience. To me, that would be reinforcing a negative (premature death; although aren't they all?) which is exactly the vibe I don't want in my life. I want normalcy. 'Normalcy,' to me doesn't equate with dying. It equates with living. You just have to work in the cancer stuff as if it's just another variable, not an end-of-life, do-and-die set of insurmountable hurdles. If I've accomplished anything in my 14+ years as a cancer patient, it is that I never (or tried to never) let it get the best of me or have it be the dominant reason for my decisions/choices. I've tried to treat cancer as just another blip on life's radar. Sometimes, it has mattered, and other times, it has not.

Even watching my brother's struggles to survive and then overcome the septic shock that hospitalized him for six-plus weeks didn't adjust my thinking. I was doing exactly - by visiting him every day, what I wanted to do, cancer be damned. The diagnosis was not going to interfere with my responsibility to my brother. And being there every day for a few hours, being in surgical intensive care, medical intensive care, a regular room or in the rehab center adjacent to the hospital, my cancer situation was so far onto the back burner that it was completely out of sight. In fact, it was so far out of my mind that Kenny-with-cancer was replaced by Kenny-whose-brother-was-possibly-dying. And for the nearly three months in total, until his death on Dec. 3rd, I was a complementary player of sorts. I was living to benefit my brother and trying to help him in any way he needed.

And I wouldn't have had it any other way, other than wishing he had survived. I was a cancer patient who for the many moments that transpired during Richard's nearly three-month struggle to survive, did not ever think I needed to be anywhere else because I was "terminal" and needed to check an item off a list. Hardly. My brother was my list. My brother was - despite my cancer diagnosis, the most important consideration in my life and I was going to do everything I could to help him. I did for him everything I would have done regardless of my cancer diagnosis. I was going to treat his situation as normally as possible. I didn't necessarily neglect my own health but rather didn't let it get in the way of my priorities: Richard's recovery. "Cancer sucks," for sure. But septic shock turned out to be worse.

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

Get Ready to Welcome Bumble Bees and Birds



Long Branch Nature Center and Park yearly native plant sale.

Long Branch Nature Center native plant sale.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Cars squeezed through the single lane road at Long Branch Nature Center and Park on Sunday headed to the native plant sale with windshield wipers clicking back and forth. Each buyer had a specified time slot to accommodate the small parking lot, and volunteers rushed back and forth to car trunks dodging raindrops with plant-filled cardboard boxes.

Plants have been organized by buyer on long tables with num-

bers, and volunteers help locate and load plants on red children's wagons or carry them to the vehicles in the parking lot. Leanna Pletcher, a naturalist aide, says, "We worked for days on this."

The volunteers at the check in table say they have a good crowd despite the heavy rain. Kelly Barnes says, "If you garden, this is what you do." She says she is putting the sedge grass, white coneflowers and ironweed in her backyard where it is shady. I'm building a woodland rain garden. You've got to go with what the property gives you."

Pletcher carries a cardboard box of Cardinal flowers and garden phlox to a car trunk already loaded with plants.

Miranda Carter stands in the rain with her partner Michael Nelson, both with rain hoods covering their heads. Carter says she comes to the

plant sale every couple of years. This year she is looking for plants that thrive in the sun since a big tree went down in the backyard. "Now there's no shade; we had to adjust."

Meg Hathaway, a Virginia Master Naturalist, has been working in the rain all morning. She says she especially likes the programs offered at Long Branch and often volunteers there—for instance the recent campfire program which ended up with S'mores. Who can have a campfire without S'mores?"

The Long Branch plant sale offered 50 varieties of plants from Beardtongue that attracts hummingbirds and bumblebees to orange coneflowers, cardinal flower, Virginia bluebells and sea oats. Native plants take less maintenance and they provide food and habitat for the native species of birds, butterflies and other creatures



Miranda Carter and Michael Nelson are buying plants that need sun since a big tree came down in their backyard and changed the landscape.

that co-evolved with them. Native plants are needed to provide a host for insects like caterpillars that are essential for birds to feed

their young. Ecologically appropriate, native plants are also able to withstand hot summers and cold winters.



Leanna Pletcher, a naturalist aide, assists customers at the Long Branch plant sale on Sunday.



Volunteers search for customers' plants by number and help deliver to their vehicles.

Meg Hathaway, a Virginia Master Naturalist, has loaded up order 81 with Black-eyed Susan, beardtongue and blazing star.

