

# Collages Come In From Around The World

PAGE 8

Jennifer Wilkin Penick is Artist in Residence at the Medstar Georgetown University Hospital's Lombardi Cancer Center. She has taught in the Arlington Arts Center and in her own studio.

## Stamping Out Hunger

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## Rescuing Dogs With Heartworm

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ENTERTAINMENT, PAGE 2, 6 AND 7 ❖ CLASSIFIEDS, PAGE 6

PHOTO BY EDEN BROWN/THE CONNECTION

3rd Annual Art Festival  
**ALEXANDRIA  
 OLD TOWN**  
 An Outdoor Springtime Art Festival on John Carlyle Square

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## NEWS

# Alexandria Old Town Springtime Art Festival Returns

## John Carlyle Square

May 20 - 21

This weekend, May 20 -21, marks the return of the Alexandria Old Town Springtime Art Festival. The outdoor fine art affair takes place in John Carlyle Square on May 20 - 21 from 10 a.m. to 5 p.m. both days.

Featuring a juried selection of artwork from local and national fine artists, visitors to the free, outdoor event will see thousands of handmade, exquisite pieces of art across every medium, including life-sized sculpture, paintings, jewelry, pottery, textiles and more. The popular springtime event mirrors the caliber of works found during the September Alexandria Old Town Art Festival, which has been consistently voted by Sunshine Artists Magazine as one of the top-ranked art festivals in the nation.

**WHAT:** 3rd Annual Alexandria Old Town Springtime Art Festival

**WHEN:** Saturday, May 20 and Sunday, May 21 from 10 am to 5 pm

**WHERE:** Old Town Alexandria in John Carlyle Square, Navigational: 300 John Carlyle Street, Alexandria, VA



Sidney Carter, painter.

22314

Free and open to the public  
[www.ArtFestival.com](http://www.ArtFestival.com)

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## Everything You Need To Know about Heartworm

Prevent heartworm in your pets, but heartworm treatment in rescued dogs is almost always successful.

BY ASHLEY SIMPSON  
ARLINGTON CONNECTION

Coco was an upbeat, loving ten-year-old beagle when Homeward Trails Animal Rescue – a Northern Virginia-based rescue organization – took her under their wings.

Sue Bell, founder and owner of Homeward Trails, was eager to whisk Coco away from her previously lonely, uncomfortable (at best) life in a rural southwestern Virginia town. First, the Homeward Trails team would treat Coco for her multiple health issues, and then they would find her a loving owner in Northern Virginia who would finally give her the home and life that she deserved.

“Coco had the sweetest personality,” Bell recalled. “She came to us from rural Virginia, where clearly she had been neglected her entire life. Among so many preventable health problems, she had a heavy load of heartworms. Still, despite all her pain, she was a tail-wagging bit of sunshine. Sadly, she succumbed to the heartworms. She suddenly started coughing up gobs of blood, the oxygen level in her blood plunged, and despite the veterinarian’s efforts, she didn’t make it.”

Coco’s tragic story is a cautionary tale. While she was one of many dogs with heartworm – a mosquito-borne illness – who have come into the care of Northern Virginia rescue organizations over the past decade, she has also been one of the few that Bell has seen die from the disease.

Bell established Homeward Trails in 2001, and through the non-profit organization, her team pulls animals from low-income shelters, owners who cannot provide for them, and from other unfortunate situations. They then place their rescues into loving, permanent homes – primarily in the Mid-Atlantic.

Through her journey with animal rescue, Bell has discovered that heartworm disease is entirely preventable – and usually treatable when caught early (and even when caught not so early).

“With the thousands of dogs we’ve treated over the course of 21 years, we have a 99.99% success rate with heartworm,” Bell said. “Of thousands of dogs, we’ve lost less than ten to heartworm complications.”

The overwhelming majority of our dogs with the disease go on to live happy and healthy lives.”

This statistic, though, hinges on awareness of heartworm disease and taking necessary actions as early as possible.

### What Is Heartworm Disease?

Heartworm disease is a mosquito-borne parasitic infection that impacts dogs, cats, and other animals, and it is every bit as unpleasant as its name indicates. While heartworm disease can infect a host of mammals, canines are the most commonly infected.

For dogs who have not been treated with prevention medication, heartworm disease is a relatively common disease. The infection is “caused by foot-long worms (heartworms) that live in the heart, lungs, and associated blood vessels of affected pets, causing severe lung disease, heart failure and damage to other organs in the body,” according to the American Heart-



Chelsea Jones of the AWLA and her dog Obie who was successfully treated for heartworm.



Chelsea Jones of the AWLA and her dog Obie who was successfully treated for heartworm.

worm Society.

Through just one bite, a mosquito can inject the larvae of parasitic worms directly into a dog’s body. These larvae travel through the bloodstream and settle into the dog’s heart, vessels, and lungs, where they grow and multiply. Over the course of six to seven months, they fully mature into worms that can be up to one foot long. Tangled up and taking up precious real estate in a dog’s vital organs, the parasites cause life-threatening, painful inflammation.

“Dogs are the natural host for heartworms and they can reproduce and survive in a dog,” Dr. Matt Novarr, DVM, veterinarian at Columbia Pike Animal Hospital, said. “Since cats, for example, are an atypical host, the worms do not progress into adulthood within them, and they only tend to have a few worms at a time if they do get an infection.”

On the other hand, dogs can ultimately host up to hundreds of worms (though the average is around 15). These worms can live within a dog between five and seven years.

Testing is required to confirm heartworm because

SEE EVERYTHING, PAGE 4

PHOTOS CONTRIBUTED



PHOTO BY SHIRLEY RUHE

A letter carrier picks up his first sack of donated canned tuna and cereal at a front door at the beginning of his mail delivery route Saturday, May 13th. He puts the bag in the empty space in the back of his truck between his packages and letters ready for delivery. He says he expects the truck to be full of donations for AFAC at the end of the route. “But after I deliver them to the post office, I have another route today so will be going back out again.”

## AFAC Benefits From Stamp Out Hunger Drive

BY SHIRLEY RUHE  
ARLINGTON CONNECTION

Arlington letter carriers juggled mail delivery with bags of canned goods, cereal and other non-perishable items left at front doors along their route at the Stamp Out Hunger food drive Saturday, May 13. The annual nationwide event is sponsored by the National Association of Letter Carriers (NALC) with the local food donations given to local nonprofits that feed the hungry, Arlington Food Assistance Center here in Arlington. It is held on the third Saturday of May each year.

Although Arlington residents are generous according to

Charles Meng, Chief Executive Officer (CEO) of AFAC, generally food contributions have been down because the economy has affected those who contribute as well as those who receive the supplemental groceries. AFAC is hit by a double whammy as prices rise for the food AFAC purchases and the need is greater for the growing number of families coming to AFAC each week. AFAC is an independent, community-based non-profit organization now serving over 3,000 families each week at 17 sites across Arlington and two new sites outside Arlington, an all-time high. AFAC continues to need donations of food, financial donations and volunteers. See <https://afac.org/>

# Everything You Need to Know about Heartworm

FROM PAGE 3

dogs don't always exhibit symptoms – at least not for some time.

“The cycle of heartworm, once bitten, takes about six months to get it and test positive,” Bell said. “Symptoms may take a while to present in a dog, and include excessive coughing, panting, or having a round belly that can be mistaken for pregnancy. Heartworms clog the arteries of the heart, and oftentimes there are no outward indications of this. Largely, we do not see physical signs. It takes a blood test – usually combined with other tests.”

Heartworm disease is rare in dogs who begin their lives in Northern Virginia, but it is more common to find the parasite among animals who come to local organizations from more rural locations.

“Because the DC area is such a hub for the importation of animals from other areas, there is a relatively high prevalence of heartworm,” Bell said. “Where pet owners in Northern Virginia are resourced both in terms of education about heartworm and in the ability to procure resources for preventing it, people in other areas are not in the same position.”

Dr. Novarr's firsthand observations align with Bell's experience with the disease.

“Heartworm is present in Virginia, but tends to be more common down south,” he said. “It has been present here since I began practicing in 2008, and the majority of cases we get are from dogs that are adopted from more southern states. I am not an expert on the epidemiology of heartworms, but generally anything that would increase the amount of mosquitos would potentially lead to a higher incidence of heartworms.”

Bell attributes the rise of animal rescue as a “growing business” in Northern Virginia to the increased awareness and lower instances of heartworm in the area.

“I would think we know more about it because the business of animal rescue and sheltering has grown so much,” Bell said. “I think that's thanks in part to some of the very large animal associations. For the last 20 years, those organizations have been doing a lot of communication and outreach to the public about homeless animals. Millions and millions of dollars have gone into animal rescue and welfare. At one time, millions of animals were dying in shelters needlessly, and in the last few years, more and more people have been getting dogs from these places. Decades ago, it was far more

common that you'd buy a dog from a breeder.”

Peoples' ability and unequivocal willingness to invest in their animals' health and wellbeing – to treat them with the same priority as with human family members – also translate to better heartworm statistics in Northern Virginia.

“Once people have pets, research has proven over and over again that care for animals is inelastic for people in areas like ours,” Bell

said. “On the other hand, this – along with animals being a big, big business and the awareness of heartworm – doesn't translate to rural areas.”

Bell said that the way so many dogs live in rural southern areas contribute to making conditions ripe for the spread of heartworm disease.

“I can tell you behaviorally that dogs are generally more sedentary than cats and other animals,” Bell said. “While the dogs we see with heartworm are varied in their breeds, the largest breed of heartworm-affected breeds we see are hounds and beagles. So many of them are owned by hunters or other people who house them outside year-round. These dogs are sitting ducks, often on chains and living in small pens outdoors, 24/7/365.”

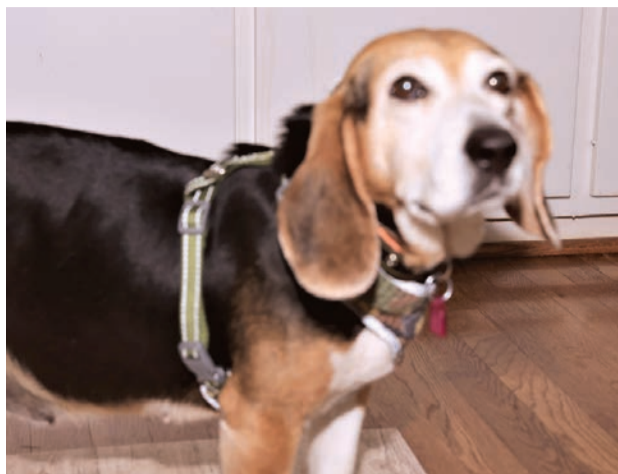
Even though heartworm prevention is legally considered critical care, Bell said that the pets she pulls from under-resourced shelters – namely in southern Virginia and West Virginia – are just not getting the treatment.

“These outdoor dogs are also not being given preventative medication,” Bell said. “This is oftentimes because of barriers – both financial and otherwise – for pet owners to obtain preventative care. A lot of people in under-resourced areas do not understand what heartworm is. There is that educational deficit. Even then, prevention would be cost prohibitive, where it really isn't a financial issue in places like Northern Virginia.”

## “DON'T BE SCARED” Adopting or fostering a dog with heartworm disease

According to animal rescue experts in Northern Virginia, heartworm disease – which is not transmittable to humans – should not deter potential fosters or adopters from bringing home infected dogs.

“Don't be scared to adopt a heartworm dog,” Bell said. “It is



Coco, sadly died from a serious heartworm infestation, although it is very rare for a dog to die.

the exception to rule that there will be long-term complications. I am living proof – one of my own dogs had heartworm. The treatment was manageable for both of us and now she is a completely normal dog.”

Chelsea Jones, Senior Communications Specialist for the Animal Welfare League of Arlington (AWLA), agreed with Bell – based on what she's seen at AWLA and also from her experience adopting her own beloved previously heartworm-positive dog.

In her dog's case, heartworm treatment was a bit more complicated. Still, she said that even though supporting her dog, Obie, through the process could be overwhelming at times, she couldn't be happier that she didn't let the diagnosis stop her from adopting him.

“I knew Obie was heartworm positive when I adopted him, and I was also lucky that I knew more about the disease than another dog owner might because of my 11 years in animal sheltering,” Jones said. “Despite some difficult nights and a long period of rest, pills, shots, testing, and some more pills, Obie is heartworm free and living his best life. I don't regret adopting him or going through treatment with him; this guy is my little shadow and I would do anything for him. My only regret is that I can't time travel to make sure he was getting his heartworm preventative so he didn't have to go through it all.”

The key to beating and overcoming heartworm, as emphasized by both Bell and Jones, is early testing and timely treatment – and then the consistent administration of monthly prevention treatment to dogs throughout their lives.

“If a dog tests positive for heartworm, we follow American Heartworm Association protocols,” Bell said. “These have varied, but have always involved some dosage of doxycycline [an antibiotic], a

heartworm preventative medication, and injections of Immiticide. There are various ways to do it, but it's usually some kind of combination of these treatments. And it usually works.”

Jones said the AWLA follows a similar course of action, adding that a dog who is treated for heartworm must lay low while in recovery.

“This can vary from case to case, dependent upon the severity of the infection, but the standard in-shelter treatment for heartworm is a dose of ivermectin (heartworm preventative), then 30 days of doxycycline, then another dose of ivermectin, as well as the first dose of melarsomine,” Jones, the AWLA's Senior Communications Specialist, said. “Thirty days later they get two more melarsomine shots, 24 hours apart. During this time they get prednisone and other medications as needed. From start to finish, treatment takes about four months. The animal has to be on strict exercise restriction the entire time, and for another eight weeks after their last injection.”

Acknowledging the limited exercise requirement, Bell insisted that caring for a dog in the midst of heartworm treatment is still absolutely manageable.

“It's keeping your dog somewhat calm for a relatively short time after treatment,” Bell said. “People think that means a dog has to be in a crate 24/7, but that's not the case. They can go out on slow, leisurely walks. While it's harder when you have young, energetic dogs, in the grand scheme of things, the time it takes for them to undergo treatment is nothing to blink at.”

Dr. Novarr noted that there is never an official time that it becomes “too late” to treat a dog with heartworm disease.

“I wouldn't say that it is ever too late to treat, but as the patient develops a more severe infection, there can be secondary changes to the heart and lungs and the treatment would be more difficult,” he said. “There would be a higher risk of side effects secondary to more numerous dying worms as well as changes to the heart and lungs.”

He said the main issue with intensive heartworm treatment is that it can be costly.

Fortunately, because rescue or-

ganizations in Northern Virginia do not often face the same resource challenges as their counterparts in other areas, it is pretty standard for local groups – including Homeward Trails and the AWLA – to pay for the entire course of treatment for every infected animal.

## Prevention:

### The best heartworm strategy

According to the Federal Drug Administration, heartworm testing should be conducted on all dogs who are seven months and older.

The American Heartworm Society also recommends that dogs be tested for heartworm annually.

Then, once a dog has tested negative for the disease – whether it is post recovery or he or she has never had heartworm – owners should always be diligent about prevention measures – no matter where they live. After all, while it is less common in areas of high elevation and in the northeastern part of the US, heartworm has been detected in all fifty states.

“Thankfully, prevention is very easy,” Jones said. “All dogs (and indoor and outdoor cats) should get a monthly preventative heartworm medication – commonly a tablet – along with their flea and tick preventative treatment. Talk to your vet if you aren't sure if your monthly preventative covers heartworm.”

Monthly prevention is a non-negotiable for pet health, even in Northern Virginia's coldest months.

“Heartworm prevention not only prevents heartworm, but some other intestinal parasites – some of which may be contagious to humans,” Dr. Novarr said. “It is also much cheaper to prevent heartworms and intestinal worms than it is to treat infections once they are present. Typically heartworm preventatives aren't very cost prohibitive, but there are always less expensive options that can be discussed if cost is the main concern.”

He added that preventing one dog from getting heartworm can translate to safeguarding many dogs in a community against heartworm.

“Mosquitoes can pick up the infection from other dogs who are infected, then spread it to different dogs if they aren't on their prevention,” Dr. Novarr said. “So by using the heartworm preventative, you are helping to protect other dogs as well.”

To learn more about heartworm disease, or to discover how to help affected animals, talk to your veterinarian, contact the AWLA ([www.awla.org](http://www.awla.org)) or Homeward Trails ([www.homewardtrails.org](http://www.homewardtrails.org)).

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# "FLOURISHING AFTER 55"

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03-228-4747

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.

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.

Android phone and tablet class, Thursday, May 18, 11 a.m., Arlington Mill 55+ Center. Bring your device and specific questions for Q&A on Android basics with 55+ Center Director Shettima Abdulmalik. Registration # 913403-03.

Filmmaker interest group to learn techniques for in front of and behind the camera from video expert Nick Englund, Thursday, May 18, 3 p.m., Lubber Run 55+ Center. Registration # 913403-09.

Managing Parkinson's disease, its progression and strategies to maintain activity, engagement and health, Friday, May 19, 10 a.m., Lubber Run 55+ Center. Presented by Dr. Leslie Davidson, PhD, associate professor at George Washington University. Registration # 913500-07.

Open to the Public, Annual Trash and Treasure Sale at Aurora Hills 55+ Center, Saturday, May 20, 9:30 a.m. - 1:30 p.m.. Search through household goods, decorative items, small appliances, games, toys, craft supplies and jewelry. Drop-in. Dona-

tion of items to sell are welcome, drop off on Friday, May 19, 10 a.m. - 2 p.m. For more information, call 703-228-5722.

Scale Down, a weight loss support group, private weigh-ins, interesting programs, Monday, May 22, 1:30 p.m., Langston-Brown. Drop-in.

Yarn Crafters of Aurora Hills 55+ Center will meet Monday, May 22, 10 a.m. to knit and crochet items for Arlington charity organizations. Instruction available, supplies provided. Drop-in.

The Bootlegger's Guide to the Park, learn about illegal liquor produced in Arlington during prohibition from park historian John McNair, Tuesday, May 23, 3 p.m., Rosslyn Highlands Park, 1529 Wilson Boulevard. Take a short walk to a local brewery. Registration # 913106-25.

Rock music legends, The Everly Brothers and their influence on rock and roll, Tuesday, May 23, 1:30 p.m., Arlington Mill 55+ Center. Registration #913400-40 or virtual, registration # 913400-41.

Help form a theatre collective of playwrights and performers to put together plays and performances, Tuesday, May 23, 6:30 p.m., Walter Reed 55+ Center. Registration # 913300-08.

Get ready for summer reading with library staff recommendations, get ideas on how to choose great books, Wednesday, May 24, 1 p.m., Aurora Hills 55+ Center. Registration # 913400-37.

Local history group will discuss Arlington Hospital, now Virginia Hospital Center, Wednesday, May 24, 1:30 p.m., Lubber Run 55+ Center. Registration # 913402-09.

Open rehearsal of The Rocking Chairs, a grown-up garage band playing rock and roll hits from the 50s through the 70s, Wednesday, May 24, 10 a.m., Madison Community Center. Drop-in.

Billiards Tournament, first ever 55+ single elimination competition, Wednesday, May 24, 5 p.m., Arlington Mill 55+ Center. Registration # 913205-01.

Current events discussion in Spanish, Thursday, May 25, 6 p.m., Lubber Run 55+ Center. Intermediate Knowledge of Spanish needed. Led by Center Director Ashley Gomez. Registration # 913402-19.

Cornhole on the Plaza, outdoors at Arlington Mill 55+ Center, Friday, May 26, 11:30 a.m. Lots of music, snacks and fun. Registration # 913206-07.

Social ballroom dance, spacious dance floor, music for tango, waltz, foxtrot and swing, Friday, May 26, 1 p.m., Arlington Mill 55+ Center. Partner not needed. Drop-in.

Movie matinee, "Ticket to Paradise" (2022) (PG-13), Friday, May 26, 12:30 p.m., Aurora Hills 55+ Center. Registration # 913804-03.

Fast Forwards, a fast-paced walking group, walk a 2 to 4 mile loop including some hills, Friday, May 26, 9 a.m., Aurora Hills 55+ Center. Drop-in.



## Public Notice

### Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

| Jurisdiction | Fed Struc Id | Route # | Route Name            | Crossing         | Posted Date |
|--------------|--------------|---------|-----------------------|------------------|-------------|
| LEE          | 10897        | 662     | RTE 662               | SIMS CREEK       | 4/12/2023   |
| BOTETOURT    | 3421         | 636     | BEAVER DAM RD/RTE 636 | BEAVER DAM CREEK | 4/6/2023    |
| LOUDOUN      | 11384        | 850     | PICNIC WOODS RD       | MILLTOWN CREEK   | 4/4/2023    |
| ALBEMARLE    | 875          | 810     | DYKE RD               | LYNCH RIVER      | 4/3/2023    |

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth, but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit <https://www.virginiadot.org> and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact [haulingpermits@vdot.virginia.gov](mailto:haulingpermits@vdot.virginia.gov).

*The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730.*

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i360 Holdings, LLC (FKA Demeter Analytics Services, LLC) in Arlington, VA, seeks a PostgreSQL Database Administrator to database capacity management and storage maintenance. To apply, send resume to: azura.gao@kochgs.com. Please include Job Number 132479 in the subject line.

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**Legals**

**ABC LICENSE**  
Astro Shirlington, LLC trading as Astro Beer Hall, 4001 Campbell Avenue, Space #24, Arlington, Arlington, VA 22206-3425. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Peter Bayne, 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.

**CALENDAR**

**NOW THRU MAY 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.

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**WEDNESDAY/MAY 17**  
Garden Structures & Critter Control. 7 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Part of Garden Talks 2023. Easy-to-build garden structures help you save garden space, grow healthier plants, bring higher yields, and control those pesky varmints.

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**FRIDAY/MAY 19**  
Peace Through Detoxing the Mind. 6 p.m. Featuring Sant Rajinder Singh Ji Maharaj. At Renaissance Arlington Capital View Hotel, 2800 S. Potomac Avenue, Arlington, (Main Ball Room, 2nd floor). As head of Science of Spirituality, Sant Rajinder Singh Ji is internationally recognized for his work toward promoting inner and outer peace through meditation and has been honored by the United Nations and other distinguished institutions for his tireless efforts of bringing together people of all different nations, cultures and traditions.

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**FRIDAY/MAY 19**  
Fight the Bite: Steps to a Mosquito and Tick Free Yard. 10:00 - 11:30 a.m. Online. Learn pesticide-free best management practices to control mosquitoes and ticks in your yard and to keep them away from you and your family. Extension Master Gardener Joan McIntyre explains how to identify mosquitoes and ticks prevalent in this area, their life cycle, how they reproduce, and where they go in the winter. Free. RSVP at: <http://mgnv.org/rsvp-for-public-education-classes/> to receive a link to participate.

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**WEDNESDAY/MAY 24**  
Pollinators & Vegetables Go Together. 7 p.m. Meets at Arlington Central Library, 1015 North Quincy Street, Arlington. Part of Garden Talks 2023. Use native plants to attract local bees, butterflies and other pollinators that boost your veggies production and enhance your garden.

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**SATURDAY/JUNE 3**  
Comedy Karaoke Trivia Funtime Show. 7:30 p.m. At Highline RxR, 2010 Crystal Drive, Arlington.

SEE CALENDAR, PAGE 7  
[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

# ENTERTAINMENT

## Words for the World

On Wednesday, May 24, celebrate the launch of “Words for the World, An Anthology of Arlington Young Poets.” 7-8:30 p.m. in Washington-Liberty Auditorium, 1301 N. Stafford Street, Arlington.

Words for the World is a youth poetry anthology executed by Day Eight in collaboration with Holly Karapetkova, Poet Laureate of Arlington County, Virginia, and Arlington Youth Laureates and poetry ambassadors Amasa Maleski, Kashvi Ramani, and Liam Mason. The brainchild of Karapetkova, Words for the World

JOIN US TO CELEBRATE THE LAUNCH OF

### WORDS FOR THE WORLD: AN ANTHOLOGY OF ARLINGTON YOUNG POETS

WEDNESDAY  
MAY 24  
7-8:30 PM  
WASHINGTON-LIBERTY AUDITORIUM  
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Artwork by Pia Cruz

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Join us for an evening of poetry with

### WORDS FOR THE WORLD AN ANTHOLOGY OF ARLINGTON YOUNG POETS

Tuesday, June 13  
6-7:30 pm  
Arlington Central Library  
1015 N Quincy St, Arlington, VA 22201  
Free and open to the public!

Artwork by Pia Cruz

academy of american poets Day Eight arlington arts

The anthology is focused on the theme of “resilience” and includes writing by 38 high school students from Arlington County.

Poet and literary activist E. Ethelbert Miller wrote about the book, “Here is the light that survives the darkness.” And The Writer’s Center artistic director, Zack Powers, wrote, “These poems are moving and powerful. Prepare to be wowed.”

The editors and poets will be conducting a series of readings in Arlington County, and across the region this summer, including a book launch celebration on May 24 at 7pm at Washington-Liberty High School and a reading at Arlington Central Library on June 13.

was one of twenty projects selected to receive a 2022 Academy of American Poets Laureate Fellowship.

### CALENDAR

FROM PAGE 6

Bring a team or fly solo and win prizes by dropping knowledge in a trivia competition, then duking it out in a karaoke battle. Hosted by Christian Hunt, this amazing experience features comedy from the D.C. area’s finest comics. The headliner for June’s show is the hilarious Danny Rouhier from 106.7 The Fan! Visit [capitalcityshowcase.com](http://capitalcityshowcase.com)

### SATURDAY/JUNE 3

**Arlington Civitans Open Air Flea Market.** 7 a.m. to 1 p.m. At 4001 15th Street North, Arlington. The Civitan Open Air Flea Market, one of Northern Virginia’s largest and oldest public flea markets, is located in the I-66 garage in North Arlington adjacent to Washington-Lee high school and the Arlington Planetarium at 15th and North Quincy Streets, in Arlington. Here you’ll find over 150 vendors selling a variety of goods ranging from books, clothes, furniture, garden tools, household goods, jewelry, shoes, toys, records, and so much more. One man’s junk is another man’s treasure so you are guaranteed to find something to tickle your fancy and save you money at the same time.

### JUNE 3-4

**Armed Forces Cycling Classic.** Time: Saturday, 7 a.m. – 2 p.m., Sunday, 7:45 a.m. – 2:30 p.m. The Armed Forces Cycling Classic (AFCC), presented by The Boeing Company, celebrates its 25th Edition as the DMV region’s most prestigious cycling event when it returns to Arlington the weekend of June 3rd and 4th 2023, with happenings kicking off in Crystal City / National Landing on Saturday, and concluding in Clarendon on Sunday. The cycling packed weekend kicks off during World Bicycling Day (June 3), which celebrates the joy of cycling. The weekend’s action begins early on Saturday, June 3 in Crystal City / National Landing with the Armed Forces Cycling Classic’s Challenge Ride. The ride is a closed course open to cycling enthusiasts of all abilities, from casual amateurs to serious competitors as well as Corporate Challenge teams and participants from each branch of the Armed Forces. Saturday will continue with the Women’s Pro/AM race, as they begin their hunt for the weekend overall Omnium Prize (most consistent finisher over the two days), the Kids Race (9 and under), and concludes with Day 1 of the Men’s Pro/Am. The 25th annual Clarendon Cup will take place on Sunday June 4th, and feature the 2nd day of Women’s and Men’s Pro/AM races, where the talented winners will be declared on the iconic 1km course around the Clarendon Metro. Visit the website: [www.cyclingclassic.org](http://www.cyclingclassic.org)

Visit the website: [www.cyclingclassic.org](http://www.cyclingclassic.org)

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Thank you to the hundreds of supporters who helped to keep all your Connection Newspapers alive throughout Alexandria, Fairfax, 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.

Visit [connectionnewspapers.com](http://connectionnewspapers.com) or <https://www.gofundme.com/f/help-keep-your-newspaper-printing>

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## A Break in the Action



By KENNETH B. LOURIE

When all is scheduled and done, it will have been four months between my last scan in early March and my next regularly scheduled scan in early July. As of today's date, April 26, 2023, I am approximately seven weeks past that early March scan and 10 weeks or so from the next scan. I am, to invoke a formerly familiar “CB” phrase, “in the rocking chair, good buddy.” Meaning that I am enjoying being in the middle. Other than taking my 50-plus daily pills and getting my obligatory every-four-week lab work, I am on easy street: minimal cancer-related activities or responsibilities. For a cancer patient undergoing treatment and being scanned regularly, this kind of stress-free interval is as good as it gets. (Though I certainly realize that being told by your oncologist that you're in remission would be ideal, I live in the real world of managing expectations. Being told you have a “terminal” illness will do that to you. Moreover, having your cancer diagnosis change from lung cancer to thyroid cancer - after surviving nine years of treatment will likewise make you steady-on and cautiously optimistic. Still a cancer diagnosis looms large and is unpredictable. And each scan presents a patient with reminders of how tenuous one's grip on life can be. Minimizing this anxiety and/or rationalizing any cancer demands to allow you to try and live a semi normal life - without being totally preoccupied with your disease/life expectancy is the true prescription for success. No guarantees of course but as the doctor in Miles City advising Augustus McCray said in the third night of “Lonesome Dove” as to whether Gus would allow “sawbones” (as he called him) to cut off his remaining leg: “I assure you, sir, the alternative is grim.”)

Aside from the 10 days my wife, Dina and I spent in Ne-gril, Jamaica in 1978, this interval is yet another honeymoon - of sorts: an escape/diversion from the everyday which for a cancer patient undergoing treatment might be more like every minute. Nevertheless, it's not as if I'm totally preoccupied with my health status (as in every second), but one is never far, emotionally, from the underlying, all-encompassing circumstances of your life: having an incurable form of papillary thyroid cancer for which the life-sustaining medication I take every day has a three-year-ish shelf life/effectiveness. And my three years-ish are up in the fall. What happens then? God only knows, literally. (I know from experience not to ask/discuss scenarios with my oncologist and endocrinologist. It's generally wait and see. I imagine, they know the options. Sharing them with me now however seems premature. They don't like to get too far ahead of the patient vis-à-vis options/what's next? I've asked and this is the answer I've received most often.)

Fortunately, that three-year timeline is not hard and fast. It's a median-type measure. Some shorter, some longer. And most importantly, every patient is unique and the miscellaneous interactions between your medicine and your body/tumors is not cast in stone either. Everyone is different, and the doctors don't really know if your differences are enough to win the day and survive past your window which supposedly is closing. This reality permeates my subconscious - and consciousness as well. And even though I've been told and understand all of this, somehow, I've got to ignore it, and somehow delude myself into thinking I'm more than a statistic and the fall of '23 has no more meaning to me than any other than it's around my birthday, wedding anniversary, my brother's birthday, and my parent's birthdays and their respective dates of death and even the time of my Bar Mitzvah all those years ago. Adding my cancer-medicine-affected timeline to this rather impressive list of significant events in the fall seems a bit too much to bear. As such, I will choose not to. (Though I realize that ignoring any of this won't really solve the problem/inevitability of it, I likewise don't see how focusing on a negative - me dying, can have a positive impact on me living. And I refuse to be a victim of my own circumstances.)

And right now, being/living in the middle of an extended interval between scans when I'm not stressing nor waiting for results, enables me to damn the torpedoes and live (try to anyway) full speed ahead. I will not be dragged down - nor bogged down either. I will enjoy any port in this unexpected storm (no cancer history in my immediate family as well as being a lifelong non-smoker) and let the scan results and the presumptive ineffectiveness of my cancer medication fall where they may. As I've often said, if and when anything bad happens, it will be bad enough when it does happen so that I'd rather not put the cart before the horse and make it bad now. I'd just as soon ride off into the sunset after something bad happens, not before. I don't see any advantage to getting to the front of the line. Until that line becomes obvious to me, I'm happy to bide my time, mind my own business and try (quoting Richard Pryor) to “keep some sunshine on your face.”

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

# COLLAGES



PHOTO BY EDEN BROWN/THE CONNECTION

**Jennifer Wilkin Penick is Artist in Residence at the Medstar Georgetown University Hospital's Lombardi Cancer Center. She has taught in the Arlington Arts Center and in her own studio.**



PHOTO BY EDEN BROWN/THE CONNECTION

**Wilkin Penick and AHP Faculty Director Julia Langley look at the display of collages on the walls, admiring the quality and originality of the donations.**

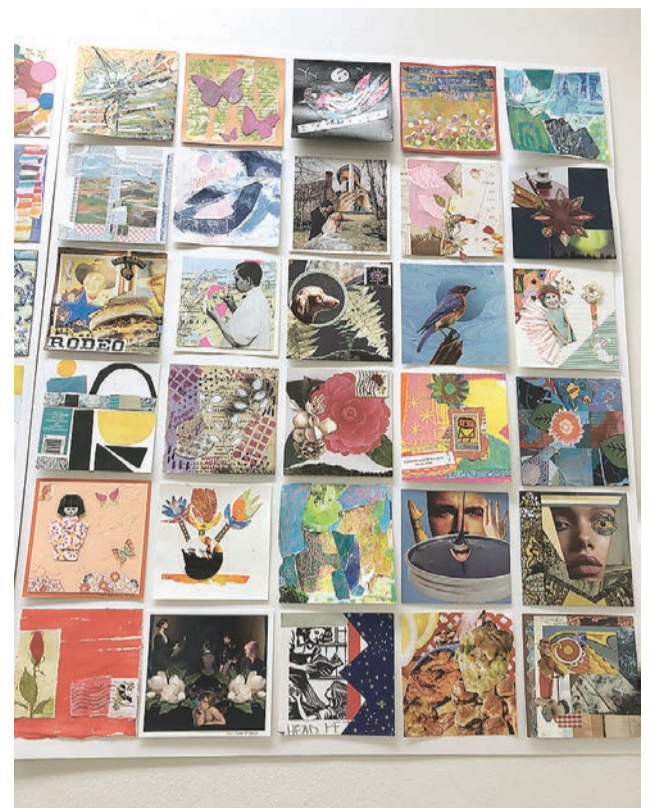


PHOTO BY EDEN BROWN/THE CONNECTION

**Over 4,000 collages have been received and are on display on the walls of the clinic and the library.**

## 'Art for a Cause' Gets Huge Global Response

**Four Thousand Collages from Ukraine, Brazil ... and Arlington; Collages will be on display until May 25**

BY EDEN BROWN  
THE CONNECTION

**W**hen Jennifer Wilkin Penick called for collages from around the world to be donated during her "Art for a Cause" appeal, she thought she might get, maybe, 300 collages sent in to the Lombardi Cancer Center. She got 3,422 logged in by the deadline of May 10, and they are still coming in by the hundreds.

Collages came from all over, from preschool to university students, from seniors as old as 101 and children as young as 4, from groups and clubs. Several came from Ukraine, but were always mailed from Poland. One special needs group of children in Brazil sent in 85 collages. The collages came from 43 U.S. states and 29 countries.

As Artist in Residence at the Arts and Humanities Program (AHP) at Medstar Georgetown University Hospital since 2018, Wilkin Penick has encouraged patients to express themselves with art. She set up a box of 4-by-4 collages she pasted onto blank cards so patients and their supporters could reach in and grab one as they came through the clinic, to either turn into a greeting card or put on their wall to brighten their day. A small gesture, but with an empty box at the end of each day, it was clearly something those passing through the clinic for treatment valued.

Allison Levy, Ellen Taylor, Rose Avent, Andrea Hostetler, Molly McCracken, Anjelika Deogirikar Grossman, Michele Lifshen, Anne Larsen, Maureen Minard, Priscilla Linn, and



PHOTO CONTRIBUTED

**Priscilla Linn of Arlington donated a few collages, among them her favorite "cupcake ladies."**

Tina Takach were just some of the Arlington residents who answered Penick's call for collages. Many, like Avent, who sent in 12 collages, had taken Penick's collage class.

Lifshen shared, "As a childhood cancer survivor (with ongoing medical problems including subsequent late-effect cancers) it is so meaningful to me to be a part of this project."

And Takach said, "We spent an afternoon (me, my friend Chelsea and my daughter Lucy) making a few collages. My daughter and I were especially happy to contribute given that we have two parents/grandparents in active treatment." Many reiterated that giving their art to people facing adver-



PHOTO BY EDEN BROWN

**Close up of collages.**

sity was an exceptional and meaningful opportunity for the artists.

World Collage Day, the second Saturday of May, is an annual international celebration of collage. Initiated by Kolaj Magazine in 2018, artists and art venues around the world are invited to hold events to celebrate collage. The Arts and Humanities Program at Medstar Georgetown called for collages in March, publishing the call online and in print editions of the magazine. Social media took up the call. The response was huge, and global, so overwhelming that Beth Marhanka, the Georgetown University library's Head of Outreach and Engagement, made



PHOTO BY EDEN BROWN/THE CONNECTION

**The hat box where cards made from the collages will be available to patients and family as they come into the clinic. The box empties quickly.**

space for 800 additional collages to be displayed at the library. Collages at the library and hospital will be on display until May 25th when they will be attached to a blank greeting card and put in the box for cancer patients, their families, caregivers and hospital staff. A stamp on the back of each card will make clear the original artwork on the card has been donated by the artist.

Photos of the art can be viewed on Instagram: @georgetownartsandhumanities  
Langley and Penick can be reached at julia.langley@georgetown.edu and jenniferwilkinpenick@gmail.com

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